

Coffey County 4-H Newsletter



2022-2023 Year Underway!

Another 4-H year is already underway! This is the time of year to select projects that you wish to enroll in, start setting goals, and make plans to gain the most from your projects. The 4-H page on our website has great resources to help you keep track of your goals and progress throughout the 4-H year.

We would like to remind everyone that enrollment is a 2 step process, and should be completed by the Coffey County 4-H enrollment deadline of

December 1st!

1. Enroll by creating new account or **Re-enroll using an existing 4-H Online account.**
2. Sign an enrollment report (will be emailed to you) to turn into the Extension Office.

Detailed instructions for enrolling in 4-H are on our website at <http://www.coffey.k-state.edu/4-h/enrollingin4h/>.

UPCOMING EVENTS / DEADLINES

NOV 1	Treasurer's Audits/Officer Training Sign In Sheets Due
NOV 2	Livestock Leaders Meeting, 6:30 p– Extension Office
NOV 11	Office Closed for Veterans Day
NOV 16	Deadline to submitted Fair Theme to Vickie Wolford
NOV 19-20	Kansas Youth Leadership Conference
NOV 24-25	Office Closed for Thanksgiving
DEC 1	4-H Enrollment Due
DEC 1	Club Program Books/ Club By Laws Due
DEC 26-30	Office Closed for Christmas
JAN 13	Project Record Books Due for Area Screening
JAN 20	Area Project Record Book Screening
FEB—TBA	Club Days
FEB 24-25	Ambassador Training at Rock Springs

CONTACT US

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K-State Research and Extension- Coffey County



K-STATE
Research and Extension

Project Leaders Needed—Club level and County-wide

To provide Leadership / Teaching in a specific subject matter area to a small group of 4-Hers and assist them to develop life skills through project meetings. We have resources available for leaders. Please contact the extension office if you are interested in being a leader. ***Project leaders are expected to hold at least 2 meetings throughout the year.***

4-H Program Books

Club based program books are due to the Extension Office by **December 1st**, along with 4-H enrollments.

After December 1st the Extension Office will update the 2022 4-H Council Program which will include:

- Club Duties
- Local 4-H Events
- Statewide 4-H Events
- 4-H Council Representatives
- 4-H PDC Members
- 4-H Club Information

The 4-H Council Program will be posted under the 4-H Newsletters tab of the 4-H page on our website, and will be mailed to anyone on our newsletter mailing list or upon request.

Please turn in one copy of your club by laws with your program book.

4-H Cloverbuds

As we begin a new 4-H year let's take a quick review on 4-H Cloverbuds, a special activity for our 5 & 6 year olds. Activities this age group enjoy doing include: running, jumping, singing, drawing, painting and coloring. However don't forget that when 5 & 6 year olds do these activities it's not for very long - probably 10-15 minutes tops! So when planning 4-H Cloverbuds activities remember age appropriateness.

Activity	Age Appropriate
Cloverbuds meeting with 3 - 4 lessons; each lesson 10 minutes long	Yes - short learning opportunities matches well with 5 & 6 year olds attention spans.
4-H Club Business Meeting	No - most club meetings average 1-1 ½ hours in length & parliamentary procedures are abstract and beyond the 5 & 6 year olds capabilities to understand.
Refreshments	Yes - healthy snacks that encourage good nutrition and well-being.
Project Meeting (See Cloverbud Meeting above)	No - most project meeting average 1-1 ½ hours studying one subject with limited variety and most 5 & 6 year olds attention span are limited to 10-15 minutes and therefore they become bored easily.
Show and Tell <i>Cloverbuds will have the opportunity to do "show and tell" at the County Club Day & County Fair in 2020.</i>	Yes - encourages youth to share what they are learning with others in a noncompetitive environment promoting free expression.

Do you want your newsletter mailed to you?

- Currently your newsletter is being emailed to you.
- Newsletter is posted on the web page.
- If you want the newsletter to arrive in your US Postal Service mail box...



CALL us at 620-364-5313 or EMAIL ljohnson15@ksu.edu.

4-H Volunteer Certification

In accordance with KS 4-H Policy “a volunteer, adult or teen, with authority to independently plan and conduct educational experiences for youth with other adults present or in a public setting OR a volunteer whose position puts him or her in close, ongoing, one-to-one contact with youth must complete the State 4-H Volunteer Certification process. New volunteers will need to complete and submit the application at the beginning of their first year of volunteer service.”

The volunteer screening process should be completed every 3 years. If you are unsure if you are due for re-screening, then contact Lauren in the Extension Office. **All club leaders and project leaders must be certified to continue in those roles. Other volunteers must plan to hold at least 2 project meetings throughout the year in order to certify and be recognized as a registered volunteer.**

Detailed instructions for becoming a certified volunteer, or renewing for the new 4-H year, are provided on the “Volunteer Information” tab of the 4-H page on our website.

AREA ELIGIBLE RECORD BOOKS

<u>Award Area</u>	<u>4-H Member</u>	<u>Club</u>
Beef	Kyanna Lankton	Smilin Thru
Clothing	Morgan Vogts	Tip Top
Energy Management	Caleb Durst	Blue Ribbon
Entomology	Mackenzie Krueger	Stringtown Bombers
Fiber Arts	Susanna Knight	Blue Ribbon
Foods	Grayson Shoemaker	Blue Ribbon
Meat Goats	Samantha Hughes	Tip Top
Horse	Ashdynn Lehmann	Smilin Thru
Leadership	Kyla Lankton	Smilin Thru
Pets	Morgan Vogts	Tip Top
Photography	Morgan Vogts	Tip Top
Plant Science	Clayton Linsey	Blue Ribbon
Poultry	Kyzer Lehmann	Smilin Thru
Rabbit	Kohlton Shoemaker	Blue Ribbon
Self- Determined	Daniel Rausch	Blue Ribbon
Sheep	Grayson Shoemaker	Blue Ribbon
Shooting Sports	Eli Grow	Smilin Thru
STEM	Daniel Rausch	Blue Ribbon
Swine	Kyanna Lankton	Smilin Thru
Visual Arts	Kyla Lankton	Smilin Thru
Wildlife	Grant Williams	Blue Ribbon
Woodworking	Morgan Vogts	Tip Top

2022-2023 4-H COUNCIL OFFICERS

President: Isaac Durst
Secretary: Brynna Wilson

Vice President: Kyla Lankton
Treasurer: Morgan Vogts

SETTING GOALS

I know, I know, we just got finished “hounding” you bout FINISHING your 4-H Record books, but NOW is an ideal time to START your 2021-2022 4-H Project Report Forms. Now that you have enrolled in your projects (WHAT you haven’t got that done yet?!!) for next year take time to really think about what you want to do and accomplish in each of those projects. Most successful projects begin with well-founded goals that provide a plan to increase your personal knowledge, technical skills, and leadership abilities.

A **4-H Project Report Form** that shows excellence will begin with goals designed to provide learning, leadership and citizenship experiences for the individual. Ideally, goals should be set at the beginning of the project experience because they help 4-Hers to plan their own project learning experiences. However, goals may be added as unforeseen situations or opportunities arise. It is reasonable to expect an excellent project record to have several goals attainable within the project year. Your goals should be detailed enough to keep the project on track and to evaluate your progress; flexible enough to grow with the project and to determine when you have reached a stopping point or need to change directions;

Here’s a few thoughts and suggestions on the goal setting process.

Set goals that motivate you, and have specific meaning to you and a value to you for accomplishing them. As you try to determine what your goals might be ask yourself these questions: What do I want out of the project why am I really in it; What do I enjoy doing in the project; What am I good at in the project; What would I like to improve on in the project; What gets me motivated about the project; Who do I admire and why; Where do I see myself in the project at the end of the year – in 3 years.

Writing down your goals is the most important part of goal setting. This simple act creates an accountability. It is the first action of many required in accomplishing a goal. As you develop and write down your goals, keep in mind developing and writing “SMART” goals;

Specific - must be clear and well defined. detailed enough to direct you to follow thru to completion

Measurable - Include precise amounts, specific dates, and so on so you can measure your degree of success. ...

Attainable - Be honest with yourself, make sure that it's possible to achieve the goals you set. ...

Relevant - that align with direction you want to go with your project

Time-Bound – use realistic deadlines, set a “finish line”, deadlines create urgency for completion

As you progress in age and advance in your 4-H “career” the balance should shift from project learning and activities, more towards leadership, (*teaching another person or a group skills or information including organizing or coordinating an activity, event, or meeting*) and citizenship, (helping out in your community and serving others without compensation).

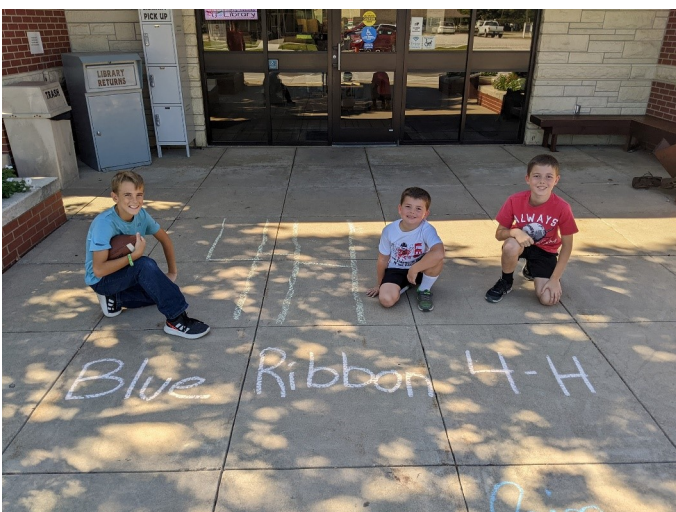
NEW COUNTYWIDE PROJECT AREA

Shooting Sports: Small Bore Rifle

Leader: Brian Ziegler

Enroll today to be added to the contact list for meetings and events!

48 Hours of 4-H



2022 4-H Achievements



2023 4-H Ambassadors



Key Award Winners



2022 Camp Counselors



35 Year Volunteer Award



Herdsmanship Award



Roy Hughes, Friend of 4-H



Outstanding 4-H Club



2022 Cloverbuds



Banker's Award Winners



Membership Pin



Bronze Pin



Clover Pin

See the 4-H Moms & Dads Facebook page for more photos from the 2022 Achievement Ceremony!