

# 4-H UPDATE



## Midway District 4-H Newsletter

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

ELLSWORTH OFFICE  
210 N. Kansas Ave.  
Ellsworth, KS 67439  
(785) 472-4442

RUSSELL OFFICE  
309 S. Fossil Ave.  
Russell, KS 67665  
(785) 483-3157

## Midway District Staff



### Karrie Van Winkle

4-H Youth Development  
karrievan@ksu.edu



### Clint Laflin

Livestock  
cllaflin@ksu.edu



### Jessica Kootz

Family and Consumer Sciences  
jessicak@ksu.edu



### Craig Dinkel

Crops/Horticulture  
cadinkel@ksu.edu



### Rutika Bhakda

Office Professional-Ellsworth  
rutikab@ksu.edu



### 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*



# Russell Report



## 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

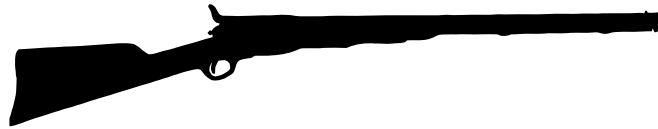
Be prepared for these  
meetings with officer and  
committee reports!

\*\*\*\*\*

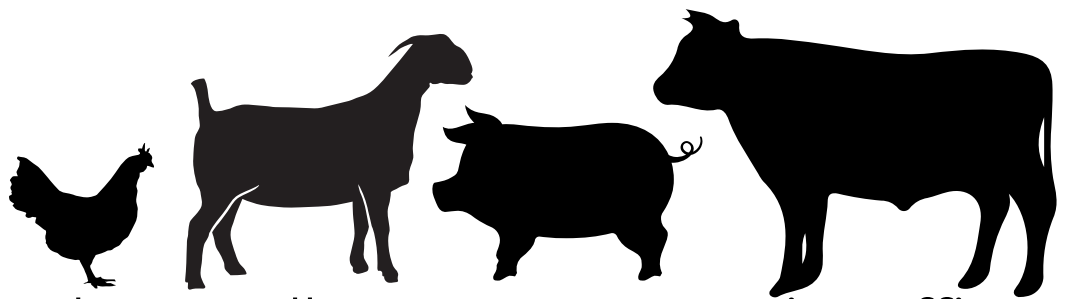
Russell Fair Board Meeting  
January 8 at 7:00pm

\*\*\*\*\*

4-H Junior Leaders  
January 22 at 6:00pm



Shooting Sports practice will  
be starting soon. Watch for  
more information.



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.



# Ellsworth Events



## 2023-2024 EW County 4-H Council Officers

President  
Molly Ehrlich

Vice President  
Ashlyn Schwerdtfeger

Secretary  
Brekyn Zier

Treasurer  
Addie Janzen

Reporter  
Josey Norris

\*\*\*\*\*

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

Be prepared for these  
meetings with officer and  
committee reports!

\*\*\*\*\*

Fair Association Meeting  
February 5 at 7:00pm

\*\*\*\*\*

EW Junior Leaders Meeting  
January 29 at 6:15pm

**THE COUNTY WIDE  
COAT DRIVE  
WINNER IS...**

---

**ELKHORN**

Hosted by County Liners 4-H club. The 2 clubs celebrated by having a dodge ball tournament. The donated items included: 24 coats, 12 jackets/vests, 1 pair of snow pants, and a wide assortment of hats and gloves.



## 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!



# 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

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### 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 5, 2024 6-7:30**

**MONDAY, MARCH 25, 2024 6-7:30**

**SUNDAY, APRIL 21, 2024 1-2:30**

Youth for the Quality Care of Animals (YQCA) is a national multi-species quality assurance program for youth ages 8 to 21 with a focus on three core pillars:



Food Safety



Animal Well-Being



Character Development

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/>

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., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Clinton Laffin or Karrie Van Winkle two weeks prior to the start of the event at 785-483-3157 and claffin@ksu.edu or karrievan@ksu.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 vital information will be provided free of charge to limited English proficient individuals upon request.



### 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



# 4-H in the News



YOU ARE INVITED TO THE  
**70<sup>th</sup> 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\\_OCG9u4PrNGPuPs2](https://kstate.qualtrics.com/jfe/form/SV_OCG9u4PrNGPuPs2)



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ELLSWORTH PROJECT FAIR

**SAVE THE DATE**

FRIDAY, MARCH 15TH 2024







# 4-H Happenings



## JUDGES TRAINING

**MONDAY, JAN. 15**  
10:30AM TO 3:00PM

\$10 Fee - Lunch Provided  
Pay at the door

Registration Due  
January 3rd

To register  
Use the link or QR  
code.

[https://kstate.qualtrics.com/jfe/form/SV\\_5d8cZPUfrxhYoK](https://kstate.qualtrics.com/jfe/form/SV_5d8cZPUfrxhYoK)



**JUDGING AREAS:**  
STYLE REVUE  
PHOTOGRAPHY  
CLOTHING  
FIBER ARTS  
FOODS AND NUTRITION  
RABBITS  
HORTICULTURE & CROPS  
VISUAL ARTS  
WOODWORKING  
WILDLIFE  
SHOOTING SPORTS  
STEM

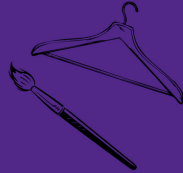
### LOCATION

Western  
Research Center  
1232 240th Ave  
Hays KS, 67601

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Research and Extension



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Join us for K-State Junior Sheep Producer Day on Saturday, March 16, 2024, in Weber Hall on the Kansas State University campus. Presentations and demonstrations will be provided by featured guests, as well as K-State faculty, staff, and students. This event will be a fun-filled, educational day of activities in which youth, parents, extension agents, and sheep project leaders can increase their knowledge of youth sheep project selection and management. Topics include project selection, nutrition and feeding, facilities, health, reproduction, meat science, wool, clipping and grooming, showmanship, and an optional YQCA certification at the end of the day. This event is designed for all ages and skill levels. Lunch is included. The registration fee is \$20/person for those who sign up by February 26 or \$25/person for those who register after that date. Only those who register by February 26 will receive a t-shirt. This is a family event! Anyone attending, including both youth and adults, must register.

**SCAN ME!**

**Registration Deadline FEB. 26**

**Tentative Schedule**

8:30AM	Check-in & Registration
9:30AM	Welcome
9:45AM	Project Selection
10:30AM	Morning Breakout Sessions - Nutrition, Facilities & Equipment, Starter Flock
NOON	Lunch
12:45PM	Health
1:30PM	Afternoon Breakout Sessions - Wool, Showmanship, Clipping & Grooming
3:45PM	Wrap-up & Dismissal
4:00PM	YQCA Certification & State Livestock Nominations (optional)

**Registration**

Registration Deadline: February 26  
 Registration Fee: \$20/person  
 Registration Link: <http://bit.ly/ksuasregister>  
 Late Registration: \$25/person

\*All attendees must register, including youth & adults.  
 \*\*Late registrants will not receive a t-shirt.  
 \*\*\*To register by mail, contact Lexie for a form.

K-State Research and Extension and the Department of Animal Sciences & Industry, or their assignees, reserve the right to photograph, record the image and/or voice of participants for future research, educational, or promotional purposes. By attending, you provide consent to the above terms and waive all rights to claims for payment or royalties in connection with any use of said images or recordings, unless you notify event organizers you withhold consent, in writing, prior to the event.

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

Questions

Lexie Hayes

785-532-1264

adhayes@ksu.edu



SATURDAY, JANUARY 13, 2024



**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/3N85oPY>

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>



**2024 K-STATE Junior BEEF PRODUCER DAY MARCH 2**

**Registration Due FEB. 12**

**Program**

Join us March 2, 2024, for the K-State Junior Beef Producer Day in Weber Arena on the Kansas State University campus. This event will be a fun-filled, educational day of activities in which youth, parents, beef project leaders, and extension agents can expand their knowledge of youth beef projects. Presentations and demonstrations by K-State faculty, staff, K-State livestock judging team members, and guest speakers will cover topics such as selection, nutrition, meat science, reproduction, health, grooming, and showmanship. An optional YQCA certification session will be offered at the end of the day. A complimentary lunch and shirt (early registrations) will be provided. The registration fee is \$20/person for those who sign up by February 12 and \$25 for those who register after the deadline. Only those who register by February 12 will receive a t-shirt. This is a family event! Anyone attending must register, including youth and adults.

**Tentative Schedule**

8:00AM	Check-in & Registration
9:30AM	Welcome
9:45AM	Project Selection
10:30AM	Morning Breakout Sessions - Nutrition, Meat Science, Daily Hair Care, Clipping & Fitting
NOON	Lunch
1:00PM	Afternoon Breakout Sessions - Health, Reproduction, Showmanship
3:15PM	Wrap-up & Dismissal
3:30PM	YQCA Certification & State Livestock Nominations (optional)

**Registration**

Registration Deadline: February 12  
 Registration Fee: \$20/person  
 Registration Link: <http://bit.ly/ksuasregister>  
 Late Registration: \$25/person after February 12

\*All attendees must register, including youth & adults.  
 \*\*Late registrants will not receive a t-shirt.  
 \*\*\*To register by mail, contact Lexie for a paper registration form.

**Questions**  
LEXIE HAYES  
785-532-1264  
adhayes@ksu.edu

**Scan Me!**

**LIP**

K-State Research and Extension and the Department of Animal Sciences & Industry, or their assignees, reserve the right to photograph, record the image and/or voice of participants for future research, educational, or promotional purposes. By attending, you provide consent to the above terms and waive all rights to claims for payment or royalties in connection with any use of said images or recordings, unless you notify event organizers you withhold consent, in writing, prior to the event.



# 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**

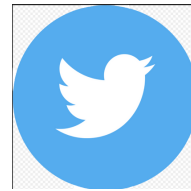
District Club Day

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

[www.midway.k-state.edu/events/areashows.html](http://www.midway.k-state.edu/events/areashows.html)



[www.facebook.com/Midway4H](http://www.facebook.com/Midway4H)  
[www.facebook.com/MidwayKSRE](http://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.

**Karrie will be working in the Ellsworth Office**

January 10      February 7  
January 31      February 21  
February 28



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# January 2024

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
31 New Year's Eve	1 OFFICE CLOSED NEW YEAR'S DAY HOLIDAY	2	3	4	5	6
7 Club Meetings: BC	8 Club Meetings: RS Fairboard	9	10 FAVORITE FOODS RECIPE/ENTRY	11 Extension Board Meeting - RS	12	13
14	15 ML King Day OFFICES CLOSED Club Meetings: ECFA Meeting	16	17 Club Meetings: WCV	18	19	20
21 FAVORITE FOODS SHOW Club Meetings: AC/WW/LS/SF/CL	22 Club Meetings: RS Council	23	24 Club Day Entries Due	25	26	27
28 Club Meetings: TT/EH	29 Club Meetings: EW Jr. Leaders	30	31			

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# February 2024

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 BEEF TAGGING REQUESTS DUE	2 Groundhogs Day	3
4 Club Meetings: BC	5 Club Meetings: ECFA Meeting	6	7	8 Extension Board Meeting - EW	9	10
11	12 Club Meetings: RS Fairboard	13 Valentine's Day	14	15	16	17
18 Club Meetings: AC/WW/LS/SF/CL	19 President's Day OFFICE CLOSED	20	21 Club Meetings: WCV	22	23	24
25 Club Meetings: TT/EH DISTRICT CLUB DAY	26 Club Meetings: EW Council EW Jr. Leaders	27	28	29		