New Year--New You!

What are your goals for 2024? Research shows that it takes 21 days for something to become a habit. Good habits and skills such as meeting new people, presenting to a group, preparing meals and working with a team also take practice and review. 4-H provides many opportunities throughout the year for practice and we have several great opportunities coming up in the next few months!

The number of goals should be appropriate for a 4-H member’s age. Too many goals (or projects!) can overwhelm and frustrate everyone involved. It is often better to pick one or two entries for Club Days and prepare really well rather than try to be involved in everything and not enjoy the day or be upset when the schedule doesn’t go “just right”. In a similar manner, selecting a menu and dish to prepare for the Favorite Foods show should be appropriate for the 4-H member’s skills and knowledge. At the end of the day, practicing communication skills and planning skills are the most important!

Set good goals and work toward each one, learning and adjusting as you go.

Karrie Van Winkle
2023-2024 RS County 4-H Council Officers

President
Kierra Eck

Vice President
Conner Miller

Secretary
Katelyn Haddock

Treasurer
Teagen Pfeifer

Reporter
Charlie Herbel

*****************

4-H Council Meeting
January 22 at 7:00pm

Be prepared for these meetings with officer and committee reports!

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Russell Fair Board Meeting
January 8 at 7:00pm

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.

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2023-2024 EW County 4-H Council Officers

President
Molly Ehrlich

Vice President
Ashlyn Schwerdtfeger

Secretary
Brekyn Zier

Treasurer
Addie Janzen

Reporter
Josey Norris

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4-H Council Meeting
February 26 at 6:30pm

Be prepared for these meetings with officer and committee reports!

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Fair Association Meeting
February 5 at 7:00pm

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EW Junior Leaders Meeting
January 29 at 6:15pm

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Junior Leaders
If you are 12 years and up or in 6th-12th grade and enrolled in the Leadership project, be sure to contact Junior Leaders advisors, Tobina Norris and Paula Svaty, for more information! Junior Leaders will be meeting January 29, 2024!
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.
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

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, 2024
YOU ARE INVITED TO THE
70th Birthday
OF
Joann Paschal
• Jan 13, 2024 •
• 4-6 PM •
• Luray Community Center •

Cake, Drinks and Nacho Bar will be served

For questions, please locate event on Facebook or contact Nicole Webber @ 785.324.1086

Save the Date
Spring Weigh In
February 17, 2024 at Ellsworth Animal Health 8-11am
February 18, 2024 at Russell Veterinary Service- 2-5pm

FAVORITE FOOD SHOW
January 21, 2024 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 10th at 11:59pm

Use the link or QR code to submit your recipe
https://kstate.qualtrics.com/jfe/form/SV_0CG9u4PrNGPuPs2

K-State Research and Extension
Midwest District
K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., telebraille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Karie Van Weel at 785-865-5172 or kvanweel@k-state.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of all information will be provided free of charge to limited English proficient individuals upon request.
**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/3H985Oy](https://bit.ly/3H985Oy)

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.ksue.ksu.edu](https://www.ksue.ksu.edu)
Upcoming Events

January 10
Favorite Food Show
Recipe Due

January 15
Office Closed - Martin Luther Jr. Day

January 21
Favorite Food Show

January 24
District Club Day Entries Due

February 2
Beef Tagging Requests Due

February 17
Ellsworth Beef Weigh In
8-11AM

February 18
Russell Beef Weigh In
2-5PM

February 19
Office Closed for President’s Day

February 24
Alt. Beef Weigh In - 8-11AM

February 25
District Club Day

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

Karrie will be working in the Ellsworth Office
January 10    February 7
January 31    February 21
February 28
### January 2024

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