

Sunflower Extension District #6



June 2026
Newsletter



www.sunflower.ksu.edu

Sunflower Extension District

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Sharon Springs Office

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St. Francis Office

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www.ksre.ksu.edu

June 2026

Go to www.sunflower.ksu.edu for more details on these programs.

Inside Your Newsletter...

What is Style Revue and who can participate?.....4-H Youth Development
Melinda's Retirement Invitation.....
Learn about Gut Health.....Family & Consumer page

Join us at the Wheat Plot Tours!

- June 2 Sherman County**
5:30 pm MT Plot tour at F&J Farms
Supper to follow at 4-H Building; served by Ruleton Eager Beavers
4-H Club and sponsored by FNB and Scoular
- June 3 Wallace County**
7:15 am MT Breakfast at plot at Mai Farms, served by Harrison
Endeavors 4-H Club
7:30 am MT Plot tour at Mai Farm
- June 3 Cheyenne County**
5:30 pm CT Plot tour at Hingst Farm
Sandwiches in the field after the tour

Directions to the plots:

Mai Farms – 9 mi south of Sharon Springs on Hwy 25 to Field Road, 4 miles east

F&J Farms - 7 miles north of Goodland on Hwy 27, north of the trees

Hingst Farm – 12 miles west of St. Francis to Road 1, 3.25 miles north

Topics:

Wheat varieties for our area, including drought tolerance and disease ratings
See a couple of new varieties from K-State, Colorado State and private companies

Drinks Sponsored by Kansas Wheat Alliance



What is Style Revue and who can participate?

A 4-H Fashion Revue is a Youth-in-Action project where members showcase clothing they have constructed, shopping and style, or restyled, focusing on sewing skills, consumerism, and personal presentation. Anyone in 4-H is eligible to participate.



Constructed Clothing

Good news! Only 50% of the outfit needs to be constructed.



Shopping and Style Clothing

Most of us get new clothes for school or special occasions, think about showing off your new digs!



Restyled Clothing

Upcycle your style. Add bling, ribbons, lace, etc. You are creating restyled clothing!

When does Style Revue happen?

Key Features

Participant judging

Spend your day on the catwalk!

Public Style Revue

8/3/26 CN County-7:00 PM, School

7/28/26 SH County- 6:00 PM, Harvest E-Free Church, 521 E. HWY 24, Goodland, KS 67735

7/27/26 WA County- 6:30 pm, Methodist Church

Who's invited

YOU



KINDLY JOIN US

FOR THE RETIREMENT OF

MELINDA
DAILY

JULY 29, 2026
3:00-5:30 PM MT

@ THE CAB
SHARON SPRINGS, KS

COME & GO



Let's try Again Learn about Gut Health



The health of your gut plays a fundamental role in your overall well-being and is often overlooked as a contributor to illness and disease. Your gut health can influence everything from immune function to psychiatric disorders, autoimmune diseases, obesity, chronic diseases, and more.

You may wonder, how is the gut so powerful in influencing health? Your gut microbiome is home to trillions of microorganisms that work together to maintain homeostasis (perfect balance) in your gastrointestinal tract (GI). Disrupting this balance, often called dysbiosis, can lead to various issues and conditions.

Additionally, your gut and brain have a direct line for back-and-forth communication, known as the gut-brain axis, thus impacting your mental and physical health.

In this lesson, the authors will explore the importance of maintaining a healthy gut, factors that can affect gut health, and how to improve your gut health through diet and other health behaviors.

Your gut health is a delicate balance between trillions of microorganisms—bacteria, viruses, fungi, and yeast — living together in your gastrointestinal (GI) tract.

Strong evidence supports the critical role that gut health plays in overall physical and mental health and well-being. Research has shown poor gut health to be linked to gastrointestinal, metabolic, and neurological disorders.

The gut is often called the “second brain” because of its two-directional communication with the brain and nervous system. When the gut microbiome is no longer balanced, diseases and illness may develop or symptoms may worsen.

Many factors influence your gut health, including birth, where you live, and what you eat. Although you cannot change some factors, like your genetics, many other factors are within your control. Focusing on a fiber-rich diet, reducing stress, and getting adequate sleep are a few ways to support a healthy gut.

After participation in this program, participants will be able to: Describe how their gut health may influence overall health. Participants will learn what diseases and conditions have been associated with poor gut health.

Be able to identify the difference between prebiotics and probiotics, and list foods in each category.



This program will be offered in:

Sharon Springs, KS. at the Senior Center on **May 27th from 11:30-12:30, (M.T.)**

Goodland, KS,

At the Sunflower Extension District Office work room on **June 1st from 12:00-1:00 p.m. (M.T.) Please sign up!!!**

St. Francis, KS.

At the Sunflower Extension District Office on **June 2nd from 12:00-1:00 p.m. (C.T.).**

Please sign up!!!



Existing Clubs in the Sunflower District

Charter No.	Local Extension Unit	Club Title	Charter Date
5137	Sunflower - Goodland	Prairie Dale	01/01/1949
5982	Sunflower - Goodland	Ruleton Eager Beavers	01/01/1961
8208	Sunflower - Goodland	Country Clovers	01/01/1978
8539	Sunflower - Goodland	Sunflower 4-H	10/01/1997
941	Sunflower - Sharon Springs	Weskan Windmills	01/01/1936
1516	Sunflower - Sharon Springs	Harrison Endeavors	01/01/1940
1791	Sunflower - Sharon Springs	Smoky Valley	01/01/1943
1667	Sunflower - St. Francis	Lawn Ridge	01/01/1941
1983	Sunflower - St. Francis	Plum Creek	01/01/1946
5103	Sunflower - St. Francis	Go-Getters	01/01/1949
5276	Sunflower - St. Francis	Pleasant Hill	01/01/1950
8757	Sunflower District, Sharon Springs	Ladder Creek	11/18/2019

Opportunity for Livestock Members

To register: <https://www.ygblivestockcamps.com>

Scroll to the bottom of website to register for cattle camp

Leggett’s Cattle Camp

June 6th
Goodland, KS

Leggett’s Lamb Camp

Check in for Lamb Camp
June 6th 5:30 PM MT
Camp June 7th
Goodland, KS

Leggett’s Goat Camp

June 7th
Goodland, KS



<http://www.facebook.com/sunflowerextensiondistrictcheyennecounty4h>
<http://www.facebook.com/sunflowerwallace>
<https://www.facebook.com/sunflowerextensiondistrictshermancounty4h/>

New 4-H Policy Guide: <https://www.kansas4-h.org/resources/policy-guide/docs/Kansas%204-H%20Policy%20Handbook%202025%20FINAL.pdf>

Cloverbud Policy Guide: <https://www.kansas4-h.org/resources/policy-guide/docs/Policy%20Book-%20Cloverbuds%20Kansas%204-H.pdf>



**2026 Wallace County Fair—
Red, White and Moos**



Fair Books will be available at the Extension Office the beginning of June

Fair entry is expected to open the first week of June.

4-H Fair Entries are due:
July 10, 2026

**2026 Cheyenne County Fair—
Boots and Buckles**



Fair Books are available at the Extension Office the beginning of June or it can be accessed online at:

<https://cheyenneksfair.com>

Fair entry is expected to open June 17th.

4-H Fair Entries are due:
July 10, 2026

**2026 Northwest KS
District Free Fair**



Fair Books are available at the Extension Office or it can be accessed online at:

<https://www.nwksfair.com/>

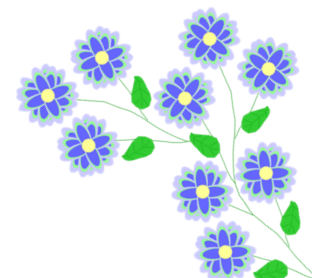
Fair entry is expected to open the first week of June.

4-H Fair Entries are due:
July 15, 2026



Sunflower District

June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Fair Entry Opens Horse IDs Due SH- Gut Health 12:00 pm MT	2. CN- Gut Health 12:00 pm CT	3.	4. FCS Judging Contest—KSU	5. DNA Envelope Order Deadline for Small Animal Livestock	6. Check in for Lamb Camp 5:30 PM MT SH 4-H Cattle Camp Leggett Cattle Camp
			Discovery Days-Manhattan			
7.	8.	9.	10. SH- Cloverbud Camp 9-12am MT	11.	12.	13.
Leggett Lamb/Goat Camp						Stock Car
14. Stock Car	15. Commercial Heifers & Small Animal Nominations Due For State Fair	16.	17.	18.	19.	20. FAA Livestock Barn Goat, Sheep & Hogs 6:30 AM MT
21. Father's Day 	22.	23. WA- Day Camp	24.	25.	26.	27.
28.	29.	30.				

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