

4-H UPDATE



Midway District 4-H Newsletter

MIDWAY DISTRICT 4-H PROGRAM represents
ELLSWORTH AND RUSSELL AREA 4-H CLUBS

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Happy New Year! I hope the 2023 brings you happiness, success, and peace.

The new year means means different things for everyone. Some just want to change the date and others want to try to accomplish a goal. If you haven't figured out what that goal is yet, don't worry or stress about it. Only you know what your goal is. You are the only one that knows what you need to work on. Only you know what is important to your health. This goal doesn't have to be noticeable on the outside. If your mind is not in the right spot, then 2023 is the NOT the year to work on physical health. Your Mental Health is also important! Your Mental Health is Health!

Allow yourself to be okay with where you are right now, in this very moment. Then choose to improve mental health as your focus for 2023.

Once you focus on you, you will be amazed at what you can accomplish and push yourself to do next. Your mind has to be in it for the right reasons. Work on putting all that noise to the side. It does not matter. But YOU do!!!

Karrie Van Winkle



Russell Report



2023 RS County 4-H Council Officers

President
Teagen Pfeifer

Vice President
Emma Karst

Secretary
Taylor Cook

Treasurer
Christian Miller

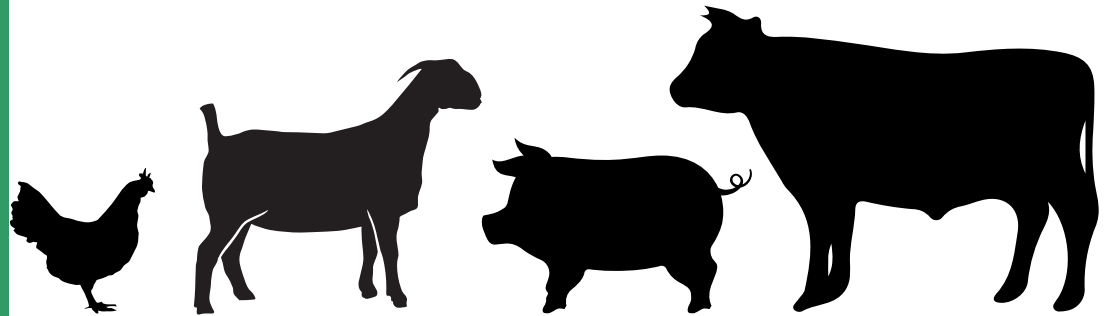
Reporter
Emma Karst

4-H Council Meeting
January 23 at 7:00pm

Be prepared for these
meetings with officer and
committee reports!

Russell Fair Board
Meeting
January 9 at 7:00pm

4-H Junior Leaders
January 29 at 6:00pm after
Favorite Food Show



The Russell County 4-H Extension Office and Russell High School FFA are coming together to let 4-H and FFA utilize the Russell High School FFA Farm. 4-H and FFA projects will be able to utilize the facility for minimal costs to help grow a responsible project experience.

The farm is located just east of the Shaffer Field on USD 407 property.

Contact the Extension Office or Russell High School for a contract.



Russell County Shooting Sports
will be meeting on Monday,
January 9th at 6pm. The
meeting will be held at the 4-H
building.



Ellsworth Events



2023 EW County 4-H Council Officers

President
Rebekah Vague

Vice President
Trenton Hays

Secretary
Josey Norris

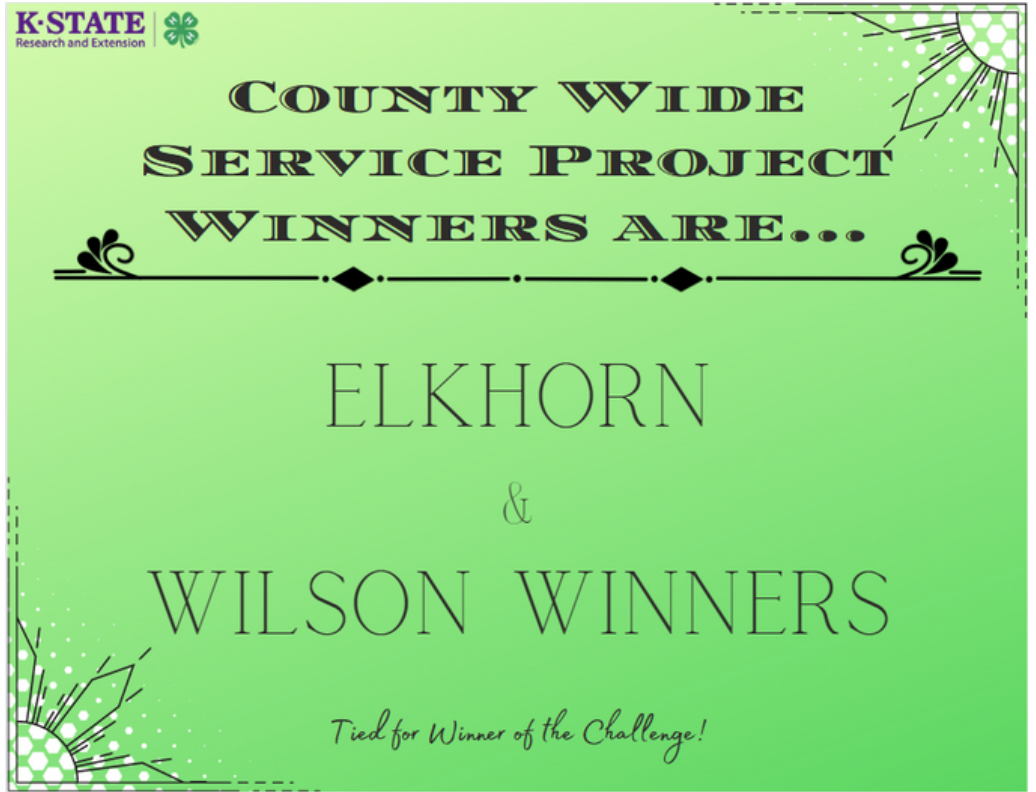
Treasurer
Sam Thielen

Reporter
Molly Ehrlich

4-H Council Meeting
February 27 at 6:30pm

Be prepared for these
meetings with officer and
committee reports!

4-H Junior Leaders
TBD



**Midway District Annual
Shooting Sports Meeting**
will be held on Sunday,
January 8th at 5:00pm. We
will be meeting in the
Ellsworth scout cabin.





Family Resource Page



Many of the events and paperwork- most definitely the paperwork- for 4-H can be overwhelming for new 4-H families! This page will be used to highlight things that may be helpful to know in regard to upcoming events, deadlines, and necessary documents. Your Club Leader is also a great resource!

As a new family, everything that goes into a project can be overwhelming! Now, during the winter, is a great time to start project learning and laying the ground work for what each 4-H member chooses to present at the fair! The summer is a busy time, between spending time with family, fun summer activities, camp, and fair. Sometimes it's easy to rush through those important learning pieces of a project just to have a finished product. Right now, while the weather is cool and there aren't so many outdoor activities is a great time to get started! Do research, practice creating things that fit into your project area, do experiments, learn all that you can! Not only will it take some of the stress off summer time, but it is also a fun way to spend time together and develop new passions. As a reminder the extension office has curriculum on many of the project areas that can be checked out!

What other learning opportunities are available to my 4-H member?

- Super Saturday—This is a day filled with 4-H learning opportunities in Hays. It includes project workshops and judging contests including livestock, photography, horticulture, and much more!
- Citizenship in Action -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 communities. Delegates will tour the Capitol, get tips on how to meet and talk with their legislators, and discuss how youth can have a greater impact in their communities. Sunday will feature time at the Capitol, legislative sessions, and a dinner and dance at the Capitol Plaza Hotel. Monday is reserved for delegates to meet with legislators.
- State Geology Workshop
- State Entomology Workshop
- Horse Panorama-is a compilation of various contests related to the Horse Project. Contests include: quiz bowl, hippology, public speaking presentations, photography, and educational posters. There will also be educational activities for 4-Hers of all ages.
- Junior Producer Days- K-State alternates between two species each year. These family-friendly, educational events are a day devoted to youth, parents, project leaders, agents, and teachers who have an interest in specific livestock species projects. Participants of all knowledge levels are invited to attend.
- Discovery Days- offers classes and tours about 4-H projects, careers, hobbies, community service, and more! You can also share your talents in the Talent Show. Are you ready to dance? Are you ready for some Call Hall ice cream? Are you ready for some great speakers and Discovery Days Night Live and all the other possibilities in your future?

Be sure to watch the Midway District website and Midway District 4-H Facebook page for more upcoming events and activities.



Learning Center



LEADERS.... DID YOU...

REVIEW

- 4-H Update Important Dates/Deadlines (Calendar)

TO DO

- Check mailbox at the Extension Office
- Report from 4-H Council Meetings
- Provide any leadership changes to the Extension Office ASAP
- Update Volunteer Renewal information

PROMOTE/RECRUIT

- 4-H members: ask a friend to attend meetings
- Encourage current 4-H members to review and complete applications for KYLF, Citizenship in Action, Citizenship Washington Focus
- Remind all 4-H members and parents who are volunteers to enroll via 4-H Online
- The Extension Office has a copy of the Cloverbud handbook for each club-please provide this resource to your club Cloverbuds
- Provide officers and clubs leadership updates as soon as possible to the Extension Office



YQCA-Youth Quality Care of Animals

Completion of YQCA is required to sell an animal (including poultry and rabbits) through the county fair premium auction and to show animals at the Kansas State Fair and Kansas Junior Livestock Show.

In-person classes will be held at the Wilson United Methodist Church (2404 Ave F, Wilson, KS 67490). We will meet in the education center behind the church.

Class will be held these following dates:

TUESDAY, MARCH 7, 2023 6-7:30
MONDAY, MARCH 27, 2023 6-7:30
SUNDAY, APRIL 16, 2023 1-2:30

TO FIND MORE INFORMATION, REGISTER FOR ONE OF THESE DATES OR TO DO THE ONLINE TRAINING,

PLEASE GO TO THE FOLLOWING SITE:

<https://yqcaprogram.org/>



Attention High School Seniors and College Students!

It's time to start thinking about applying for scholarships. Did you know the Kansas 4-H Foundation has a large list of scholarships that are given out each year?

Click [HERE](#) for the application and the list of available scholarships. Applications are due to the state 4-H office by March 1, 2022.

4-H in the News



Elkhorn & Wilson
Winners won the
County Wide Service
Project, so they got
to celebrate with
County Liners with
pizza and bowling!



This was a big
success and plans
to being made to
do it again next
year!



**If you have Club News that you would like to share,
please forward it to Karrie and we will publish it on
this page as space allows.**



4-H Happenings



**Kansas 4-H Horse Panorama
K-State Salina Campus
2310 Centennial Road; Salina, KS
January 28, 2023
Participant Information**



Purpose: The 4-H Horse Panorama encourages young people to develop knowledge of equine-related subject matter. The contests develop alertness, self-confidence, and knowledge in a competitive setting, surrounded by an attitude of friendliness and fairness. The educational experience is great for both the participant and spectator.

Who Should Register: 4-H youth enrolled in the Horse or Horseless Horse projects, parents, volunteer 4-H leaders, and Extension staff.

One Day Event: The Panorama is a one-day event with a virtual component.

Registration: Pre-registration will open December 2 and is required for an accurate meal count by January 10, 2023 at 11:59 p.m. on Qualtrics. For questions contact Kelsey Nordyke at 620-222-1311 or e-mail knordyke@ksu.edu.

Cost: The registration fee is \$55 and includes all contests, t-shirt, meals, awards and materials for the day.

JUNIOR SWINE AND MEAT GOAT PRODUCER DAYS

K-State Junior Swine Producer Day is Saturday, March 11. Junior Meat Goat Producer Day is Saturday, March 18. Both events take place in Weber Arena on the Kansas State University campus in Manhattan. These educational events are organized by the K-State Youth Livestock Program. All ages and skill levels are invited to increase knowledge related to the goat project. Registration is due in February at <https://commerce.cashnet.com/KSUASIND>.

Save the Date

Spring Weigh In

February 18, 2023 at

Ellsworth Animal

Health 8-11am

February 19, 2023 at Russell

Livestock Sale barn- 2-5pm

The Kansas 4-H Dog Judges' Training & Certification registration is open!

New judges can be certified and returning judges can get a refresher and be re-certified. This is also a good opportunity for local dog project leaders and older 4-H members to observe the training and better understand how they will be judged at invitational shows and the Kansas State Fair 4-H Dog Show. Participants must be 16 years old and up to attend this certification and training. Register here:

<https://tinyurl.com/4HDogJudgeTraining>

Registration Deadline: January 15, 2023

Fee: Certification cost \$95 and Observing cost \$50

4-H Happenings

FAVORITE FOOD SHOW

January 29, 2023 at 2:00PM
Russell 4-H Building
702 Fairway Dr, Russell, KS 67665

For more information visit:
[Favorite Foods Show Handbook](#)

Recipes are due to the Extension Office
by January 11th at 5:00pm

K-STATE Midway District
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.
K-State Research and Extension is an equal opportunity provider and employer.
Resource: <https://www.apa.org/topics/resilience>

SUNDAY, FEBRUARY 12, 2023, 1:00 PM



K-STATE
Research and Extension



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

\$25: Ticket, Voucher (\$10
concessions), & Shirt
\$15: 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 (2/12/23, 11:30 AM-12:30 PM)
3. Doors open for the general public (2/12/23, 12:00 PM)
4. Tip-off! (2/12/23, 1:00 PM)

Online registration for this event will be due **December 15th, 2022**. No paper registrations will be accepted. To register, go to: <https://conta.cc/3UkNw1O>

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>

MARK YOUR CALENDERS

SUPER SATURDAY

Will be on March 25!

Citizenship in Action 2023

Citizenship in Action will be in person for 2023. Plans are being made for programming on February 19 and 20.

Youth have an opportunity to practice their leadership skills and learn how they can influence laws and rules that affect society at large. This two-day event is sponsored by Kansas 4-H Youth Development and the State 4-H Youth Leadership Council. The purpose of the program 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.

The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

Registration should open in early January and will be due Wednesday, February 1. More information will be available soon.



Upcoming Events



January 2

Office closed for New Years Day
Holiday

January 10

Horse Panorama Registration
Deadline/Exhibits Due

January 11

Favorite Foods Show Recipe
Deadline

January 15

Dog Judges' Training and
Certification Deadline

January 25

Club Day Entries Due

January 28

Horse Panorama

January 29

Favorite Foods Show

February 19

Ellsworth Beef Weigh-in
8:00-11:00

February 20

Russell Beef Weigh-in
2:00-5:00

March 11

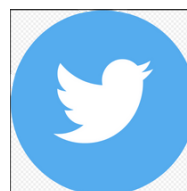
K-State Junior Swine Producer Day

March 18

Junior Meat Goat Producer Day



www.facebook.com/Midway4H
www.facebook.com/MidwayKSRE



@Midway4H @MidwayKSRE



@ksre_midway

If you would prefer receiving this newsletter via mail (in addition to the email and posted version), call the Extension Office at (785) 483-3157 and we will add you to the mailing list.

Upcoming Events: Be sure to regularly check the Midway District website for upcoming shows and clinics.

www.midway.k-state.edu/events/areashows.html

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January 2023

AC-Ash Creek, BC-Big Creek, CL-County Liners, EH-Elkhorn,
LS-Lonestar, SF-Sunflower, SS-Shooting Sports,
TT-Trying Tommies, WW-Wilson Winners, WCV-Wolf Creek Valley

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day Club Meetings: BC	2 OFFICE CLOSED NEW YEAR'S DAY HOLIDAY Club Meetings: ECFA Meeting	3 I changed the dates and moved the info on the 1 st and 2 nd . The rest needs to be moved	4	5	6	7
8 Club Meetings: WCV	9 Club Meetings: RS Fairboard	10	11 FAVORITE FOODS RECIPE/ENTRY	12	13	14
15 Club Meetings: AC/WW/LS/SF EW Jr. Leaders	16 ML King Day Club Meetings: CL Club Meeting	17	18	19 Extension Board Meeting - RS	20	21
22 Club Meetings: TT/EH	23 Club Meetings: RS Council	24	25 Club Day Entries Due	26	27	28
29 FAVORITE FOODS SHOW	30	31				

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February 2023

AC-Ash Creek, BC-Big Creek, CL-County Liners, EH-Elkhorn,
LS-Lonestar, SF-Sunflower, SS-Shooting Sports,
TT-Trying Tommies, WW-Wilson Winners, WCV-Wolf Creek Valley

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Groundhogs Day	2 BEEF TAGGING REQUESTS DUE	3 4
5 Club Meetings: BC	6 Club Meetings: ECFA Meeting	7	8	9 Extension Board Meeting - EW	10	11
12 Club Meetings: SS / WCV	13 Club Meetings: RS Fairboard	14 Valentine's Day	15	16	17	18 EW BEEF WEIGH-IN 8-11am RS can come if needed
19 Club Meetings: AC/WW/LS/SF EW Jr. Leaders RS BEEF WEIGH-IN 2-5pm EW can come	20 President's Day Club Meetings: CL Club Meeting	21	22	23	24	25 ALT. BEEF WEIGH-IN 8-11am
26 Club Meetings: TT/EH DISTRICT CLUB DAY	27 Club Meetings: EW Council RS Jr. Leaders	28				