

# 4-H UPDATE



## Midway District 4-H Newsletter

MIDWAY DISTRICT 4-H PROGRAM represents  
ELLSWORTH AND RUSSELL AREA 4-H CLUBS

ELLSWORTH OFFICE  
210 N. Kansas Ave.  
Ellsworth, KS 67439  
(785) 472-4442

RUSSELL OFFICE  
309 S. Fossil Ave.  
Russell, KS 67665  
(785) 483-3157

## Midway District Staff



### Karrie Van Winkle

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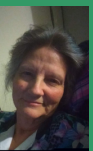
### Craig Dinkel

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### Rutika Bhakta

Office Professional-Ellsworth  
rutikab@ksu.edu



### Diane Johnson

Office Professional-Russell



### New Year--New You!

What are your goals for 2025? Research shows that it takes 21 days for something to become a habit. Good habits and skills such as meeting new people, presenting to a group, preparing meals and

working with a team also take practice and review. 4-H provides many opportunities throughout the year for practice and we have several great opportunities coming up in the next few months!

The number of goals should be appropriate for a 4-H member's age. Too many goals (or projects!) can overwhelm and frustrate everyone involved. It is often better to pick one or two entries for Club Days and prepare really well rather than try to be involved in everything and not enjoy the day or be upset when the schedule doesn't go "just right". In a similar manner, selecting a menu and dish to prepare for the Favorite Foods show should be appropriate for the 4-H member's skills and knowledge. At the end of the day, practicing communication skills and planning skills are the most important!



Set good goals and work toward each one, learning and adjusting as you go.

*Karrie Van Winkle*



# Russell Report



## 2024-2025 RS County 4-H Council Officers

President  
Teagen Pfeifer

Vice President  
Katelyn Haddock

Secretary  
Emma Schneider

Treasurer  
Payton Maske

Reporter  
Janessa Miller

\*\*\*\*\*

4-H Council Meeting  
January 27 at 7:00pm

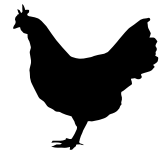
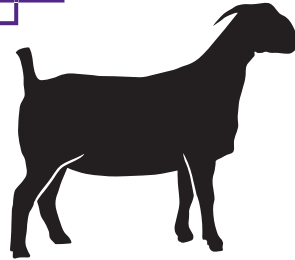
Be prepared for these  
meetings with officer and  
committee reports!

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Russell Fair Board Meeting  
January 13 at 7:00pm

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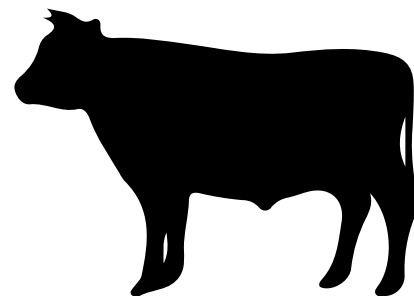
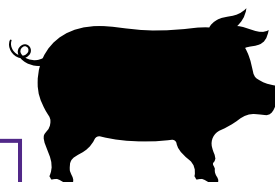
4-H Junior Leaders  
January 27 at 6:00pm



The Russell County 4-H Extension Office and Russell High School FFA are coming together to let 4-H and FFA utilize the Russell High School FFA Farm. 4-H and FFA projects will be able to utilize the facility for minimal costs to help grow a responsible project experience.

The farm is located just east of the Shaffer Field on USD 407 property.

Contact the Extension Office or Russell High School for a contract.





# Ellsworth Events



## 2024-2025 EW County 4-H Council Officers

President  
Hannah Vague

Vice President  
Brelyn Zier

Secretary  
Brooklyn Thielen

Treasurer  
Leah Howard

Reporter  
John Barta

\*\*\*\*\*

4-H Council Meeting  
February 24 at 6:30pm

Be prepared for these  
meetings with officer and  
committee reports!

\*\*\*\*\*

Fair Association Meeting  
January 6 at 6:30pm

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EW Junior Leaders Meeting  
January 6 at TBA



Hosted by County Liners 4-H club. County Liners and Elkhorn 4-H clubs celebrated by having a dodge ball tournament and pizza party on December 15th. The clubs of Ellsworth County came together and will be donating \$1,050 dollars to 4-H'ers in the south impacted by Hurricane Helene. We will be sending \$525 each to the Florida 4-H Foundation and the NC 4-H Honor Club.





# Family Resource Page



**Many of the events and paperwork- most definitely the paperwork- for 4-H can be overwhelming for new 4-H families! This page will be used to highlight things that may be helpful to know in regard to upcoming events, deadlines, and necessary documents. Your Club Leader is also a great resource!**

As a new family, everything that goes into a project can be overwhelming! Now, during the winter, is a great time to start project learning and laying the ground work for what each 4-H member chooses to present at the fair! The summer is a busy time, between spending time with family, fun summer activities, camp, and fair. Sometimes it's easy to rush through those important learning pieces of a project just to have a finished product. Right now, while the weather is cool and there aren't so many outdoor activities is a great time to get started! Do research, practice creating things that fit into your project area, do experiments, learn all that you can! Not only will it take some of the stress off summer time, but it is also a fun way to spend time together and develop new passions. As a reminder the extension office has curriculum on many of the project areas that can be checked out!

What other learning opportunities are available to my 4-H member?

- Super Saturday—This is a day filled with 4-H learning opportunities in Hays. It includes project workshops and judging contests including livestock, photography, horticulture, and much more!
- Citizenship in Action -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 communities. Delegates will tour the Capitol, get tips on how to meet and talk with their legislators, and discuss how youth can have a greater impact in their communities. Sunday will feature time at the Capitol, legislative sessions, and a dinner and dance at the Capitol Plaza Hotel. Monday is reserved for delegates to meet with legislators.
- State Geology Workshop
- State Entomology Workshop
- Horse Panorama-is a compilation of various contests related to the Horse Project. Contests include: quiz bowl, hippology, public speaking presentations, photography, and educational posters. There will also be educational activities for 4-Hers of all ages.
- Junior Producer Days- K-State alternates between two species each year. These family-friendly, educational events are a day devoted to youth, parents, project leaders, agents, and teachers who have an interest in specific livestock species projects. Participants of all knowledge levels are invited to attend.
- Discovery Days- offers classes and tours about 4-H projects, careers, hobbies, community service, and more! You can also share your talents in the Talent Show. Are you ready to dance? Are you ready for some Call Hall ice cream? Are you ready for some great speakers and Discovery Days Night Live and all the other possibilities in your future?

Be sure to watch the Midway District website and Midway District 4-H Facebook page for more upcoming events and activities.



# Learning Center



## LEADERS.... DID YOU...

### REVIEW

- 4-H Update Important Dates/Deadlines (Calendar)

### TO DO

- Check mailbox at the Extension Office
- Report from 4-H Council Meetings
- Provide any leadership changes to the Extension Office ASAP
- Update Volunteer Renewal information

### PROMOTE/RECRUIT

- 4-H members: ask a friend to attend meetings
- Encourage current 4-H members to review and complete applications for KYLF, Citizenship in Action, Citizenship Washington Focus
- Remind all 4-H members and parents who are volunteers to enroll via 4-H Online
- The Extension Office has a copy of the Cloverbud handbook for each club-please provide this resource to your club Cloverbuds
- Provide officers and clubs leadership updates as soon as possible to the Extension Office

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### YQCA-Youth Quality Care of Animals

Completion of YQCA is required to sell an animal (including poultry and rabbits) through the county fair premium auction and to show animals at the Kansas State Fair and Kansas Junior Livestock Show.

IN-PERSON CLASSES WILL BE HELD AT THESE FOLLOWING DATES AND TIMES:

**THURSDAY, MARCH 6, 2025 6:00-7:30PM**

Russell County 4-H Fair Building (702 Fairway Dr, Russell, KS 67665)

**THURSDAY, APRIL 3, 2025 6:00-7:30PM**

Ellsworth Recreation Center (221 W Douglas Ave, Ellsworth, KS 67439)

**SUNDAY, APRIL 20, 2025 1:00-2:30PM**

Wilson United Methodist Church (2404 Ave F, Wilson, KS 67490)

We will meet in the education center behind the church.

Youth for the Quality Care of Animals (YQCA) is a national multi-species quality assurance program for youth ages 8 to 21 with a focus on three core pillars:



Food Safety



Animal Well-Being



Character Development

TO FIND MORE INFORMATION, REGISTER FOR ONE OF THESE DATES OR TO DO THE ONLINE TRAINING.

PLEASE GO TO THE FOLLOWING SITE:

<https://yqcaprogram.org/>

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. 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 Clinton Laflin or Karrie Van Winkle two weeks prior to the start of the event at 785-483-3157 and cllaflin@ksu.edu or karrievan@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.

## Attention High School Seniors and College Students!

It's time to start thinking about applying for scholarships. Did you know the Kansas 4-H Foundation has a large list of scholarships that are given out each year?

Click [HERE](#) for the application and the list of available scholarships. Applications are due to the state 4-H office by March 1, 2025

# 4-H in the News



**Wolf Creek Valley 4-H  
Club decorated the  
Luray Community  
Center for the holidays!**





# 4-H Happenings



**K-STATE**  
Research and Extension  Midway  
District

## FAVORITE FOOD SHOW

January 19, 2025 at 2:00PM  
Russell 4-H Building  
702 Fairway Dr, Russell, KS 67665

For more information visit:  
[Favorite Foods Show Handbook](#)

Recipes are due to the Extension Office  
by January 8th at 11:59pm

Use the link or QR code  
to submit your recipe  
[https://kstate.qualtrics.com/jfe/form/SV\\_1ROEIh5WPcsGLRQ](https://kstate.qualtrics.com/jfe/form/SV_1ROEIh5WPcsGLRQ)



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## 2025 CLUB DAY

Sunday February 23rd  
**Wilson Elementary School**  
3009 Ave D, Wilson, KS 67490



### Categories include:

- Project Talk -Show and Tell
- Demonstration -Illustrated Talk
- Singing -Public Speaking
- Talent (dancing, skits, magic tricks, etc.)
- Instrumental Skills -Reading
- Resume/Interview -Model Meetings



Individual registration



Group registration

Registration Deadline is  
**Wednesday, January 22nd**

Open to the Public  
Contests begin at 2:00pm

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## Save the Date

2025 County Fair Dates

Ellsworth County Fair:  
July 18-24

Russell County Fair:  
July 20-26



# SAVE

# 2024-2025 BEEF WEIGH IN

ELLSWORTH  
ANIMAL HOSPITAL  
FEBRUARY 15TH  
FROM  
8:00AM-11:00AM

# THE

# DATE

RUSSELL  
VETERINARY SERVICE  
FEBRUARY 16TH  
FROM  
2:00PM TO 5:00PM



# 4-H Happenings



**K-STATE**  
Research and Extension

## 2025 K-State Junior Swine 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.

## March 1



**Tentative Schedule**

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 YQCA Training (optional)



**Registration**

- ☑ \$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.
- ☑ No refunds.
- ☑ Attendance is limited to the first 400 participants to register.



**Questions?**

Joel DeRouchey  
jderouch@ksu.edu  
785.532.2280

Lexie Hayes  
adhayes@ksu.edu  
785.532.1264

**Register By February 5**  
"Limited Attendance"

**Location**  
Stanley Stout Center

**Register Online**  
<https://commerce.cashnet.com/KSUASIND>



*Sam Mel*

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## Citizenship In Action




**REGISTRATION IS NOW OPEN!**



- WHEN - February 16-17, 2025
- COST - \$225
- WHO - Youth ages 13-18
- WHERE - Hotel Topeka City Center, 1717 SW Topeka Blvd, Topeka, KS 66612
- SPACE IS LIMITED SO GET OUT AND REGISTER!



**K-STATE**  
Research and Extension

## K-State Junior MEAT GOAT PRODUCER DAY

# 3.22.25

**Event**

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.

**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  
10:00AM Breakout Sessions  
-Nutrition  
-Facilities & Equipment  
-Doe Management & Kidding  
11:15AM Health & Wellness  
Lunch  
12:00PM Lunch  
1:00PM Breakout Sessions  
-Showmanship  
-Reproduction  
-Clipping & Grooming  
3:15PM Wrap-up  
3:30PM YQCA Training (optional)  
4:00-6:00PM Optional Tour  
Sheep & Meat Goat Center

**Registration**

- ☑ \$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.
- ☑ No refunds
- ☑ Attendance is limited to the first 400 participants to register.

**Register Online**  
<https://commerce.cashnet.com/KSUASIND>  
**By February 26**

**Questions?**  
Lexie Hayes  
adhayes@ksu.edu  
785.532.1264



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## 2024-2025 SMALL ANIMAL WEIGH IN

# SAVE

ELLSWORTH FAIR GROUNDS

# THE

APRIL 26TH FROM 10:00AM-12:00PM

RUSSELL FAIR GROUNDS

# DATE

APRIL 27TH FROM 2:00PM TO 4:00PM





# Upcoming Events



**January 8**

Favorite Food Show entries due

**January 10**

Regional Record Books Due

**January 19**

Favorite Food Show

**January 20**

Offices Closed - Martin Luther Jr. Day

**January 22**

District Club Day Entries Due

**February 8**

Beef Tagging Requests Due

**February 15**

Ellsworth Beef Weigh In  
8:00-11:00AM

**February 16**

Russell Beef Weigh In  
2:00-5:00PM

**February 17**

Office Closed for President's Day

**February 23**

District Club Day

Upcoming Events: Be sure to regularly check the Midway District website for upcoming events.

<https://www.midway.k-state.edu/events/>



[www.facebook.com/Midway4H](http://www.facebook.com/Midway4H)  
[www.facebook.com/MidwayKSRE](http://www.facebook.com/MidwayKSRE)



@Midway4H @MidwayKSRE



@ksre\_midway

If you would prefer receiving this newsletter via mail (in addition to the email and posted version), call the Extension Office at (785) 483-3157 and we will add you to the mailing list.

**Karrie will be working in the Ellsworth Office**

January 6    January 8  
January 14    February 3  
February 11

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## January 2025

AC-Ash Creek, BC-Big Creek, CL-County Liners, EH-Elkhorn,  
LS-Lonestar, SF-Sunflower, SS-Shooting Sports,  
TT-Trying Tommies, WW-Wilson Winners, WCV-Wolf Creek Valley

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFFICE CLOSED NEW YEAR'S DAY HOLIDAY	2	3	4
5 Club Meetings: BC	6 Club Meetings: ECFA Meeting EW Jr. Leaders	7	8 FAVORITE FOODS RECIPE/ENTRY	9 Extension Board Meeting - RS	10	11
12	13 ML King Day OFFICES CLOSED Club Meetings: RS Fairboard	14	15 Club Meetings: WCV	16	17	18
19 FAVORITE FOODS SHOW Club Meetings: AC/WW/LS/SF/CL	20 Club Meetings: RS Council	21	22 Club Day Entries Due	23	24	25
26 Club Meetings: TT/EH	27 Club Meetings: RS Council RS Jr. Leaders	28	29	30	31	

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## February 2025

AC-Ash Creek, BC-Big Creek, CL-County Liners, EH-Elkhorn,  
LS-Lonestar, SF-Sunflower, SS-Shooting Sports,  
TT-Trying Tommies, WW-Wilson Winners, WCV-Wolf Creek Valley

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 BEEF TAGGING REQUESTS DUE
2 Club Meetings: BC Groundhogs Day	3 Club Meetings: ECFA Meeting	4	5	6	7	8
9	10 Club Meetings: RS Fairboard	11	12	13 Extension Board Meeting - EW	14 Valentine's Day	15
16 Club Meetings: AC/WW/LS/SF/CL	17 President's Day OFFICE CLOSED	18	19 Club Meetings: WCV	20	21	22
23 Club Meetings: TT/EH DISTRICT CLUB DAY	24 Club Meetings: EW Council EW Jr. Leaders	25	26	27	28	