New Year--New You!

What are your goals for 2022? 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.
2021 RS County
4-H Council
Officers

President
Kierra Eck

Vice President
Hope Lumpkins

Secretary
Hailey Gier

Treasurer
Conner Miller

Reporter
Emma Karst

******************
4-H Council Meeting
January 24 at 7:00pm

Be prepared for these
meetings with officer and
committee reports!

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Russell Fair Board Meeting
January 10 at 7:00pm

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4-H Junior Leaders
February 28 at 6:00pm

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Dog Project Meeting

January 20th, 2022 at 6:30PM
Russell 4-H Building
702 Fairway Dr Russell, KS 67665
Please bring your calendar and NO dogs.

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FFA & 4-H Livestock Collaboration Project

Russell County 4-H Extension and Russell High School FFA are coming
together to create a small livestock project opportunity to learn and grow.
4-H and FFA projects will be able to utilize the facility for minimal costs to
help grow a responsible project experience.

Where:
The Russell High School FFA Farm located just east of Shaffer Field on USD
407 property will serve as a location to develop these projects and skills.

What needs to be done:
The project needs help in two different ways as the collaboration begins:
1. Donations of money to help pay for the electrical, structural (insulation),
   and pen building materials.
   a. This is anticipated to be a $5000- $6000 project using local
      businesses that will do the work from December 1- February 1.
   b. Donors may make checks payable to USD 407, 802 N. Main,
      Russell KS. Please be sure to include a MEMO as FFA/ 4-H Farm
      Project.

2. Donations of time and expertise that can aid in building the pens and
   organizing the space for families to use.
   a. A work weekend will likely occur soon, organized by KSU
      Extension agents and the RHS FFA Chapter.
If you are 12 or older and enrolled in the Leadership project, be watching for information coming from Junior Leaders advisor, Kristin Haase.

Junior Leaders meetings will start again soon!
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 groundwork 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 Wilson Methodist Education Center on the following dates:
- March 8 6:00-7:30
- March 28 6:00-7:30
- April 10 1:00-2:30

To register for one of these dates or to do the online training, please go to the following site:
https://yqca.learngrow.io/Account/Login

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.
Citizenship in Action 2022

Citizenship in Action will be in person for 2022. Plans are being made for programming on February 20 and 21.

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 Tuesday, February 1. More information will be available soon.
Horse Panorama
When: January 28-30, 2022
Where: Rocks Springs Ranch
Who: 4-H Members ages 9-18 and adult volunteers. 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.

For more info. and to register, go here.
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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>January 12</td>
<td>Favorite Foods Show Recipe Deadline</td>
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<td>January 26</td>
<td>Club Day Entries Due</td>
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<td>January 30</td>
<td>Favorite Foods Show</td>
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<td>February 19</td>
<td>Ellsworth Beef Weigh-in</td>
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<td>February 20</td>
<td>Russell Beef Weigh-in</td>
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<td>February 27</td>
<td>Club Day</td>
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<td>March 8</td>
<td>YQCA Training</td>
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<td>March 28</td>
<td>YQCA Training</td>
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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
### January 2022

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<td><strong>FAVORITE FOODS RECIPE/ENTRY DEADLINE</strong></td>
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<td>Ml. King Day</td>
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<td><strong>RS Jr. Leaders</strong></td>
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AC-Ash Creek, BC-Big Creek, CL-County Liners, EH-Elkhorn, FC-Fossil Creek, LS-Lonestar, SF-Sunflower, SS-Shooting Sports, TT-Trying Tommies, WW-Wilson Winners, WCV-Wolf Creek Valley