

THE 4-H NEWSLETTER

SEPTEMBER
2024



A Minute with Madeline

It feels like the second we recover from the county fair, we fall into the season of record keep, award applications, and getting ready for the New 4-H Year! This is a great time to reflect on the joys and successes of the previous year and set goals for your projects as we charge into the year ahead. Here are some tips for setting SMART goals to be best prepared for the year ahead!

What Are SMART Goals?

SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant, and Time-bound. These are five important criteria that make goals easier to plan and accomplish. Let's break down each part to see how you can use them to set your own goals.

1. Specific

A goal should be clear and specific. Instead of saying, "I want to get better at soccer," you can make it more specific by saying, "I want to improve my soccer skills by practicing my dribbling and shooting every day."

How to Make It Specific:

- Ask yourself what you want to achieve.
- Think about why it's important to you.

2. Measurable

You need a way to measure your progress so you can see how close you are to reaching your goal. This helps you stay motivated and track your achievements.

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A Minute with Madeline Continued

Goal Setting

- S specific
- M measurable
- A attainable
- R relevant
- T time - bound

How to Make It Measurable:

- Decide how you will measure success.
- Set clear criteria for what counts as progress.

3. Achievable

Your goal should be realistic and attainable. It should stretch your abilities but still be possible to achieve. Setting an achievable goal means you're more likely to stay motivated and not get discouraged.

How to Make It Achievable:

- Consider what you can realistically accomplish with the resources and time you have.
- Break big goals into smaller, manageable steps.

4. Relevant

Your goal should be important to you and align with other goals you might have. It should be something that matters to you personally and is worth your time and effort.

How to Make It Relevant:

- Think about how achieving this goal will help you in other areas of your life.
- Make sure the goal fits with your interests and long-term objectives.

5. Time-bound

Every goal needs a deadline. Setting a specific time frame helps you stay focused and keeps you from procrastinating. It also allows you to set milestones and track your progress along the way.

How to Make It Time-bound:

- Decide on a realistic deadline for achieving your goal.
- Break down the goal into smaller tasks with their own deadlines if needed.



LEADER'S LOUNGE

September Check-Up

- 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
- Have a club information booth at your local schools

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

- Club participation at the Achievement Celebration
- Participation at the Kansas State Fair
- Older 4-H'ers applying to be an Ambassador

To-Do

- Check in with project leaders to ensure they are on task and holding meetings
- Check club mailbox at the Extension Office
- Help 4-Her's plan and prepare record books
- Begin Preparing yearly Club Summary
- Check out the Kansas 4-H Club Resources page [HERE](#)

Remember

- 4-H Families to prepare and submit record books and award scholarship forms
- Pick-up of buyers cards, ribbons, and returning by deadline
- 4-H Families to get enrolled for the new 4-H year in October



IMPORTANT DATES AND DEADLINES

September

- **September 4:** State Fair Project Drop-Off
- **September 4:** 4-H Council Meeting
- **September 6-15:** Kansas State Fair - Hutchinson
- **September 21:** State Archery Match
- **September 23:** All Pin Applications, Scholarships, Record Keeping Forms, Special Award Apps, Club Summaries, Ambassador Apps Due
- **September 23:** Club End of Year Reports Due
- **September 28:** State 4-H Shooting Sports Small Bore and Muzzle Load Match
- **September 27-29:** Kansas Junior Livestock Show

October

- **October 1:** The 2024-2025 4-H Year Begins!
- **October 4:** Hunting Skills Sportsman's Acres – Junction City
- **October 5:** Kansas 4-H Photography Shutterbug Event, Oskaloosa
- **October 7:** 4-H Council
- **October 11:** State 4-H Shooting Sports Shotgun Match
- **October 12-13:** 48 Hours of 4-H Service Challenge
- **October 12-13:** State 4-H Shooting Sports Shotgun Match
- **October 19-20:** 4-H Dog Conference- Rock Springs
- **October 18-20:** Shooting Sports Volunteer Training Full and Update – Goodland
- **October 26th:** Achievement Celebration 10 a.m.

November

- **November 9-10:** Volunteer Shooting Sports Update Only Training – Rock Springs Ranch
- **November 23-24:** Kansas Youth Leadership Forum (KYLF) - Rock Springs Ranch
- **November 23-24:** Kansas Association of 4-H Volunteers Forum - Rock Springs Ranch



See the full 2023-2024 Calander [HERE](#)



4-H Online Enrollment Opens October 1st!

4-H's Long-reaching Effects

Compared to other youth, 4-Hers are:

4x more likely to contribute
to their communities

4-H

2x more likely to be
civically active

2x more likely to make
healthier lifestyle choices



The Top 5 Project Areas in Butler County:

1. Photography
2. Visual Arts
3. Foods & Nutrition
4. Clothing & Textiles
5. Floriculture & Horticulture

Find more information here:



What does Butler County 4-H have to offer?

- 9 Community 4-H Clubs across the County
- Butler County 4-H Shooting Sports
- Over 70 Projects
- Cloverbud Program for ages 5-6 yrs.

Visit Our Website

<https://www.butler.k-state.edu/4-h/>

Call Us

316-321-9660

2024 Kansas State Fair Information



We are excited about another fantastic
Kansas State Fair coming up this
September!

Please make note of a few things...

Project Drop Off Information: (Refer to the email sent to those entered)

- Entry drop-off will be Wednesday, September 4th from 12:00 p.m. to 5:00 p.m. at the 4-H Building.
- There are two options for getting entry cards:
 - Entry cards can be picked up from the Extension Office.
 - Cards will also be available at entry drop-off.
- Score sheets need to be attached to your projects. If you do not have them at entry drop-off, we will have a limited number then.
 - They can be found here: <https://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/index.html>
- If you plan to transport an item yourself to the State Fair, you have additional steps:
 - Pick up your entry cards from the Extension Office once available.
 - Email kansas4h@ksu.edu by August 30th when you will be bringing the item and a good contact number.
 - Entries will be accepted Wednesday, September 4th from 2:00 p.m. to 6:30 p.m. and Thursday, September 5th from 8:00 a.m. to 1:00 p.m.
 - **Entries must be dropped off by 1:00 p.m. on September 5th !**
- If you are retrieving your own entry from the State Fair after it has been judged, please let me know. I plan to pick up entries on September 16th. They will be available for you to get from the Extension Office after 2:00 p.m. that day.
- Make sure to consult the Kansas State Fair book for information regarding what is needed for your specific project. It can be found here:
[https://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/KSF%20Book February%202024%20CLEAN%20UPDATED%20%207.19.24.pdf](https://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/KSF%20Book%20February%202024%20CLEAN%20UPDATED%20%207.19.24.pdf)

Kansas Youth Leadership Forum

The Kansas Youth Leadership Forum will be November 23-24, 2024 at Rock Springs 4-H Center. The Forum is for youth ages 14-18, as of January 1, 2024. Registrations will be due Monday, October 15, 2024. This event will include: speakers, workshops, consulting groups and election of the State 4-H Council and is a great opportunity for youth to build their leadership skills! Any Kansas 4-H member between the ages of 14-18 by January 1, 2024 may apply to be a council member. The duties of the Council Members include planning the next Youth Leadership Forum and other events, and may include assisting the State 4-H functions, working with 4-H public relations, and speaking at local achievement program, forums, and other workshops or conferences. Applications for the State 4-H Youth Council will be available in the registration materials on the State 4-H website at www.kansas4h.org.

Record Books, Pins, Applications, and Awards

It's time to get your record book and pin applications on!

DEADLINE FOR SUBMITTING THE DOCUMENTS LISTED BELOW—5:00 p.m, Monday, September 23rd.

- All KAP's (record books)
- Pin applications
- Club summaries
- College scholarship applications
- Reporter and secretary notebooks
- Ambassador applications
- Special award applications

Don't miss this deadline! All forms and information can be found online at www.butler.ksu.edu/4h/

WANT TO HELP JUDGE RECORD BOOKS?

If you are interested in helping judge record book, adult or teen leader over the age of 13, please let Madeline know! This is a great learning experience. Those that have participated in the past really enjoyed the opportunity, as well as, picked up ideas and lessons learned from judging them.

We exchange our senior record books with Cowley County. They judge our senior KAP's and we judge theirs. We also judge our junior and intermediate KAP's.

Don't worry if you have never judged before, we will help you get started! This is a great opportunity to learn, volunteer and give back!

Judging date and time have not been set at this time.



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!

Parents

- 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



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>



Club News

The North Butler 4-H Club met on August 12, 2024, starting at Wheat State Manor to show the residents some of their 4-H fair projects. The club then went to Emmaus Church for a pizza party to celebrate the end of the summer and the fair achievements. At 7:00 pm, the North Butler 4-H Club's monthly meeting was called to order by President, Caleb K. The Pledge of Allegiance was led by Ben P. and 4-H Pledge led by Jeremiah B. Roll call was answered by "My age in years and months" by 21 members. Hope M. read the minutes of the July meeting and they were approved as read. Ella A. gave the treasure's report. During the leader's report, Debora Claassen congratulated the club on the many ribbons and awards received at the Butler County Fair. Debora reminded the club about making fair posters for Emprise Bank in Potwin. She also reminded the members about the club float that will be in the Potwin Watermelon Festival on August 24, 2024. She encouraged members to start working on their record books, activity sheets and pin applications. Lastly, she recognized two members who recently had birthdays, Rustin M., and Lucy G. The club then sang "Happy Birthday" to them. There was no old or new business. In announcements, the election committee reminded members to sign up for the offices they are interested in for next year. The meeting was adjourned and the program began with Maya K. leading the club in the song, "This little light of mine" with her siblings accompanying her. Rustin M. gave a project talk over her Dairy Goat named "Goose." Wyatt K. gave a project talk over his black and white art drawing that he took to the fair. Kate K. gave a demonstration on "How to make an Orange Julius" and the kids enjoyed trying it. Selah P. gave a demonstration on "How to hold and groom a rabbit." Selah brought her rabbit "Melody" to help demonstrate. Jeremiah B. shared his talent playing a piano solo. To end the night, Kate K. led recreation in playing "Elbow Tag." Refreshments were served by the Goebel family.

-Julia A., North Butler 4-H Club reporter.

