

4-Her's are:



more likely to give back to their communities.



more likely to make healthier choices



more likely to participate in STEM activities



More likely to be Civically active

# Meadowlark 4-H Join Today

### What is 4-H?

4-H is a research-based experience that includes a mentor, a hands-on project, and a meaningful leadership opportunity. It is the largest youth development organization in America. It's the only organization where you will find youth of all ages working together and that is family oriented. 4-H stands for **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; and **Health** – Actively take care of your mind and body. These are the four values that our members work on through fun and engaging programs.

### Who can be in 4-H?

Youth ages 7 - 18 as of January 1, 2025 can be a 4-H member. We also offer 4-H Cloverbuds, a free educational program designed specifically for youth ages 5 and 6 as of January 1, 2025.

### Benefits of joining 4-H?

Youth build life skills by leading hands-on projects in areas like science, health, agriculture, and civic engagement - helping them to grow confidence, independence, resilience, and compassion. Adult volunteers provide a positive environment where youth can learn by doing. We welcome all youth who want to have fun, learn, and grow.

*"In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us."*

### How to join 4-H?

The 4-H year starts on October 1st and concludes on September 30th. You may join at any time during the 4-H year, but now is especially a great time. Sign-up by going to <https://v2.4honline.com>.

For more information, please call your local Extension office.



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## What can I do?

4-H project-based learning, guided by adult volunteers, improves youth understanding of skills and concepts, as well as their ability to set goals, problem-solve and collaborate. Exploring your interests through 4-H project work is an excellent way to discover new skills and potential careers. Project availability may vary depending on your local program. Resources for each project can be ordered through your county or district K-State Research and Extension Office. Kansas 4-H projects include:

Aerospace/ Rocketry	Computer Science	Foods & Nutrition	Meat Goats	Shopping in Style
Agronomy	Dairy Cattle	Foods Preservation	Performing Arts	Shooting Sports
Ag Mechanics	Dairy Goats	Forestry	Pets	Sheep
Welding	Dog Care & Training	Geology	Photography	Small Engines
Astronomy	Electric &	Health & Wellness	Poultry	Swine
Beef	Renewable Energy	Horse	Rabbits	Uncrewed Aircraft
Bucket Calf	Entomology	Horticulture &	Reading	Systems
Building Block	Environmental	Landscape Design	Robotics	Veterinary Science
Engineering	Science	Interior Design &	Self-Determined	Visual Arts
Civic Engagement	Family Studies	Architecture	Sewing & Textile	Wildlife
Communications	Fiber Arts	Leadership	Design	Woodworking

## Local 4-H Clubs

### Achievers

Meet 3rd Sunday of each month at 6:30 pm  
Sacred Heart Church in Baileyville  
Leader – Kyle Deters, 785-336-1371  
Leader - Brent Buessing, 785-294-0401

### Busy Jayhawkers

Meet 4th Monday of each month at 7:00 pm  
Community National Bank Basement  
Leader – Scott Schremmer, 785-294-1670

### Centralia Aces

Meet 1st Sunday of each month at 6:30 pm  
Centralia Community Center  
Leader – Carol Deters, 785-547-6002

### HHHH

Meet 2nd Sunday of each month at 7:00 pm  
Woolsoncroft Event Center, 1615 Branch  
Leader – Brenda Deters, 785-294-0528

### Kelly Twilighters

Meet 1st Sunday of each month at 9:00 am  
St. Bede's Hall in Kelly  
Leader – Ashley Lueger, 785-294-2306  
Leader - Ashley Hunninghake, 785-294-1230

### Pony Express

Meet 1st Sunday of each month at 7:00 pm  
Woolsoncroft Event Center, 1615 Branch  
Leader – Rosette Randel, 785-336-2998  
Leader – Marya Haverkamp, 785-336-1656

### Red Rustlers

Meet 2nd Sunday of each month at 4:00 pm  
Corning Legion Building  
Leader – Kim Durland, 785-548-5900  
Leader – Hannah Huerter, 785-294-1767

### Stateliners

Meet 4th Monday of each month at 7:00 pm  
Bern Community Building  
Leader – Ross Mosteller, 785-541-1012  
Leader – Amanda Edelman, 785-285-8496

### Woodlawn Meadowlarks

Meet 2nd Saturday of each month at 2:00 pm  
Woodlawn Hall  
Leader – Emily Stoller, 785-548-6303

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