

4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to a better living,
for my club, my community,
my country, and my world.



How are you doing?

- The year is well underway! By now you should be getting to know your leader/s and club members.
- Becoming familiar with how meetings are run.
- Thinking about your projects & goals for the county fair.
- Checking to see if there are project leaders to help you. If there aren't project leaders, work with your parents and club leaders to find someone to help if you need help.
- Participating in fun activities in your club and county.
- Seeing/giving presentations.
- Having fun!!!

What 4-H activities can 4-H members participate in?

All 4-H members can participate in a wide variety of 4-H activities, regardless of the project areas they have selected. There are local club, county, district, area, state, and national events to choose from.

Club Meetings and Activities

The entire 4-H club may work on community service projects, fundraising projects, club or 4-H promotion, and learning opportunities. Many clubs include recreation at their meetings or schedule fun events for club families. Some even have an exchange meeting with another club! You will learn about these events at club meetings or by talking to your club leader.

- If you miss a club meeting, check in with the club leader or another family to learn about what you missed.

How and where does project work happen?

Project work is conducted through various events such as:

- Project meetings – in the local club or county-wide
- Regular club meetings – give demonstrations or project talks
- Tours – visit projects of members or experts
- Field Trips
- Family activities at home
- Exhibiting projects
- Each member is eligible to exhibit a completed items/displays from their 4-H project at the county fair.
- Record Keeping



Are you asking questions? It's the best way to learn about all that 4-H has to offer! Ask your club leader or contact your Extension Office!

Sunflower District 4-H New Family Newsletter Series Spring Edition

What does that mean?

Every organization has a vocabulary that seems to only make sense to long-time members and 4-H is no different. Here are a few of those words:

Animal Identification— Market animals that are part of a 4-H project must be identified at a weigh-in/ID date set by each county 4-H program. Check with your Extension Office to make sure you have the deadlines on your calendar!

4-H Literature— 4-H offers curriculum and resources to help 4-H members learn and explore most of the projects they enroll in. Copies may be purchased by families or borrowed from your local Extension Office.

4-H Project Report Forms— Keeping records and project reporting are valuable skills taught to 4-H members. Members should also keep a permanent record of all 4-H and non-4-H experiences. The Kansas 4-H Project Report Form is a way for members to receive project recognition at the end of the 4-H year. Animal projects (except dogs, cats, pets) are reported on the Animal Project Report Form. <https://www.kansas4-h.org/resources/4-h-library/awards-and-recognition/ProjectRecognition.html>

Connect with us!

We welcome your questions.

**Cheyenne County—St. Francis, KS
785-332-3171**

**Sherman County—Goodland, KS
785-890-4880**

**Wallace County—Sharon Springs, KS
785-852-4285**

Did You Know?

Nearly every activity and event listed in the Sunflower District Newsletter, on the District Website, and on the various district Facebook pages is available for all Sunflower District 4-H members to explore.

Ask your club leader or contact your county Extension Office if you have questions about specific events.

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Checklist for 4-H Members

These items will help you have a successful 4-H experience.

Club Responsibilities

I Do This Now	I Plan To Do This	
		I attend monthly meetings regularly.
		I know the roll call topic.
		I am prepared when I'm on the program or assigned a task.
		I support and work for club and county events.
		I am a dependable committee member.
		I participate in county 4-H events and learning opportunities.

Project Responsibilities

I Do This Now	I Plan To Do This	
		I set project goals in each project (what I want to do and learn).
		I attend project meetings.
		I work on my projects at home.
		I keep pictures and record what I do in each project for my KAP.
		I participate in project workshops, judging schools, and contests.

Checklist for 4-H Parents

I Do This Now	I Plan To Do This	
		Ask questions when I need more information about 4-H.
		Take my child to club and project meetings and attend with them.
		Read newsletter and e-mails. Know meeting dates and mark them on a calendar.
		Willing to take short-term responsibilities such as: furnish transportation for activities, help at club events, share refreshment responsibilities, help with club community service projects and fundraisers.
		Encourage and guide my child in project work, but do not do the work for them.
		Encourage my child to participate in demonstrations, judging, exhibits, events, and workshops.
		Give some time to learning 4-H club and 4-H project requirements that see that my children achieve them.
		Support and cooperate with club and project leaders.

Watch for ...

Deadline to sign up to present a demonstration, speech, creative table/favorite foods, or talent at your county Club Day Event.

There are lots of programs, day camps, project events, and meetings taking place this quarter. Watch your newsletter, Facebook, e-mail, mail, and Remind to catch them all! Call the Extension Office if you wonder if your 4-H member can attend.

Sign up for livestock projects prior to weigh-in/ID date in 4HOnline. **Project drop/add date is May 1.**

Coming Up...

March

- Beef Weigh-In (February or March)
- County 4-H Club Day and Talent Registration
- County 4-H Club Day and Talent
- Regional 4-H Club Day (March or April)
- Project meetings may begin
- Life Skills Judging (at Club Day Events)
- Tractor Safety Training (March—June)
- YQCA (Youth Quality Care of Animals) certificate completion by at the time of nomination/entry for State Fair and KJLS or by June 15. Classes may be instructor-led or online.

April

- Small Animal Weigh-in
- Summer 4-H Camp Registrations Due (Check for date)
- National Volunteer Week—Thank a Volunteer

May

- 1—Project Drop and Add Date in order to show that project in the 4-H Division at the county fair.
- 1—Last day for new members to enroll in 4-H and show in the 4-H Division at the county fair.
- Fair Book and Fair Entry Information Available
- Watch for Sunflower District 4-H Day Camp Information and Registration
- Spring Livestock Shows
- Babysitting Clinic (May/June)
- 4-H Camp at Rock Springs (May/June)
- Summer 4-H Day Camps including Fishing Clinic and fun learning 4-H events. (May/June)
- State 4-H Discovery Days

What your club may be doing...

- Practice a skit and model meeting for Club Day.
- Members give demonstrations or project talks.
- Talk about preparation for the county fair—fair projects, fair entry, booth, float, etc.
- Plan or carry out community service projects.
- Remind members of project drop/add date on May 1.

To-Do...

- Download a copy of the 4-H Project Report Forms and start keeping track of your 4-H learning, meetings, and experiences. <https://www.kansas4-h.org/resources/4-h-library/awards-and-recognition/ProjectRecognition.html>
- Check to see if there is a project leader for your project. If they haven't contacted you, plan to contact them for help or for a schedule of meetings. Check with your club leader or call the Extension Office.
- Find resources to learn about presenting a demonstration or project talk at: <https://www.kansas4-h.org/projects/personal-development/communications.html>

More terms ...

Model Meeting—Clubs plan a model meeting that depicts a typical monthly meeting of their 4-H club. The meeting is conducted and evaluated for proper meeting procedures.

Creative Table/Favorite Foods—Member prepares one food item and presents it along with a menu for a meal/snack, table setting, and centerpiece; typically following a theme.

Life Skills Judging—members answer questions they may need to know as a consumer and about 4-H project area facts.

Tips ...

It is easier to write something down as it happens, rather than try to recall everything you've done for an entire 4-H year!

Take lots of pictures of your 4-H activities, projects, and events.

Keep a 4-H calendar with all your meeting dates.

Kansas 4-H Summer Camp

Kansas 4-H has been camping at beautiful Rock Springs Ranch for over 75 years! We are proud of our long legacy as being the premier summer camp for Kansas youth and for creating opportunities for outdoor adventure, lifelong friendships and leadership development. Check out the website for more information.

Sunflower District 4-H Day Camps

A variety of day camps are offered during the summer and open to all youth in the community. Topics that have been offered in the past include fishing, cooking, photography, babysitting clinic, and various STEM topics. Sign up quickly when you receive registration information.

They fill up fast!

Keep track of how much weight your project animals are gaining!

You can contact the Extension Office or project fair superintendent to make arrangements to use a scale at the fairgrounds to check on the weight of your animal/s between weigh-in and fair entry.

State-wide Project Learning Resources and Events are Available—Check out what's available in your project areas!

Sunflower District 4-H Project Pages and Resources: https://www.sunflower.k-state.edu/4-h/county_projects/index.html

Kansas 4-H Project Pages: <https://www.kansas4-h.org/projects/>

Kansas 4-H Calendar: <https://www.kansas4-h.org/calendars/index.html>

Kansas Clover Classroom Project Challenges: <https://www.kansas4-h.org/calendars/index.html>

Shutterbug Workshops: <https://www.kansas4-h.org/projects/creative-arts/photography.html>

Geology Field Trips: <https://www.kansas4-h.org/events-activities/conferences-events/geology-field-trip/index.html>

Shooting Sports: <https://www.kansas4-h.org/events-activities/conferences-events/shooting-sports/index.html>

Connect with us on social media!

A monthly Extension newsletter is published in the Sunflower District and information is routinely posted to the Sunflower District Extension website and various Facebook pages.



K-State Research and Extension Sunflower District: <https://www.facebook.com/SunflowerExtensionDistrictAGFCS/>

Sunflower Extension District Cheyenne County 4-H: <https://www.facebook.com/sunflowerextensiondistrictcheyennecounty4h/>

Sunflower Extension District Sherman County 4-H: <https://www.facebook.com/sunflowerextensiondistrictshermancounty4h/>

Sunflower Extension District Wallace County 4-H: <https://www.facebook.com/sunflowerextensiondistrictwallacecounty4h/>

<https://v2.4honline.com/#/user/sign-in>



Sunflower Extension District #6 Website: <https://www.sunflower.k-state.edu/>



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact person two weeks prior to the start of the event at the county Extension Office.

Requests received after this date will be honored when it is feasible to do so.

K-State Research and Extension is an equal opportunity provider and employer.