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4-H News

Meadowlark District

September 2023

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SPECIAL POINTS OF INTEREST

- 4hOnline
- Record Books—A Summary of Your 4-H Year
- Important Due Date—September 30



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Kansas4-H.org

4hOnline

With another year of experience in 4hOnline, we hope that your interaction with the site went well! With that being said, now is a great time to review your 4hOnline account to make sure your data is accurate. This can mean your contact information, but years in each project and other data needs to be corrected prior to the end of the current 4-H year. September is the month for staff to do reviews, reports and maintenance; so please let us know of issues or corrections as soon as possible.

Screened and registered 4-H adult volunteers who do not have an active enrollment in 4hOnline yet will need to get this done as soon as possible! You could be in jeopardy of losing your status as a registered Kansas 4-H Volunteer. Members, as a reminder, club and project enrollment will not automatically propagate in your accounts, so please watch carefully come enrollment time. Stay tuned for more information, but please note that the enrollment process for the 2023-2024 year will not begin until **October 1**.

Record Books—A Summary of Your 4-H Year

To mitigate stress, I hope that everyone has been working on their 4-H records throughout the year. In addition to the PDF versions of the Kansas 4-H Record Reports, Meadowlark District has continued to utilize the Kansas 4-H Record online template with ZSuite. Remember the completion of a 4-H Record Book is part of the annual requirement of 4H membership. During October, Record Books will be evaluated to determine local Project Champions. Members remember to only use the project records located on the Meadowlark District website, https://www.meadowlark.k-state.edu/4-h/project_records.html. Please consult with your Club Leader as your club most likely asks for these to be turned in at the club level much earlier than the deadline in which they are due to the office. Club Leaders need to review and submit record books to the Extension office.

Important Due Date—September 30

As with every year, **September 30** is the last day of the 4-H year. This time of year is also a beneficial time to reflect on your year in 4-H: did you meet your goals, what have you learned, how can you improve for next year, have you grown as a young person through your 4-H work? The 4H record book, especially Permanent Record and 4-H.

Story, is a perfect place to journal this reflection. **LEADERS – September 30** is the date that completed 4-H Record Books, Achievement Pin applications (submitted to you by member), Club Seal Summary reports, Club Goal Summary reports, and other important local forms are all due to the Extension office. All of these forms can be found at <https://www.meadowlark.k-state.edu/4-h/forms.html>.

Kansas Youth Leadership Forum

The Kansas Youth Leadership Forum (KYLF) is planned for **November 18-19, 2023** at Rock Springs 4-H Center. KYLF is for youth ages 14-18 years of age before January 1, 2024. KYLF will feature leadership workshops, Youth Council Elections, and opportunities to learn and have fun. Registration will open in August. Registration deadline is **October 16, 2023** by 11:59 PM. For more information go to, <https://www.kansas4-h.org/events-activities/conferences-events/kansas-youth-leadership-forum/index.html>.

Kansas State Fair

One of the largest events in Kansas will be happening **September 8-17** in Hutchinson. This is the Kansas State Fair. This is the capstone event for many 4-Hers in their project work, but the Fair offers something for everyone.

For information visit the State Fair website: www.kansasstatefair.com/

All 4-H entries need to be brought to the local Extension Office by noon on **September 5**. We prefer all non-perishable exhibits to be brought in to the office on **September 1 & 2**. Entries will be available to be picked back up **September 20** or thereafter.

4-H results can be found at <http://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/index.html>.

Youth Council and National Conference Applications

The Youth Council application and National Conference application are again combined this year. Applicants will indicate if they are applying for one or both opportunities.

This year's KYLF delegation will elect representatives from the four extension program regions (NE, NW, SE, SW) for one-year terms on council. Up to six National Conference delegates will be selected through an interview process at KYLF and they serve a two-year term on council.

Application information for State 4-H Youth leadership Council and National Conference is available at <https://www.kansas4-h.org/4-h-programs/teen-leadership-opportunities/youth-leadership-council/index.html>.

The deadline to apply is **October 2, 2023, by 11:59 PM**.

48 Hours of 4-H 2023

Every 4-H Club is encouraged to join 4-Hers from across the state this fall in seeing just how much we can give back to our communities! The weekend after National 4-H Week is the perfect opportunity to setup a service project. Invite your friends, clubs, adult volunteers, potential 4-H members and 4-H alums too!

When: October 7-8, 2023

Who: 4-H Members, 4-H Clubs, Friends, Adult Volunteers, Parents, 4-H Alumni, Partnerships, Community Organizations, Potential 4-H Families



48 Hours of 4-H
A weekend of service. A lifetime of impact.

More information can be found at <https://www.kansas4-h.org/events-activities/conferences-events/48-hours-of-4-h/>.

Outbound Exchange Programs Operating in 2023

The International 4-H Youth Exchange (IFYE) programs provide international exchange opportunities for 4-H alumni from 19-25 years old. IFYE Representatives spend 3 to 6 months living with host families in countries all over the world. Most participants leave in mid-June and return in mid-September or early December. More information about the IFYE programs can be found at <https://www.kansas4-h.org/events-activities/global-citizenship/international-4-h-youth-exchange-program/index.html>.

Setting S.M.A.R.T. Goals

As you begin to think ahead about the new 4-H year, you may have things you want to improve, change, or accomplish as the year progresses. A great way to quantify these thoughts would be setting goals. All in all, these tactics will help you set goals that will increase your likelihood of successfully achieving your goals.

Setting goals is an important aspect of success, and how we can measure success. It can help guide focus and help trigger new behaviors. Ultimately, they help manage your focus and success.

Goals need to be S.M.A.R.T. which stands for:

- **Specific** – This is where you want you should be thinking about what you want to accomplish. This is where you would have to ask yourself the “W” questions; who is involved, what are you accomplishing, where is this, when will this be done, and why are you doing this?
- **Measurable** – What are you measuring to determine if you have met the goal? This will help make more quantifiable and provides a way to determine the progress of your goal.
- **Achievable** – This will focus on the importance of the goal. Additionally, you should think about how to accomplish the goal and if you have the skills and tools to accomplish the goal.
- **Relevant** – This should be focused around what makes sense for the broader picture at hand.
- **Time-bound** – A target finish date should be set for your S.M.A.R.T. goal. Additionally, you should have other check-in dates as well to ensure that you are on track to achieve your goal.

Here are two examples of S.M.A.R.T. goals that I pulled from 4-h.org:

1. Learn how to use my DSLR camera by completing the photography 4-H project and enrolling in the Clover County Library’s basic photography class this June.
2. Apply for to be a 4-H Camp Counselor for this summer and complete all required training by **June 1**.

I encourage you and your family to sit down and reflect on the last year. Next, I encourage you to think about the future year and develop S.M.A.R.T. goals to track your success as a 4-H family. These can also be included in your Record Books!

Why 4-H ???

*(Noting the **IMPACT** of the 4-H Program in the lives of young people, in their own words.)*

Life lessons learned in 4-H are invaluable. They include: you have to practice to get better – set goals to get there (*Mastery*), people must volunteer their time for the success of the club – contribute (*Belonging*), helping newer members succeed is a rewarding experience – be a leader (*Independence*), being thankful to those businesses and communities who have given us opportunities and support (*Generosity*), a judges placing is one person’s opinion-it could change the next day-learn from it and move on.

Meadowlark District Encourages YOU to Volunteer!

We invite you to make the difference in the life of a young person. Volunteers make 4-H possible through the passion, skills, and talents they share with young people. 4-H volunteers are screened and receive ongoing training.

How do you get started? Talking to your local extension office is your first step in the volunteer process. You will then complete your application through 4-H Online. All Kansas 4-H volunteers must complete the Kansas 4-H Volunteer Screening process through their local Extension Office to work with Kansas 4-H youth. Your local Extension Office will guide you through the process.

Kansas 4-H offers a wide variety of involvement opportunities for adult volunteers, from a one-time event or program to a multi-year experience as a club or project leader. There are many roles for volunteers, check with your local club and/or Extension Office for more information.

Re-Enrollment

Each new 4-H year begins on **October 1**. On this day, enrollment and re-enrollment opens via the Kansas 4-H Online system as well. All re-enrollments must be completed by **November 1**. If re-enrollment is not completed by this deadline, youth will become ineligible for the current year to do receive exhibitor premiums or participate in premium auctions, hold a leadership position at the county or district level, and more! For additional information please visit the website at: <https://www.meadowlark.k-state.edu/4-h/enrollment.html>.



Project Spotlight



Fiber Arts

Have you ever wondered how your grandmother crocheted that scarf for you or embroidered the pillowcases? Have you seen all the trendy crocheted and knitted fashion scarves? Have you looked at the quilt on your mother's bed and wondered how it was made? The Fiber Arts project will embrace how to make these things. Fiber Arts is defined as the practical skills passed down from preceding generations that were developed to provide basic family needs, such as apparel, home furnishings or decorations.

You can learn and do the following in Fiber Arts: crochet, knit, needle arts, patchwork and quilting, rug making, spinning, weaving, and macrame.

Here is a simple way to get started in the project by making a **Friendship Bracelet!**

- **Supplies and tools:** Embroidery floss, scissors and tape
- **Activity steps:**
 1. To determine the length you need to cut your strands, measure your wrist diameter and multiply by 5. Or approximately 30 inches should be a good length.
 2. For beginners, 6 strands is good to start with. You can add more once you get the technique perfected. Cut the strips and tie them together with an overhead knot at one end.
 3. Tape at the knot to a table.
 4. The way you make the ridged, woven looking surface of a friendship bracelet is by making lots of small knots. First you need to decide what order you want your strands to be in. This will determine the order of the color of your rows. If you want thick stripes, place the same strand colors next to each other. Or you can mirror the colors from side to side.
 5. Once they're in order, grab the first 2 strands. The strand farthest to the left is going to create your first row. You'll be knotting it around the other strands of floss/yarn to achieve this. Take the first strand, and pass it over the second strand, and then behind. It is important you knot OVER the second strand. Now hold the second strand taut and pull the first strand up and towards the large knot. Pull until you meet resistance, but not any harder! This will create a small knot on the second strand. Make another knot by tying the first strand around the second strand again - just repeat what you did before. Continue moving across to the right, using the first strand to create two knots on each strand of floss/yarn in the bracelet. Once you've knotted all the way across to the right and reached the last strand of floss/ yarn, begin again using the first strand on the left. Make sure you're making TWO knots on each strand. Keep going until you have 3-4 inches of knotting done.
 6. Once you've got 3-4 inches worth of knotting done, you're fine to finish up your bracelet. Make another overhand knot right at the end of the main part of the bracelet. From that knot, braid 3 inches and then knot again. Now cut off the extra floss/yarn from both ends of the bracelet.

Honoring Time Serving 4-H in the Meadowlark District

As many of you have probably heard, Linda Gantz has decided to take another position in the Valley Falls School District. We are regretful to see her leave the District but are excited to see her slow down and have more time for her family! Many conversations after the news came out went in the same direction "We are happy for Linda, but sad for the program."

Linda has nearly 13 years of service to the 4-H program. She was the first District 4-H Program Manager and helped lead the fledgling Meadowlark Extension District, through the process of forming a true District 4-H Program with a new 4-H staffing model. Her efforts in recruiting, training, supporting, and recognizing 4-H volunteers are second to none and have only made the 4-H program stronger.

The next time you see her, I would highly encourage everyone to take the time to thank Linda and show your appreciation to her by sharing a story of how she positively affected your or your family's time in 4-H!



Thank You

A GREAT BIG THANK YOU to 4-H'ers, your families, 4-H Ambassadors, Fairboard members and all the Volunteers who made the 2023 Jackson County Fair a big success.

Each 4-Her can be proud of the things they accomplished this year. No matter what color of ribbon you won or how much your premium check is, you are ALL winners because you worked hard and learned many new things along the way.

Jackson County Farm Bureau Association provided a free meal for every 4-Her so a big thank you to them as well. Please take time to write thank you notes to the sponsors of your awards and others that helped with the fair. We need to let our volunteers and sponsors know that we appreciate their continued support.

Any feedback about the fair would be greatly appreciated. Please email me your comments and thoughts. Let me know what you liked this year and what you didn't like.

Thank You Notes or Cards

Remember to send your trophy sponsors and livestock buyers thank you notes or cards. Without their support we wouldn't have the trophies and premiums that we do. Trophy sponsors labels can be found on the thank you cards, on our website or you may call the office.

State Fair Entries

All exhibits going to the state fair need to be at the Extension Office before noon **September 5**. We strongly encourage you to bring in your non-perishables state exhibits in **September 1 & 2**.

Special Thanks to Livestock Sale Crew!

A huge THANKS to Denison State Bank Crew and sale clerks. The Livestock Haulers are a special set of volunteers that help out year after year, working the back and we wouldn't have had a sale without them. Also, thanks to Henry Hill, Craig Wischropp and Cody Askren for being the ring men and auctioneers for the evening. We couldn't have done it without all of you. Please be sure to send your thank-you's to the premium buyers, livestock buyers, livestock sale crew & clerks.

Record Books

The last phase of the 4-H year is the record book process. All 4-Hers will need to complete their record books. Please be sure to go back to the email sent about record book information as it is a different process this year. All 4-Hers 14 years and older will fill out the record book pages and then if they are selected as the winner in that area they then will have a chance to fill out the KAP to compete at Area KAP judging. All the record book forms, permanent record, personal page and KAP can be found on the Meadowlark District website www.meadowlark.ksu.edu. It's time to record what happened during the year, what you've learned, what brought you success, and what you can improve upon. Community Leader's will receive information on nominating 4-Hers for county awards. Your record books are **due to your club leaders**.

Key Award

This is a state-wide award. The standards are set by the State 4-H Department. Applicants must be 16 years old by January 1, 2023 and enrolled in leadership at least four years. Apply by **September 30**.

Important Dates

Premium & Livestock Checks

Leaders may pick up Premium & Livestock Checks from the Extension Office after **August 31**. **No checks will be mailed out or given to anyone besides your leader**. Please make arrangements with your leader. An explanation of the checkoff & deductions will be included with the livestock checks. **4-Hers please remember to send your buyers a thank you.**

Project Nomination Form

Members can get this form from their leader or at the Extension Office. All of the projects and awards are listed, so circle the ones you want to be considered for and turn in to your club leader with your record book.

Attention Club Leaders

Please be sure to turn in the following on **September 30**:

- Record Books for District judging
- Club Goals
- Pin Applications
- Record Book Nomination Sheets.

New 4-H Year is Almost Here!

As everyone should know, 4-H is a network of families that work together to grow great kids. One of the best things about 4-H is that it has something to offer for both city & country kids. Now is the time to invite new families that you know to come and get involved as we get ready to start the new 4-H year **October 1**.

Open Enrollment

Open enrollment begins **October 1**. To avoid any penalties, returning members need to enroll at <https://v2.4honline.com>, using existing account, by **November 1**.

National 4-H Week is October 1-7

Important Dates

Record Book Judging

We will be judging record books for one of the other district counties sometime in the near future. We will do this down Oskaloosa office meeting room. At least four older teens/ adults from every club are needed to select project award winners. Please watch your e-mails for more information and date

Fair Board Meeting

The Jefferson Co. Fair Board invites you to a "Town Hall" style meeting on **September 7** from 6:30-8:00 PM in the Oskaloosa office. The intent of this gathering is to engage in open discussion with the community regarding facility planning goals with an emphasis on long term strategies.

State Fair Entries

Entries can be brought into the office on **September 1-2**, unless you are entering food exhibits then bring in on **September 5** by noon. Good luck to all of our State Fair participants!

JF 4-H Council Meeting

Meeting is **September 25** at 7:00 PM at the Fair Building. Business items will include election of officers, fair evaluation, dates, and 2024 theme, and setting dates for club day and carnival. Bring your calendars and ideas!

2023-24 4-H Enrollment

Online enrollment begins on **October 1**. Returning members need to complete online enrollment, using your existing account, by **November 1** to avoid penalties.

Fair Thank You

We were all thankful for the rain and cooler temperatures ??? during our fair. It was a great week and we are so happy to have so many talented and supportive people as part of our team.

THANK YOU TO ALL OF OUR VOLUNTEERS, whose dedication and experience make our events run smoothly. Each of you play an important role in making our fair run smoothly, and when it doesn't, you lend a helping hand to make things better.

THANK YOU TO OUR 4-H MEMBERS! It was great seeing your project work and hearing judge's comments. We hope you will take suggestions that the judges made for improvements and apply it as you set goals for next year in each of your projects.

THANK YOU TO ALL OF OUR AWARD DONORS, LIVESTOCK AND COOKIE JAR BUYERS! Use our Donor Books, which are available in the office and on our webpage, to find out who you need to thank. Don't forget your club leaders, project leaders and anyone else who helped you with your project work this year.

Fair Royalty

Congratulations to our 2023-2024 4-H Royalty, who were crowned **July 21**.

- **King** - Braxdon Penry, Prosperity 4-H Club
- **Queen** - Grace Conser, Prosperity 4-H Club
- **Prince** - Caleb Clough, Billtown 4-H Club
- **Princess** - Addy Burns, Billtown 4-H Club

We appreciated them being present to hand out awards at pre-fair and fair judging events.

Thank you to each participant in the contest.

Fair Follow-Up

Premium Checks will be mailed to club leaders for distribution to members with fair exhibits. Premium Fund Donors can be found near the back of the Donor Book. Take time to let them know you appreciate their generosity.

Livestock Premium Checks will be mailed directly to members and will include a small deduction to cover buyers plaques, accounting fees and other costs associated with the sale.

Ideas on what you liked about our fair and improvements that you would like to see can be given to your club council rep. to be discussed at the next 4-H Council meeting.

Several lost and found items have been turned in. If you are missing a watch, kids sweatshirt or tools, please contact the office.

Project Record Books

Yes, it's time to get those completed and turned into your club leader by your club's designated deadline in **September**. Don't be late! You must use the project records found on the Meadowlark website at https://www.meadowlark.k-state.edu/4-h/project_records.html You only need to turn in your 2022-2023 records, along with your Permanent Record. Use the Project Nomination Form, available from your leader or the office, to circle those projects you would like to be considered for an award in. This form and your Member Achievement Pin application should be placed in the front of your record book. You are not eligible for county or area awards unless record books are completed.

4-H members who complete and turn in record books on time get a free meal at the Achievement Banquet.

It's OK to have goals this past year that were not achieved, or have extra challenges that you did not plan for. Write about these types of things in the Project Reflection part of your project records. We can learn a lot from our successes and challenges.



Thank You

The 2023 Fair was a great success because of all the help we had! We would like to THANK all the volunteers, superintendents, fair board members and 4-Hers who helped make the Nemaha County Fair a success.

Please Thank Sponsors

Over 100 businesses and individuals contributed thousands of dollars to the fair, not including the livestock auction. Please make sure that if you received an award of any type that you take the time and write the sponsor a thank you. It is not too late; in fact, you should thank them multiple times throughout the year! If you are not sure, contact Deb.

Fair Premium Checks

Premium checks will be sent to the club treasurers in **September**. The club treasurer will then hand out premium money to exhibitors at your club meetings.

Livestock premium checks, decorated cakes, cookie jars and bread basket checks will be mailed directly to members in September. You will see a small deduction to cover banners and meals for buyers, accounting fees and other cost associated with sale. 4-Hers please remember to send your buyers a thank you!

If you see a green ribbon on your statement. That is for any exhibits that were not pre-entered. If you have a yellow ribbon, those are for exhibits taken before check-out time. You will not be paid for either of these ribbons.

Extra Special Thank You

Make sure to tell each Fairboard member THANK YOU. They put a lot of time and effort into making sure you 4-Hers have a fair. A list of all Fairboard members can be found in the fairbook.

THANK YOU to Mike Stallbaumer for providing live coverage of the live-

stock shows and auction. If you missed these shows they can still be found on the Nemaha County Kansas Fair Facebook page.

We were able to have the live coverage because of Rainbow Communications. So make sure to Thank them, as well.

Fair Suggestions

Is there something you would like to see happen differently at the 4-H fair next year? Did you think something went well and want to make sure it doesn't get changed? If so, email Deb and she will forward this on to the Fairboard members. You can also talk with any Fairboard member; they are always open to suggestions.

4-H Record Books

The last phase of the 4-H year is the record book process. All 4-Hers will need to complete their record books. All forms can be found on our website https://www.meadowlark.k-state.edu/4-h/project_records.html It's time to record what happened during the year, what you've learned, what brought you success and what you can improve upon.

There is a general and livestock record. You only need to fill out one form for each project you are enrolled in and not each exhibit you took to the fair. **We ask that you turn in only your 2022-2023 records to your club leader in a 1" 3 ring binder.** Make sure you have a cover page on the binder with your name and club. If you have questions or need help with your records, please contact Deb.

All record books are to go to your club leaders and not dropped off at the Extension office. Each club has set due dates for your record book to be turned into your club leader. Make sure to also turn in your Achievement Pin application and Event Scholarship Application which can be found on our website.

Important Dates

State Fair Entries

All exhibits going to the state fair need to be at the Extension Office by noon on **September 5**.

We strongly encourage you to bring in your non-perishables state exhibits **September 1 & 2**. You will be able to pick up your state fair entries anytime on **September 20** or thereafter.

Time to Enroll

The new 4-H year begins **October 1**. Returning members need to re-enroll in the existing 4Honline account by **November 1** to avoid penalties.

National 4-H Week

Mark your calendars for **October 1-7**, as it is National 4-H Week. I am requesting that all 4-H members wear a 4-H shirt to school **October 4**.

Record Book Judging

We will start judging Jackson County Record Books on **October 9** at 9:00 AM in the Community Building meeting room. All clubs are required to provide at least 2 adult volunteers, giving 8 hours of judging time. The more volunteers, adult or older 4-Hers that we have, the quicker judging will go. If you plan to attend later in the day, a phone call to the office to check on the status of the workload is suggested before you come.

4-H Council

Our next 4-H Council meeting will be **October 9** at 7:30 PM. This will be for the 2023-24 club representatives. Please come with ideas for "Friend of 4-H" and fair theme ideas.



Meadowlark Extension District
Oskaloosa Office
P.O. Box 326
100 East Washington
Oskaloosa, KS 66066-0326

Address Service Requested

Calendar of Events

Sept. 1: Leaders pick up Premium/Livestock Checks-JA

Sept. 1-2: State 4-H non-perishable entries due in office

Sept. 5: State 4-H entries need brought into office

Sept. 8-17: Kansas State Fair

Sept. 20: State Fair entries available for pick up in office

Sept. 25: 4-H Council meeting-JF

Sept. 30: 4-H Leaders items due in office
Key Award application deadline

Oct. 1: 4-H Open Enrollment Begins

Oct. 1-7: National 4-H Week

Oct. 2: Youth Council/Ntl. Conf. Applications due

Oct. 7-8: 48 Hours of 4-H

Oct. 9: Record Book judging-NM

4-H Council meeting-NM

Oct. 16: KYLF registration due

Nov. 1: Re-enrollments need to be completed

Nov. 18-19: KYLF



The Meadowlark Extension District Offices are closed Monday, **September 4** in observance of Labor Day.

We will reopen at 8:00 AM on Tuesday, **September 5**.

Holton Office
114 W. 5th St.
Holton, KS 66436-1778
785-364-4125

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P.O. Box 326
100 East Washington
Oskaloosa, KS 66066-0326
785-863-2212

Seneca Office
1500 Community Dr.
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785-336-2184