

# For More Information

Cottonwood Extension  
District Office  
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Check us out on the web  
[www.cottonwood.ksu.edu](http://www.cottonwood.ksu.edu)



Ellis County 4-H--- It's Legit!



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# ELLIS County

Dear Interested Family,

Thank you for your interest in joining Ellis County 4-H! Life's little questions aren't meant to be answered alone. Join 4-H, the club of families who share in teaching kids practical things like pet care, growing gardens or horseback riding, and important values like responsibility. Whether you're in the city or boonies, join 4-H and we'll tackle life's little questions together.

With over 30 projects available, you are sure to discover something you enjoy. Project areas include: science, engineering and technology, food and nutrition, livestock, environmental science, sewing, gardening, public speaking, pets, and many, many more. Please take a look at the project guide page for more project ideas.

The 4-H program is for boys and girls who are ages 7-18 by January 1 of the current year. The Cloverbuds program is offered to youth ages 5 - 6.

As a 4-H member, you join a 4-H Club. Club members attend club meetings, usually on a monthly basis, then work on projects at home. Included is a listing of the clubs, the community leaders, and the location of the meetings. Once you decide to join a club, contact the leader to find out when they will be meeting next and other upcoming club activities. They will provide you with the needed enrollment materials.

Your level of participation in 4-H is up to you. Besides completing projects, you can take part in workshops, camps, contests, community service projects, county and state fair. In 4-H you can improve your leadership skills, share your talents with others, visit exciting places, meet new people and create lasting memories. Many 4-H'ers have even turned their 4-H projects into careers!

There is a \$15 participation fees to join Kansas 4-H. We do offer some educational materials at a small cost. Some clubs may hold fundraisers to help with the expenses of a club trip or service project. Ellis County 4-H may ask that you give your time and talents or share some food items to support countywide 4-H efforts. The cost of individual projects is up to each family to set.

To enroll in 4-H, visit a club to see what is the best fit for your family. The 4-H Club Leader will have the information needed to complete the 4-H Enrollment process. You will select the club and the projects in which you would like to enroll. To see what each project is about, visit [www.kansas4h.org](http://www.kansas4h.org) and view the 4-H Project Curriculum Guide. We also have hard copies available in our office.

Once you sign up, you will begin receiving notification of the monthly 4-H e-newsletter. The e-newsletter contains all of the 4-H information about Ellis County including upcoming events, activities, deadlines and important information. In October, of each year, 4-H'ers are asked to re-enroll. More information about re-enrollment deadlines will be in the 4-H e-newsletter.

If you have any questions, please let me know! I know there are lots of questions as a new 4-H'er and I'd be more than happy to answer them. You can contact me via email at [schlich@ksu.edu](mailto:schlich@ksu.edu) or via phone at (785) 628-9430. Feel free to also visit our website at [www.cottonwood.ksu.edu](http://www.cottonwood.ksu.edu).

We look forward to working together to answer "Life's Little Questions"!

Yours in 4-H,



Susan Schlichting  
Cottonwood Extension District Agent  
4-H Youth Development



Where is the Extension Office Located?  
You can find our office in the Ellis County Office Building located on the corner of Main and 6th Streets in Hays.

Hi! My name's **Susan** and I am your **4-H Agent** in Ellis County! I am responsible for planning and carrying out the 4-H Program for the county. I am excited to meet you and hope that you will join our 4-H Program. 4-H provides many benefits and memories that last a lifetime! If you have any questions, please feel free to stop in and visit or call me at (785) 628-9430.

### Cottonwood District Extension Staff

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# Miscellaneous 4-H Information

## 4-H Mission

4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

## 4-H Pledge

*"I pledge my head to clearer thinking,  
my heart to greater loyalty,  
my hands to larger service,  
and my health to better living  
. . . for my club, my community,  
my country and my world."*

4-H reaches every corner of Kansas – from urban neighborhoods to suburban schoolyards to rural farming communities. With a network of more than 22,000 youth, 8,000 volunteers, 1,200 professionals, and thousands of alumni, 4-H helps shape youth to move our state, our country and the world forward in ways that no other youth organization can.



## 4-H Motto

**"To Make the Best Better"**

## 4-H Colors

Green & White.  
Green represents life, springtime & youth. White means purity and high ideals.

## The Four "H's"



**HEAD** - discover new skills and knowledge to make good decisions

**HEART** - build confidence, character and positive attitudes

**HANDS** - learn by doing to serve your community and others

**HEALTH** - take part in activities that are fun and healthy for yourself and the environment

# What is 4-H?

- 4-H is a community of young people across America who are having fun learning leadership, citizenship and life skills.
- 4-H is a program for all youth ages 7-18 as of January 1st of the current calendar year. Cloverbuds is a program for youth ages 5-6 as of January 1st of the current calendar year.
- 4-H is a volunteer led, educational program.
- 4-H has over 30 learn-by-doing projects for youth to explore.
- 4-H serves youth through organized clubs, after school programs, special interest groups, camps, and on-campus activities.
- 4-H utilizes adult volunteers to work with youth as leaders, teachers, or on committees and boards providing the framework for 4-H.
- 4-H involves youth from all ethnic, racial, and socio-economic backgrounds who live in rural, suburban, and urban communities.

## Places You May Have Seen ELLIS County 4-H

- Ellis County Fair
- Ellis & Hays Recreation Programs
- Articles in the Hays Daily News
- Ellis & Hays Public Library Programs
- Local After School Programs
- 4-H Clubs Meetings in Antonino, Buckeye, Ellis, Hays, and Victoria
- Family Fun Fest
- Your Friends are involved!
- Many other places in Ellis County!
- Go Truck Go!

## What do you Learn in 4-H?

4-H'ers learn practical skills such as fitness, meal preparation, rocket building, clothing care, animal and human nutrition, first aid, bicycle safety, woodworking, gardening, and many other skills through the more than 30 projects available.

Other skills that are defined as life skills are a part of every 4-H project. These skills are used every day of our lives and include:

- making sound decisions
- an inquiring mind
- positive self concept
- healthy interpersonal relationships
- concern for the community



## How do I JOIN 4-H?

Visit a 4-H Club. The Club Leader will share the enrollment process with you. May 1 is the deadline to enroll in most project areas. However, 4-H gets started in October, so join early so you don't miss out on any learning opportunities 4-H has to offer!

Contact the Cottonwood Extension District Office— Hays at (785) 628-9430. The staff will help you find a local club, or help you start a new club.

## ELLIS County 4-H Clubs

*Call the Extension Office for  
Club contact information.*

### Big Creek Astros 4-H Club

Community Leaders: Julie Miller & Bonnie Werth  
Meeting: 2nd Monday of the month at 7:00pm  
@ Ellis Co. Office Building—601 Main in Hays

### Bits & Spurs 4-H Club

Community Leaders:  
Meeting: 1st Monday of the month at 7:00pm  
@ Ag Research Center Auditorium

### Buckeye Jr. Farmers 4-H Club

Community Leaders: Tasha Lang & Nathan Staab  
Meeting: 3rd Sunday of the month at 4:00pm  
@ Buckeye School North of Hays

### ELLIS Sunflowers 4-H Club

Community Leaders: Amanda & Brian Shannon  
Meeting: 1st Monday of the month at 7:00pm  
@ United Methodist Church, Ellis

### Gemini Jrs. 4-H Club

Community Leaders: Donna Maskus & Susan Rajewski  
Meeting: 4th Monday of the month at 7:00pm  
@ Trinity Lutheran Church—2703 Fort St., Hays

### Good Hope 4-H Club

Community Leader: Kelsey Stremel  
Meeting: 2nd Monday of the month at 6:30pm  
@ Antonino Church Basement

### Shooting Sports 4-H Project Club

Community Leader: Diana Staab & Karen Purvis  
Meeting: 3rd Sunday of the month at 4:00pm  
@ Ellis Co. Fairgrounds or Ellis Co. Office Building—601 Main, Hays

### Victoria Vikings 4-H Club

Community Leaders: Jeff & Jesica Neher  
Meeting: 1st Sunday of the month at 7:00 p.m.  
@ Victoria Elementary School—  
602 10th St. Victoria



## What role do VOLUNTEERS play?

Adult volunteers are the strength of the 4-H program.

Volunteers are encouraged to share their talents with 4-H'ers in a variety of ways!

They can be community club leaders, project leaders, workshop presenters, county and state fair helpers, project leaders or 4-H promoters and supporters.

Volunteers are **ALWAYS** welcome in Ellis County 4-H!

## Who Leads a 4-H club?

Adults (often parents or close friends of the youth) provide the leadership and organization of the club. These adults serve as the club's Community Leaders. All Community Leaders have gone through the VIP (Volunteer Information Profile) Screening and are trained to ensure your child has a fun, educational experience in 4-H!



## How can I get involved as an Adult?

Interested in becoming a Community Leader? Do you have a unique talent, skill set or hobby that you'd like to share with other 4-H'ers as a Project Leader? If so, contact the

Extension Office (785) 628-9430!

*(All 4-H Volunteers must go through Volunteer Screening & Training.)*

# 4-H! Your First Class At Kansas State University!



## What will I DO in 4-H?

You'll enjoy plenty of fun activities as a Ellis County 4-H member! Special events like 4-H Day Camp, Club Days, Awards Banquet and the Ellis County Fair are fun for your whole family! Your family is an important part of your 4-H experience because "4-H is a family affair."

4-H members also get a chance to travel to new places. You can discover hidden talents, explore the outdoors at 4-H Camp, or compete at County, District and State contests. You can even visit our nation's capital in Washington D.C.!



## Is 4-H a 4-N Language?

As with any organization, 4-H has its own special language which can be confusing if you aren't familiar with it.

Here are a few of the terms you will see in the 4-H Program:

**4-H Club (Community Club)** Your "home base". A group of 4-H families, all with various interests, that meet together monthly. Some, but not necessarily all, of the meetings are "business meetings" where youth gain experience in skills like committee work, holding an office, and standard procedures for conducting a meeting.

**4-H Community Leader** One or two adults who take responsibility for the details of the 4-H club's functions. If they weren't willing to help, they wouldn't have volunteered to be club leaders! When you feel lost, these are your contact people... let them help.

**Project Leader** An adult or older 4-Her who guides experiences of 4-Hers enrolled in a specific project. Anyone can volunteer to be a project leader, even if they do not have children in the program.

**VIP** While it makes you a "very important person", a "Volunteer Information Profile" is a process required of all community leaders, project leaders and other adults who have close one-on-one contact with youth. By completing the VIP form, volunteer screening and a volunteer orientation, leaders become registered 4-H volunteers. This is one way that the Extension Council makes sure that 4-H youth have a safe, caring environment in which to learn. If you are serving in one of the roles mentioned, please be sure that you have a Volunteer Information Profile on file at the Extension Office.

**"The E-Newsletter"** A monthly e-newsletter from the Extension Office is posted to our website near the first of every month. Be sure to read it carefully and mark things that pertain to you. If you aren't sure if it applies, call your leader or the Extension Office and ask. The newsletter is also posted on the Cottonwood District website for your access 24-7 @ [www.cottonwood.ksu.edu](http://www.cottonwood.ksu.edu).

## Rec Classes

Throughout the year, Ellis Co. 4-H offers workshops on a variety of project topics. From Clowning to Robotics, Bread Baking to Rocketry, there's something for everyone! Watch for the Ellis & Hays Rec catalogues and register early, as classes fill quickly.

Open to youth of all ages!



## Other Opportunities

4-H in Kansas offers several other leadership and team building opportunities across the state! Visit the Kansas 4-H website ([Kansas4-h.org](http://Kansas4-h.org)) and explore the possibilities available!

## Discovery Days

This college experience held on the K-State campus gives youth 13-18 the opportunity to learn in a variety of classes, tours and activities. Held the last week in May every year.



## Ambassadors

**Ambassadors** serve a leadership role in our county. It is their responsibility to promote 4-H to the public and within our own organization. This is our prime leadership development group! 4-H'ers ages 13 & Up can apply and interview for a position on the 4-H Ambassador Team.

## Camp Counselors

**Counselors** serve an important leadership role in helping younger 4-H'ers have a safe and enjoyable experience in the outdoors at 4-H Camp. Held at Rock Springs Ranch near Junction City, KS, 4-H Camp is a highlight for many of our 4-H members.

Counselors work in pairs to provide a positive experience for 6—8 younger youth during 4 high energy days at beautiful Rock Springs 4-H Camp.

ELLIS  
County

4-H

FUN!

### 4-H Club Day

4-H'ers compete individually and as a club in different events to see who advances to the Regional Level. 4-H Day features singing, public speaking, club skits, readings and many other opportunities! This fun event in the winter allows 4-H'ers to showcase their talents!

### Campference

A combination Camp & Conference held at Rock Springs for youth 12—14 years of age. They take part in the usual camp activities of canoeing, archery, Leadership Adventure Course and add in a motivational speaker, leadership workshops and community service projects.



### Northwest 4-H Youth & Leaders Forum

A one-day leadership conference held in Hays for teens and adults wanting to build their leadership skills in working with their local 4-H clubs and county programs. Held in August every year!



### Heart of Kansas 4-H Camp

Canoeing, fishing, crafts, swimming, horse back riding, games, campfires and more! This camp is action packed! Youth from Ellis County join over 400 other 4-H'ers across the State of Kansas at the Rock Springs 4-H Center near Junction City. Youth who have completed grades 3rd—8th are invited to attend. This camp is 4 days and 3 nights and is held in June every year.

## 4-H Enrollment Terms

**On-Line 4-H Enrollment** is the new system for getting involved in 4-H. A club leader will give you the link and the information is used to let the Extension Office know what club you belong to and which projects you want to take. **Enroll by May 1 each year in order to be eligible for County Fair.**

**4-H Participation Form** and Health Form—The same sort of thing you sign when enrolling your son or daughter at school. These are completed as part of your on-line 4-H Enrollment process.

**Code of Conduct** Used for county, area, and state activities. This is a list of basic conduct rules that 4-H members are asked to read, sign and follow. The code of Conduct is on the back of the Participation Form and that is why 4-H members are asked to sign that form.

**4-H Year** Runs October 1 through September 30.

**4-H Age** Member's age on January 1 of the current 4-H Year.

**Project Topics** Things a 4-H member is interested in. 4-H members must enroll in at least one project. A complete list of projects can be found in the on the Kansas 4-H Website: [www.kansas4h.org](http://www.kansas4h.org)

## Who's Who

**4-H Youth Development Agent** Susan Schlichting is the 4-H Agent located in Hays. Berny Unruh is the 4-H Agent located in Great Bend. They are responsible for helping to plan and carry out the total 4-H program for the District.

**4-H PDC** The Program Development Committee helps the agent assess the communities' educational needs and then plan programs to help take care of those needs.

**ELLIS County 4-H Council** A group of youth and adults representing each 4-H club, who meet bi-monthly to plan and carry out the activities offered by Ellis County 4-H.

**ELLIS County 4-H Scholarship & Development** A non-profit organization with a 7-member board of directors. The foundation receives private donations to support county 4-H camp and educational scholarships.

# Project Guide



## Plant Science

Discover how things grow.

- Field Crops
- Flowers
- Gardening
- Landscapes & Yards

## Family Consumer Science

Discover things about yourself. Learn to be a good decision maker and be creative.

- Babysitting
- Sewing
- Clothing
- Shopping
- Spending/Saving Money
- Family History
- Starting your own business
- Decorating your home
- Art

4-H Projects are not limited to the ones listed on this page. Please refer to the [Project Selection Guide](#) and the Ellis County Fairbook for a complete list of project options to explore!

## Science Engineering and Technology

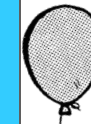
Discover working with tools and building things.

- Computers
- Food Science
- Robots
- Electricity
- Rockets
- Small Engines
- Woodworking
- Welding

## Environmental Education and Earth Sciences

Discover things about the earth, land and water as well as the creatures around you.

- Entomology
- Forestry
- Birds
- Wildlife
- Fishing
- Shooting Sports
- Taxidermy



## Animal Science

Discover how to select, feed and care for an animal.

- Beef
- Sheep
- Swine
- Dairy Cattle
- Goats
- Horse
- Poultry
- Rabbit
- Cat
- Dog
- Other pets
- Veterinary Science



## Communication and Expressive Arts

Discover your creativity.

- Public speaking
- Demonstrations
- Photography
- Acting
- Posters
- Music



## Healthy Lifestyles

Discover cooking and create meals.  
Discover sports and stay fit.  
Discover safety and being healthy.

- Cooking
- Baking
- Healthy Eating
- Lifetime Sports
- Exercising
- Safety
- Bicycles
- Recreation
- Camping



## Leadership and Citizenship

Discover ways to be part of your club, community, country and your world.

- Leading others
- Serving in your community
- Learning about other cultures
- Becoming involved with government