

4-Her's are:

4X

more likely to give back to their communities.

2X

more likely to make healthier choices

2X

more likely to participate in STEM activities

2X

more likely to be civically active

Meadowlark 4-H Join Today

What is 4-H?

4-H is a research-based experience that includes a mentor, a hands-on project, and a meaningful leadership opportunity. It is the largest youth development organization in America. It's the only organization where you will find youth of all ages working together and that is family oriented. 4-H stands for Head, Heart, Hands, and Health. These are the four values that our members work on through fun and engaging programs.

Who can be in 4-H?

Youth ages 7 - 18 as of January 1, 2023 can be a 4-H member. We also offer 4-H Cloverbuds, a free educational program designed specifically for youth ages 5 and 6 as of January 1, 2023.

Benefits of joining 4-H?

Youth build life skills by leading hands-on projects in areas like science, health, agriculture, and civic engagement - helping them to grow confidence, independence, resilience, and compassion. Adult volunteers provide a positive environment where youth can learn by doing. We welcome all youth who want to have fun, learn and grow.

"In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us."

How to join 4-H?

The 4-H year starts on October 1st and concludes on September 30th. You may join at anytime during the 4-H year, but now is especially a great time. Sign-up by going to <https://v2.4honline.com>.

For more information, please call your local Extension office.



DEB HENRY
4-H Program Manager
dahenry@ksu.edu
785-336-2184



CLAY ROLAND
4-H Youth Development Agent
croland@ksu.edu
785-863-2212



What can I do?

4-H project-based learning, guided by adult volunteers, improves youth understanding of skills and concepts, as well as their ability to set goals, problem-solve and collaborate. Exploring your interests through 4-H project work is an excellent way to discover new skills and potential careers. Project availability may vary depending on your local program. Resources for each project can be ordered through your county or district K-State Research and Extension Office. Kansas 4-H projects include:

Agronomy	Dog Care and Training	Health and Wellness	Poultry	Small Engines
Architectural Block Construction	Electricity/Electronics	Home Environment	Rabbits	Sport Fishing
Astronomy	Entomology	Horse	Reading	Swine
Beef	Environmental Science	Horticulture	Renewable Energy	Unmanned Aerial Systems
Civic Engagement	Exploring 4-H	Leadership	Robotics	Veterinary Science
Clothing and Textiles	Family Studies	Meat Goats	Rocketry/Aerospace	Visual Arts
Communications	Fiber Arts	Performing Arts	Self-Determined	Welding
Computer Science	Foods and Nutrition	Pets	Sheep	Wildlife
Dairy Cattle	Forestry	Photography	Shooting Sports	Wood Science
Dairy Goats	Geology			

Local 4-H Clubs

Achievers

Meet 3rd Sunday of each month at 6:30 pm
Sacred heart Church in Baileyville
Leader - Pam Deters 785-294-1427
Leader - Kristin Strathman 785-336-1728

Busy Jayhawkers

Meet 4th Monday of each month at 7:00 pm
Community National Bank Basement
Leader - Sue Rokey 785-285-2104
Leader - Michaela Schultejans 785-285-0531
Leader - Jeanelle Plattner 785-284-3340

Centralia Aces

Meet 1st Sunday of each month at 6:30 pm
Centralia Community Center
Leader - Janel Huninghake 785-320-3520
Leader - Carol Deters 785-547-6002

HHHH

Meet 2nd Sunday of each month at 7:00pm
Seneca Community Building
Leader - Brenda Deters 785-336-6235

Kelly Twilighters

Meet 1st Sunday of each month at 9:00 am
St Bede's Hall in Kelly
Leader - Misty Ronnebaum 785-294-1489

Pony Express

Meet 1st Sunday of each month at 7:00 pm
Seneca Community Building
Leader - Rosette Randel - 785-336-2998
Leader - Marya Haverkamp - 785-336-1656

Red Rustlers

Meet 2nd Sunday of each month at 4:00 pm
Corning Legion Building
Leader - Kim Durland 785-548-5900
Leader - Hannah Huerter 785-548-5900

Stateliners

Meet 4th Monday of each month at 7:00 pm
Bern Community Building
Leader - Ross Mosteller 785-541-1012
Leader - Tory Jost 785-294-0312
Leader - Mary Renyer 785-284-0012

Woodlawn Meadowlarks

Meet 2nd Saturday of each month at 2:00 pm
Woodlawn Hall
Leader - Emily Stoller 785-548-6303
Leader - Michelle Devore 785-285-2948

K-STATE
Research and Extension



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Meadowlark District Extension
1500 Community Dr
Seneca, KS 66538
785-336-2184