



Spring Events

It's not too early to start thinking about **Spring Events** which include:

***4-H Club Days & Talent Night, Project Talks, Demonstrations, Creative Tables, Promotional Posters, and Model Meetings.**

***Beef Weigh-in is coming up in all 3 counties. Dates and times will be posted soon.**

Citizenship In Action

The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities.

Where: Topeka KS—Hotel Topeka at City Center:

When: February 18-19, 2024

Registration closes:

January 26, 2024



Horse Panorama

The State Horse Panorama for adults & youth will be at the K-State Salina Campus on:

January 27, 2024

Registration closes:

January 2, 2024



SATURDAY, JANUARY 13, 2024



K-STATE
Research and Extension



KANSAS 4-H DAY WITH K-STATE WOMEN'S BASKETBALL

\$30: Ticket, Voucher (\$10 concessions), & Shirt

\$20: Ticket & Voucher (\$10 concessions)

HOW TO GET TICKETS?

1. Register! Use the QR code or the link below!
2. Pick up ticket packages - **location TBD (1/13/24, 11:30 AM-12:30 PM)**
3. Doors open for the general public (1/13/24, 12:00 PM)
4. Tip-off! (1/13/24, 1:00 PM)

Online registration for this event will be due **January 1st, 2024**. No paper registrations will be accepted. To register, go to: <https://bit.ly/3N85oPY>

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.
Resource: <https://www.apa.org/topics/resilience>



Build Your New Year's Resolution

with the 4-H Pledge



I pledge my **HEAD** to clearer thinking,

- Learn a new skill
- Organize your schedule
- Take a challenging class
- Read one book a week

my **HEART** to greater loyalty,

- Plan a weekly family game night
- Make family dinner a priority
- Set time aside to visit friends and family each month

my **HANDS** to larger service,

- Hold a food drive
- Volunteer at a pet shelter
- Plan a social event at a nursing/assisted living home

and my **HEALTH** to better living for my club, my community, my country, and my world.

- Exercise 5 days a week
- Drink 64 oz. of water a day
- Buy a new fresh fruit or vegetable to try each week

Congratulations!

SH Co. Project Record Books

Qualifying for Regionals:

Kaelyn Schilling - Beef
Rylea Martin - Foods
Hayden Short - Leadership
Matthew Berls - Rabbit
Mason Berls - Wildlife: Sports Fishing

WA Co. Project Record Books

Qualifying for Regionals:

Trell Larson—Goat
Brennan Aldridge—Leadership
Lincoln Stramel—Swine



Like us on
Facebook

<http://www.facebook.com/sunflowerextensiondistrictcheyennecounty4h>

<http://www.facebook.com/sunflowerwallace>

<https://www.facebook.com/sunflowerextensiondistrictshernancounty4h/>

New 4-H policy Guide: <https://www.kansas4-h.org/resources/policy-guide/Kansas%204-H%20Policy%20Handbook%202023.pdf>