



4-H UPDATES



Official Newsletter of Meadowlark Extension District 4-H

Expectations of 4-H Families and Members Enrolled in Community Clubs

In a Kansas 4-H community club, families and their children play a crucial role in fostering a collaborative and communicative environment that ensures the club's success. Their responsibilities revolve around active participation, open communication, teamwork, and support for both club activities and leadership development.

Role of Families

Families serve as the backbone of the 4-H experience by encouraging their children to engage fully in club activities. They help by ensuring their children attend meetings, meet deadlines, and fulfill their project responsibilities. Parents and guardians also contribute by volunteering in various capacities, such as assisting with events, serving as club leaders, or providing mentorship to members.

Effective communication is key to a thriving club. Families should stay informed by reading club newsletters, emails, and updates from leaders. They should proactively ask questions, clarify expectations, and communicate any concerns or scheduling conflicts with their leaders first. By maintaining an open dialogue with club leaders, other parents, and members, families contribute to a positive and well-organized club environment.

Role of Youth Members

Children enrolled in 4-H are expected to actively participate in club meetings, projects, and events. They should demonstrate responsibility by completing project work, engage in discussions, and take on leadership roles when possible. Members are encouraged to voice their ideas, collaborate with peers, and uphold the values of respect and teamwork.

March 2025

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Good communication is vital among members to ensure everyone is informed and involved. This includes listening attentively, speaking clearly, and contributing ideas constructively. Members should also show appreciation for their fellow members' efforts and support one another in achieving their goals.

Working Together for Success

The success of a 4-H club in the Meadowlark Extension District depends on the collective effort of families, youth members, and club leaders. Families and children should embrace teamwork by sharing responsibilities, resolving conflicts respectfully, and encouraging one another's growth. A positive attitude and willingness to contribute make a significant difference in creating a welcoming and productive club atmosphere.

By maintaining strong communication, participating actively, and working together, families and youth ensure that their 4-H club remains a thriving community where members can develop essential life skills, leadership abilities, and lasting friendships.

Youth for the Quality Care of Animals (YQCA)

Just a reminder that YQCA certification is required if you are exhibiting any of the following: beef, bucket calf, dairy cattle, dairy goats, meat goats, sheep, swine, meat pen rabbits, and meat pen poultry. All of the Meadowlark Extension District in-person classes are done. You are more than welcome to attend ANY in-person class at a neighboring county or at Junior Producer Days, which are March 1 and March 22! We just need confirmation in the form of a PDF or screenshot of your certificate. Online class certifications are also accepted.

To sign up for web-based courses, go to https://yqcaprogram.org/. If you have any questions regarding the process, feel free to visit their help desk on their website or email them at help@yqcaprogram.org. You can also email Ross at mmostell@ksu.edu. If there is enough interest for another in-person training, ONE might be offered in the District closer to summer. Please visit with Ross if that is something you would like to see happen.

Premium Sale Requirements

Any 4-H member wishing to participate in premium auctions at the county fair must complete the premium sale requirement form. This form is to be completed every year the participant is in 4-H. The process encourages year-round 4-H engagement and involvement. FFA members (in counties where eligible for fairs) have a corresponding set of requirements. To review the form go to: https://www.meadowlark.k-state.edu/docs/4h/fair-forms-for-all-offices/PREMIUM SALE REQUIREMENTS 4-H.pdf.

Many of these requirements can be met by engaging with your local club throughout the year and participation in local, area, and state events.

Willie and the Beanstalk

Willie and the Beanstalk is a soybean competition for Kansas K-12 students designed to encourage interest in the field and expand their knowledge of soybean development. Participants will compete to grow the largest soybean plant.

This contest serves as a valuable teaching tool, allowing students to plant their own soybean, observe its growth, and document its progress.

Registration for the 2025 contest is now open. For more information or to register, please visit https://www.agronomy.k-state.edu/outreach-and-services/k-12-educators/willie-and-the-beanstalk/. Registration closes on February 24.

Barn Quilt Class—Open to All 4-Hers

Jackson County will host a Barn Quilt Class for all 4-Hers on **Sunday, April 6** from **1:00-5:00 PM** at the Northeast Kansas Heritage Complex.

We ask that an adult attend the class with their youth. There will be a fee, which will be announced at a later date. A minimum of 10 youth participants is required to hold the class. Please RSVP by **March 31** to Cara at the Holton office 785-364-4125 or carar@ksu.edu.

Why 4-H ???

(Noting the **IMPACT** of the 4-H Program in the lives of young people, in their own words.)

"4-H has had several impacts on my life, that have ranged from growing as a person, to learning life skills to understanding self-motivation. The biggest impact that the 4-H program had on my life is self -confidence."

Sheep & Goat School

You are invited to the Northeast Kansas Sheep and Goat School on **March 12** starting at 6:00 PM at the Leonard L. Clary Building—1225 Last Chance Rd., Troy, KS.

The schedule will be as follows:

- 6:00 PM—Registration
- 6:30 PM—Managing Parasitism in Small Ruminants
- 7:15 PM—Questions & Answers
- 7:30 PM—Managing Predation
- 8:15 PM—Questions & Answers
 This is being presented by Dr. Kelsey

Bentley, K-State Small Ruminant Extension Specialist and Dr. Drew Ricketts, K-State Wildlife Extension Specialist.

Registration is free, but they ask for you to RSVP by **March 10** at http://forms.gle/ji6wc9ADWeLE2Qf99, with Ross Mosteller at 785-336-2184 or rmostell@ksu.edu.

Discovery Days

Discovery Days is one of the largest events that is put on by the Kansas 4-H program. This year the event will be held **June 4-6, 2025**. Discovery Days objectives:

- Help youth learn new ideas, techniques, and skills they can use personally and in their 4-H clubs or groups and communities.
- Give youth in-depth training through hands-on educational sessions from content and youth development experts.
- Prepare youth to make informed decisions about their careers and college path.
- Enhance personal growth by giving opportunities to develop responsibility, confidence, independence, accountability, problem-solving, decision-making, and time management skills.
- Help youth meet new people and make new friends from different places and with different backgrounds from across the state.
- Provide an opportunity for youth to experience the K-State campus and its wealth of resources.
- Develop college and career readiness skills which prepare participants academically and socially for a successful transition to college and life as an adult.

95th Annual Hoard's Dairyman Cow Judging Contests

You are invited to join thousands of others in this fun and educational picture judging contest! This interactive web-based portal includes all five classes, allowing you to submit your entries online and receive your scores via email upon contest completion. Cash prizes and framed certificates are awarded to winning individuals and groups. Additionally, each team member in a group entry is eligible for individual prizes. To register, visit https://judging.hoards.com/. This year's contest entry deadline is **Monday, March 24**.

Regional Club Day

If you received a Top Purple from the Jackson, Jefferson, or Nemaha County Club Days, you have the opportunity to present at Regional Club Day. Regional Club Day will take place on **Saturday, March 22**, at Atchison Elementary School. Entries are due no later than **March 7**.

The schedule will be posted to your county webpage as soon as it becomes available.

Super 4-H Saturday

The 2025 NW 4-H Super Saturday Judging Contest and Project Opportunities, hosted by the NW 4-H Advisory Committee and helpers, will be held on **Saturday, March 22**, in Colby, KS, at the Colby Community College Student Union and Thomas County Fairgrounds. A sack lunch will be provided for **\$8.00**.

- Morning Judging Contest (\$7.00 for one or all contests)
 - Crops, Horticulture, Photography, Life Skills, Livestock Skill-a-Thon and Entomology
- Afternoon Judging Contest:
 - Livestock Judging
- Afternoon Project Opportunities (\$5.00):
 - Engineering and Technology and Visual Arts Stations
- Parents/Volunteer Session: FREE

Reminder of Upcoming Open Spring Shows

- Beef Show—March 29, beginning at 10:00 AM at the Valley Falls Fairgrounds. Check-in will be from 7:00–8:30 AM. The deadline to register is March 14. For more information, contact Toni Reeves at 785-640-8457.
- Poultry Show—April 5 at the Valley Falls fair building. Doors open at 7:00 AM and the show begins at 9:00 AM.
 Setup for this event will be Friday evening, April 5, at 6:00 PM. For more details, contact Katie Rhodelander at hotmail.com or call/ text her at 785-231-0413.

The beef show registration form and the poultry show entry form can be found on the Oskaloosa 4-H webpage.



Project Spotlight



Foods and Nutrition

Everyone needs to eat! This month's 4-H Project Spotlight will look at the Foods & Nutrition Project. 4-H offers projects in food preparation, food preservation, and nutrition. Within this project, you will have fun learning about food ingredients, food characteristics, and food safety. You can discover the benefits of preparing and eating healthy foods and learning skills for cooking and baking, planning menus, purchasing ingredients, and serving tasty and nutritious meals. This project easily connects with other projects such as horticulture and citizenship. Some ideas include growing your own ingredients and herbs or volunteering at a local food pantry or helping organize a canned food drive.

St. Patrick's Day is **March 17**. Here is a recipe for Shamrock Shakes that is delicious, healthy, quick to make, and even better to share!

SHAMROCK SHAKES

Ingredients:

- 1 cup milk
- ½ ripe banana
- · 1 cup lime sherbet

Instructions:

Remember to wash your hands!

- 1. Pour milk into blender.
- 2. Add banana and lime sherbet.
- 3. Blend all ingredients until smooth and serve

Helpful Hints:

To "blend" is to mix two or more ingredients with a spoon, whisk, electric mixer or blender. If you don't have a blender for this recipe, use a whisk or mash the banana with a fork and shake up the ingredients!

How many liquid ounces are in a cup? Look at a glass or plastic measuring cup. There are 8 ounces in a cup. When you measure liquids, remember to look eye level at the amount in the cup for accurate measurement.





Livestock Weigh-In/Tagging

- 1. Each specie requiring an ear tag will have a cost. Beef—\$4.00; Sheep, Swine, and Meat Goats—\$3.00. Please have cash or checks payable to county's 4-H Council where the weigh-in is held.
- 2. If you are unable to attend your local county's weigh-in, you may attend one of the other two county weigh-ins in our district. If you choose to do so, please inform your local office of your intentions.
- 3. Beef weigh-ins are:
 - Nemaha County February 28 from 3:30-5:30 PM at Seneca Veterinary Clinic
 - Jackson County March 2 from 2:00-4:00 PM at the Holton Livestock Exchange
 - Jefferson County March 8 from 10:00 AM to Noon at Valley Falls Fairgrounds
- 4. Sheep and Goat weigh-ins are:
 - Jackson County May 4 from 2:00-4:00 PM at the Northeast Kansas Heritage barn
 - Jefferson County April 23 from 6:00-8:00 PM at the fairgrounds
 - Nemaha County May 3 from 7:30–8:30 PM at the fairgrounds North barn
- 5. Swine tagging are:
 - Jackson County—May 4 from 2:00-4:00 PM at the Northeast Kansas Heritage barn
 - Jefferson County—April 23 from 6:00-8:00 PM & April 26 from 8:30 AM—Noon both at the fairgrounds.
 - Nemaha County—April 9 from 4:00-6:00 PM at the Seneca Community Building parking lot & April 23 from 4:00-6:00 PM at the Bern/Sabetha Veterinary Clinic.

Jackson County News



Congratulations

Jackson County had two individual 4-Hers selected from the NE Regional Screening to advance their project records to State Judging. They are as follows:

- Brooke Slipke, North Jackson Jets 4-H Club, with her Dairy project
- Paden Askren, North Jackson Jets 4-H Club, with his Shooting Sports project.

We wish them the very best as they advance to the State level!!!!

Livestock Tagging and Weigh-Ins

Don't forget! If you are planning to show market livestock, you must have your animals weighed and tagged at a District weigh-in. Tags must be paid for at the weigh-in and breed must be identified.

- Sheep & Goats May 4, from 2:00-4:00 PM at the Northeast Kansas Heritage barn
- Swine All swine animals, including all breeding, market and open-class swine, must be tagged at a District tagging this year. Tagging will be May 4, from 2:00-4:00 PM at the Northeast Kansas Heritage barn. We will send out an email with more information and instructions when we get closer to the tagging date. Tags must be paid for that day. There will not be any weigh-in options available for swine due to biosecurity reasons.

If you have questions, please contact the Extension Office.

4-H Council Meeting

Our next Council meeting will be at **7:00 PM** on **Thursday, April 17** at the Northeast Kansas Heritage Complex.

4-H Council Alumni Scholarship changes

Changes have been made to the Alumni Scholarship. If you have received this scholarship in the past, you may apply for it again. Please see the updated scholarship application on our website.

Dog Practice

We will begin practices the **1st week of April**. Please be watching your email for more information.

Rock Springs 4-H Camp

The 4-H Council will offer \$50 scholarships for each Jackson County 4-H member who attends camp at Rock Springs for the 2025 summer. Campers must attend camp before they get reimbursed. Please send a copy of the 4-Her's camp receipt to the Extension office.

Reimbursement checks will be issued in August.

Ambassador Sponsored Easter Egg Hunt

The Holton Community Easter Egg Hunt will be at **1:00 PM** on **April 19** at the Northeast Kansas Heritage Complex. If anyone would like to donate candy or prizes for the Easter Egg Hunt, please bring your items to the Extension office by **Monday, April 7**.

Jackson County Livestock Summit & 4-H/FFA Appreciation

Jackson County 4-H livestock exhibitors: Get ready to elevate your skills! Join us for the first-ever Livestock Summit. It will be on **March 22** at the Northeast Kansas Heritage Complex. This free event will feature six interactive stations covering key topics for beef, sheep, swine, and goat exhibitors, including:

- Breeds and Care
- Selection and Evaluation
- Nutrition
- Meat Identification

The summit runs from afternoon into evening, with check-in at 2:45 PM and sessions starting promptly at 3:00 PM. The educational portion will wrap up around 6:00 PM, followed by a free hamburger feed and a movie with popcorn, concluding around 8:45 PM.

Pre-register by **March 7** to guarantee a free t-shirt and meal. While walk-ins are welcome to participate in the educational sessions, food availability may be limited. Everyone is welcome to attend the movie! Register at https://form.jotform.com/250234957318056

Fair Trophies

Sponsors are needed for the following trophies:

- Champion Dog—Novice, 10-13
- Champion Horse—Reining, 10-13
- Champion Horse—Western Pleasure, 7-9
- Champion Crossbred Market Lamb
- Intermediate Woodworking Champion

Jefferson County News

Livestock Weigh-In

- 1. Weigh-in/ID sheets will be available at the weigh-ins.
- 2. Each animal specie has mandatory per-animal fees which may include an ear tag, scale fee, and optional per-animal fees including implanting and deworming (beef). Please have cash or checks (payable to Jefferson County 4-H Council) with you at the weigh-in. Ear tags are \$4.00/ tag for beef and \$3.00/ tag for other specie.
- Animals must be able to be led into the scales..
 Members of weigh-in committees reserve the right to refuse animals based on animal temperament.

Beef-Market Steers

- Saturday, March 8 from 10:00 to Noon at Valley Falls
 Fairgrounds. Cattle must be halter broken. In case of
 inclement weather, listen to local stations or check
 the Jefferson County 4-H webpage. Please enter
 through the upper south driveway to avoid
 congestion. The snow date is Saturday, March 22.
- Market steers, not weighed at this or another
 Meadowlark District Beef Weigh-In, are not eligible to
 show at the Fair. Let the office know if you plan to
 weigh in at the Jackson or Nemaha weigh-ins.
- Current Beef Superintendents are Toni & Randy Reeves, Haley Nellis, and Ciera Steinleicht.

Sheep and Goat

- Wednesday, April 23 from 6:00-8:00 PM at Valley Falls Fairgrounds.
- Market Goats, not weighed at this or another
 Meadowlark District Sheep and Goat Weigh-In, are
 not eligible to show at the Fair. Let the office know if
 you plan to weigh in at JA or NM counties..
- Sheep and Goat Superintendents are Elle Cloyd and Ryan Tucker

Swine Central Tagging Event-This is new.

- Tags will not be available for purchase over the counter this year. If you have questions, contact the Extension office at 785-863-2212.
- Wednesday, April 23 from 6:00–8:00 PM at the fairgrounds. This is a drive-through tagging event.
 Swine will NOT be unloaded from trailers. Owners will have the option of tagging their own animals in the trailer or have a superintendent tag the animals.
- Saturday, April 26 from 8:30 AM—Noon at the fairgrounds. This is the second opportunity to tag swine to be exhibited at the Jefferson County Fair or Kansas State Fair.
- Swine Superintendents are Dana Gettel and Payke Brown

JF Co. 4-H Foundation Scholarships

Applications are due in the office on **Friday, March 28**. Scholarships are for current high school seniors or high school graduates enrolled in higher education. This also includes the Career & Technical College Program (example: Washburn Institute of Technology) during junior or senior years in high school, and those high school students enrolling in dual-credit college classes for their junior or senior years. Applicants must be a current Jefferson County 4-H member. The application form is accessible on the Oskaloosa 4-H webpage.

JF Co. Educational Ext. Unit Scholarships

High school seniors and college freshmen attending in-state colleges or Vo-Tech programs are eligible to apply. See your school counselor or contact the office for the applications. These are due on **April 1.**

Citizenship & Leadership Projects

Calling all of the movers and shakers in the Leadership and Citizenship Projects! These are two projects that, at first, may seem difficult to participate in. If you would like to be part of county-wide leadership or community service events, please contact Heather at hroenne@ksu.edu to join in the planning, organization, and execution of several new events this year. This group will have the opportunity to step into leadership roles and make community connections that make the best better.

Congratulations!

Jefferson County had seven 4-Hers chosen from the NE Regional Screening to advance for state project award consideration in **FOURTEEN** project areas! They are:

- **Jayden Herman** (Prosperity) in Leadership, Shopping in Style, and Shooting Sports
- Aurora Hoffman (Jolly Juniors) in Photography and Sewing & Textile Designs
- Carina Johnson (Winchester) in Performing Arts
- Karson Kahler (Clover Power) in Agronomy and Foods & Nutrition
- Shianne Kimball (Grantville) in Rabbits
- Abraham Noll (Lucky Four) in Poultry and Wildlife
- Danielle Reeves (Valley Victors) in Beef, Dog, and Horse

Wish them the best as they compete at state level!

Nemaha County News

4-H Club Day

Thank you to all who participated and the volunteers who helped make Club Day run smoothly. We had a nice turnout and very talented presenters. Just a reminder that all results are posted on our website under the Seneca tab at https://www.meadowlark.k-state.edu/4-h/seneca.html.

Congratulations & Best of Luck

We are happy to announce two of our 4-Hers Project Award Recognition have been chosen to go on to state judging. **Ella Sourk** (Woodlawn Meadowlarks) will be sending her Horticulture and Landscape. **Carson Edelman** (Pony Express) will be sending his Swine on to state.

Project Events

Everyone is invited to attend Matt Kochs Barn Tour on March 17 at 9:00 AM. We do need you to RSVP to Deb before March 14. Matt trains reined cow horses and competes nationally. You do not have to be enrolled the horse project to attend.

We will also be offering a flower arrangement class March 19 from 1:00-3:00 PM at Juniper & Thyme which is South of Sabetha. This is open to the first 15 who RSVP to Deb by March 14. You will need to supply your own pint jar and \$15.

Regional Club Day

Those who received a Top Purple from Nemaha, Jackson, Jefferson, Brown, Doniphan, Atchison, and Leavenworth Counties will have the opportunity to present at Regional Club Day on **March 22** at Atchison Grade School. Entries are due to the office by **March 7**.

Photo Opportunity

Would you like to see a picture you took on the cover of the 2025 fair book? Submit your best photo based on this year's fair theme, 'Cowboy Boots and Fair Roots!' You don't need to be in the Photography project to participate, and photos can be from any year, not just this one. Send your submission to dahenry@ksu.edu by April 1.

4-H Council Events Scholarship

Have you attended or plan to attend a state camp this year? Help pay for it by applying for the Councils Events Scholarship. It is a good idea to print that off and be making notes of what you have done, as far as the check offs are needed. https://www.meadowlark.k-state.edu/4-h/seneca.html.

Council Food Stand Committee Meeting

If you signed up to be on the 4-H Council Food Stand Committee, we will meet **Monday**, **April 7** at **6:30 PM** before the Council Meeting. We will be planning the menu and going over any needs for the Concession Stand. Every club is asked to have at least **2 youth and 2 adult** representatives from their club on this committee. This does not include those that are on the 4-H Council Committee. Please make sure you let Deb know who will be on the committee from your club.

4-H Council Meeting

Our next Council meeting will be **Monday, April 7** at **7:30 PM**. at the Extension Office.

Swine Tagging

Due to state requirements, tags will not be purchased over the counter this year. This change is being implemented following guidance from K-State Research and Extension through the Department of Animal Sciences and Industry to ensure traceability of the EID (Electronic Identification) tags throughout the state. We will be having two drive-thru swine tagging events.

- April 9 Seneca Community Building parking lot from 4:00-6:00 PM
- April 23 Bern/Sabetha Veterinary Clinic from 4:00-6:00 PM

Kansas Pride Photography Class

The Kansas Pride Theme is "Cows". There will be **NO** prizes given for this class. The sponsor contacted me and felt it was not appreciated. Why is this . . .winners were not good at sending a "Thank you". This is why it is so important to send "Thank Yous" out!

Fair Auction Requirements

If you plan to take anything through the Actions at the fair this year, you must meet certain requirements and submit the Premium Auction Requirement form. This includes Livestock, Decorated Cakes, and Bread Baskets. Members must attend a "minimum" of 5 Club meetings, livestock members must complete Youth Livestock Quality Assurance training (YQCA) and members must have also participated in FOUR (4) approved activities. This form can be found at https://www.meadowlark.k-state.edu/4-h/forms.html If you have yours completed, you can turn it into the office anytime.

Pre-Fair Judging—July 16 Fair—July 24-28



Meadowlark Extension District Holton Office 114 W Fifth St. Holton, KS 66436-1778

Address Service Requested

Calendar of Events

Mar. 1: State 4-H Scholarship Applications Due

County 4-H Club Day, JF County 4-H Club Day, NM

Junior Swine Producer Days, Manhattan

Mar. 2: Beef Weigh-In, JA

Mar. 7: Regional Club Day Registrations Due

Livestock Summit & 4-H/FFA Appreciation registration due

Mar. 8: Beef Weigh-In, JF

Mar. 14: Project Tour/Flower Arrange. Class registrations due, NM

Mar. 17: Super 4-H Saturday registration due

Project Tour, NM

Mar. 19: Flower Arrangement Class, NM

Mar. 21: Horse Judging Contest, Salina

Mar. 22: Junior Meat Goat Producer Days, Manhattan

Regional Club Day, Atchison

Super 4-H Saturday

Livestock Summit & 4-H/FFA Appreciation, JA

Mar. 24: Hoard's Dairyman Cow Judging Contest deadline

Mar. 28: JF Co. 4-H Scholarship Applications Due, JF

Mar. 29: Open Spring Beef Show, VF

Mar. 31: Barn Quilt Class registration due

First Week of Apr.: Dog practices begin, JA

Apr. 1: Fair Book Cover Photo Submissions Due, NM

JF Co. Ed. Ext. Unit Scholarship Applications Due, JF

Apr. 5: Open Spring Poultry Show, VF

Apr. 6: Barn Quilt Class, JA

Apr. 7: Council Food Stand Committee Meeting, NM

4-H Council Meeting, NM

Items for Easter Egg Hunt due, JA

Apr. 9: Swine Tagging, NM

Apr. 17: 4-H Council Meeting, JA

Apr. 19: Community Easter Egg Hunt, JA

Apr. 23: Sheep/Goat Weigh-In, JF

Swine Tagging, JF

Swine Tagging, NM

Apr. 26: Swine Tagging, JF

May 1: State Fair Animal Exhibition Deadline

May 3: Sheep/Goat Weigh-In, NM

May 4: Sheep and Goat Weigh-In, JA

Swine Tagging, JA

June 4-6: Discovery Days

Holton Office

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Oskaloosa Office

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Seneca Office

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