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 set goals, learn the necessary skills, and exhibit or demonstrate their skills at events like county fairs, speaking contests and competitions.

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 and volunteers who generally meet monthly. At meetings, youth members share their projects, plan community service activities and practice running meetings. There are many sub-clubs for individual projects led by adults or older members.

Visit Meadowlark.k-state.edu/4-h for more information or to find a club near you!

K-STATE Research and Extension
Kansas State University Agricultural Experiment Stations and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

- Achievers -
3rd Sunday of each month, 6:30 pm
Sacred Heart Church, Baileyville
Pam Deters, 785-294-1427
Kristin Strathman, 785-336-1728

- HHHH -
2nd Sunday of each month, 7pm
Community Building, Seneca
Brenda Deters, 785-294-0528

- Red Rustlers -
2nd Sunday of each month, 4pm
Corning Legion Building
Kim Durland, 785-548-5900
Hannah Hueter, 785-294-1767

- Busy Jayhawkers -
4th Monday of each month, 7pm
Comm. National Bank
meeting room in basement
Sue Rokey, 785-285-2104
Michaela Schultejans, 785-285-0531

- Kelly Twilighters -
1st Sunday of each month, 9am
St. Bede’s Hall in Kelly
Chris Schmelzle, 785-294-1390

- Centralia Aces -
1st Sunday of each month, 6:30pm
Centralia Community Center
Stacy Haug, 785-294-0176
Manda Thompson, 785-332-4141

- Stateliners -
4th Monday of each month, 7pm
Bern Community Building
Tory Jost, 785-294-0312
Mary Renyer, 785-284-0012

- Pony Express -
1st Sunday of each month, 7pm
Community Building, Seneca
Marya Haverkamp, 785-336-1656
Rosette Randel, 785-336-2998

- Woodlawn Meadowlarks -
2nd Saturday of each month, 2pm
Woodlawn Hall, Woodlawn
Emily Stoller, 785-548-6303
Shirley Walker, 785-285-2454