



4-H UPDATES



Official Newsletter of Meadowlark Extension District 4-H

Re-Enrollment

Each new 4-H year begins on **October 1**. On this day, enrollment and re-enrollment opens via the Kansas 4-H Online system as well. All re-enrollments must be completed by **November 1**. If re-enrollment is not completed by this deadline, youth will become ineligible for the current year to receive exhibitor premiums or participate in premium auctions, hold a leadership position at the county or district level, and more! For additional information please visit the website at: <https://www.meadowlark.k-state.edu/4-h/enrollment.html>.

National 4-H Week

National 4-H Week in 2025 will be observed from **October 5-11**. The theme for the week is "Beyond Ready". The week aims to rally, inspire, and connect 4-H members, volunteers, and alumni, highlighting 4-H's role in preparing youth for life and careers.

48 Hours of 4-H 2025

Every 4-H Club is encouraged to join 4-Hers from across the state this fall in seeing just how much we can give back to our communities! The weekend after National 4-H Week is the perfect opportunity to setup a service project. Invite your friends, clubs, adult volunteers, potential 4-H members and 4-H alums too!

- **When: October 11-12, 2025**
- **Who:** 4-H Members, 4-H Clubs, Friends, Adult Volunteers, Parents, 4-H Alumni, Partnerships, Community Organizations, Potential 4-H Families

More information can be found at <https://www.kansas4-h.org/events-activities/conferences-events/48-hours-of-4-h/>.

September 2025

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Kansas Youth Leadership Forum

The Kansas Youth Leadership Forum (KYLF) is planned for **November 22-23, 2025** at Rock Springs 4-H Center. KYLF is for youth ages 14-18 years of age before January 1, 2026. KYLF will feature leadership workshops, Youth Council elections, and opportunities to learn and have fun. Registration will open in August. Registration deadline is **October 15, 2025 by 11:59 PM**. For more information go to, <https://www.kansas4-h.org/events-activities/conferences-events/kansas-youth-leadership-forum/index.html>.

Kansas State Fair

The Kansas State Fair is one of the largest events in Kansas. It is September 5-14 in Hutchinson. This is the capstone event for many 4-Hers in their project work, but the Fair offers something for everyone. For information about the 2025 Kansas State Fair, please visit www.kansasstatefair.com/.

Please refer to your specific county's newsletter page with information on when your 4-H entries need to be brought into the local Extension Office. 4-H results can be found at <http://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/index.html>.

Important Due Date—September 30

September 30 is the last day of the 4-H year. This time of year is also a beneficial time to reflect on your year in 4-H: did you meet your goals, what have you learned, how can you improve for next year, have you grown as a young person through your 4-H work? The 4-H record book, especially Permanent Record and 4-H story, is a perfect place to journal this reflection. **LEADERS – September 30** is the date that completed 4-H Record Books, Achievement Pin applications (submitted to you by member), Club Seal Summary reports, Club Goal Summary reports, and other important local forms are all due to the Extension office. All of these forms can be found at https://www.meadowlark.k-state.edu/4-h/club_resources.html.

Youth Council and National Conference Applications

The Youth Council application and National Conference application are again combined this year. Applicants will indicate if they are applying for one or both opportunities.

This year's KYLF delegation will elect representatives from the four extension program regions (NE, NW, SE, SW) for one-year terms on council. Up to six National Conference delegates will be selected through an interview process at KYLF and they serve a two-year term on council.

Application information for State 4-H Youth leadership Council and National Conference is available at <https://www.kansas4-h.org/4-h-programs/teen-leadership-opportunities/youth-leadership-council/index.html>.

The deadline to apply is **October 1, 2025, by 11:59 PM**.

Club Elections

The following are suggested guidelines for conducting the 2025-26 club election of officers:

- Nominate and vote for the member who would carry out the responsibilities of the office well.

Election of officers should not be a popularity contest.

- A nominating committee, made up of 4-H members & parents, should develop a slate of candidates, preferably two or more candidates per office.
- Vote on each office individually. It takes extra time, but allows important learning time for members.
- Club members should be allowed the opportunity to nominate members from the floor for offices.
- A club needs to have a motion, a second and approval to close the nominations for each office.
- A nomination does not need to be a motion. It can simply be, "I nominate Sally".
- Voting should be done by ballot. Ballots should be counted by two to three members who are not running for office and preferably not by members who made the nominations or by parents.
- Each member should have one vote per office.
- In cases where the club may have more than one person in office, each member should vote for corresponding candidates.

4hOnline

With another year of experience in 4hOnline, we hope that your interaction with the site went well! With that being said, now is a great time to review your 4hOnline account to make sure your data is accurate. This can mean your contact information, but years in each project and other data needs to be corrected prior to the end of the current 4-H year. September is the month for staff to do reviews, reports and maintenance; so please let us know of issues or corrections as soon as possible.

Screened and registered 4-H adult volunteers who do not have an active enrollment in 4hOnline will need to get this done as soon as possible! You could be in jeopardy of losing your status as a registered Kansas 4-H Volunteer. Members, as a reminder, club and project enrollment will not automatically propagate in your accounts, so please watch carefully come enrollment time. Stay tuned for more information, but please note that the enrollment process for the **2025-2026** year will not begin until **October 1**.

Setting S.M.A.R.T. Goals

As you begin to think ahead about the new 4-H year, you may have things you want to improve, change, or accomplish as the year progresses. A great way to quantify these thoughts would be setting goals. All in all, these tactics will help you set goals that will increase your likelihood of successfully achieving your goals.

Setting goals is an important aspect of success, and how we can measure success. It can help guide focus and help trigger new behaviors. Ultimately, they help manage your focus and success.

Goals need to be S.M.A.R.T. which stands for:

- **Specific** – This is where you want you should be thinking about what you want to accomplish. This is where you would have to ask yourself the “W” questions; who is involved, what are you accomplishing, where is this, when will this be done, and why are you doing this?
- **Measurable** – What are you measuring to determine if you have met the goal? This will help make more quantifiable and provides a way to determine the progress of your goal.
- **Achievable** – This will focus on the importance of the goal. Additionally, you should think about how to accomplish the goal and if you have the skills and tools to accomplish the goal.
- **Relevant** – This should be focused around what makes sense for the broader picture at hand.
- **Time-bound** – A target finish date should be set for your S.M.A.R.T. goal. Additionally, you should have other check-in dates as well to ensure that you are on track to achieve your goal.

Here are two examples of S.M.A.R.T. goals that I pulled from 4-h.org:

1. Learn how to use my DSLR camera by completing the photography 4-H project and enrolling in the Clover County Library’s basic photography class this June.
2. Apply to be a 4-H Camp Counselor for this summer and complete all required training by **June 1**.

I encourage you and your family to sit down and reflect on the last year. Next, I encourage you to think about the future year and develop S.M.A.R.T. goals to track your success as a 4-H family. These can also be included in your Record Books!



Tell Your Story: 4-H Record Books

4-H Record books can be what we love to hate. This is especially true if they are just getting started. It is easy to say that they should have been started back in January, but that isn't helpful at all right now and only spoken with an ironic smile. The purpose of 4-H projects is to grow in knowledge through hands-on applications, "Learn by Doing." Record books are how growth within a project is documented and shown. Reflecting on your year of learning is a large part of 4-H; it is a large part of life. Learning how to accurately keep records can help prepare youth for future scholarship and job applications, money management, and goal evaluation.

So where do you get started? There are two formats that can be used for 4-H record books. The first one, the preferred one, is ZBooks. This program has been purchased through the Kansas State 4-H Program and funded with 4-H yearly fees. This is accessed online on the ZSuites website, <https://www.kansas4-h.org/resources/awards-and-recognition/ZBooks.html>. This platform requires the same login as 4HOnline. If you don't remember the password, simply click on the "Forgot Password" and reset it. There will be drop-down menus to assist with creating and completing the record book.

The second option is to download PDF pages which are located on the Meadowlark 4-Her Resource page. These can then be handwritten for the Junior 7-9 Age Group or completed with Adobe on a computer and printed. Both options are available and can be competitively judged.

So, what constitutes an official record book? According to the Guide to Kansas 4-H Recognition, a complete record book is the personal page, general 4-H story, permanent record, and at least one completed project record. You are encouraged to complete a project record for each enrolled project. However, please don't hate 4-H and life because of record books. It is better to focus on completing a few amazing project records than to hurriedly patch together many. Achievement Pin applications are also found on the Meadowlark Project Records page, https://www.meadowlark.k-state.edu/4-h/project_records.html.

This is what needs to be turned in to your club leaders by the appropriate deadline:

Achievement Pin Application	Kansas 4-H Project Report(s): General or Animal
Record Check Sheet	Permanent Record
Personal Information Page	

If there are any questions or assistance needed, reach out to your local extension office. I am also glad to help! hroenne@ksu.edu.

Meadowlark District Encourages YOU to Volunteer!

We invite you to make a difference in the life of a young person. Volunteers make 4-H possible through the passion, skills, and talents they share with young people. 4-H volunteers are screened and receive ongoing training.

How do you get started? Talking to your local extension office is your first step in the volunteer process. You will then complete your application through 4hOnline. All Kansas 4-H volunteers must complete the Kansas 4-H Volunteer Screening process to work with Kansas 4-H youth.

Training and networking opportunities are available. The Kansas Volunteer Leaders Forum, **November 22-23** at Rock Springs 4-H Center, is an opportunity for volunteers from around the state to learn and network together. Participants will have the opportunity to dive into interactive content they can use to engage their youth members, connect with state and local extension staff to learn about new and exciting 4-H happenings, and engage with the Kansas Association of 4-H Volunteers as a support system for volunteering efforts throughout the year. Registration for this event will open in **September**.

Kansas 4-H offers a wide variety of involvement opportunities for adult volunteers, from a one-time event or program to a multi-year experience as a club or project leader. There are many roles for volunteers. Check with your local club and/or Extension Office for more information.

Jackson County News

Thank You

A GREAT BIG THANK YOU to 4-H'ers, your families, 4-H Ambassadors, Fair board members and all the Volunteers who made the 2025 Jackson County Fair a big success.

Each 4-Her can be proud of the things they accomplished this year. No matter what color of ribbon you won or how much your premium check is, you are ALL winners because you worked hard and learned many new things along the way.

Jackson County Farm Bureau Association provided a free breakfast for every 4-Her so a big thank you to them as well.

Special Thanks to Livestock Sale Crew!

A huge THANKS to Denison State Bank Crew and sale clerks. The Livestock Haulers are a special set of volunteers that help out year after year, working the back and we wouldn't have had a sale without them. Also thanks to Dan Harris, Cody Askren, Craig Wischropp and Henry Hill for being the ring men and auctioneers for the evening. We couldn't have done it without all of you.

The Fair is Complete; Now What?

Remember to send Thank You Notes or Cards

Without the trophy sponsors and livestock buyers support, we wouldn't have the trophies and premiums that we do.

Write thank you notes to the trophy sponsors, livestock buyers, premium buyers, livestock sale crew & clerks and any other people who helped with the fair. We need to let people know that we appreciate their continued support.

Trophy sponsor information can be found on the thank you cards, on our website or you may call the Extension office.

Premium & Livestock Checks

Leaders may pick up Premium & Livestock Checks from the Extension Office **after August 31. No checks will be mailed out or given to anyone besides your leader.** Please make arrangements with your leader. An explanation of the checkoff & deductions will be included with the livestock checks.

Herdsmanship Winners

Bucket Calf – Straight Arrows
Sheep – Pleasant Valley Rustlers
Beef – Mayetta Mustangs
Swine – Lucky Stars
Dairy Goats – North Jackson Jets
Meat Goats – Hoyt Livewires

State Fair Exhibits

Non-Perishable Exhibits due to the Extension Office on **Wednesday, September 3**. Perishable exhibits need to be in the Extension Office by **Thursday, September 4 by Noon**.

Key Award

This is a state-wide award, the standards are set by the State 4-H Department. Applicants must be 16 years old by January 1, 2025 and enrolled in leadership at least four years.

Judging of Record Books

If you are interested in helping judge record books, adult or teen leader over the age of 13, please let Cara know. This is a great learning experience. Those that have participated in the past really enjoyed the opportunity, as well as, pickup up ideas and lessons learned from judging them. We will judge record books on **Sunday, October 19 from 2:00-7:00 PM** at the Northeast Kansas Heritage Complex.

Achievement Program

Sunday, November 2 at 3:00 PM at the Northeast Kansas Heritage Complex

The New 4-H Year is Almost Here!

As everyone should know, 4-H is a network of families that work together to grow great kids. One of the best things about 4-H is that it has something to offer for both city & country kids. Now is the time to invite new families that you know to come and get involved as we get ready to start the new 4-H year.

4-H Council Meeting

The next 4-H Council Meeting will be **November 13 at 7:00 PM** at the Northeast Kansas Heritage Complex.

Jefferson County News

As the dust settles from another Jefferson County Fair, 4-H staff in the Oskaloosa office have been dedicating their time to finalizing and publishing fair results, completing year-end paperwork and looking ahead.

By the results tabulated in the system, over 2,100 projects left the Jefferson County Fair with recognition. We congratulate all exhibitors!

The Fair is Complete; Now What?

Write thank you notes!

As District 4-H Agent, Heather Roenne, shared recently in the news, “A big part of 4-H is being grateful for the help, support, and awards that were received. A handwritten thank you note can brighten someone’s day and let them know that they are appreciated.”

The 2025 Donor Book is published on the Jefferson County 4-H website home page. Exhibitors may refer to this book during the thank you writing process to ensure donors receive proper recognition. A thank you note might just be the encouragement needed to continue supporting 4-H programming in Jefferson County. Thank you notes can also make a world of difference for club leaders, project leaders, or anyone who assisted with project preparation throughout the year.

Our 4-H staff has a few notes of appreciation to share. To the volunteers, your commitment to the vitality of our program elevates the success of our events year after year. To the donors and auction buyers, you are ensuring a bright future for 4-H youth. To the 4-H members, you are the heart of our program!

Prepare record books

Each club sets a deadline, typically in September, for project record books to be submitted. This deadline allows time for books to be transferred to the designated judging county. Resources for building project records can be found at meadow-lark.ksu.edu/4-h/project_records.html.

We have set **October 13** as record book judging day at the Fairgrounds and are looking for volunteers to assist in this process. More information to follow.

Anticipate premium checks

As fair exhibit results are finalized, office staff are in the process of preparing premium checks to be distributed via club leaders. We plan to mail Livestock Premium Sale checks directly — and of note with sale checks: a nominal fee is deducted to cover buyer plaques, accounting, and other sale costs.

Kansas State Fair

The 4-H office needs all pre-entered state fair exhibits dropped off by **noon on Wednesday, September 3** in order to have those projects transported to Hutchinson. We advise those exhibitors sending projects on to closely read state fair rules to understand what information should be enclosed with each project — there may be variations from county requirements.

With those projects, participants of the state fair are eligible for general admission tickets to the Kansas State Fair. Check with the office about receiving a pair.

Upcoming Events

September Council Meeting

The Jefferson County 4-H council is set to meet at **7:00 PM Monday, September 22**, at the Fairgrounds. Following the standard September business, agenda items include election of officers, fair evaluation, and setting dates for the coming year.

Achievement Banquet

Mark calendars now to celebrate the year’s success at the Achievement Banquet. This premier event is scheduled for **November 8, 6:00 PM** at Oskaloosa Public Schools.

Fall Project Fair

The Fall Project Fair is returning in November as a prime opportunity to discover new project areas. Watch for information regarding this exciting event.

Enrollment Information

Across the county, 4-H members spent the year learning, leading, and showcasing their hard work in everything from livestock to leadership. Our county fair was a perfect culmination of that effort, and even as we celebrate those achievements of the past year, it’s also time to look ahead because a brand new 4-H year is right around the corner.

Nemaha County News

Thank You

The 2025 Fair was a great success because of all the help we had! We would like to THANK all the, fair board members, volunteers, superintendents and 4-Hers who helped make the Nemaha County Fair a success.

Please Thank Sponsors

Over 125 businesses and individuals contributed thousands of dollars to the fair, not including the livestock auction. Please make sure that if you received an award of any type that you take the time and write the sponsor a thank you. It is not too late; in fact, you should thank them multiple times throughout the year! If you are not sure, contact Deb.

Extra Special Thank You

Make sure to tell each fair board member THANK YOU. They put a lot of time and effort into making sure you 4-Hers have a fair. A list of all fair board members can be found in the front of the fair book.

THANK YOU to Mike Stallbaumer for providing live coverage of the livestock shows and auction. If you missed these shows they can still be found on the Nemaha County Kansas Fair Facebook page.

Because of Rainbow Communications we were able to have the live coverage. So make sure to Thank them as well.

Fair Premium Checks

Premium checks will be sent to the club treasurers in **September**. The club treasurer will then hand out premium money to exhibitors at your club meetings.

Livestock premium checks, decorated cakes, cookie jars and bread basket checks will be mailed directly to members in September. You will see a small deduction to cover banners and meals for buyers, accounting fees and other cost associated with sale. **4-Hers please remember to send your buyers a thank you!**

If you see a green ribbon on your statement, that is for any exhibits that were not pre-entered or those exhibits taken home before check-out time. You will not be paid for these ribbons.

State Fair Entries

All exhibits going to the state fair need to be at the Extension Office **before noon on Wednesday, September 3**. We strongly encourage you to bring in your non-perishables state exhibits before **September 1**. You will be able to pick up your state fair entries anytime on **September 18** or thereafter.

4-H Record Books

The last phase of the 4-H year is the record book process. All 4-Hers will need to complete their record books. All forms can be found on our website https://www.meadowlark.k-state.edu/4-h/project_records.html It's time to record what happened during the year, what you've learned, what brought you success and what you can improve upon.

There is a general and livestock record. You only need to fill out one form for each project you are enrolled in and not each exhibit you took to the fair. **We ask that you turn in only your 2024-2025 records to your club leader in a 1" 3 ring binder.** Make sure you have a cover page on the binder with your name and club. If you have questions or need help with your records, please contact Deb, she will be happy to help you.

All record books are to go to your club leaders and not dropped off at the Extension office. Each club has set due dates for your record book to be turned into your club leader. Make sure to also turn in your Achievement Pin application and Event Scholarship Application which can be found on our website.

Record Book Judging

We will be judging Jefferson County Record Books on **October 13** from **9:00 AM** to ??? at our office. All clubs are required to provide **at least 2 adult volunteers, giving 8 hours of judging time.** The more volunteers, adult or older 4-Hers that we have, the quicker judging will go. If you plan to attend later in the day, a phone call to the office to check on the status of the workload is suggested before you come.

National 4-H Week

Mark your calendars for **October 5-11**, as it is National 4-H Week. I am requesting that all 4-H members wear a 4-H shirt to school **Wednesday, October 8**.

4-H Council

Our next 4-H Council meeting will be **October 6 at 7:30 PM**. This will be for the 2026 club representatives. Please come with ideas for "Friend of 4-H" and fair theme ideas. We ask that each club has at least 2 4-H members at each council meeting. But anyone is invited to attend and can serve on council committees.

4-H Achievement Event

Mark your calendars for the **2025 Nemaha County 4-H Achievement Event** to be held **Tuesday, November 25** at the Nemaha County Community Building. More details will be in the next newsletter.



Meadowlark Extension District

Holton Office
114 W 5th St.
Holton, KS 66436-1778

Address Service Requested

Why 4-H ???

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

*“Through 4-H, I’ve learned many things about myself. I have learned that
I can make a difference in the world and in the lives of others.”*

Calendar of Events

- Sept.:** Club treasurers will receive premium checks during month, NM
Sept.: Livestock premiums, decorated cakes, cookie jars & bread basket checks will be mailed directly to members during month, NM
Sept. 1: Leaders may pick up Premium & Livestock checks from Extension office, JA
Non-Perishable State Fair exhibits due to extension office, NM
Sept. 3: Non-Perishable State Fair exhibits due to Extension office, JA
State Fair exhibits due to Extension office, JF
Perishable State Fair exhibits due to Extension office, NM
Sept. 4: Perishable State Fair exhibits to the Extension office, JA
Sept. 5-14: Kansas State Fair, Hutchinson
Sept. 22: 4-H Council meeting, JF
Sept. 18: State Fair exhibits available for pick up at extension office, NM
Sept. 30: Record books, achievement pin applications, club goal summary reports & club seal due to office, JA
Oct. 1: 4-H Open Re-enrollment/Enrollment
Youth Council & Ntl. Conference applications due
Oct. 5-11: National 4-H Week
Oct. 6: 4-H Council meeting, NM
Oct. 8: 4-Her's wear 4-H shirt to school, NM
Oct. 13: Judge record books, NM
Judge record books, JF
Oct. 19: Judge record books, JA
Oct. 11-12: 48 Hours of 4-H
Oct. 31: Last Day to re-enroll in 4hOnline
Nov. 2: Achievement Program, JA
Nov. 8: Achievement Banquet, JF
Nov. 13: 4-H Council meeting, JA
Nov. 23-Dec 14: Tractor Supply Co. Paper Clover Campaign
Nov. 22-23: Kansas Youth Leadership Forum, Rock Springs
Nov. 25: Achievement Event, NM



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