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, Heart, Hands, and Health. 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, 2023 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, 2023.

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 anytime 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.

DEB HENRY
4-H Program Manager
dahenry@ksu.edu
785-336-2184

CLAY ROLAND
4-H Youth Development Agent
croland@ksu.edu
785-863-2212
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:

Agronomy  
Architectural Block Construction  
Astronomy  
Beef  
Civic Engagement  
Clothing and Textiles  
Communications  
Computer Science  
Dairy Cattle  
Dairy Goats  
Dog Care and Training  
Electricity/Electronics  
Entomology  
Environmental Science  
Exploring 4-H  
Family Studies  
Fiber Arts  
Foods and Nutrition  
Forestry  
Geology  
Health and Wellness  
Home Environment  
Horse  
Horticulture  
Leadership  
Meat Goats  
Performing Arts  
Pets  
Photography  
Poultry  
Rabbits  
Reading  
Renewable Energy  
Robotics  
Rocketry/Aerospace  
Self-Determined  
Sheep  
Shooting Sports  
Small Engines  
Sport Fishing  
Swine  
Unmanned Aerial Systems  
Veterinary Science  
Visual Arts  
Welding  
Wildlife  
Wood Science

Local 4-H Clubs

**Achievers**  
Meet 3rd Sunday of each month at 6:30 pm  
Sacred heart Church in Baileyville  
Leader – Pam Deters 785-294-1427  
Leader – Kristin Stratham 785-336-1728

**Busy Jayhawks**  
Meet 4th Monday of each month at 7:00 pm  
Community National Bank Basement  
Leader – Sue Rokey 785-285-2104  
Leader – Michaela Schultejas 785-285-0531  
Leader – Jeanelle Plattner 785-284-3340

**Centralia Aces**  
Meet 1st Sunday of each month at 6:30 pm  
Centralia Community Center  
Leader – Janel Hungenhake 785-320-3520  
Leader – Carol Deters 785-547-6002

**HHHHH**  
Meet 2nd Sunday of each month at 7:00 pm  
Seneca Community Building  
Leader – Brenda Deters 785-336-6235

**Kelly Twilighters**  
Meet 1st Sunday of each month at 9:00 am  
St Bede’s Hall in Kelly  
Leader – Misty Ronnebaum 785-294-1489

**Pony Express**  
Meet 1st Sunday of each month at 7:00 pm  
Seneca Community Building  
Leader – Rosette Randel – 785-336-2998  
Leader – Marya Havercamp – 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 Hueter 785-548-5900

**Stateliners**  
Meet 4th Monday of each month at 7:00 pm  
Bern Community Building  
Leader – Ross Mosteller 785-541-1012  
Leader – Tory Jost 785-294-0312  
Leader – Mary Renyer 785-284-0012

**Woodlawn Meadowlarks**  
Meet 2nd Saturday of each month at 2:00 pm  
Woodlawn Hall  
Leader – Emily Stoller 785-548-6303  
Leader – Michelle Devore 785-285-2948