THE 4-H NEWSLETTER

JANUARY 2025

A Minute with Madeline

Happy New Year, Butler County 4-H members! As we step into 2025, it's the perfect time to think about setting healthy habits that will help you thrive throughout the year. Whether you're focusing on physical fitness, eating well, or taking care of your mental health, small changes can make a big difference. Let's explore some fun and simple ways you can stay healthy in the New Year!



1. Stay Active, Even in the Winter

Winter in Kansas can be cold, but that doesn't mean you can't stay active! Find activities that you can enjoy indoors, such as dancing, yoga, or playing active video games. If you want to brave the outdoors, try sledding or a winter hike. Remember, physical activity is not only good for your body, but it also boosts your mood and energy levels, which helps you feel your best!

2. Healthy Eating Starts at Home

As a 4-H member, you might already be familiar with some great ways to grow healthy food, but did you know that eating well is key to feeling good? Start small by adding more fruits and vegetables to your meals or replacing sugary snacks with nuts or yogurt. A great New Year's goal could be learning a new healthy recipe each month or exploring different ways to make your favorite meals healthier. You can also try cooking with fresh, locally grown produce—maybe even from your own garden!

3. Focus on Mental Health

Taking care of your mental health is just as important as taking care of your physical health. The New Year is a perfect time to start practicing mindfulness and stress-reducing activities like deep breathing or journaling. A simple way to start is by setting aside a few minutes each day to relax and reflect on things you're grateful for. This practice can help improve your mood and create a positive mindset as you face new challenges.



A Minute with Madeline Cont.

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4. Get Enough Sleep

A healthy habit that can sometimes get overlooked is making sure you get enough sleep. Sleep is essential for your body and mind to recharge. As a 4-H member, balancing school, activities, and 4-H projects can be busy, but remember to set aside enough time to rest each night. A goal for the New Year could be aiming for 8-10 hours of sleep per night—especially before big events like meetings, contests, or county fair!



5. Volunteer and Stay Connected

One of the best ways to stay mentally healthy is by connecting with others and giving back to your community. Butler County has many opportunities for 4-H members to volunteer, whether it's helping with local events, supporting food drives, or assisting younger members with their projects. Volunteering is a great way to stay active, build relationships, and contribute to something meaningful, all of which are great for your well-being.

6. Set Achievable Goals

Now that you're thinking about your health, why not set some achievable goals for the year? You might want to challenge yourself to walk 10,000 steps a day, cook a new healthy recipe each week, or dedicate a few minutes every day to a mindfulness practice. Whatever goals you set, make sure they're realistic and fun. Writing them down and sharing them with a friend or family member can help keep you on track!

As you kick off the year, remember that healthy habits don't happen overnight. It's all about making small, positive changes and sticking with them. Take it one step at a time, and you'll see how these habits can make a big difference in your life. Let's make 2025 a year of growth, health, and success!

Here's to a happy and healthy New Year, Butler County 4-H!





LEADER'S LOUNGE

January Check-Up

- Take time to relax after the holidays!
- Encourage 4-H'ers to invite their friends to attend a meeting & join 4-H!
- Ask your 4-H parents to encourage others to get involved.

Review

- Read the 4-H Newsletter and mark important dates on the calendar
- Review highlights from the 4-H Newsletter at your club meeting

Promote/Recruit

- Volunteer Registration Deadline February 1
- Beef Weigh-In and Tagging February 22
- CIA February 16-17
- 4-H Day March 2

To-Do

- Remind 4-H'ers to complete registration for 4-H
 Day
- Project Leaders conducting project meetings
- Check club mailbox at the Extension Office
- Make sure 4-H Council Report is given
- Continue discussion of 4-H Day plans
- Check club's progress toward goals
- Remind volunteers and 4-H'ers to enroll / reenroll in 4-H Online for the new 4-H year
- Remind 4-H'ers of the 2 Meeting Requirement for the Butler County Fair
- Remind families to "Subscribe" to the 4-H Online broadcast messages. This is where all newsletters and important information is sent out to families!
- Check out the Kansas 4-H Club Resources page HERE

<u>Remember</u>

- Work with your co-leader!
- Make it a fun and rewarding year!
- If your Club is planning to have a bake sale, fundraiser, make t-shirts, etc., please contact our office prior to doing so!



IMPORTANT DATES AND DEADLINES

<u>January</u>

- January 1: Extension Office Closed
- January 4-5: Kansas 4-H Youth Leadership Council Orientation Retreat - Rock Springs Ranch
- January 6: Beginner Class for Shooting Sports 6:00 p.m. - Air Pistol, Air Rifle, and BB
- January 10: Club Quarterly Report Due
- January 10: Extension Office Mug Mingle
- January 14: 4-H Council Meeting
- January 20: Extension Office Closed
- January 24: CIA Registration Deadline
- January 27: YQCA Training

<u>February</u>

- February 1: Volunteer Registration Deadline
- February 5: Jr. Swine Producer Day Registration Deadline
- February 8: Rain Barrel Clinic Andover Library 9:30 a.m.
- February 11: 4-H Council Meeting
- February 16-17: CIA (Citizenship in Action)
- February 17: Extension Office Closed
- February 22: Market Beef Weigh-In
- February 22-23: Horse Panorama Rock Springs
- February 22: Rain Barrel Clinic El Dorado 9 a.m.
- February 26: Jr. Meat Goat Producer Day Registration Deadline



March

- March 1: Kansas 4-H Scholarship Application Deadline
- March 1: Jr. Swine Producer Day -Manhattan
- March 2: 4-H Day
- March 11: Youth Lawn Mowing Clinic
- March 13: YQCA Training
- March 20: State 4-H Horse Judging Contest at EquiFest
- March 22: Super Saturday Judging Event Colby
- March 22: Jr. Meat Goat Producer Day Manhattan
- March 30: Regional 4-H Day Mulvane



Butler County 4-H Enrollment Quick Tips

- 4-H Online Enrollment Link (v2.4honline.com)
- Butler County 4-H Website with Enrollment Information
 - ~ https://www.butler.k-state.edu/4-h/enrollment.html
- New 4-H Year started Oct. 1st: All youth participating between Oct. 1, 2024 and Sept 30, 2025 need to enroll (including shooting sports youth). Any enrollment prior to Oct. 1, 2024 needs to reenroll.
- State 4-H Projects—there were some changes last year!! Please check the 4-H Project page and watch enrollment carefully!! Make sure your 4-H'er gets enrolled in the right projects.
- Clubs and Projects will not automatically populate when you reenroll. You will have to select your club
 and all projects you want to enroll in. Years in project are supposed to automatically populate when
 you reenroll in a project you were enrolled in the previous year.
 - ~ If you have projects that you previously enrolled in, did not enroll in the 2023-2024 year, but are reenrolling for the new year and need to know your 4-Her's years in the project please give us a call and we can look up the years for you.
- State Projects can be found <u>HERE</u>
- REMEMBER, you are not a 4-H member until you are enrolled!
- Volunteers should not be doing project work until they are enrolled

Christmas Donation Drive



Thank you to all of our Community Clubs that donated towards the K-State Research and Extension Butler County Christmas Drive! We had by far the biggest response for the kids of Tri-County CASA. The volunteers and those working directly with the children are greatly appreciative. Know that your donations help encourage the abused and neglected children of Butler, Elk, and Greenwood Counties.

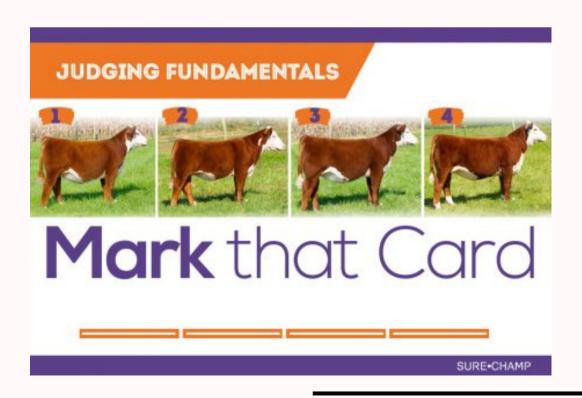


Livestock Judging Interest Meeting

Attention Butler County 4-H members!

Are you interested in livestock judging? The Butler County 4-H Livestock Judging Team will be holding an interest meeting to kick off the 2025 season. Whether you're a beginner or have previous experience, this meeting is a great opportunity to learn more about the team, the judging process, and how you can get involved. You'll also hear about upcoming practices, competitions, and the skills you'll develop along the way, such as evaluating animals and making confident decisions. The team is open to 4-H'ers ages 9-18 who want to improve their knowledge of livestock, public speaking, and critical thinking. Don't miss out on this exciting opportunity to grow your skills and represent Butler County at local and state events!

Fill out the Google Form by January 13th to help us select the best date: https://forms.gle/wUjSFSbHD4ncLw4u5



BUTLER COUNTY 4-H DAY MARCH 2ND 2025

K-STATE
Research and Extension





BUTLER COMMUNITY COLLEGE 901 S. HAVERHILL RD. EL DORADO

Buildings 700 & 1500

THIS IS AN OPPORTUNITY FOR ALL BUTLER COUNTY 4-H MEMBERS TO SHARE THEIR SPEAKING SKILLS, KNOWLEDGE, TALENTS, AND CREAVITY BEFORE A LARGER AUDIENCE.

WHATIS 4-H DAY??

This is a qualifying event for the Kansas State Fair



PUBLIC PRESENTATIONS FAVORITE FOODS

TALENT SHOWCASE

GAVEL GAMES

INDIVIDUAL, GROUP, AND CLUB DIVISIONS

Treat for all participants!!

REGISTRATION CLOSES FEBRUARY 16TH, 2025

https://forms.gle/5gLYUV72D6BT4QrUA

*Late Registrations will NOT be accepted

REGISTRATION



GUIDELINES:

https://www.butler.k-state.edu/4-h/4hday.html

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language), may be requested by contacting the event contact Madeline Wallace four weeks prior to the start of the event February 3rd at 316-321-9660 or mgwallac@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

K-State Research and Extension is an equal opportunity provider and employer.

Butler County Fair Dates and Deadlines

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Strive to Thrive in 2025

The 2025 Butler County Fair dates have been set for July 17th-22nd, 2025!

Butler County Fair Rules

The 2025 4-H/FFA Division Rules are now available and posted! They can be found on our website at:

https://www.butler.k-state.edu/4hfair/

Pre-Entries

- Pre-Entries are required for all 4-H/FFA projects
- Cloverbuds will only need to preenter if participating in Fashion Revue
- Butler County will be using FairEntry once again this year for pre-entries
- Make sure you receive your confirmation e-mail!

Important Dates

- February 22: Market Beef Tagging*
- April 15: Bucket Calves Must Be Born*
- April 21: Small Animal Tagging*
- May 1: 4-H Project Enrollment <u>Deadline</u>
- May 29: YQCA <u>Deadline</u>
- May 29: Market Animal
 Certification and Animal Care and
 Housing Forms <u>Deadline</u>
- May 29: Horse ID <u>Deadline</u>*
- June 1: Pre-Entries Open
- June 13th: Dairy Heifers/Cow ID Deadline*
- June 13: Breeding Animal Tagging <u>Deadline</u>*
- June 15th: Livestock Registration
 Paper <u>Deadline</u>*
- June 23: Pre-Entries Close at 11:59 p.m.
- July 1: Dairy Doe Registration/ Ownership <u>Deadline</u>*

*See the 2025 Butler County Fair 4-H/FFA Tagging Guidelines and Forms Table <u>HERE</u>



2025 Butler County YQCA Information



Youth for the Quality Care of Animals (YQCA) is a national, multi-species quality assurance program for youth ages 7 to 18. This program promotes food safety, animal well-being and character development. With YQCA, you'll discover what it takes to be an informed producer, consumer and employee of the agriculture and food industries.

YQCA is REQUIRED to be Eligible to Exhibit ALL ANIMAL EXHIBITS (Except Horses) at

the Butler County 4-H Fair.

The YQCA Deadline for Participating in the 2025 Butler County 4-H Fair is <u>May 29th at 11:59 PM, 2025</u>.

Youth are required to take YQCA in-person or online; if taken online, a certificate of completion must be submitted to the Extension Office by May 30th at 11:30 a.m.. You can find more information about YQCA <u>HERE</u>.

In person class dates:

- Monday, January 27th
- Tuesday, February 18th
- Thursday, March 13th
- Wednesday, April 9th
- Wednesday, May 28th

** All Classes will be held from 6:00-7:30 p.m. in the Community/4-H Building (200 N. Griffith, El Dorado)

Frequently Asked YQCA Questions:

• Is YQCA mandatory for all 4-H'ers?

YQCA is required to show animals at the Butler County 4-H Fair, the Kansas State Fair, and the Kansas Junior Livestock Show. 8-18 yr. olds must pass a web based or instructor led training. 7 year olds must attend an instructor led course.

How much does getting certified cost?

The online module certification is \$12, and the instructor-led training method of certification is \$3.

- Does the YQCA certification ID sync with 4-H online?
 - Yes, you will sign in using your 4-H Online information.
- I only show horses. Do I need to be YQCA certified?

No. Right now, YQCA, is not required for 4-H Horse Project Members.

- Do 4-H'ers need to update their YQCA certification number each year?
 - Yes they do. Youth should re-certify around the same time they tested each year.
- Do I need to register before class?
 - Yes! You must register and pay online before attending an instructor-led class. You will also need to take the pre-test before class.
- Does Butler County 4-H get the registration money?
 No, all registration money is online and goes to YQCA.



Club News

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Lily Lake

Lily Lake wows Augusta with Polar Express Christmas Parade Float

Lily Lake 4-H club participated in the Augusta, Kansas, Christmas Parade on Tuesday, December 3rd.

This marks the 4th year Lily Lake has been in on the action, and we get a little more adventurous each year! Following the theme of "Christmas Movies on Parade" the club tackled their biggest project to date, The Polar Express.

It took 3 workdays, lots of imagination, cooperation and assistance from some really great parent volunteers. Members painted signs, stapled plastic, cut snowflake and assembled Polar Express treat bags that included a reindeer bell, Polar Express Ticket and a sweet treat.

Hard work does pay off and everyone felt such a sense of accomplishment to see it all come together. We were especially excited to hear we were named the 1st place winner for 2024!

Evie, Club Reporter





Shooting Sports

The basic Archery class will be held January 2nd at 7pm at the Butler County Community Building on the north end. <u>Attendance is mandatory for this meeting for new members</u>, this will be the last Basic class for the 2024-2025 4-H Year. All practices will be on Thursdays at 7pm.

For BB/Air Rifle and Air Pistol, there is another starting Basic class that will be held January 7th at 6pm in the Butler County Community Building on the North end. <u>Attendance is mandatory for this meeting for new members</u>, this will be the last Basic class for the 2025 4-H Year. Practices will be on Tuesdays from 7pm to 8pm.

To be able to participate in the Shooting Sports Disciplines, the following must occur prior to the first meeting:

- 1) Be enrolled in the Shooting Sports Project of choice on 4-H Online
- 2) Have a signed waiver on file with the Extension Office
- 3) Have paid the \$20 discipline fee



2025 Horse Update

The Kansas 4-H Horse ID Certificate (P1039) has been updated for the 2025 4-H program year. Beginning with the 2025 4-H program year, please use the new form and destroy previously used 4-H Horse ID Certificates. As a reminder, to properly identify your horse, complete the 4-H Horse ID Certificate, have your Extension Agent sign it and copy it. A COPY of the Horse ID Certificate is kept on file in the Extension Office and the 4-H Horse member maintains the ORIGINAL certificate. The original certificate is presented by the 4-H member to show staff for check-in at the local 4-H horse shows. Beginning in 2025, registration papers WILL NOT be accepted to identify horses for the 4-H Horse project. An example of the Horse ID Certificate is available online.

Additionally, the <u>4-H Horse Show Rulebook (S133)</u> has been revised and is now available. Supplemental educational materials will also be released throughout the year to assist 4-H members, leaders and Extension staff with the 4-H Horse program.



4-H in the Community

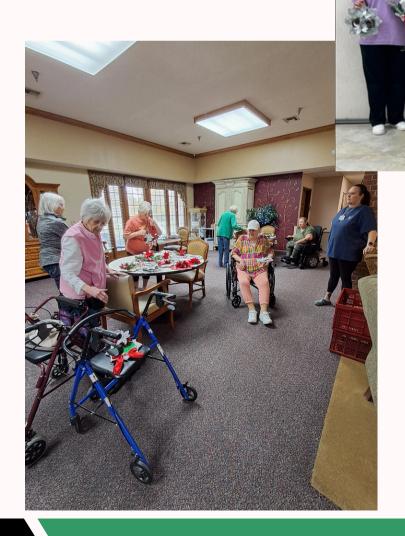
Lily Lake

Lily Lake Community Service

Lily Lake 4-Hers brought the gift of Christmas cheer to the residents of Homestead of El Dorado. 4-H'ers had a fun time crafting Christmas decorations at the Augusta Public Library and enjoyed cupcakes and sodas for a treat.

A few weekends later the decorations were delivered and it was so fun to watch the residents try to decide which was their favorite. Smiles and memories were created for everyone!

Evie, Club Reporter





CITIZENSHIP IN ACTION

Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action!

Citizenship in Action will be in person for 2025. Plans are being made for programming on February 16th and 17th. Youth have an opportunity to practice their leadership skills and learn how they can influence laws and rules that affect society at large. This two-day event is sponsored by Kansas 4-H Youth Development and the State 4-H Youth Leadership Council. The purpose of the program is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

The current plan is a community conversation, including deliberating on tough conversations that matter and finding creative ways to attain common ground on Sunday afternoon (tentatively 1:00 PM to 5:30 PM with a banquet and keynote event in the evening).

On Monday the program will allow youth to see the capitol, meet with their representatives and senators, and have a more behind the scenes understanding of the legislative process.

Registration will be due Friday, January 24th OR once the registration cap has been met. You can register and find more information <u>HERE</u>





Prepare For The New 4-H Year!

The new 4-H year will begin on October 1st, 2024! From hands-on exploration to project-based skill building, young people thrive through participation in 4-H and find their way to success in life and future careers. We are excited to offer over 35 projects, ranging from Foods and Nutrition, to Robotics and Geology, to Livestock. There truly is something for everyone! We focus on exploration, learning, and experiencing the world around us through hands-on activities lead by our qualified volunteers and mentors. Any Butler County youth ages 7 to 18 is eligible to join 4-H! Our learning pathways support 21st century learning skills to help our youth grow and develop into

productive citizens within their community! I encourage you to visit our website: https://www.butler.k-state.edu/4-h/ to learn how to enroll in 4-H!

4-H'ers

- Try a new project! Find a list HERE
- Invite a friend to a 4-H meeting!
- Consider running for an office in your club!
- Plan a presentation for a club meeting!

<u>Parents</u>

- Don't forget to enroll in 4-HOnline beginning October 1
- Sign up to become a volunteer! Contact the Extension Office for more information
- Verify that the family email address on file is the best for us to use to communicate with you
- Encourage 4-H'ers in your family and club to try something new, such as a project or presentation. Getting out of our comfort zone fosters growth!
- Invite another family to a meeting or 4-H event to learn about our program

Quick Tips

- State 4-H Projects—there have been some changes!! Please check the 4-H Project page and watch enrollment carefully!! Make sure your 4-H'er gets enrolled in the right projects.
- Clubs and Projects will not automatically populate when you reenroll. You will have to select your club and all projects you want to enroll in. Years in project are supposed to automatically populate when you reenroll in a project you were enrolled in the previous year.
 - If you have projects that you previously enrolled in, did not enroll in the 2023-2024 year, but are reenrolling for the new year and need to know your 4-Her's years in the project please give us a call and we can look up the years for you.



4-H Council Event Scholarships



Did you know that the Butler County 4-H Council has event scholarships available to all Butler County 4-H members?!

Scholarship Requirements:

- Any current 4-H member is eligible to apply for a scholarship.
- 4-H'ers are limited to 2 event scholarships per 4-H year.
- Completed forms are to be submitted to the Butler County Extension Office with event payment prior to event registration deadline.





Scholarship Details:

- If you did not submit a KAP and pin application *or* did not receive a pin within the past year for a \$100 scholarship
- Submitted a KAP and received a pin within the past year for a \$200 scholarship. Those that have already received their 10-year pin are exempt from pin requirement.

You can find the scholarship application here: https://www.butler.k-state.edu/4-h/Scholarships.html

You can find more Kansas 4-H State Event Opportunities here: https://www.kansas4-h.org/events-activities/index.html



Join Us For Our 2025 Quarterly Extension Connection

Mus Minsle









K-State Junior Wine Producer Day

Join us on Saturday, March 1, 2025 for the biennial K-State Junior Swine Producer Day at the Stanley Stout Center in Manhattan. This educational event will be a fun-filled day in which youth, parents, agents, ag teachers, and swine project leaders can increase their knowledge of youth swine projects. Presentations will be provided by K-State faculty members, graduate students, former exhibitors, and guest speakers. All ages and skill levels are invited! Participants will receive a K-State Show Pig Guide, t-shirt, and complimentary lunch. Only those who register by February 5 will receive a t-shirt. The registration fee is \$20/person for those who sign up by the registration deadline, or \$25/person after that date. Registration is limited to 400 attendees, on a first come, first served basis. This is a family event! Anyone attending must register, including

all youth and adults.



8:00AM Registration Opens

9:00AM Welcome

9:15AM Project Selection 10:00AM Breakout Sessions

-Nutrition, Meats, Facilities & Equipment,

Breeds & Ear Notching

12:00PM Lunch 12:45PM Health

1:30PM Breakout Sessions

-Showmanship, Daily Care & Clipping, Show Day Prep,

Resources

3:00PM Wrap-up

3:30PM YQĈA Training (optional)



♂\$20/person by February 5

⊘\$25/person after February 5

Late registrants will not receive a t-shirt.

All attendees must register, including youth, parents, and adults.

Attendance is limited to the first 400 participants to register.



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Register By
February 5
Limited Attendance



Register Online https://commerce.cashnet.com/KSUASIND

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

K-State Research and Extension and the Department of Animal Sciences & Industry, or their assignees, reserve the right to photograph, record the image and/or voice of participants for future research., educational, or promotional purposes. By attending, you provide consent to the above items and waive all rights to claims for payment or royalties in connection with any use of said images or recordings, unless you notify event organizers you withhold consent, in writing, prior to the event.



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Frent

Join us on Saturday, March 22, 2025 for the biennial K-State Junior Meat Goat Producer Day at the Stanley Stout Center north of the K-State campus in Manhattan. This educational program will be a fun-filled day in which youth, parents, agents, ag teachers, project leaders, and volunteers can increase their knowledge of youth meat goat projects. Presentations will be provided by K-State faculty members, graduate students, former exhibitors, and guest speakers. All ages and skill levels are invited! Participants will receive a K-State Meat Goat Show Guide, t-shirt, and complimentary lunch. Only those who register by the deadline on February 26 will receive a t-shirt. The registration fee is \$20/person before February 26 and \$25/person after the deadline. This is a family event! Anyone attending must register, including all youth, parents, and adults. Registration is limited to 400 participants, filled on a first come, first serve basis.

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

\$20/person by February 26

\$25/person after February 26

Late registrants will not receive a t-shirt.

All attendees must register, including youth, parents, & adults. Questions?

No refunds

Attendance is limited to the first 400 participants to register.

Tentative Program Friday, March 21 5:00-7:00PM Optional Tour

Sheep & Meat Goat Center

Saturday, March 22 8:00AM Check-in 9:00AM Welcome 9:15AM Selection

-Facilities & Equipment

-Doe Management & Kidding

11:15AM Health & Wellness

12:00PM Lunch

1:00PM **Breakout Sessions**

-Showmanship

-Clipping & Grooming

3:15PM Wrap-up

Register Online

https://commerce.cashnet.com/ KSUASIND

10:00AM Breakout Sessions -Nutrition

-Reproduction

3:30PM YQCA Training (optional) 4:00-6:00PM Optional Tour Sheep & Meat Goat Center

K-State Research and Extension and the Department of Animal Sciences & Industry, or their assignees, reserve the right to photograph, record the image and/or voice of participants for future research., educational, or promotional purposes. By attending, you provide consent to the above items and waive all rights to claims for payment or royalties in connection with any use of said images or recordings, unless you notify event organizers you withhold consent, in writing, prior to the event.

Lexie Hayes

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