



November 2023

**Sedan Office**

Courthouse  
Sedan, KS 67361-1326  
Phone: 620-725-5890  
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**Chautauqua County  
4-H Update**



**4-H Calendar**

**November**

- 10** Veteran's Day—Offices Closed
- 18-19** Kansas 4-H Youth Leadership Forum
- 18** County 4-H Achievement Banquet and Supporters' Appreciation Dinner, noon , Fair/Bowman Building
- 23-24** Thanksgiving—Offices Closed

**December**

- 22-1/2/2024** Christmas/New Year Break—Offices Closed

**Howard Office**

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[www.rollingprairie.ksu.edu](http://www.rollingprairie.ksu.edu)

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**CQ Co 4-H Appreciation Dinner  
& Achievement Banquet**

**November 18, 2023**

**NOON**

**Fair Building at the  
Sedan Fairgrounds**



## 4-H Enrollment

September 30 was the end of the 4-H year and October 1 started re-enrollment for the new 4-H year. Enrollments and re-enrollments will all be done on 4-H Online, <https://v2.4honline.com/#/user/sign-in> . If you can't remember your log-on or are having trouble, call Jenny at (620) 725-5890.

Remember, you must be 7 by January 1, 2024 to enroll in 4-H. Kids ages 5-7 may sign up to be in Cloverbuds. Cloverbuds can also sign up using 4-H Online free of charge.

Enrollment Deadline for competing in the county fair will be **February 1<sup>st</sup>**. Drop/Add Deadline will still be **May 1<sup>st</sup>**.

### NOTE:

**If you fully participated in BINGO mark “pay with check” and I will input the coupon code when I approve you.**



## County 4-H Appreciation Dinner & Achievement Banquet

The Achievement Banquet will be **November 18, 2023 at NOON in the Fair/Bowman Building** at the Sedan Fairgrounds. 4-H Council will provide the meat and tableware. Each 4-H Family is to bring a side dish or dessert.

**Remember to invite any supporters! This includes banner & buckle donors, bucket calf donors, Premium Sale supporters, leaders, grandparents, family members, anyone who helps us “Make the Best Better!”**



## Club By-Laws

The constitution and bylaws of your club should be reviewed annually. A suggestion would be to include reading the constitution and bylaws at the October or November 4-H club meeting. Upon the conclusion of the reading members are encouraged to sign the constitution and bylaws, indicating their approval. If changes are made; send a copy to the local Extension Office.

## Project Exploration

Exploring your interests through 4-H project work is an excellent way to discover new skills and potential careers. While projects can vary depending on your local program and availability, this guide offers a starting point for each of the official Kansas 4-H projects. Resources for each project can be ordered through your county or district K-State Research and Extension Office.

The 2024 4-H Project List is a little different this year. All projects are in seven categories: Animal Science, Communication & Expressive Arts, Consumer & Family Science, Engineering & Technology (formerly STEM), Leadership and Personal Development, Natural Resources, and Plant & Environmental Science.

Major Changes:

- ⇒ Buymanship is now **Shopping in Style**.
- ⇒ STEM is now **Engineering & Technology**. Woodworking is included in this category.
- ⇒ Horticulture is now included in **Plant & Environmental Science** along with Entomology, Forestry, Agronomy, & Landscape Design.
- ⇒ Dog Care & Training is now **Dog**.

Check out the 2024 Project List in this newsletter. Then, check out the details on the 4-H Youth Development website. **If there is something you are interested in, but don't think we have it in our county, call us and we'll see if we can find a project leader.**



If you have any pictures from the fair or other 4-H events during the year, please share with me by November 10. I need pictures for the slide show at the Achievement Banquet.

Email me at [Immbever@ksu.edu](mailto:Immbever@ksu.edu)



## Achievement Banquet Club Responsibilities

Cedar Vale Go Getters—Drinks

Sedan Willing Worker—Rolls

Prairie Pride—Decorations

Each family is to bring either a side dish or a dessert.



**And other really important stuff...**

### CQ Co. 4-H Council Meeting

The next council meeting will be on Thursday, November 8, 2023 at the courthouse.

**New 4-H Year**

**Began**

**October 1, 2023**

**ENROLL IN YOUR**

**PROJECTS TODAY!**



### Explore 4-H!

Don't forget you need to be enrolled in a project to participate in the fair. Don't limit yourself by not enrolling in what could be your new favorite project, a new hobby or maybe even a future career!



# Setting 4-H Project Goals

Name: \_\_\_\_\_ Club: \_\_\_\_\_ Year: \_\_\_\_\_

Now that you have selected your 4-H projects for the year, it is important to plan out what you would like to learn and accomplish. What new skills would you like to gain? Who is going to help you along the way? Setting measurable goals will help guide you through positive 4-H project learning experiences.

## WHAT IS A GOAL?

A GOAL is . . . Deciding what you want do and learn in a 4-H project.  
A road map. It helps you get where you want to go.

Your goals should have three parts that will allow you to measure and check your progress. The three parts of a good goal, include:

1. **ACTION** — How are you going to do something.
2. **RESULT** — What are you going to do. Be specific!
3. **TIMETABLE** — When are you going to do it.

This worksheet is designed to help you set your 4-H project goals. Below are some examples of well-written goals:

Action	Result	Timetable	Who Will Help Me
I want to learn	about my bucket calf's nutritional needs	before county weigh-in.	Dad
I want to make	three nutritious snacks for the nursing home residents	by our June club meeting.	my project leader
I want to learn	about the aerodynamics of my rocket	before the spring launch.	Mom
I want to lead	a horse project meeting	by February.	my extension agent
I want to keep	accurate records of my photography project experiences and expenses	monthly.	my project leader & parents

**CONTROL TEST:** Do your goals pass the control test? Do you have control over all parts of what happens? If you can answer "yes," then you are ready to begin record keeping. For example, "I want to win grand champion with my cookies at the county fair," does not pass the control test. A 4-H member doesn't have control over ribbon placing.

Now it is your turn. Practice writing three goals that you would like to accomplish this 4-H year. If you need help, ask an adult to assist.

Action	Result	Timetable	Who Will Help Me
I want to . . .			
I want to . . .			
I want to . . .			

Time to begin. In the spaces provided on the next page, set your goals for each project you are enrolled in this year. Attach additional pages as necessary.

Please keep in mind that younger 4-H members will have fewer, less complex goals than older, more advanced 4-H members. A good rule of thumb is three to five goals per project for ages 7 to 10, four to eight goals per project for ages 11 to 13, and seven to 12 goals per project for ages 14 to 18.

**PROJECT:** \_\_\_\_\_ **4-H Member Age:** \_\_\_\_\_ **Years in Project:** \_\_\_\_\_

	Action, Timetable, Result	Who Will Help Me
Goal #1		
Goal #2		
Goal #3		
Goal #4		
Goal #5		

**PROJECT:** \_\_\_\_\_ **4-H Member Age:** \_\_\_\_\_ **Years in Project:** \_\_\_\_\_

	Action, Timetable, Result	Who Will Help Me
Goal #1		
Goal #2		
Goal #3		
Goal #4		
Goal #5		

**PROJECT:** \_\_\_\_\_ **4-H Member Age:** \_\_\_\_\_ **Years in Project:** \_\_\_\_\_

	Action, Timetable, Result	Who Will Help Me
Goal #1		
Goal #2		
Goal #3		
Goal #4		
Goal #5		

**PROJECT:** \_\_\_\_\_ **4-H Member Age:** \_\_\_\_\_ **Years in Project:** \_\_\_\_\_

	Action, Timetable, Result	Who Will Help Me
Goal #1		
Goal #2		
Goal #3		
Goal #4		
Goal #5		

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

4H1100

October 2018

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director.



# A 4-H Project: More than a Fair Entry

4-H project-based learning provides a place for youth to explore their interests and passions — or what we like to call their sparks! Youth learn from caring adult volunteers, or in some cases through self-guided study, in projects in areas such as science, health, agriculture, and citizenship. Screened adult volunteers provide a safe and positive environment where youth learn by doing. Young people thrive through 4-H participation, finding their way to success in life and career.

Careful consideration should be used when selecting a 4-H project to enroll in for the year. A 4-H project has five components: Learning Experiences, Leadership, Citizenship, Exhibition, and Record Keeping. An explanation of each component can be found below. These five components can all be found along the Kansas 4-H Learning Pathway (4H1131).



Learning Experiences	Citizenship	Leadership	Exhibition/ Showcase	Record Keeping
<ul style="list-style-type: none"> <li>• Curriculum-guided activities</li> <li>• Project meetings</li> <li>• Kansas Clover Classroom</li> <li>• Educational tours</li> <li>• Workshops/clinics</li> <li>• State project events</li> <li>• KSU Junior Producer Days</li> <li>• Judging contests</li> <li>• Public presentations</li> <li>• Interviewing the experts</li> <li>• Educational presentations</li> <li>• Quiz bowl contests</li> <li>• Skill-a-thon</li> <li>• How-to shows and online videos</li> </ul>	<ul style="list-style-type: none"> <li>• Helping your community or others outside your family</li> <li>• Helping others without financial compensation</li> </ul> <p>Examples may include:</p> <ul style="list-style-type: none"> <li>• Food drives</li> <li>• Sew and donate lap quilts to nursing home</li> <li>• Knit caps for newborns</li> <li>• Assist in community garden</li> <li>• Volunteer with Story Walk, featuring a book related to project work</li> <li>• Launch rocket with daycare or elementary grades</li> </ul>	<ul style="list-style-type: none"> <li>• Teaching skills or information to others outside your family</li> <li>• Organizing or coordinating an event or activity</li> </ul> <p>Examples may include:</p> <ul style="list-style-type: none"> <li>• Teach a workshop</li> <li>• Facilitate a group activity</li> <li>• Assist a Project Leader with project meeting</li> <li>• Plan a tour</li> <li>• Serve as a Junior/ Teen Leader</li> <li>• Serve as a Junior Superintendent</li> <li>• Create project-related videos for use on social media</li> </ul>	<ul style="list-style-type: none"> <li>• Contest (foods show, photography contest, wheat show, etc.)</li> <li>• 4-H Club Days</li> <li>• 4-H Project Displays</li> <li>• Livestock show</li> <li>• Educational presentation</li> <li>• County Fair</li> <li>• Kansas State Fair</li> </ul>	<ul style="list-style-type: none"> <li>• Goal setting</li> <li>• Record of project work, income, expenses, and skills learned, etc.</li> <li>• Leadership and Citizenship</li> <li>• Project reflection</li> <li>• Pictures documenting learning and engagement</li> </ul>

### Local Contact Information

Jenny McDaniel

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620-725-5890



# 2023/2024 KANSAS 4-H PROJECTS



Beef  
Dairy Cattle  
Dairy Goats  
Dog  
Horse  
Meat Goats  
Pets  
Poultry  
Rabbits  
Sheep  
Swine  
Veterinary Science

Communications  
Performing Arts  
Photography  
Visual Arts

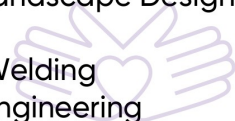
Sewing & Textile Design  
Shopping in Style  
Family Studies  
Fiber Arts  
Foods & Nutrition  
Health & Wellness  
Interior Design & Architecture

Environmental Science  
Geology  
Shooting Sports  
Wildlife

Civic Engagement  
Leadership  
Reading Adventures  
Self-Determined

Entomology  
Agronomy  
Forestry  
Horticulture & Landscape Design

Ag Mechanics  
Welding  
Building Block Engineering  
Astronomy  
Computer Science  
Electric & Renewable Energy  
Robotics  
Aerospace/Rocketry  
Small Engines  
Uncrewed Aircraft Systems  
Woodworking



## PREVIOUS PROJECT LISTING

Beef  
Dairy, Cattle  
Dairy, Goats  
Dog Care & Training  
Horse  
Meat Goats  
Pets (including Cats)  
Poultry  
Rabbits  
Sheep  
Swine  
Veterinary Science

Communications  
Performing Arts  
Photography  
Visual Arts

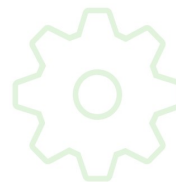
Clothing & Textiles- Construction  
Clothing & Textiles- Buymanship  
Family Studies  
Fiber Arts  
Foods & Nutrition  
Health & Wellness  
Home Environment

Environment Science  
Geology  
Shooting Sports  
Wildlife

Citizenship (Civic Engagement)  
Leadership  
Reading  
Self-Determined

Entomology  
Plant Science  
Plant Science- Field Crops  
Plant Science- Forestry  
Plant Science- Horticulture

STEM - Ag Mechanics  
STEM - Architectural Block Construction  
STEM - Astronomy  
STEM - Computer Science  
STEM - Energy Management  
STEM - Robotics  
STEM- Aerospace/Rocketry  
STEM - Small Engines  
STEM - UAS  
Woodworking



## Traits of a Strong 4-H Club

Its time to start looking at our Club Health. No, that doesn't mean a Health Club for working out. Club Health is evaluating your 4-H Club to see if it is on the right track. Here is a checklist of traits of a strong club that is thriving.

- ◆ Fun for members!
- ◆ Standard meeting times and places
- ◆ Growing in numbers
- ◆ Doing things
- ◆ Strong leadership (adult and youth)
- ◆ Visible in the community
- ◆ New members (and their families) feel welcomed and supported
- ◆ Members receive recognition for MANY accomplishments
- ◆ Members participate in and beyond the club level activities, events and trainings.
- ◆ Family involvement
- ◆ Lots of parents at the meetings & activities
- ◆ Good communication
- ◆ Meetings belong to the members
- ◆ Club officers run the club meetings.



## Congratulations!

Rolling Prairie District—Chautauqua County had 9 4-H'ers with a total of 15 entries in the 2023 Kansas State Fair! The 4-H'ers competed and qualified at the county level for the State Fair in a variety of projects.

The members that competed at the State level were: Landree Alcorn (4 entries), Hunter Brown (1), Aubrey Lampson (1), Adalyn Leonard (2), Kendal Long (1), Hayleigh Rainbolt (1), Taylor Rainbolt (1), Wyatt Schmidtberger (3), Lakyn Sutton (1). Congratulations to all those that competed!



## Statewide Happenings and Beyond

One way to get the most out of your 4-H experience is to participate in activities beyond Chautauqua County. These activities help you meet new friends, learn more about your projects and 4-H, it can even help you get a job in the future! Some of these events are:

- ◆ Camp
- ◆ Campference
- ◆ Discovery Days
- ◆ Judging events
- ◆ Horse Panorama
- ◆ Kansas Youth Leadership Forum
- ◆ Judging Events
- ◆ Citizenship in Action
- ◆ Geology Field Trip
- ◆ 4-H International Exchange Programs

For more information, contact your local Extension Office (**Jenny**) at [jl323@ksu.edu](mailto:jl323@ksu.edu) or **620-725-5890**. You can also check out the plethora of activities on the 4-H Youth Development website under Events and Activities.



## Record Book Hacks

Ahhh! Record Books are turned in and you don't have to think about it for a whole year!! Right? This is where the obnoxious sound of a needle scratching across a vinyl record happens, because that is far from the truth. Actually, I saw a lot of stressed out 4-Hers and parents with Record Books over the last week. So I asked myself, what can we do to help everyone involved and get the most out of 4-H record keeping? Then it hit me. If you do just a little bit every month, September won't be a month we all dread. Here's two hacks to get you started.

**Hack #1:** Get a small box, put a pencil/pen, some paper or notebook, a calendar, and your 4-H Record Book inside. Keep everything 4-H inside that box. Decorate it if you want. Every time you go to a meeting or event, write it own. If you'd rather do this on your cell phone or computer, that's an option. However, there is something about writing it down that seems to help us remember. You can even document this on your permanent record.

**Hack #2:** It's okay. There is no rule that says you can't get your Personal Information Page done now. Here's the link to get you started: <https://www.rollingprairie.k-state.edu/cq4-h/awards/index.html> then click on Personal Information Page. Download it and save it to your computer. Then type in all the information, print it and put it in one of those sheet protectors. Your first page is DONE! If you decide in December that you want to add or delete a project, it's easy to revise your document.

**BONUS HACK:** Start saving your 4-H pictures now. One file, labeled "4-H 2023". You can also put all your 4-H documents in a file (physical or desktop) with your name (i.e. "4-HJenny")

The entire Record Book Hacks page is on the Rolling Prairie website under Chautauqua County 4-H. Just pick a couple hacks to do every couple of weeks and you'll be ahead of the game in September!



## Setting Goals

I know you already know what makes a good goal. It must be Specific, Measurable, Attainable, Realistic, and Time Bound. If you haven't learned about this format, there is all kinds of information on the internet.

### How do I write a good goal for my record book?

First of all, don't make "winning" your goal. Think of your goal as your action plan for the year. What do you want to do? What do you want to learn? What do you want to make? How can you share what you learn? That's why they need to be written down at the **beginning** of your 4-H year. Included in this newsletter is a "Setting 4-H Project Goals" worksheet for you to use to set goals in each of your projects.

Examples:

⇒ I want to learn how to make 10 different macramé knots in Fiber Arts by April.

Your main goal is always to make the best better. That's you (personally), your community (or the people in it), your country and your world. Winning is a consequence of all your other learning and hard work.



Rolling Prairie Extension District #8,  
Chautauqua and Elk Counties  
215 N. Chautauqua  
Sedan, KS 67361

### Rolling Prairie Extension District on Facebook



“Like” our Facebook page to get the most up-to-date information and news about the happenings of Rolling Prairie District! Visit <https://www.facebook.com/rollingprairieextension/> to like our page.

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*Knowledge  
for Life*