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My **heart** to greater loyalty

My **hands** to larger service and

My **health** to better living

for my club, my community,

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K-STATE RESEARCH AND EXTENSION  
COWLEY COUNTY  
311 E. 9TH  
WINFIELD, KS 67156



# 4-H FLASH



January 2015

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What is 4-H? Have you ever told someone that you're in 4-H and had them ask you this question? Frequently, when I'm asked what I do for a living and answer with, "I'm the Cowley County 4-H Extension Agent", I get a funny or questioning look accompanied by the question, "What is that?".

How do you answer this question? Those of us who have grown up in 4-H know what our organization is, but it's still a difficult question to answer. Do you tell people that 4-H is a club? Is it a project that you do at the fair? Is it meetings that you attend monthly? While some of these are good ways to describe what we do, they don't really answer the question, "What is 4-H?".

Most people think 4-H is only for farm kids. They think you have to live on a

farm and/or raise animals to be a part of 4-H. While 4-H has a history rooted in agriculture, we are not an organization limited to farm/rural families. 4-H offers so many opportunities to our local youth to grow in many different ways and learn about all kinds of different things. With projects in Science, Arts, Engineering, Technology and Natural Resources, kids have the opportunity to learn about anything they want to. The opportunities in 4-H are endless.

So, how do you answer the question, "What is 4-H?" 4-H is a network of families that grows great kids. In order to explain and model what 4-H is to others, we must think of the 4-H program beyond the projects that we do at the fair. 4-H is a program that prepares youth for school, work and

life, not just an exhibit at the fair. As we begin 2015, let's think about sustaining our organization for the future by modeling what 4-H is really about, a network of great families and great kids involved with hands-on learning opportunities. Encourage your friends to Join the Club!!

—Kelsey Holcomb

## Upcoming Meetings

4-H Council, Junior Leaders and Ambassadors will meet Monday, January 26th. 4-H Council will meet first at 7pm followed by Junior Leaders at 7:50. Ambassadors will meet at 8:30. If you were selected to represent your club at 4-H Council and find you cannot attend, please let your leaders know and find another member to serve in your place. If you are an Ambassador and cannot attend the meeting, let Jennifer Bauer know before the meeting (316-648-2186).

## Extension Office Closed

The Cowley County Extension Office will be closed December 24 (at 11:30am)- January 1. We will re-open on January 2, 2015. We will also be closed Monday, January 19th in observance of Martin Luther King, Jr. Day.

## In this issue:

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## Membership

In order to be a regular member of Cowley County 4-H, the member must be 7 by January 1, 2015. Participation forms and enrollment forms (for new families) are available at the Extension Office or from your club leader. Returning members and new members will need to complete enrollment online ([ks4honline.com](http://ks4honline.com)) and a participation form.

## Clover Bud Meetings

Cowley County 4-H hosts monthly 4-H Clover Bud meetings in Winfield and Eastern Cowley County. Clover Buds are youth who are 5 and 6 years old as of January 1 of the current 4-H year. Audrie Bailey is the Community Leader for the Clover Bud program that meets in Winfield and Shannon Martin is the Community Leader for Eastern Cowley County Clover Buds.

Winfield will meet on January 15th at 7pm at the Courthouse Assembly Room. Clover Buds are encouraged to bring either a pair of gloves/ mittens or a stocking cap for a child, for a first service project. These items will be donated to the school district for children in need.

Eastern Cowley County Clover Buds will meet in Dexter at the Dexter Community Building. Please contact Shannon Martin if you are interested in attending, 620-886-1703 or [skmartin68@gmail.com](mailto:skmartin68@gmail.com).

Clover Buds are also welcome to attend their monthly club meetings.

## Become an Ambassador

Cowley County 4-H Ambassadors are extending an invitation to apply to become an Ambassador. A limited number of positions are available on the Ambassador team. Applicants must be at least 14 years old, been enrolled in 4-H for at least two years. Ambassadors host activities throughout the year including Barnyard Olympics, Day Camp, Kiddie Tours at the Fair, host Cowley Achievement Night and sponsor the 4-H Dance during the Cowley County Fair. Applications are available in the Extension Office and are due along with a letter of recommendation from a Community Leader, by Monday, January 26, 2015. Interviews will be scheduled in February.

## County-Wide Committees

We are looking for a few good 4-H families to help conduct county-wide events! Become a part of a County-wide Committee. Committees are: National 4-H Week, Awards (adults only), 4-H Day, Fashion Revue, Achievement Night, Budget and Fair/Shows. For more information on what each committee does, visit [www.cowley.ksu.edu](http://www.cowley.ksu.edu).

To sign up for a committee, contact Kelsey at 620-221-5450, 441-4565, or [holcombk@ksu.edu](mailto:holcombk@ksu.edu)

## Adults and Teens

Cowley County 4-H is in need of county-wide project leaders. If you are interested in sharing your expertise or coordinating learning experiences for a specific project, please contact Kelsey at 620-221-5450, 441-4565, or [holcombk@ksu.edu](mailto:holcombk@ksu.edu)

## Project Materials

The Extension Office has a variety of project materials and curricula available for checkout and/or purchase. Please contact the Extension Office for more information.

This edition of the 4-H Flash is brought to you by:

  
**FARM BUREAU  
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**Craig Reed**

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1200 Main Street  
Winfield, KS 67156  
**(620) 221-2090**

## Shooting Sports News

### Air Discipline Practice

Sunday January 4th @ 2:00pm  
at the Winfield Fairgrounds.

### Archery Practice

Thursday, January 8th and 22nd  
@ 6:30p.m. at the Winfield  
Fairgrounds.

### Hunting Skills

Sunday, January 18th following  
the club mtg (2:15pm) at the  
Posey Creek Gun Club.

### Shotgun Discipline

Sunday, January 18th following  
the club mtg (2:15pm) at the  
Posey Creek Gun Club.

### Club Meeting

Sunday, January 18th @ 1:30pm  
at New Hope Fellowship, 19195  
61st Rd. Winfield.

For more information, contact  
Shooting Sports Coordinator,  
Ausin Waite at 620-222-1982 or  
[cowley4hshootingssports@gmail.com](mailto:cowley4hshootingssports@gmail.com)

Updates in between Flash  
Newsletters can be found on the  
Facebook page, Cowley 4-H  
Shooting Sports. For more  
information, go to [www.  
4hshootingssportscowleyks.com](http://www.4hshootingssportscowleyks.com)



## Cowley County 4-H Day

One of the first big events of the year is County 4-H Day. This is an opportunity for all 4-H members to share their speaking skills, knowledge, talents, and creativity before a larger audience.

Cowley County 4-H Day will be Saturday, February 14 at the Winfield Middle School (130 Viking Blvd )

Any 4-H member can participate in as many categories as they choose. There is no pre-requisite or qualifying competition required. Registration is due Friday, January 23rd.

There are 2 main categories – music/talent and presentations.

Music/Talent will include:

Piano Solos

Instrumental Solos and Ensembles:

Band

Vocal Solo

Vocal Ensemble

Club Chorus

Skits and Plays

Readings

Dance

Other Talent

Presentations include:

Demonstration/Illustrated Talk

Project Talk

Public Speaking

Impromptu Public Speaking

Multimedia Presentation (New)

Show and Share (New)

Pickle Power

Model Meeting

For information on how to give a Demonstration/Illustrated Talk visit <http://www.youtube.com/watch?v=KilffvgoVtw>



### Multimedia Presentation

This is a new category in 2015. Electronic presentations are designed for youth who choose to speak with the use of a powerpoint, DVD player or other generated program. A multi-media presentation can be defined as media that combines different content forms such as text, audio, still images, animation and video to get a multi-faceted finished product. The participant must be present to give the presentation. Recordings of the presentation will not be allowed. Because this is a new category, all ages will be combined into one division. Equipment provided will include an LCD projector. All other equipment and connections must be provided by the participant. A copy of the 6-slide per page printed handout must be provided to the judge. A maximum time of 10 minutes will be allowed for the presentation.

### Show and Share

Show and Share is intended for first and second year 4-H members and Clover Buds to have a non-competitive presentation experience. The presentation does not have to be related to a 4-H project or experience. Suggested maximum time limit is 5 minutes. Each participant will receive a participation ribbon.

Show and Share will be held at Regional 4-H Day for first and second year 4-H members who are not qualified in another Regional 4-H Day presentation. The event will be held on a first-come, first-serve basis. Members may give their presentation and receive feedback to prepare them for future

talks/public speaking. All presenters will receive the same ribbon.

### Pickle Power

Pickle Power is an activity at Club Day that is open to 4-H'ers who are Clover Buds, Juniors or Intermediates. Each member will be given a scenario with a decision to make. They will present their decision and have a discussion with the judge. This is a great way to practice decision making skills and learn to speak in front of a group.

### Impromptu Public Speaking

Impromptu Public Speaking will be held at 4-H Day for Seniors. Members will draw a topic from a hat and will be given 5-7 minutes to prepare their presentation.

### Favorite Family Foods Show

Eating together encourages family togetherness, provides better nutrition and is enjoyable! Showcase how you enjoy your "Favorite Family Foods" at 4-H Club days on February 14. This is a virtual foods show since no food will be on display.

Participants choose their favorite menu and prepare one item in advance for their family at home. Take photographs of the food (and the member in action) to display with your entry (either a table setting or table exhibit). Complete descriptions of the categories, examples and table setting information is available at <http://www.cowley.ksu.edu> under the 4-H Youth Development tab.

Members must set up the table setting or exhibit by themselves by 9:00 a.m. on Saturday, February 14, 2015. Consultation judging will begin at 9:00 a.m. Pre-entries for the Favorite Family Foods Show are accepted with Club Days pre-entries.

Categories:

#### 1) Table Setting and Menu

Participants choose and print a menu (consider MyPlate recommendations) and display it with a proper place setting (placemat, napkin, flatware, plate, cup). At home, participants will make one item from the menu (ie, the favorite food) and take photographs of the member in action making the favorite family food and the finished food item.

#### 2) Table Exhibit

Participants complete the table setting and menu but add a table, tablecloth and centerpiece. The member should identify one of the menu items that they have prepared for their family and be knowledgeable about preparation steps and nutritional value. Display photographs of the member in action making the favorite family food and the finished food item.



# 2015 Cowley County 4-H Day



## Registration

4-H Day will be held Saturday, February 14 at Winfield Middle School (130 Viking Blvd.). Start and end times will be determined by number registered. Typically the event is held between 8:00 a.m. and 1:00 p.m.

Registration is due by 5:00 p.m. Friday, January 23 in the Cowley County Extension Office.

Name(s) \_\_\_\_\_ Club(s) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4-H Age \_\_\_\_\_  
(age on Jan. 1, 2015)

Division  Senior (14-18)

Intermediate (10-13)

Junior (7-9)

Clover Bud (5-6)

\*\*Clover Buds are only eligible to participate in Pickle Power and Favorite Family Foods Show.

### Group Registration

(For members ages 7-18)

We will participate in...

Mark all that apply

- Demonstration/Illustrated Talk
- Multimedia Presentation
- Model Meeting
- Chorus
- Small Vocal Ensemble
- Large Vocal Ensemble
- Orchestra/Band
- Small Instrumental Ensemble
- Large Instrumental Ensemble
- Piano Duet
- Group Dance
- One-Act Play
- Skit, Creative Drama
- Other Talent

### Individual Registration

Name \_\_\_\_\_

I will participate in...

Mark all that apply

- Project Talk (Junior and Intermediate only)
- Demonstration/Illustrated Talk
- Multimedia Presentation
- Public Speaking (Senior only)
- Impromptu Public Speaking (Senior only)
- Vocal Solo
- Instrumental Solo
- Piano Solo
- Individual Dance
- Reading
- Other Talent
- Show & Share (1st and 2nd year members only)
- Pickle Power (Clover Buds, Junior, Intermediate)
- Favorite Family Foods Show (All divisions)
- Consumer Judging Contest (walk-up participation will be accepted)

For more information about the different sections of 4-H Day, consult your January 2015 Flash or visit [www.cowley.ksu.edu](http://www.cowley.ksu.edu).

## Citizenship in Action (CIA)

Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! This two day event



sponsored by the State 4-H Youth Leadership Council, will be held Sunday, February 15 through Monday, February 16, 2015 at the State Capitol in Topeka. The cost to attend is \$165. All youth 13 to 19 years old by January 1 of the current year are eligible to attend.

## National Festival of Breads Opportunity

Kansas Wheat is hosting the National Festival of Breads contest and, for the second time, is featuring a youth division! One youth grand prize winner will be selected and will receive a \$300 scholarship. Two youth entries will receive a runner-up prize of a \$100 scholarship. More prize packages are detailed in the official contest rules at [nationalfestivalofbreads.com](http://nationalfestivalofbreads.com).

4-H members or youth entering the contest need to submit their entries by January 16. The recipe should be an original one created by the entrant, which means lots of delicious taste testing for 4-Hers and their families! This contest is for yeast breads and quick breads only made with Red Star Yeast and King Arthur Flour.

The National Festival of Breads will be held in Manhattan on June 13, 2015 at the Hilton Garden Inn. The event is open to the public and features a variety of unique activities for 4-Hers and their families to enjoy: baking demonstrations, taste tests, a trade show and preparation of the finalists' entries for the contest.



## Fiber Fans- February 6

4-H youth and friends are invited to participate in hands-on activities to explore and create with textile fibers. Volunteer Mary Dunkin will have a mini-project available on Friday, February 6 from 3-5:30 p.m. The open house format allows participants ages 5 and older to participate as their schedule allows. Please allow at least

60 minutes to complete a mini-project using wool fabric (beginning sewing skills welcome!) Participants do not need to be enrolled in 4-H to participate.

The free event will be held at the Cowley County Courthouse,

## Cowley County Project Leaders

The following volunteers are currently serving as county-wide project leaders.

Austin Waite- Shooting Sports Coordinator, Shotgun  
Dustin Crittenden- Shooting Sports, Shotgun  
Jared Crittenden- Shooting Sports, Shotgun  
Joshua Roberts- Shooting Sports, Shotgun  
Brian Hopkins- Shooting Sports, Air Disciplines & Small Bore  
Tim Evans- Shooting Sports, Air Disciplines  
Brett Bannon- Shooting Sports, Air Disciplines  
Bill Wollard- Shooting Sports, Air Disciplines  
Jason Mill- Shooting Sports, Air Disciplines  
DJ Holland- Shooting Sports, Air Disciplines  
Joe Rasico- Shooting Sports, Archery  
Gary Orr- Shooting Sports, Archery  
Billy Lemon- Shooting Sports, Archery  
Kyle Bliss- Shooting Sports, Archery  
Greg Dixon- Shooting Sports, Hunting Skills  
Angie Krepps- Horse and Leathercraft  
Brayden Krepps- Jr. Project Leader, Horse and Leathercraft  
Anna Hixon- Jr. Project Leader, Horse  
Nancy Kennedy- Rabbits  
Lindsay Noland- Jr. Project Leader, Rabbits  
Brian and Vickie Thiel- Swine  
Torrie Thiel- Jr. Project Leader, Swine  
Dale Weishaar- Entomology  
Cheryl Shepherd- Astronomy  
Todd Shepherd- Astronomy  
Shirley Douglas- Crochet  
Audrie Bailey- Clover Buds  
Ruth Gordon- Quilting  
Brailea Tipton- Jr. Project Leader, Quilting  
Becky Henderson- Dairy  
Scott Murphy- Dairy  
Kimberly McJunkin- Poultry



COWLEY COUNTY

# Livestock News

## Cowley County 4-H Livestock Dates

Sunday, March 8: Market Beef weigh-in/tagging day, Winfield Livestock Auction- 1:00 p.m.-3:00 p.m.

Wednesday, April 1: K-State Animal Sciences Leadership Academy registrations due

Saturday, April 25: Cowley County Classic Spring Beef Show

Saturday, April 25: Tagging for Bucket Calves, Sheep, Swine and Meat Goats- 1:30 p.m.-4:00 p.m.; weigh-in for Meat Goats

Friday May 1: Add/ Drop deadline for all 4-H projects (must be completed online)

Friday, May 1: KJLS/Kansas State Fair Market Beef Nominations due

Friday May 1: Horse ID's, two-year old futurity and three year old maturity nominations due

Tuesday, May 5: Tagging for Bucket Calves, Sheep, Swine and Meat Goats- 1:30-4pm.; weigh-in for Meat Goats

May 23-24: Cowley County Swine Classic, Winfield

Saturday May 23: Cowley County Sheep & Meat Goat Show

June 10-13 & 17-20: Kansas Animal Sciences Leadership Day

Monday, June 15: 4-H Grade or Dairy Cattle Leasing ID form due

Monday June 15: KJLS/Kansas State Fair Commercial Heifer, Market/Commercial Sheep, Swine and Goat Nominations due

Wednesday, July 8: Cowley County Fair pre-entries due

July 30- August 3: Cowley County Fair



## Kansas Junior Swine Producer Day

Please join us February 28th for the Kansas Junior Swine Producer Day at Weber Arena. This highly interactive, hands-on educational event will be a fun filled day of activities in which youth, parents, swine project leaders and adults can increase their knowledge and experience of swine production and management practices.

This event was last held in 2013, where over 400 participants from 47 counties attended! All participants will receive a K-State Show Pig Guide, T-shirt, and a complimentary noon lunch. Participants with registrations after

## Kansas Junior Meat Goat Producer Day

Kansas Junior Meat Goat Producer Day will be held Saturday, March 28, 2015. Topics will include: nutrition, feeding, health and breeding. For more information, visit [www.youthlivestock.ksu.edu](http://www.youthlivestock.ksu.edu).



## Beef Weigh-In

Beef Weigh-In and Tagging will be Sunday, March 8, 2015 at the Winfield Livestock Auction from 1:00 p.m.- 3:00 p.m. All Market Beef must be weighed and

tagged on this day. This is also an opportunity to get Commercial Heifers tagged.

## Horse Panorama

Horse Panorama is a project specific event where members can share their knowledge of the Horse Project. Participants have the opportunity to test their knowledge in Hippology (Skillathon) contest and Quiz Bowl or present a Talk or Demonstration about the Horse Project. Horse Panorama takes



## Horse Project Opportunity

Mark your calendars! We will be at the Broken Y Arena on January 3rd. Bring your horses and enjoy a day playing games with your horses (indoors) and fellowship

with other horse lovers. The date is reserved, but the details aren't yet determined. There will be a charge because it costs to rent the arena. Cost will be determined by number of participants. for more info please contact Anna Hixon at [rndhixon@yahoo.com](mailto:rndhixon@yahoo.com)

## Horse Quiz Bowl and Hippology Practices

Rena and Anna Hixon will hold practices for Horse Quiz Bowl and Hippology January 7 & 9th at 4:00 p.m. in the Extension office meeting room. If this time conflicts with your schedule and you would really like to participate, contact Angie Krepps ASAP and we will see if we can adjust schedules with everyone! RSVP to Angie at [awleatherworks@live.com](mailto:awleatherworks@live.com). It is important to plan so that our volunteers don't make any unnecessary trips.



# January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
	Extension...ce Closed	Extension...ce Closed	Extension...ce Closed	Extension...ce Closed New Year's Day		
4	5	6	7	8	9	10
2:00 PM 4-H Shooting Sports Air Disciplines	7:00 PM Sunrise 4-H Meeting 7:00 PM Dexter/Otto 4-H Meeting 7:00 PM Floral 4-H Meeting 7:00 PM Tisdale 4-H 7:00 PM Martha		7:00 PM Udall 4-H	5:30 PM Extension Council Joint Board Meeting 6:00 PM Archery Practice	Southeast...Screening	
11	12	13	14	15	16	17
4:00 PM Rock Creek 4-H 4:30 PM Burden 4-H	6:30 PM Eastern Cowley County 7:00 PM Cameron 4-H 7:00 PM New Horizon 4-H 7:00 PM Walnut Valley 4-H			7:00 PM Winfield Clover Buds		
18	19	20	21	22	23	24
1:30 PM Shooting Sports Club Meeting 2:00 PM Shooting Sports- Shotgun 2:00 PM Wildlife/Hunting Skills	Martin Lu...ng, Jr. Day			6:00 PM Archery Practice		
25	26	27	28	29	30	31
	7:00 PM 4-H Council Meeting 7:50 PM Junior Leaders 8:15 PM Ambassadors					

# February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
2:00 PM 4-H Shooting Sports Air Disciplines	Groundhog Day 7:00 PM Tisdale 4-H Meeting 7:00 PM Martha Washington 4-H 7:00 PM Dexter/Otto 4-H Meeting 7:00 PM Floral 4-H 7:00 PM Sunrise 4-H		7:00 PM Udall 4-H			
8	9	10	11	12	13	14
4:00 PM Rock Creek 4-H 4:30 PM Burden 4-H	7:00 PM New Horizon 4-H 7:00 PM Walnut Valley 4-H 7:00 PM Cameron 4-H			Lincoln's Birthday 6:00 PM Archery Practice		Valentine's Day
15	16	17	18	19	20	21
1:30 PM Shooting Sports Club Meeting 2:00 PM Wildlife/Hunting Skills 2:00 PM Shooting Sports- Shotgun	Washington's Birthday			7:00 PM Winfield Clover Buds		
22	23	24	25	26	27	28
				6:00 PM Archery Practice		