

centralkansas.k-state.edu/4-H

Central Kansas District 4-H

December, 2022

January, 2023

HOLIDAY OFFICE HOURS

Minneapolis Extension Office
Closed - December 23

Both Extension Offices Closed
— December 26—January 2

Both offices will reopen on
January 3, 8 a.m.



WINTER WEATHER

Kansas has yet to be really hit by winter weather! As weather is so unpredictable in our state, please be sure to check our Facebook page (Central Kansas District 4-H), listen to the radio (KSAL), or call the Extension Office if you question that a meeting may be cancelled. Email is not always reliable. So, if the weather is questionable, please confirm that the scheduled meeting will still be held before you venture out.



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Kansas4-H.org

MESSAGE FROM SARAH

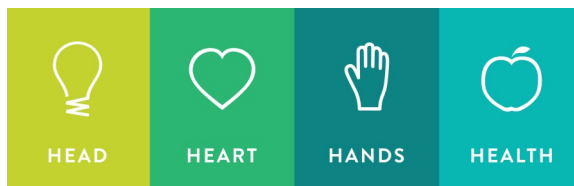
Dear 4-H Families:

It has been an honor and privilege to serve as the Central Kansas District 4-H Youth Development Agent for almost 16 years. During this time, I have met some wonderful individuals and have made some close friends. I have seen youth find their spark and establish a career because of the spark they discovered through their 4-H project work. I have witnessed parents learning alongside their children and take the leadership role for a project area because their child had an interest and they knew nothing about the project and there was no one else to lead it. All individuals involved in the 4-H program have the opportunity to find their spark.

Throughout life, change is inevitable. Change will be coming to the Central Kansas District 4-H Program. Welcome the new agent with open arms. They will be part of the Central Kansas District 4-H family. Help them understand the program. Guide them. Be kind. Ask questions. Be encouraging. Develop a belonging atmosphere for them as they navigate this new role. While change is inevitable, the growth that can come from change is optional. It is important to choose wisely. Will you embrace the opportunities ahead?

Thank you for the opportunity to be a part of your 4-H family. While my role is shifting to a different level, know that Central Kansas District and the 4-H program will hold a special place in my heart. Do not hesitate to reach out; let's stay in touch. I look forward to working with everyone in this new role. Continue the great work of making the best better for all the youth of Central Kansas District.

Sarah



CENTRAL KANSAS DISTRICT

4-H CELEBRATION OF ACHIEVEMENTS

What an afternoon! What a great opportunity to recognize the 4-H members and volunteer leaders in the District for all of their hard work and accomplishments. Special thanks go out to all the members of the 4-H Celebration of Achievements Committee.

Key Award Recipients: Liam Nichols, Solomon Valley; and Reygan Schrock, Cardinal.

Outstanding 4-H Member Award: Brynna Anderson, Smoky View; and Josi Schrader, Solomon Valley.

4-H Family of the Year Award: The Repp Family, Friendly Valley; and the Stolzenburg Family, Willing Workers.

4-H Alumni of the Year Award: Jennifer Wangerin, Willing Workers, posthumously.

Friend of 4-H Award: Robyn Prickett, Boldly Go and the First Baptist Church of Salina.

Outstanding Volunteer Award: Tracy Repp and Diana Thompson, Friendly Valley.

Volunteer of the Year Award: Susan Stolzenburg, Willing Workers.

4-H PROJECT AWARD APPLICATIONS GOING TO REGIONAL CONTEST

Congratulations to those individuals who have 4-H Project Award Applications going to the Regional Contest:

Beef:	Josi Schrader, Solomon Valley	Photography:	Jaelyn Gates, Cardinal
Civic Engagement:	Brynna Anderson, Smoky View		Liam Nichols, Solomon Valley
	Acacia Pracht, Smoky View	Plant Science:	Ariana Baltazor, Willing Workers
Clothing:	Hensli Lofdahl, Smoky View		Jaelyn Gates, Cardinal
	Acacia Pracht, Smoky View	Rabbits:	Acacia Pracht, Smoky View
Dog Care & Training:	Jace Ohlson, Pleasant Valley	Sheep:	Reygan Schrock, Cardinal
Foods & Nutrition:	Brynna Anderson, Smoky View	Shooting Sports:	Lane Fritz, Gypsum Valley
	Marik Anderson, Smoky View	Swine:	Marik Anderson, Smoky View
Leadership:	Brynna Anderson, Smoky View	Visual Arts:	Brynna Anderson, Smoky View
	Carson Fouard, Cardinal		Acacia Pracht, Smoky View
Meat Goats:	Marik Anderson, Smoky View	Wildlife:	Jaelyn Gates, Cardinal
Performing Arts:	Brynna Anderson, Smoky View		Acacia Pracht, Smoky View

Remember...all 4-H Project Award Applications going to the Regional Contest are due to either Extension Office by **Monday, January, 9.**

KANSAS 4-H WINS NATIONAL MEAT JUDGING CONTEST

The Kansas 4-H Meat Judging Team was crowned champions of the National 4-H Meat Judging Contest at the 2022 American Royal in Kansas City. The contest was held on the campus of Kansas State University October 18. Held since 1970, this is the first year a Kansas 4-H team has won the contest.

The team included two members of Central Kansas District 4-H: Lillian Hulse, Pleasant Valley and Liam Nichols Solomon Valley. They have been practicing since their selection at the Kansas 4-H Livestock Sweepstakes in August with coaches Katie Lybarger and Steph Witberler. Congratulations!

PARENTS & VOLUNTEERS NEEDED: NE REGIONAL AWARDS SCREENING

The NE Regional 4-H Project Award Screening is scheduled for **Friday, January 20**. This will be held in-person in Manhattan and volunteers are needed to help screen the award applications. The group from CKD usually carools to Manhattan and we usually leave around 8 a.m. from Salina. It depends on the year, but we usually get back to Salina between 3:30 and 5:00 p.m. If you or someone you know would be interested in this opportunity, please email Kate (klittich@ksu.edu) by **December 16**. You will need to email her your name and the 4-H projects you'd be interested in judging. If you have any questions, please contact Kate.



ADULT CHAPERONES NEEDED

If you are interested in serving as a chaperone for Citizenship In Action and/or Discovery Days, please complete the Adult Chaperone Application and return it to either Extension Office by **December 15**. You can find the application online at <http://www.centrankansas.k-state.edu/4-h> under 4-H Youth Development, 4-H Member Forms & Documents. By completing an application, you have let us know you are interested in serving as a chaperone; **it does not commit you to serving as a chaperone**. We will need chaperones for Citizenship in Action and Discovery Days. If you have any questions, please contact Kate.



REGISTRATION IS OPEN FOR 4-H CAMP IN 2023!



Ready, set, register! All 4-H camp sessions are now available for registration online at www.rockspringsranch4hcamp.org. This includes half week, full week, Leaders in Training (LIT) and Counselors in Training (CIT) sessions. Early bird registration rate (10% discount) ends on December 31, 2022. The session dates are on the Rock Springs website, along with more information.

4-H NEWSLETTER DEADLINES FOR 2023

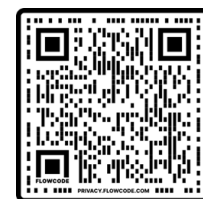
If you have something you would like in the *4-H Newsletter*, be sure to email it to klittich@ksu.edu. The deadline for February/March is January 10.



KANSAS 4-H DAY WITH K-STATE WOMEN'S BASKETBALL

4-H Day with the Wildcat Women's Basketball has been scheduled for Sunday, February 12 at 1:00 p.m. with the Wildcat women taking on the Oklahoma Sooners!

For \$25, each attendee will receive a ticket to the game, an awesome game day t-shirt, and a \$10 meal voucher to use at the main concession stands. This year, a ticket/voucher option with no t-shirt is available for \$15.



Register at: <https://conta.cc/3UkNwlQ> or by scanning the QR code by **January 15**.

LEADERSHIP OPPORTUNITIES

4-H COUNCIL NEWS

The January 4-H Council Meeting will be held on Monday, January 23, at 7 p.m. in Minneapolis at the Courthouse. The theme for the meeting is *hats*.

We will vote on the fair theme for both County Fairs at this meeting. Each club should come prepared to present only one theme.

4-H COUNCIL COMMITTEES

An email will be coming out soon with information regarding the 2023 4-H Council Committees. The email will go out to all committee members with an email address and to the Organizational Leaders. The list (excluding email addresses and phone numbers) will be posted on our website under 4-H Member Forms & Documents. Copies of the committee list will be available at either Extension Office after edits have been made (after the first of the year).



The 4-H Council Committee training will be held on January 8, time TBD. An email will be sent out to all committee members, co-chairs, master volunteers, and advisors, with the registration link and additional details.

Committee Co-Chairs need to return committee notebooks to either Extension Office by Monday, December 19.

SAVE THE DATE – DISTRICTWIDE COMMITTEE TRAINING

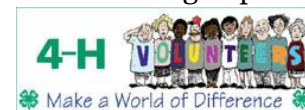
The 2023 Districtwide Committee Training is set for Sunday, January 8. Be sure and place this date on your calendar. Watch your email for updates. You do not have to currently be serving on a committee to attend. This training will also serve as a leadership workshop.



VOLUNTEER ORIENTATION

The next Volunteer Orientation is scheduled for Saturday, January 21, from 1-3 p.m. Online “RSVP” is required by January 14. This orientation will be held at the Kansas State University – Salina Campus, Technology Building. There is also an orientation scheduled for Wednesday, February 1, from 6:30 p.m. – 8:30 p.m. An online “RSVP” is required by January 25. The location for the February 1 orientation will be determined by the RSVPs. The link can be found on the website at <http://www.centrankansas.k-state.edu/4-h> under Upcoming Events and Online Registration. If you do not have access to the web, please contact either Extension Office. If there are not enough individuals interested, it will be cancelled and those that sign up will be notified.

Youth in the 4-H program often engage in leadership and volunteer experiences as part of their 4-H program participation. Youth are welcome to attend volunteer orientation as a leadership workshop.



LEADERSHIP IN TRAINING AT ROCK SPRINGS

Teen leadership opportunities are continuing to expand at camp. Leaders in Training (LIT) will be launched in 2023! These week-long sessions will be for rising sophomores and juniors, which will include some great volunteer opportunities as well as some unique camp experiences. Be on the lookout for new and updated information about Rock Springs programs via social media and <https://rockspringsranch.org/get-to-know-us/4h-camp/>.

GAVEL GAMES & MODEL MEETINGS

Club members' learning about parliamentary procedures is what gavel games and model meetings are about. Knowing parliamentary procedures is a life-long skill in which many adults struggle. Learning parliamentary procedures is a great opportunity for everyone!



Clubs planning to participate in the Gavel Games/Model Meeting contests need to pre-register **ONLINE** by **Tuesday, January 3 by 11:59 p.m.** A link was sent to the Organizational Leaders Listserv before Thanksgiving. The contest date is **Saturday, January 21**, at the Kansas State University – Salina Campus, Technology Building (building #6). Please park in the parking lot B-1. Signs will be posted in the building to direct you to the rooms we will be using. If there are conflicts with the contest date, clubs may choose to participate in the contest on **Friday, January 20**, beginning at 5 p.m. in the Technology Building on campus. Clubs must note this online. **If teams/clubs participate on Friday, they will not be eligible for the Regional contest, but 4-H members will be able to indicate that they participated in the contest on their pin application.** Gavel Game and Model Meeting guidelines are available from Organizational Leaders and are available at our website <http://www.centrankansas.ksu.edu/4-h>, under Organizational Leaders. Don't miss out on learning new skills.

DISTRICT 4-H QUIZ BOWL TEAMS

Two is company and three's a quiz bowl team!!! Put your thinking caps on, grab a couple of 4-H friends and form a team! Registration link will be emailed out to organizational leaders, and one person will register all teams from your club.

Each team consisting of three 4-H members will be in two age categories: Junior (7-12) and Senior (13-18).

Saturday, February 4, location to be determined. Registration will begin at 8:00 a.m., and competition will begin at 8:30 a.m.

Prizes will be awarded to: 1st, 2nd and 3rd place teams. An overall club award of \$25 will also be presented.

Questions will relate to all aspects of 4-H, including officer information, parliamentary procedure, who's who, project information, history, and other fun facts about 4-H. **Deadline to register teams is January 3.**



DISTRICT 4-H QUIZ BOWL VOLUNTEERS NEEDED!

Approximately 20 volunteers are needed to help District 4-H Quiz Bowl run smoothly. Adult volunteers are needed for moderators/judges (reading questions), competition room monitors and waiting room monitors!

Adults and 4-H member volunteers, 7th grade and up who do not want to participate on a team, are needed for scorekeepers, buzzer monitors and time keepers. **A brief orientation for volunteers will be at 8:15 a.m., prior to the competition will begin at 8:30 a.m.**

To volunteer, please go to <http://www.centrankansas.ksu.edu/4-h> under Upcoming Events and Online Registration. Select all positions you would be willing to help with, and positions will be assigned based on registration. **Volunteer Registration Deadline is January 3.**

LIVESTOCK INFORMATION

K-STATE JUNIOR SWINE PRODUCER DAY

The K-State Junior Swine Producer Day is scheduled for Saturday, March 11, in Weber Hall in Manhattan, KS. This event is a one-day, family educational event that focuses on youth swine projects. Youth, parents, agents, ag teachers, and project leads of all ages and skill levels are invited to attend. Tentative topics include selection, nutrition, meat science, reproduction, breeds and ear notching, health, clipping and grooming, and showmanship. The deadline to register is February 15. The cost is \$20/person by the deadline, or \$25 after. Only those registered by February 15 will receive a t-shirt. All attendees, including both youth and adults, must register.

Registration is open now and may be completed using this link: <http://bit.ly/ksuasiregister>.

If you prefer to submit your registration by mail and pay with a check or cash, please email Lexie Hayes at adhayes@ksu.edu for a registration form.

K-STATE JUNIOR MEAT GOAT DAY

The K-State Junior Meat Goat Producer Day is scheduled for Saturday, March 18, in Weber Hall in Manhattan, KS. This event is a one-day, family educational event that focuses on youth meat goat projects. Youth, parents, agents, ag teachers, and project leads of all ages and skill levels are invited to attend. Tentative topics include selection, nutrition, meat science, reproduction, health, clipping and grooming, and showmanship. The deadline to register is February 22. The cost is \$20/person by the deadline, or \$25 after. Only those registered by February 22 will receive a t-shirt. All attendees, including both youth and adults, must register.

Registration is open now and may be completed using this link: <http://bit.ly/ksuasiregister>.

If you prefer to submit your registration by mail and pay with a check or cash, please email Lexie Hayes at adhayes@ksu.edu for a registration form.

SAVE THE DATE — SPRING BEEF AND SHEEP & MEAT GOAT WEIGH-IN

The 2023 spring beef weigh-in is Saturday, March 11. Sheep and meat goat weigh-in is Wednesday, April 26 in Salina and Thursday, April 27 in Minneapolis. Be sure and place this date on your calendar. Watch your email for updates. .



4-H HORSE PANORAMA

The 2023 4-H Horse Panorama is scheduled for January 28, at K-State Salina. In-person and virtual contests are available to Kansas 4-H members enrolled in the Horse or Horseless Horse project including Horse Bowl, Hippology, presentations, photography, design and more. The link to register and for more information is <https://www.kansas4-h.org/events-activities/conferences-events/horse/horse-panorama.html>. Registration is due January 10, 2023.



4-H ID UPDATE

Beginning with the 2023 4-H program year, horse ID's must be submitted by June 1. The form has also been updated. It can be located on the Central Kansas District website <http://centralkansas.k-state.edu/4-h> under 4-H Member Forms & Documents. 4-H members new to the horse project must use this form. 4-H members previously in the project can continue to use the old form.

DISTRICTWIDE PROJECT NEWS



DISTRICTWIDE PROJECT LEADERS

Below are listed District Project Leaders which hold meetings throughout the year to help you with your projects. Check the newsletter for meeting dates and times or you may contact these leaders to find out the next meeting date, time and location. All phone numbers use the 785 area code unless otherwise indicated. If you would be interested in serving as a Districtwide Project Leader, please contact Kate at klittich@ksu.edu.

<u>Project</u>	<u>Name</u>	<u>Phone #</u>	<u>Email</u>
Beef	Spencer, Laci, Weston, & Josi Schrader	488-2135	schrader@twinvalley.net
Foods & Nutrition	Brynna Anderson	212-0365	brynnaanderson24@svgo.org
Horse	Camisha Stevenson	829-0965	stevensoncamisha@yahoo.com
Horse	Jennifer Godfrey	452-5710	watkins9468@yahoo.com
Livestock Judging	Spencer, Laci, Weston, & Josi Schrader	488-2135	schrader@twinvalley.net
Reading	Amber, Acacia & Eian Pracht	212-5000	prachtamber@gmail.com
Sheep	Karson Pihl	212-0108	karsonpihl23@svgo.org
Shooting Sports: BB Gun	Jay Wisbey	587-7987	jwisbey@ksu.edu
Shooting Sports: Hunting Skills	Eric Klein	392-0368	herbie57_57@hotmail.com
Shooting Sports: Shotgun	Eric Klein	392-0368	herbie57_57@hotmail.com

4-H PROJECT CURRICULUM

There are a lot of resources to help 4-H members with their projects. Of course, the library is always a great place to start, but there is a lot of 4-H curriculum out there. Go to <https://shop4-h.org/> to view all the 4-H curriculum that is available. If you are curious about what the content might look like, call the Extension Office. More than likely we have a copy of the curriculum in our office that you can check out to review to determine if you want to purchase it or not. If you have other questions, ask your club leader or call the Extension Office.

HAPPY BIRTHDAY KANSAS! PHOTO CONTEST

Young people across Kansas are invited to discover and celebrate the people and places of Kansas through photographs. The photo contest is open to Kansas students from 1st through 12th grades. Winners will be announced as part of the state's birthday celebration on January 27, 2023. Contest rules and the information for submitting photographs are available at <http://happybirthdayks.org>.

COOL SCIENCE ARTWORK COMPETITION

Cool Science is a free and public art competition held each fall for all K-12 artists. Cool Science is a collaboration between the UMass Lowell, UMass Boston, Massachusetts College of Art and Design, University of Kansas, and Kansas City Art Institute. In 2019, Cool Science received a National Science Foundation grant that helped it expand the project beyond Massachusetts to Kansas, Missouri, and Southern New Hampshire. This year's deadline is January 13, 2023. For more information, visit <https://www.coolsience.net/artwork-guidelines-rules>.

SAVE THE DATE – INSECT SPECTACULAR

The Kansas 4-H Insect Spectacular, a two-day state-wide entomology workshop, will be held June 16-17, 2023 in Manhattan, Kansas. Classes will include basic pinning, basic and advanced identification, insect photography, and much more. A parent or legal guardian must attend with their 4-H'er. Registration, proposed schedule, and full information will be available in the spring. Stay tuned!

4-H CLUB DAY – FEBRUARY 25, 2023

Learning to present demonstrations, project talks, public speaking and more is one of 4-H's trademarks. School teachers will brag to parents during parent teacher conferences that they know their child is a 4-H member because they can speak in front of the class without being nervous! Mark your calendars...**NOW for February 25.** 4-H Members must be 7 before January 1, 2023, to participate. Cloverbuds (5 & 6 year olds before January 1, 2023) may only participate in the Sharing Division. All 4-H members and Cloverbuds are encouraged to enter. **Entries are due by the individual 4-H member and cloverbud ONLINE by January 23, 11:59 p.m. Enrollment must have been submitted and be completed online by 12/01/22 for members to be eligible to participate.**

Remember: The 4-H Club Day policy is **a 4-H member must present a public presentation (demonstration, illustrated talk, project talk, public speaking or sharing) to be eligible for individual talent. 4-H members may participate in group (3 or more) activity without presenting a public presentation.** Simply, if a 4-H member wants to participate in music, drama, or dance as an individual, a demonstration/project talk/public speaking presentation must be given.

Online Registration: 4-H Club Day registration will be online. 4-H members and families can register at their own convenience, but we do not recommend waiting until the last minute! **An email will go out the week of December 5, and registration links will be available on the District website under "Upcoming Events and Online Registration".** For rules and regulations, please refer to pages 10 - 13 of this newsletter.

Please be sure to allow ample time to complete the online registration as it will take some time to complete. In addition, **it will need to be completed separately for each participating 4-H member, including Cloverbuds who wish to present a Sharing Presentation.** However, Group Talent Events will only need to be entered ONCE. This means **ONLY ONE** member (or representative) will register a group entry and will list each person in the group as well as the club they belong to. **It is important for 4-H members and parents to double check the 4-H Club Day entries before submitting them online, as no substitutions of 4-H members will be allowed. If individuals are in a group event, ONLY those who have been listed on the entry form will be allowed to participate in the group event.** In addition, since Prepared Public Presentations (project talks, demonstrations, & illustrated talks) can be a team effort of two people, **ONLY ONE** member will register for both, by entering their name and their partner's name in the box provided.

When you register for the District 4-H Club Day event, you will see a question regarding Regional attendance at the end of the online registration. If a member qualifies for Regional competition, we will use their response from this question when submitting our Regional entries. You will also be given the opportunity to indicate if you have a scheduling request.

Once the registration is completed, you will have the option to print the information for your records. The information will also be available for you to print in the confirmation email you will receive. On the last page of the registration, please list any special requests you may have and we will do our best to accommodate them. **Remember, no animals or weapons of any kind will be allowed at 4-H Club Day, as in previous years. At the end of the registration process, you will need to click "Submit." Once you have done so, you will see a confirmation response, finalizing your registration.**

Deadline: Registration will be due on **Monday, January 23, by 11:59 p.m.** **Any entries submitted after this time will NOT be accepted. Please do NOT wait until the last minute to complete this registration.** If you have any questions regarding the registration process, please contact Kate, klittich@ksu.edu OR if you have questions concerning the rules or guidelines for the contest, please contact Kate. She can be reached by phone at 785-309-5850 during 8 a.m. - 5 p.m. work hours. Any calls or emails outside of this time frame cannot be guaranteed a prompt response until the following business day. Only individuals enrolled by December 1 are eligible to compete at 4-H Club Day. If a member completes the online registration for 4-H Club Day, but was not enrolled by the deadline, the Extension Office will address the issue with the Organizational Leaders. The Organizational Leaders will then be the ones to inform the families of the problem.

4-H CLUB DAY CONTINUED

Available for 4-H Club Day 2023

In light of several considerations (including pandemic related concerns), an option to submit pre-recorded presentations will be available for 4-H Club Day 2023. This option is intended to encourage all 4-H members to participate in preparing and giving a presentation, regardless of health situation or scheduling conflicts.



The guidelines are as follows:

- Presenters will need to sign up for 4-H Club Day by the January 23 deadline.
- The option to record and submit digitally is available only for: Sharing, Junior Demonstrations & Illustrated Talks, Junior Project Talks, Senior Demonstrations & Illustrated Talks, & Public Speaking.
- In the registration, there will be an option to state if the 4-H member's presentation will be given in-person or virtually.
- If this option is selected, the participant forfeits the in-person opportunities.
- Presentations submitted digitally will be "participation only" and not regional eligible, but participants will still receive comments from the judge.
- Virtual participants will not be eligible for incentive prizes or to participate in the talent portions of 4-H Club Day (Music, Dance, Drama).
- All presentations submitted digitally will be due by 12:00 p.m. (noon) the Friday before 4-H Club Day (February 24). Directions on how to submit will be sent directly to the individuals who have registered for this option.
- A link will be available for digital submissions when the 4-H Club Day schedule is published.
- If a 4-H member has signed up for an in-person presentation and a health situation necessitates switching to a digital submission after the January 23 registration deadline, families will need to communicate with Kate to move to the digital option by calling 785-309-5850 or emailing her at klittich@ksu.edu.
- Guidelines for recording presentations may be found on pages 10-13 along with the guidelines for in-person 4-H Club Day.

HELP WITH 4-H CLUB DAY PRESENTATIONS

One of the greatest benefits of 4-H is learning to do public presentations! We encourage every 4-H member to participate in 4-H Club Day coming up in February! Resources are on the 4-H website at <http://www.centrankansas.ksu.edu/4-h>, under 4-H Club Day on the left-hand side of the page and include videos to help you with the planning and presenting demonstrations/illustrated talks, project talks, and public speaking. At this time, we are adding additional videos so check back as new examples are being added as they become available. This information is intended to supplement the 4-H Club Day Guidelines (10 - 13). If you have any questions or still cannot find helpful information, Master Volunteer Suzanne Hokett is available to schedule time with families or clubs to help, either in-person, phone, or via Zoom. Suzanne can be reached at 785-643-6511.

2023 GUIDELINES FOR 4-H CLUB DAY PRESENTATIONS

The events listed below are suggested guidelines for scheduling purposes. Enter members of your club where you feel their presentation will fit best. A club may have more than 1 ensemble, skit, etc. as long as different members are in it. “Juniors 7-12 and Seniors 13 & older” **Cloverbuds may only participate in the Sharing Division.**

PUBLIC PRESENTATIONS

Sharing - Non-competitive

- A. Recommended, for cloverbuds and 1st and 2nd year 4-H members 10 years old and under, but not limited.
- B. Time: recommend 2-3 minutes.
- C. Props or posters may or may not be used.
- D. Topic must be any 4-H related project or item.
- E. Cloverbuds and 4-H members come prepared with short presentation.

Project Talks - Junior

- A. For 4-H members 7 to 12 years old.
- B. Time: recommend 3 to 4 minutes, 7 minutes maximum.
- C. Visuals encouraged but not required.
- D. Individual presentations only.
- E. Topic may be on 4-H project or aspect of project 4-H member is currently enrolled in.
- F. PowerPoint is allowed for this category and age division. Contestant is responsible for providing a computer and projector. A projector can be checked out from the Extension Office on a first come, first serve basis. No internet access will be provided.
- G. Questions are not asked.

Demonstrations - Illustrated Talks - Junior

- A. A demonstration is a show and tell type of presentation. An illustrated talk tells how rather than shows how. Needs end product.
- B. For 4-H members 7 to 12 years old.
- C. Time: recommend 4 to 7 minutes, 10 minutes maximum.
- D. Either individual or team presentations.
- E. All necessary equipment provided by 4-H member, i.e. computer, poster, etc.
- F. Topic may be related to 4-H project currently enrolled.
- G. The endorsement of brand names is discouraged.
- H. PowerPoint is allowed for this category and age division. Contestant is responsible for providing a computer and projector. A projector can be checked out from the Extension Office on a first come, first serve basis. No internet access will be provided.
- I. Questions asked.
- J. Summary is required.

Demonstrations - Illustrated Talks - Senior

- A. A demonstration is a show and tell type of presentation. An illustrated talk tells how rather than shows how. Needs end product.
- B. For 4-H members 13 years old or older.
- C. Time: recommend 5 to 10 minutes, 15 minutes maximum.
- D. Either individual or team presentations.
- E. All necessary equipment provided by 4-H member, i.e., computer, posters, etc.
- F. Topic may be related to 4-H project currently enrolled.
- G. The endorsement of brand names is discouraged.
- H. PowerPoint is allowed for this category and age division. Contestant is responsible for providing a computer and projector. A projector can be checked out from the Extension Office on a first come, first serve basis. No internet access will be provided.
- I. Questions asked.
- J. Summary is required.

Public Speaking - Senior

- A. For 4-H members 13 years and older.
- B. Time: recommend 5 to 7 minutes, 15 minutes maximum.
- C. Visuals may or may not be used. They should enhance the talk- not distract. No posters or PowerPoint presentations allowed.
- D. Individual presentations only.
- E. Topic unlimited, persuasive, informative, etc.
- F. Outline required for judge (Judge will deduct one ribbon if outline not available).

Spontaneous Speaking-Senior

- A. For 4-H members 13 years and older.
- B. Draw for a topic from list, "4-H Promotion", "Current Events", "Personal Interest" (hobby, sports, school, future plans)
- C. 10 minutes allowed to prepare speech. Time: Recommended 3-5 minutes, 5 minutes maximum.
- D. No questions asked.

Recording Guidelines for Digitally Submitted Presentations

In light of several considerations (including pandemic related concerns), an option to submit pre-recorded presentations will be available for 4-H Club Day 2023. This option is intended to encourage all 4-H members to participate in preparing and giving a presentation, regardless of health situation or scheduling conflicts. The guidelines are as follows:

- The option to record and submit digitally is available only for: Sharing, Junior Demonstrations & Illustrated Talks, Junior Project Talks, Senior Demonstrations & Illustrated Talks, & Public Speaking.
- If this option is selected, the participant forfeits the in-person opportunities.
- In the registration, there will be an option to state if the 4-H member's presentation will be given in-person or virtually.
- Presentations submitted digitally will be "participation only" and not regional eligible, but participants will still receive comments from the judge.
- Virtual participants will not be eligible for incentive prizes or to participate in the talent portions of 4-H Club Day (Music, Dance, Drama).
- All presentations submitted digitally will be due by 12:00 p.m. (noon) the Friday before 4-H Club Day (February 24). Directions on how to submit will be sent directly to the individuals who have registered for this option.
- A link will be available for digital submissions when the 4-H Club Day schedule is published.
- If a 4-H member has signed up for an in-person presentation and a health situation necessitates switching to a digital submission after the January 23 registration deadline, families will need to communicate with Kate to move to the digital option by calling 785-309-5850 or emailing her at klittich@ksu.edu.
- Video must be continuous with no editing whatsoever. Your presentation must be shot in one continuous take. Please do not use any kind of title screens, credits, special effects, or captioning. The idea is to create a video of your presentation as it would be seen at an in-person 4-H Club Day.
- Presenter/performer must be in front of the camera throughout the presentation. Do not move "off-camera."
- If you need an easel or projector, please contact either Extension Office to make arrangements. Equipment may be checked out on a first come, first serve basis with a 3-day checkout period. Please note the Minneapolis Office is closed December 23, and both Extension Offices will be closed December 26-January 2. Projectors may not be checked out during the office closure time.
- Demonstrations & Illustrated Talks for Junior & Senior categories - As questions would normally be asked in an in-person environment, presenters are encouraged to ask for questions and have a family member ask questions from off-camera. Please try to avoid asking known or "scripted" questions as the goal is to have the 4-H member field the question on the spot as they would in an in-person setting.

TALENT

Member must present a prepared Public Presentation (demonstration, project talk, public speaking or sharing) to be eligible for individual talent. Spontaneous Speaking is not included in the prepared Public Presentation category. 4-H member may participate in group (3 or more) without presenting individual prepared public presentation. (Individual and Duet entries must also present demonstration, project talk, public speaking or sharing.)

Music

A. Chorus

1. Sixteen or more members or 12 or more members if club under 16. (may easily change to ensemble)
2. Two numbers required.
3. Copy of selections with measures numbered required for judge--original copy*. If not available, one ribbon deducted.
4. Singing may or may not have accompaniment. Director and accompanist need not be 4-H members.
5. Selections should be memorized, but not required.

B. Vocal Ensemble

1. Group may be composed of 2 to 15 4-H members, not including accompanist.
2. Each group will sing two numbers of their own choosing.
3. Copies of selections will be given to judges before performing* with measures numbered. If not available, one ribbon deducted.
4. Accompanist need not be a 4-H member.
5. Selections must be memorized or may influence the rating.

C. Vocal Solo

1. Participant will sing one number.
2. 4-H member judged on vocal presentation.
3. Copy of selection will be given to judge before performing* with measures numbered. If not available, one ribbon deducted.
4. Accompanist need not be a 4-H member.
5. Memorization required. Ribbon rating deducted if not memorized.

D. Orchestra - Band – **Must be able to provide own instrument, with the exception of a piano**

1. Groups may be composed of 16 or more 4-H members (may be from different clubs).
2. Each group will play one number of their own choosing.
3. Copy of the conductor's score is to be given to the judge before playing* with measures numbered.
4. Memorization of number is not required.
5. The director is not required to be a 4-H member; an individual may not play with the group unless he or she is a 4-H member.

E. Instrumental Ensemble – **Must be able to provide own instrument, with the exception of a piano**

1. Group may be composed of 2 to 15 4-H members, (may be from different clubs) not including the accompanist.
2. Each group will play one selection of their own choosing.
3. Copies of selection will be given to judges before performing* with measures numbered.
4. Memorization of numbers is not required.
5. The director is not required to be a 4-H member; an individual may not play with the group unless he or she is a 4-H member.

F. Instrumental Solo – **Must be able to provide own instrument, with the exception of a piano**

1. Participant will play a composed solo number.
2. Copy of selection will be given to judges before performing* with measures numbered.
3. Accompanist need not be a 4-H member.
4. Memorization is not required.

Dance – (Country dance, folk, choreographed, other) Maximum 5 minutes. – Must provide own equipment to play music (i.e., CD player, speaker).

- A. Junior Solo
- B. Senior Solo
- C. Group (2-15 members)

Drama

A. Plays

1. Limited strictly to one-act plays. One set. No set changes allowed.
2. Minimum 30 minutes maximum 45 minutes.
3. Clubs responsible for all scenery.
4. No copy of play required.

B. Skits

1. Designed as original plays or skits.
2. No number limitations.
3. Performance set-up 5 minutes. Each group will be responsible for all scenery, property, and props.
4. Maximum 15 minutes.
5. No copy of skit required.

C. Reading - Poetry Interp or Prose Interp

1. Dramatic or Interpretive, humorous, or other type of reading.
2. Individual presentation.
3. A 10 minute maximum time limit. No minimum time limit.
4. Students are expected to have an attention getting intro that includes description of performance which should include the title, author, and setting, and the name of the participant and 4-H club). The intro also sets the scene for the cutting.
5. No props beyond a folder or book may be used in Readings. Props may be used in Solo Acting.
6. No extra points will be awarded for memorized work. While this may be memorized, but needs to look as though it were a reading.

D. Solo Acting

1. The material is generally something that was published as a script, but can be done from a story. The pieces may be single or multiple characters (one person does all the parts).
2. Individual Presentation.
3. The time limit is maximum 10 minutes. No minimum time limit.
4. Students may move around and may even use a chair as a prop.
5. The piece must be memorized.
6. Students are expected to have an attention getting intro that includes title and author. The intro also sets the scene for cutting.

E. Other

1. Miscellaneous grouping: novelty, stunts, pantomime, puppets, marionettes, ventriloquist acts, etc.
2. Individual or group.
3. Maximum 5 minutes.

MY 4-H SPARK Contest Guidelines & Information



Purpose: The purpose of this contest is to prepare our 4-H members, 13 years of age and older, for potential job and career readiness opportunities. Additionally, this will give the 4-H member an opportunity to tell their story as related to a 4-H project. This contest focuses on the current 4-H year work (October – January).

Cover Letter: The cover letter will be composed of three parts: introduction, body, and conclusion.

Introduction

- State what 4-H project you are focusing on and why you are writing the letter.
- Briefly introduce yourself.

Body

- Briefly summarize project goals and work. This includes, but is not limited to, goals, skills developed, and knowledge gained.
- Explain your project leadership and citizenship experiences and how you have grown as a person.
- Describe project experiences and how they relate to your future education and /or career goals.

Conclusion

- Thank the reader for considering your application.
- Summarize why you are an ideal candidate for something related to this project field.

The format for the cover letter should be formatted as follows:

- Use business letter format
- Limited to 1 page
- Must use at least 11-point font size
- Single-space
- Grammatically correct with no spelling errors
- Include a signature block and sign your letter
- Letter should be address to:
Central Kansas District Project Review Committee
2218 Scanlan Ave
Salina, KS 67401

Résumé: With the résumé, 4-H members are encouraged to be creative and design their own template, style, etc. Simple and direct language should be used with no spelling errors and correct grammar used. Member should strive for readability; the spacing is up to the 4-H member. The résumé is limited to 2 pages and participants must use at least 11-point font size.

Sections for the resume:

- Header with name and contact information
- Personal objective statement
- Project mastery
- Leadership experience
- Citizenship / community engagement
- Life skills / career readiness
- Recognition
- Non-4-H project related experience

Interview: The interview will be scheduled during 4-H Club Day and will last for 10-15 minutes. During this interview, the 4-H member will be asked questions which will allow them to tell their story as related to the specific 4-H project they completed their cover letter and résumé on. The judge will conference with the 4-H member following the interview. Parents/Guardians are allowed to sit in on the interview and conference judging process with the 4-H members consent.

4-H SCHOLARSHIPS

LOCAL 4-H SCHOLARSHIP INFORMATION

CKD Local 4-H Scholarship information will be posted on the CKD 4-H Scholarship website – (<https://www.centrankansas.k-state.edu/4-h/scholarships/index.html>). At the time of newsletter publication, a few details were still being finalized (including amounts of scholarships), and it is anticipated the complete list of scholarships will be available no later than December 23, 2022. Check the website frequently for information.

All scholarships will be due ONLINE no later than March 1, 2023.

If you need a letter of recommendation from Sarah or Kate, please send an email (semaass@k-state.edu or klittich@ksu.edu) requesting a letter. Be sure to include your most current resume and 4-H permanent record with your email. If possible, we ask for 3-4 weeks to complete the letter of recommendation prior to the due date.

Tri-Rivers Fair Scholarship

- The purpose of this scholarship is to recognize outstanding 4-H club or FFA chapter members who are leaders and role models within their communities.
- Members will receive scholarship monies for the spring semester of their first year at a community, technical, or baccalaureate institution.
- Must be a graduating senior (or its related equivalent) in 4-H or FFA, participated in the most recent Tri-Rivers Fair, and demonstrated scholarship and leadership capabilities.
- In addition to the application, applicants must include an essay, one page, double spaced, describing how their experiences at the Tri-Rivers Fair will positively impact their future goals.

81-40 Riding Club Scholarship

- Must be a graduating high school senior and have been enrolled in the 4-H Horse Project the past two years.
- One scholarship will be awarded to an individual in each county of the District.
- Must have been a 4-H member in Saline or Ottawa County.
- Scholarship must be used for post-high school education.

Ottawa County 4-H Foundation Scholarships

- Must be a graduating high school senior and current Ottawa County 4-H member.
- Scholarship must be used for post-high school education.
- Must turn in most current 4-H Permanent Record.

Saline County 4-H Development Fund Scholarship

- Must be a graduating high school senior and a current 4-H member in Saline County with three years of 4-H experience.
- Must turn in most current 4-H Permanent Record.

Ken & June Jennison Communication Scholarship

- Must be a graduating high school senior who will be majoring in the field of communications or a current college student majoring in the field of communications.
- Must have been a 4-H member in Saline County.
- Preference will be given to applicants attending a Kansas college/university.
- Applicant must have been involved in 4-H for at least three years.
- Must turn in the most current 4-H Permanent Record regardless if you have been out of 4-H for a year or more.

Pamela Van Horn Youth Development Scholarship

- This scholarship is open to any college student who was a Saline County 4-H member or was employed by the Central Kansas District AND who will be a sophomore, junior, or senior majoring in the field of youth development.
- Preference will be given to applicants attending a Kansas college/university.
- In addition to the application, applicants must include an essay (500 words or less) on how their chosen career field will benefit youth.

Clyde & Glenn Lindstrom Estates Scholarship

- This scholarship is open to any student pursuing an undergraduate degree that is/was a Saline County 4-H member and will be a graduating high school senior or current college student.
- Must have been a 4-H member in Saline County.
- Priority will be given to worthy, present/former Smoky View 4-H members.

Smith Family Leadership Scholarship

- This scholarship is open to any student pursuing post-secondary education that is/was a Central Kansas District 4-H member and will be a graduating from high school.
- The applicant must have been enrolled in the leadership project for at least three years.
- Must turn in most current 4-H Permanent Record.
- The scholarship will NOT be limited to schools located in the state of Kansas.
- In addition to the application, applicants must include an essay (500 words or less) on how 4-H has influenced their leadership development. The applicant's contribution through leadership will be the main focus of this scholarship.

Jennifer Wangerin Memorial Scholarship

- This scholarship is currently in development, but will be awarded in 2023 providing there is a worthy applicant. Details on requirements will be emailed and posted on the CKD 4-H Scholarship website when final details are available.

In addition to the scholarship applications, all applicants must upload a head shot photograph, and a bio of 250 characters or less. A link will be posted on the 2023 Scholarship Information page at <https://www.centralkansas.k-state.edu/4-h/scholarships/index.html> If awarded a scholarship, this information will be used for publicity purposes. Your bio should contain your intended college, year in college, educational plan (major/minor), and may also include a sentence or two describing your 4-H experience leading up to the present (such as highlighting a project area which led to your current educational plan, a memorable award, etc.).

NOTE: At the time of writing this newsletter, the 2023 application was not available. Check the website frequently for the correct application.

KANSAS 4-H STATE SCHOLARSHIP INFORMATION

For more information on the Kansas 4-H Scholarships, please go to <https://www.kansas4-h.org/resources/awards-and-recognition/scholarships.html>

All scholarships will be due ONLINE no later than March 1, 2023.

NOTE: At the time of writing this newsletter, the 2023 application was not available. Check the website frequently for the correct application.



EXTRA

NEWS FOR CENTRAL KANSAS DISTRICT ORGANIZATIONAL LEADERS

DECEMBER/JANUARY CHECK-UP

December is here! Have you found yourself starting the never-ending errands of the Holiday Season—shopping, school programs, baking and writing holiday cards? Well, don't panic...just take it one step at-a-time and everything will get done. In the rush, don't forget 4-H! Here's your monthly check-up so you won't get caught in a snow blizzard after the first of the year.

January is a time of setting new goals and starting fresh! The New Year can also be a time to recruit new members and leaders! Set two to five club goals and watch yourselves change!

- _____ Online enrollment completed by December 1, 11:59 p.m. to participate in 4-H Club Day.
- _____ Online enrollment completed by December 1, 11:59 p.m. to participate in the County Fairs for returning members.
- _____ Holiday plans made.
- _____ 4-H members asking friends to attend a 4-H meeting with them?
- _____ 4-H parents encouraging other parents to get involved?

Review

- _____ *4-H Newsletter* read and important dates marked on calendar.
- _____ Highlight key points from *4-H Newsletter* at club meeting.
- _____ Updated project lists and copies of 4-H participation forms provided to club project leaders.

To-Do

- _____ Parent's Committee working.
- _____ Make sure club project leaders are indicating they are a project leader in 4HOnline.
- _____ Encourage leaders to start conducting project meetings.
- _____ Check club mailbox at Extension Office.
- _____ Report from the November 4-H council meeting.
- _____ Start Gavel Game Teams/Model Meeting.
- _____ Encourage Demonstration Trainers to start.
- _____ Encourage 4-H Club Day Planning.
- _____ Check club's progress toward goals.
- _____ Annual Summary up-to-date.
- _____ Ideas for fair parade and fair theme (for both county fairs). Voting at January 4-H Council.
- _____ Have a parents meeting.
- _____ Have new parents complete the 4HOnline enrollment for a volunteer and make arrangements to attend the Volunteer Orientation.
- _____ Update 4-H Records, 4-H Project Award Applications, and Pin Applications.

Remember

- _____ Next Organizational Leader Update, Thursday, January 19, 7 p.m., Online (Zoom).
- _____ Next 4-H Council Meeting, Monday, January 23, 7 p.m.

Promote/Recruit

- _____ Districtwide Project Meetings promoted.
- _____ District 4-H Quiz Bowl promoted and teams forming. Registration due Tuesday, January 23, at 11:59 p.m.
- _____ Gavel Games and Model Meetings promoted and teams forming. Registration due Tuesday, January 3, at 11:59 p.m.
- _____ 4-H Club Day Activities promoted. Registration due ONLINE, January 3, at 11:59 p.m.
- _____ 4-H Camp promoted.
- _____ Citizenship In Action promoted.
- _____ Promote Red Wheel Sales (Minneapolis Area).
- _____ Districtwide project meetings promoted.
- _____ Plan and encourage 4-H Club Day participation.
- _____ Encourage state/district/region wide trainings.

ORGANIZATIONAL LEADERS UPDATE

Mark those calendars for the next Organizational Leaders' Update at 7 p.m., Thursday, January 19, online via Zoom. We'll discuss timely topics such as 4-H Club Day, follow up on Gavel Games, Model Meetings, and District 4-H Quiz Bowl, and other events and activities that will be coming up. A link will be emailed out to the organizational leader's listserv with any meeting details closer to the meeting date.

4-H COUNCIL NEWS FOR ORGANIZATIONAL LEADERS

At the January 4-H Council meeting, members will be voting on a 2023 County Fair themes. Clubs need to plan to present **only one** fair theme to the council. We will take the top three themes back to the county fairboards for them to select the fair theme. Remember, since the county fairs are not just for 4-H members, but for the whole county, we need to not use 4-H in the theme.

SHARING THE LOAD



Have you ever felt the pressure of 4-H overload? Too many meetings? Too many forms? Too many phone calls? And no time for your own children and hobbies? Maybe you're facing 4-H overload. One thing you might want to try is delegating! Whoever said you had to be Ms./Mr. Super Organizational Leader? Have you ever heard of sharing the load with the Parents' Committee? Other 4-H parents are usually willing to share responsibilities if asked! You might have to explain the responsibilities and then let them do it their way. Then you must be appreciative of their work (even if you know a better way).



Here are some quick suggestions:


- **New Family Coordinator:** Welcomes visitors; explains 4-H to new and visiting families; distributes 4-H information; and contacts the Extension Office with the visitor's names and addresses.
- **Project Leader Coordinator:** Organizes project leaders; explains and trains new project leaders; collates needed 4-H materials for members and distributes materials to members.
- **Record and Awards Trainer:** Keeps informed of Achievement Awards and requirements needed to receive; trains members in fundamentals of completing 4-H records and 4-H Project Award Applications.
- **Demonstration Trainers:** Trains members and adults concerning the fundamentals of presenting demonstrations and talks; promotes 4-H Club Day; assists families with submitting their 4-H entries online; encourages demonstrations and talks; provides guidance for youth.

4-H Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 Red Wheel Sales begin, Minneapolis Returning Members 4-H Online Enrollment DUE by 11:59 p.m. to participate in County Fair New & Returning 4-H Members: Online Enrollment DUE by 11:59 p.m. to participate in 4-H Club Day	2	3	
	4	5	6	7	8	9	10
	11	12	13	14	15 Adult Chaperone Application DUE	16 Regional Award Screening Volunteers DUE	17
18	19 Council Committee Notebooks DUE to either Extension Office	20	21	22	23 Minneapolis Office Closed	24	
25 	26	27	28	29	30	31 Rock Springs 4-H Camp Early Bird Deadline	
<div>Minneapolis & Salina Offices Closed December 26 - January 3</div>							

January, 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Minneapolis & Salina Offices Closed	3 Gavel Games/Model Meeting entries DUE Online (by 11:59 p.m.) Quiz Bowl Team and Volunteer Registrations DUE Online (by 11:59 p.m.)	4	5	6	7
8 Districtwide Committee Training, Salina	9 Project Award Applications for Regional Contest DUE	10 February/March newsletter articles due to Kate	11	12	13	14 Volunteer Screening Orientation , RSVP Due
15 4-H with K-State Women's Basketball Registration Deadline	16 Martin Luther King Day Minneapolis & Salina Offices Closed	17	18	19 Organizational Leaders' Update, Online via Zoom - 7:00 p.m.	20 Gavel Games/Model Meeting, TBD Regional Project Award Application Screening, Manhattan	21 Gavel Games/Model Meeting & Quiz Bowl, K-State Salina Campus Volunteer Screening Orientation , K-State Salina Campus, 1:00-3:00 p.m.
22	23 4-H Council, Minneapolis, 7:00 p.m. 4-H Club Day Entries Due Online by 11:59 p.m.	24	25 Volunteer Screening Orientation , RSVP Due	26	27 Red Wheel Sales End, Minneapolis	28 Kansas 4-H Horse Panorama, K-State Salina Campus
29	30	31	UPCOMING DATES: February 1 - Citizenship in Action (CIA) Registration and Payment Due to Extension Office 1 - Volunteer Orientation 3 - Red Wheel Sales DUE by 5:00 p.m., Minneapolis 4 - District 4-H Quiz Bowl 18 - Red Wheel delivery, Minneapolis 19-20 - Kansas 4-H Citizenship in Action (CIA), Topeka 25 - 4-H Club Day March 1 - ALL District and State Scholarships DUE Online			



Central Kansas Extension District

Salina Office

K-State Polytechnic
2218 Scanlan Ave
Salina, KS 67401-8196

Address Service Requested

NEW YEAR, NEW BEGINNINGS

Dear 4-H Families,

Please join me in saying thank you and congratulations to Sarah as she assumes her new role as our Kansas Program Director for 4-H Youth Development. It is tremendously exciting to see her advance into her new role at the state level, and we know Kansas 4-H will continue to benefit from her leadership and expertise.

As we navigate the transition and prepare to welcome a new 4-H Agent here in the Central Kansas District, please know our offices and staff remain ready and willing to help you with your 4-H needs. We welcome your ideas and questions, and we always enjoy visiting with you. As we look toward the new calendar year, we are excited to continue making the best better with all of our 4-H families, volunteers, and supporters.

We hope you have a safe, healthy, and enjoyable holiday season!

Happy Holidays,

Kate

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