What is 4-H?

We teach kids from all backgrounds how to become well-rounded individuals. We do that by teaching the four H's:

- **Head** — Make sound decisions, stick with your goals and develop practical skills.
- **Heart** — Act with integrity and accountability.
- **Hands** — Put the needs of the community first and commit to serving others.
- **Health** — Actively take care of your mind and body.

What will I do?

4-H centers around projects. Members choose from a wide range of individual projects based on their interests and community availability.

Through these projects, members:
- learn the necessary skills and exhibit their skills at events like county fairs, speaking contests and competitions.
- demonstrate their skills at events like county fairs and develop goals.
- practice their skills and community service activities.
- and volunteer hours generally meet monthly.

Join a club! 4-H clubs are groups of families.

How can I get involved?

**What can I do?**

If you’re interested in something, it can probably become a project. Here’s a sampling:

- Clothing and textiles
- Pet care and training
- Electricity
- Food and nutrition
- Geology
- Horses
- Leadership
- Photography
- Reading
- Robotics, rocketry and GPS
- Small engines
- Visual arts and crafts
- Wildlife
- Woodworking

**How can I get involved?**

Join a club! 4-H clubs are groups of families.

Visit Kansas4-H.org for more information or to find a club near you!

Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.
**GROW NEW IDEAS**

It doesn’t matter where you live, what you want to be when you grow up, or your level of experience. 4-H is a club of kids and their families who take part in fun, practical projects from woodworking to rocketry, and everything in between.

Join 4-H and explore exciting ways to grow, together.

Meadowlark District
K-State Research & Extension
www.meadowlark.ksu.edu

- **Delia Early Birds** -
  4th Monday of each month
  Delia Grade School, Delia
  Kim Fund, 785-260-4693
  Cindy Brees, 785-844-1260

- **Lucky Stars** -
  2nd Sunday of each month
  NEKS Heritage Building, Holton
  Megan Montgomery, 785-364-4045

- **Ontario Busy Bees** -
  1st Monday of each month
  NEKS Heritage Building, Holton
  Melisa Beauchamp, 785-364-0449

- **Soldier Boosters** -
  2nd Sunday of each month
  Soldier Community Building, Soldier
  Anissa Bloom, 785-364-5912
  Yvonne Terry, 785-364-0650

- **Denison Builders** -
  1st Monday of each month
  Denison Bible Church, Denison
  Jami Phillips, 785-364-7075
  Sharron Holliday, 785-221-7601

- **Mayetta Mustangs** -
  2nd Sunday of each month
  St. Francis Xavier Church, Mayetta
  Ashley Tyler, 785-554-9924

- **Pleasant Valley Rustlers** -
  2nd Sunday of each month
  NEKS Heritage Building, Holton
  Ben & Shelby Pruett, 785-364-7251

- **Straight Arrows** -
  3rd Sunday of each month
  NEKS Heritage Building, Holton
  Denise Peters, 785-364-7240

- **Hoyt Livewires** -
  2nd Sunday of each month
  Hoyt Baptist Church, Hoyt
  Kristin Colter, 785-966-0001

- **North Jackson Jets** -
  2nd Sunday of each month
  Netawaka Community Building
  Phyllis Slipke, 785-933-2062

- **County-wide Project Groups** -
  Dog
  NEKS Heritage Building, Holton
  Jerry & Jo Ann Nelson, 785-364-7479

- **Bullmasters Shooting Sports**
  NEKS Heritage Building, Holton
  Ralph & Lisa Cronkhite, 785-364-5606