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.

Central Kansas District 4-H Clubs

**Boldly Go**
Robyn Prickett (785) 493-0014
boldlygo4h@gmail.com
Meeting: 2nd Tuesday at 4:15 p.m.
1st Baptist Church (Lewis & Martin), Salina

**Cardinal**
Melissa Gates (785) 452-1639
melissa.gates777@gmail.com
Meeting: 1st Sunday at 6:00 p.m.
Brookville Methodist Church

**Friendly Valley**
Cheryl Spare (785) 819-2588
cspare45@gmail.com
Meeting: 3rd Monday at 7:00 p.m.
Assaria City Building

**Gypsum Valley**
Amy Isaacs (785) 826-5119
risaacson@hometelco.net
Meeting: 1st Monday at 7:00 p.m.
Gypsum Baptist Church

**Livewires**
Erica Yates (913) 406-2480
erica.yates9112@hotmail.com
Meeting: 2nd Sunday at 4:30 p.m.
Tescott Methodist Church

**Pleasant Valley**
Melanie Ohlson (785) 643-0349
rgohlson@gmail.com
Michelle Wisbey (785) 458-9613
mwisbey8@gmail.com
Tanya Koehn (785) 443-0997
tkoehn@live.com
Meeting: 1st Monday at 7:00 p.m.
Bennington Bible Church

**Smoky View**
Kelsy Swisher (785) 227-5635
kelseyswisher@gmail.com
Meeting: 3rd Sunday at 4:00 p.m.
Salemberg Lutheran Church, Smolan

**Solomon Valley**
Jennifer Nichols (785) 392-0418
vinecreekjn@gmail.com
Bridgette Corson (785) 643-7980
Meeting: 1st Sunday at 7:00 p.m.
Minneapolis Courthouse Meeting Room

**Sunny Valley**
Marilyn Mai Stone (785) 376-4010
sunnyvalley4h@att.net
Meeting: 2nd Wednesday at 6:00 p.m.
St. Mary Queen of the Universe Catholic Church, Salina

**Willing Workers**
Kendra Clark (785) 404-8313
kendraclark398@yahoo.com
Meeting: 2nd Monday at 6:45 p.m.
Trinity United Methodist Church, Salina

**Woodsdale**
Ashley Johnson (785) 407-7131
rajohnson830@gmail.com
Stacey Gawith (785) 819-3758
msgawith@gmail.com
Meeting: 3rd Monday at 7:00 p.m.
Minneapolis Courthouse Meeting Room

For more information about Central Kansas District 4-H visit: http://www.centalkansas.k-state.edu/4-h

K-State Research and Extension is an equal opportunity provider and employer.
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 Kansas4-H.org for more information or to find a club near you!