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Central Kansas District 4-H

March, 2025

4-H Council News

March Meeting

The March 4-H Council Meeting will be held on Monday, March 24 at 7:00 p.m., in Salina. We will meet in the College Center Conference Room. Council members should watch their email for the agenda packet closer to the meeting date.

4-H Newsletter Deadlines for 2025

If you have something you would like in the 4-H Newsletter, be sure to email it to klittich@ksu.edu.

Deadlines are:

- April - March 10
- May - April 10
- June - May 10
- July/August - June 10
- September - August 10



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Kansas4-H.org

4-H Council Scholarships

4-H Council scholarships are available for numerous 4-H sponsored events. If you are interested in receiving a scholarship, it is important that you not only complete the 4-H Council Scholarship Application, but that it is submitted to either Extension Office at the same time you pay the registration fee. The application can be found at <http://www.centralkansas.ksu.edu/4-h> under 4-H Member Forms & Documents. Applications cannot be submitted online. Scholarships must be submitted before the registration deadline. **Any applications received after the registration deadline will not be considered for a scholarship.**

Add/Drop Due May 1



There are several responsibilities as a 4-H member and a 4-H parent. One of these responsibilities is the adding and dropping of 4-H projects. Here are the details for adding and dropping projects in 4HOnline.

Adding Projects: 4-H members CAN ADD 4-H projects in 4HOnline. Remember, you must be enrolled in the projects you plan to exhibit in at the County Fair no later than May 1.

Dropping Projects: 4-H members CAN DROP 4-H projects in 4HOnline. Remember, you should plan to do a record book on all projects you are enrolled in.

It is ***YOUR*** responsibility to add or drop any projects by May 1, 11:59 p.m. You will need to do this by logging into 4HOnline. **After May 1, the system will not allow you to add or drop projects.**

Remember, 4-H members must be enrolled in the project area(s) they will be exhibiting in at the county fair. If you have any questions, do not hesitate to contact either Extension Office.

Please go into 4-H Online

<https://v2.4honline.com/>

**to check and double check the projects
your child(ren) are enrolled in.**

CKD 4-H Quiz Bowl

Congratulations to 4-H members who competed in the Central Kansas District 4-H Quiz Bowl. Prizes were given to the top three Jr. and Sr. teams. They were:

Junior Teams:

1st Place – Lucky Ducks

Jonathan Chamhoff, Pleasant Valley
Colbie Koster, Pleasant Valley
Troy Wisbey, Pleasant Valley

2nd Place – Solomon/Smoky/
Pleasant

Eddie Littich, Smoky View
Emrie McDuffee, Pleasant Valley
Will McKain, Solomon Valley

3rd Place – Smoky View Jr. 2

Everette Isaacson, Smoky View
Soren Johnson, Smoky View
J.D. Mettlen, Smoky View

Senior Teams:

1st Place - Solomon Valley Purple
May McKain, Solomon Valley
Josi Schrader, Solomon Valley

2nd Place – Smarty Pints
Adalynn Johnson, Woodsdale
Lydia Gawith, Woodsdale

3rd Place - The Teens
Brik Johnson, Smoky View
Acacia Pracht, Smoky View

A \$25 prize was given to Smoky View, the club with the most points. We appreciate all the volunteers who assisted with this event.

4-H Club Day Results



Congratulations to all who participated in 4-H Club Day. Those who will represent the District at Regional 4-H Club Day are:

Project Talks:

Eddie Littich, Smoky View
Parker Page, Cardinal
Bradley Pfannenstiel, Boldly Go
Alexis Phipps, Solomon Valley

Junior Demo./Ill. Talk:

Bailey Fritz, Gypsum Valley
Esther Olander, Friendly Valley

Senior Demo./Ill. Talk:

Zoe Ade, Boldly Go
Jaelyn Gates, Cardinal
Kyson Griffin, Willing Workers
Acacia Pracht, Smoky View

Public Speaking:

Ariana Baltazor, Willing Workers
Caleb Schlatter, Boldly Go
Jocelyn Taylor, Cardinal
Lauren Taylor, Cardinal

Vocal Music

Junior Solo:
J.D. Mettlen, Smoky View

Senior Solo:

Zoe Ade, Boldly Go
Kyson Griffin, Willing Workers

Dance:

Maia, Smoky View

Instrumental Music

Junior Solo:

Eddie Littich, Smoky View
Alexis Phipps, Solomon Valley

Senior Solo:

Zoe Ade, Boldly Go
Caleb Schlatter, Boldly Go

Drama

Junior Reading:

Maia, Smoky View

Senior Reading:

Colbey Hyde, Woodsdale
Matthias Schlatter, Boldly Go

Club Day Thank You!

What a fantastic day! 4-H Club Day was awesome! Thanks to everyone for a terrific day. Thank you to the Organizational Leaders for training room monitors, as it helped the judging run smoothly. Thank you for volunteering and assisting where needed! A BIG shout out to the 4-H Club Day Committee as they helped make the day possible too! Thanks for contributing in making the day a success!



Service Project Thank You

Thank you for all the school supply donations. We delivered several bags to Minneapolis Grade School, Cottonwood Elementary and Sunset Elementary. - 4-H Club Day Committee

Information On Fundraisers

Spring Fundraiser Begins April 1 -- No Foolin'

Our District spring fundraiser begins April 1 and will run until May 5. We are working with a new company, Little Ol' Cookie House, which is local and provides a variety of products. Some of you may have had the privilege of sampling their warm chocolate chip cookies at 4-H Club Day. Besides several kinds of cookie dough, they also sell pies, cheesecakes, candles, coffees, candies, Kreihbiels meats, and Alma cheeses -- something for every shopper and budget! Seller packets and collection details will be available to club leaders after March 20. Any questions, please contact Robyn Prickett, Master Volunteer for Finance and Fundraising, at robynprickettks@gmail.com or (785) 493-0014.

Annual Ottawa County 4-H Foundation Fund Drive

The annual Ottawa County 4-H Foundation Fund Drive will be held March 1 - 31 this year.

Tri-Rivers Fairboard Fundraiser

The Tri-Rivers Fairboard would like to invite you to join the Dillon's Community Rewards Program which donates a percentage of your total Dillons bill to the Saline County Fair Association (Fairboard) which we use to support 4-H. You may sign up at: <http://www.dillons.com/communityrewards>



Livestock Information

Attention Livestock Exhibitors – 2025 YQCA Certification

Youth for the Quality Care of Animals (YQCA) is a national, multi-species youth livestock quality assurance program that focuses on food safety, animal well-being, and character development, through an age-appropriate educational curriculum for youth 8-21 years of age. This program is an annual certification that grows with a young person, so the learning modules are different every year.

CHANGES TO YQCA REQUIREMENTS - YQCA will now only be required **every other year**, unless you are a newly enrolled livestock family (this is your first year in a beef, swine, sheep, meat goat project) or plan to attend the Kansas State Fair Grand Drive, and/or Kansas Junior Livestock Show (KJLS). If you are not newly enrolled in a livestock project or will not attend KSF or KJLS, you are required to complete the YQCA certification in **EVEN YEARS** (2026, 2028, 2030, etc.).

If you are a 7-year-old and do not plan to show at KJLS, you are not required to have your YQCA certification, but you are more than welcome to attend just for the learning experience (no registration needed). If you are a **7-year-old who will show at KJLS, you must be YQCA certified** by attending an instructor-led course.

If you need YQCA certification for this year, the class for 2025 is set for April 10 (Minneapolis Courthouse Meeting Room), and will begin at 6:30 p.m. Parents do not need to attend. They may drop off and pick up children accordingly. Also, know that if you do not wish to attend in-person training, the online course is available.

Follow the link <https://yqcaprogram.org/> to log into your 4H Online account and sign up for a class. Help videos including information on registering, logging in, how to sign up for courses, and more can be located at <https://www.youtube.com/@yqca2199>. Please remember to have members complete the **PRE-TEST** before coming to the course and the **POST TEST** after attending the course. They will not be able to receive their certificate until both are completed. For more details about the YQCA program, contact Justine Johns (jwh04@ksu.edu or 785-392-2147).

Small Animal Weigh-In & Tagging - Market & Breeding Meat Goat, Sheep & Swine

The Districtwide small animal tagging and weigh-in will be held April 23, in Salina (fairgrounds) and April 24, in Minneapolis (fairgrounds) from 4:00 p.m. – 6:00 p.m. for meat goats, sheep, and swine. Tags will cost \$3.00/tag.



→ Swine projects are now required to be at the small animal weigh-in and tagging. **Photo submissions are no longer accepted as a way to tag pigs.** You will need to bring all market and breeding swine projects to tagging. They will not be weighed and will be left on trailers for tagging. Members or an associated adult will be required to tag all swine. All market and breeding sheep, meat goats and swine need to come to weigh-in.

Central Kansas Beef Classic Show



This “Blow and Go” show will be held on Saturday, April 26. The show is open to any bonafide 4-H and FFA member who has not yet reached their 19th birthday before January 1, 2025. There will be a special class for the 4-H members enrolled in a club in the Central Kansas District. The entry fee is \$25 per head, but after April 18 the fee will increase to \$30 per head. All fees must accompany registration. For registration information, please go to the District website (<http://www.centrankansas.ksu.edu>), click on 4-H Youth and Development on the left-hand side, and a flyer will be located under Upcoming Events and Online Registration.

Reminder - Livestock Premium Auction Policy

Attention Livestock Exhibitors: Livestock that have sold through the Ottawa County Fair and Tri-Rivers Fair Livestock Sales are eligible to show at the Kansas State Fair and Kansas Junior Livestock Show, as long as they have not changed ownership. Please feel free to give the Extension Office a call if you have any questions.



Mark Your Calendars - Tractor Safety Class in Solomon

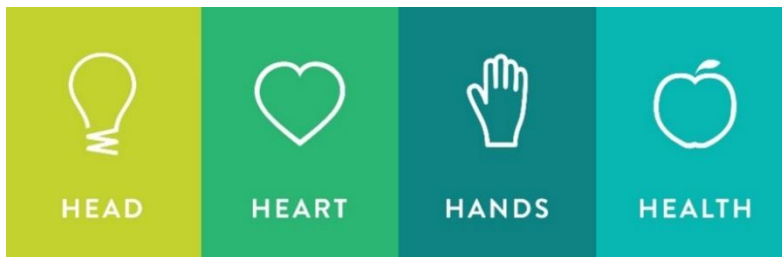
Tractor Safety certification is required for youth ages 14 and 15 who plan to be employed on a farm or ranch. Central Kansas District Extension will once again be hosting their Tractor Safety course **on May 22 at 9:00 a.m. at KanEquip, Inc., 525 N. Poplar St., Solomon.** To register, go to <https://bit.ly/tractorsafety2025> or click on the QR Code.

Scan to register!



Manual cost is \$15 and can be picked up at either Extension Office. Please pick up your manual **PRIOR** to the course.

Agent contacts: Jay Wisbey jwisbey@ksu.edu or 785-309-5850 and Justine Johns jwh04@ksu.edu Minneapolis office phone at 785-392-2147.



County Fair Information



2025 Fair Dates and Fair Themes

Mark your calendars! Fair dates for 2025 and fair themes have been announced.

Ottawa County Fair
Tri-Rivers Fair

July 15-18
July 31 - August 3

Stayin' Alive in 2025!
Fairadise

Watch the newsletter and emails for dates for pre-fair judging and other fair activities.

Fair Superintendents and Assistant Superintendents

The dates for the Ottawa County Fair are July 15-18. The Tri-Rivers Fair will be on July 31 - August 3 (pre-fair days on July 29-30). Both fairs need superintendents and assistants. We need a lot of parents and youth to help ensure a smooth-sailing event. Do not forget that these leadership and citizenship opportunities can be counted in the 4-H member's record book. Interested 4-H members, parents and volunteers should sign up online by May 1 by going to <http://www.centrankansas.ksu.edu/4-h>. Go to County Fairs and choose Ottawa County Fair or Tri-Rivers Fair, and you will find a link for Superintendent/Assistant Superintendent Sign Up. **Note: Sign-up is not open at this time but will be open soon.**

From the Tri Rivers Fair Board

This year marks the first time the **Tri-Rivers Fair** will have a full **fair-wide theme**, and we are excited to see how our **4-H clubs** bring "**Fairadise**" to life! With a **tropical, beach-inspired feel**, clubs can get creative by incorporating the theme into their fair activities, exhibits, banners, floats, and decorations. Ideas include designing **themed food booth displays**, adding **island vibes to livestock stall decorations** or hosting a **special club activity** that ties into the theme, like a **limbo contest, tropical trivia or a Fairadise photo booth**. Any fair activities can be geared to Fairadise, including the concession stand offerings, Fair Fun Day and anything else that happens. Clubs can also encourage members to wear Hawaiian shirts, flower leis or beach hats to create a fun, festive atmosphere. This is a great opportunity to showcase **4-H spirit, creativity, and community pride**, while making the fair even more engaging for visitors. Let's make this first **themed fair year** a true **Fairadise!**



King & Queen Candidates & Contest Update

The Fair King and Queen represent 4-H during the Tri-Rivers Fair in the 4-H and Open Class Departments, and at the evening fair events. Since 4-H is part of the Tri-Rivers Fair, your club has a part by selecting the best candidates. The names for the King and Queen candidates are due online by May 1. The link will soon be emailed to Organizational Leaders.

Candidates must be 14 years old before January 1, 2025. They must have been a member for a minimum of three years. The contest consists of résumé/essay, interview, and thank you note writing. Details will be updated soon and may be viewed by going to the 4-H Youth Development page on the District website (<http://www.centrankansas.ksu.edu/4-h>) and clicking on the link under County Fairs (left hand side), click on Tri-Rivers Fair, and then scroll down to 4-H King and Queen Information.

Minimum Livestock Weights at County Fair

The minimum weights for livestock to be eligible for grand or reserve champion or be eligible to sell in the premium auction at the 2025 Ottawa County Fair and 2025 Tri-Rivers Fair are as follows:

Beef: 1,000 lbs

Meat Goats: 50 lbs

Sheep: 90 lbs

Swine: 220 lbs

Fair-Worthy Recipes Await! Get Baking with 4-H!

Hey 4-H Foods & Nutrition Stars! County Fair season is just around the corner, and it's time to start thinking about those winning recipes! We've got two fantastic resources to help you find the perfect baked goods to showcase your skills:

- **Home Baking Association:** <https://www.homebaking.org/skill-level/beginner/> This site is perfect for those just starting out or looking for solid, reliable recipes. It's packed with beginner-friendly options that are sure to impress the judges.
- **King Arthur Baking Company:** <https://www.kingarthurbaking.com/recipes/collections> King Arthur Baking is a trusted source for bakers of all levels. Explore their recipe collections for a wide variety of treats, from classic cookies to show-stopping breads.

Your Challenge: As you browse these sites, keep your 4-H Foods & Nutrition knowledge in mind! Look for recipes that:

- Feature whole grains.
- Incorporate fruits and vegetables.
- Offer healthy substitutions (like using applesauce instead of oil).
- Are modifiable to reduce sugar or fat.

Remember, the fair isn't just about delicious treats; it's also about showcasing your understanding of healthy and nutritious food choices. We want to see your creativity and skill shine! Happy Baking!

DRAFT – 2025 Tri-Rivers Fair 4-H Judging Schedule

In an effort to help our 4-H families prepare for this year's Tri-Rivers Fair, we have prepared a tentative 4-H schedule to share at this time. As you'll see below, there are several divisions, activities, and events which are not yet listed. We will continue to provide updates and more precise information as it becomes available. This information should be considered a draft and changes may be necessary. We appreciate your patience as we work through the updates to this year's Tri-Rivers Fair and hope the following information helps our families with their calendars.

	Sunday 7/27	Monday 7/28	Tuesday 7/29	Wednesday 7/30	Thursday 7/31	Friday 8/1	Saturday 8/2	Sunday 8/3
Morning			Exhibit Check-In	Pre-Fair Judging: Agronomy, Entomology, Horticulture & Landscape Design, Foods & Nutrition, Foods Preservation, Wildlife, Geology, Forestry, Shooting Sports, Electric & Renewable Energy, Vet Science	Livestock Check- in, Poultry Show, Civic Engagement, Communications, Environmental Science, Family Studies, Health & Wellness, Leadership, Reading Adventures, Woodworking, Co2 Cars	Horse Show, Rabbit Show, Cloverbud Judging	Fair Fun Day, Beef Show	Round Robin
Afternoon	Fashion Revue Judging, Performing Arts Judging		Exhibit Check-In	Sewing & Textile Design, Photography, Ag Mechanics Welding	Visual Arts, Engineering & Technology, Dairy Show	Notebooks, Banners, Interior Design & Architecture, Meat Goat Show	Pets Show	CO2 Car Races, Livestock Sale
Evening	Public Fashion Revue & Performing Arts Showcase					Sheep Show, Ag Olympics	Swine Show	Awards Ceremony

Leadership Opportunities

Districtwide Leadership Workshops

Come learn some fun activities you can use at club meetings for ice-breakers, team building, and discussion. The workshop will be held on Thursday, March 27, from 7:00 - 8:30 p.m. in the College Center Conference Room. **Please register by Thursday, March 20.** Another districtwide leadership workshop will be held on Tuesday, April 29, from 7:00 - 8:30 p.m. in the Minneapolis Courthouse Meeting Room. **Please register by Tuesday, April 22.** Register by going to <http://www.centrankansas.ksu.edu/4-h/> and click on the link under "Upcoming Events & Online Registration."

Remember...This workshop will count for the leadership workshop on the pin application. ***Who can attend?*** 4-H Members, Parents, and Volunteers can attend! Participants will learn activities they can take back to their clubs and other groups they work with or are a part of. Key lessons that will be emphasized are: teamwork, cooperation, leadership, problem-solving, communication, and decision making.

Host Families Needed for International Delegates

Looking for fun and excitement this summer? States 4-H and Kansas 4-H has a great opportunity for families this summer to host a new international friend in your home this summer. Kansas 4-H International Exchange Programs are offering hosting opportunities for families to host youth from Costa Rica: June 25 - July 19; Japan: July 21 - August 16; Norway: June 25 - July 19; and Taiwan: July 3 - August 2. Host families are needed to host an international boy or girl. The international youth will be between the ages of 12 - 18. Kansas 4-H's responsibility is to make host family assignments matching each delegate with an American same-gender host sibling as soon as possible so that families and exchange delegates can communicate and get to know each other.

Any Kansas family with children aged 10-19 who are interested in a cultural exchange, may host. A separate bed is required, but not necessarily a separate room from the host sibling. Delegates are 100 percent medically covered with 4-H insurance and bring their own spending money. They can go on host family vacations, camping trips or join their host siblings for summer camps and the county fair. The focus is everyday family life. Interested families can complete the application at <https://www.states4hexchange.org/apply/host/> to start the process. The Japanese Delegates' personal information forms arrive in February.

If you have further questions, please call Pam Van Horn, Kansas 4-H Japanese Exchange Coordinator, (785) 826-8917, or e-mail pvanhorn@ksu.edu or Mary Kay Munson, State Coordinator Costa Rica, Norway, and Taiwan, mkm2@ksu.edu.

4-H Camp Update

A quick update regarding 4-H Camp...

- 4-H Camp is for ALL AGES!
- 4-H Camp Details on cost, dates, and age categories can be found at <https://www.rockspringsranch4hcamp.org/sessions-rates/>
- 4-H Camp 2025 will be using the "Open Enrollment" method. 4-H Open Enrollment means families can register for any 2025 4-H Camp Session that fits their schedules. For additional information, go to <https://www.rockspringsranch4hcamp.org/>
- Our older 4-H members who would typically be interested in serving as a camp counselor are encouraged to participate in the LIT and/or CIT camp sessions at Rock Springs.
- **Registration is handled on a first-come, first-serve basis.**
- The Central Kansas District 4-H Council budgeted a \$60 per night scholarship for 4-H members to attend 4-H camp. In order to receive this scholarship, an approved scholarship application must be received no later than **Tuesday, April 1, by 5:00 p.m.** at either of Extension Office.
- Other scholarships funds may be available.
- If any family has already paid their registration in full, please contact Kate.



Discovery Days

Are You Ready for Discovery Days? Put June 4-6, 2025, on your calendar to be in Manhattan on the K-State campus. Discovery Days is open to all youth who are 13 to 18 years old by January 1, 2025. 4-H membership prior to Discovery Days is not required.



Match Madness

Match Madness is just around the corner, March 13, 2025, at the Salina Field House, 140 N. 5th St., Salina. This is your opportunity to help sustain the 4-H Program in Central Kansas District by donating to the Saline County 4-H Development Fund. During this important event all donations made through the Greater Salina Community Foundation will be matched. This is a great way to double your donation to support 4-H. So, if your 4-H Club or your family are planning to support 4-H this year, make plans to donate in person 7:00 a.m. - 6:00 p.m., at the Salina Field House during the Match Madness Event OR online at matchmadnessgscf.org between 12:00 a.m. – 11:59 p.m. Thank you, we appreciate your support and will continue to strive to Make the Best Better!



Insect Art Contest



The K-State Research and Extension Pesticide Safety and IPM Program is hosting its annual insect-themed art contest, open to all ages and skill levels in Kansas! This year, the theme is “By the Light of the Moon: Insects at Night.” The goal is to explore which insects are active or inactive at night and why, then create artwork that fits the contest theme.

Entries must be post-marked or received before the April 15, 2025 deadline. For more information and to register, go to <https://www.ksre.k-state.edu/pesticides-ipm/>





Districtwide Project News

Districtwide Cloverbuds

Each month, we focus on one 4-H project area through books, activities, experiments, and snacks.

Date: Second Sunday of the month

(March 9, April 13, May 11, June 8, August 10)


Time: 2:30-4:00 p.m.

Location: First Christian Church, 2727 E. Crawford, Salina)

RSVP: Email Allison at allisonlecklider@yahoo.com

*Must be received at least two days before the meeting (Friday) so there are adequate supplies.

Important Information for Coggins Test

 **NEW FOR 2024-2025** - There are some new and upcoming changes and requirements for CKD Horse exhibitors. Please read carefully and also read the email FULLY that was sent on Thursday, February 27.

- 1. All exhibitors in the Ottawa County and Tri-Rivers Fair 4-H Horse Show must present proof of a negative Coggins test within the last 12 months at the time Horse IDs are due to the extension office - that deadline this year will be May 30, 2025.**
- 2. Each horse the exhibitor plans to show/use must have a negative test.**
- 3. Your negative Coggins test MUST be valid through October 1 of this year. This is to ensure that all tests are valid not only for district fairs but also for state fairs.**
- 4. You must also have a negative Coggins test at any future CKD horse clinics.**

What will this mean for OT County?

We understand this is a new requirement for Ottawa County. If you need help getting connected with a Veterinarian who can perform a Coggins or have questions about the test and the requirements, please reach out to the Extension Office.

What will this mean for SA County?

Since it is already required at Tri-Rivers Fair, the only change for Saline County members is the deadline. We realize some of you may have Coggins that expire between June 1 - October 1, so we are recommending testing now to ensure your new expiration date matches up with the district deadline. Remember, it has to be valid through October 1.

We realize this is a change, but we believe it is only for the better to ensure we practice good biosecurity and keep our animals safe. We highly suggest you complete your Coggins test ASAP to ensure that you get results back in time to attend any clinics or for the deadline.

If you have further questions, please do not hesitate to contact Justine Johns at 785-392-2147.

UAS Workshop

Are you interested in Uncrewed Aircraft Systems? 4-H Members between the ages of 7 and 18 are invited to register for this workshop on March 15 at 10:30 a.m. at the College Center Conference Room on the K-State Salina Campus. Event objectives for this workshop are safety rules, flight basics, drone flights, and an obstacle course flight competition. Cost is \$15 person and includes lunch and contest fees. Each individual (including parents and guardians) needs to register. Registrations are due online by March 10. Payment must be made to Central Kansas District 4-H Council and needs to be received by the registration deadline. Participants will be using the equipment provided and asked to not bring a drone. Register at <https://tinyurl.com/CKD2025UASWorkshop>.



New Horse ID's - Beginning for the 2024-2025 4-H Year

The Kansas 4-H Horse ID Certificate (P1039) can be found at https://bookstore.ksre.ksu.edu/item/horse-identification-certificate_P1039. The form has been updated for the 2024-2025 4-H program year. Beginning with the 2024-2025 4-H program year, please use the new form and destroy previously used 4-H Horse ID Certificates. As a reminder, to properly identify your horse:



- Complete the 4-H Horse ID Certificate.
- The form MUST BE front and back of one page, not 2 pages.
- A standard-size color picture MUST BE attached for identification purposes. This should include all four feet and legs showing and a profile of the horse with the head turned a quarter turn toward the camera. ALL markings need to be clearly visible in the photo.
- Have your Extension Agent sign it and copy it.
- A COPY of the Horse ID Certificate is kept on file in the Extension Office.
- The 4-H Horse member maintains the ORIGINAL certificate.
- The ORIGINAL CERTIFICATE is presented by the 4-H member to show staff for check-in at the local 4-H horse shows.
- This form can be signed anytime between now and May 30, 2025.

Beginning in 2025, registration papers WILL NOT be accepted to identify horses for the 4-H Horse Project. An example of the Horse ID Certificate can be found at <https://www.kansas4-h.org/projects/animal-science/horse/docs/SampleHorseID.pdf>.

Additionally, the 4-H Horse Show Rulebook (S133) has been revised and can be found at https://bookstore.ksre.ksu.edu/item/kansas-4-h-horse-show-rulebook_S133. This will not affect any deadlines within the 4-H Horse Project. Supplemental educational materials will also be released throughout the year to assist 4-H members, leaders and Extension staff with the 4-H Horse program.

March Step Challenge

The March Step Challenge is a great way to encourage movement, build healthy habits and have some fun. To participate in the **March Step Challenge**, track your daily steps throughout March and submit your total step count by **April 2, 2025**. Submissions can be emailed to Michelle Coats – griffinfam7@gmail.com - with the subject line "**March Step Challenge Submission**". Please include your name, age, total steps for the month and any highlights from your experience. Participants will be recognized in the next district newsletter!

1. **Set a Daily Step Goal**
 - Beginner: 5,000 steps/day
 - Intermediate: 8,000 steps/day
 - Advanced: 10,000+ steps/day
2. **Track Your Steps**
 - Use a pedometer, smartphone app, smartwatch, or fitness tracker.
 - Record daily or weekly steps on a shared tracking sheet or app.
3. **Bonus Activities for Extra Steps**
 - Take the stairs instead of the elevator.
 - Walk in place during TV commercials.
 - Park farther away from entrances.
 - Dance, play tag, or do fun movement activities.
4. **Make It Fun**
 - Encourage group walks or step meetups.
 - Share progress on social media.

4-H Project Curriculum

There are a lot of resources to help 4-H members and project leaders with their projects. 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. We can also help with the sources if you want to purchase your own copies. If you have other questions, ask your club leader or call the Extension Office.

Free All-Purpose Flour

For those interested in the Foods and Nutrition project, contact Lisa Newman, Family & Community Wellness Agent in the CKD Salina Office, for free flour from K-State! Each 4-H member that contacts Lisa will receive 6 cups of "Willie's Pride" All-Purpose Flour while supplies last. This is a great opportunity to practice your baking skills or try out a new recipe.

Lisa Newman, Family & Community Wellness Agent, Central Kansas District - lmnewman@ksu.edu



Babysitting Clinic

March 18 9AM-Noon
Minneapolis Public Library
519 Delia Ave

OR

March 20 9AM-Noon
Salina Family Healthcare Center
651 E Prescott Rd

Registration Fee: \$5

**SPACE IS LIMITED. REGISTER ONLINE:
[HTTPS://TINYURL.COM/CKDBABYSITTING](https://tinyurl.com/CKDBabysitting)
BY MARCH 12.**



The Business of Babysitting

Health and Wellness
Intro to First Aid/CPR

Development and Activities



Are you interested in becoming a babysitter? Join K-State Research and Extension along with community partners to learn about the responsibility of babysitting. This clinic is for those ages 11-15. To register, click on this link. <https://tinyurl.com/CKDBabysitting>

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.

Project	Name	Phone	Email
Beef	Spencer & Laci Schrader	Home: 488-2135 Cell: 488-7204	schrader@twinvalley.net
Cloverbuds	Allison Lecklider	822-5125	allisonlecklider@yahoo.com
Dog	Madison & Tracy Repp	452-5647	k9capersckd4h@gmail.com
Dog	Morgan & Diana Thompson	452-2234	k9capersckd4h@gmail.com
Health & Wellness	Michelle Coats	820-7488	fairdalefam429@gmail.com
Horse	Jennifer Godfrey	452-5710	watkins9468@yahoo.com
Livestock Judging	Spencer & Laci Schrader	Home: 488-2135 Cell: 488-7204	schrader@twinvalley.net
Rabbit	Lindi Farenthold	826-5980	lfarenthold@yahoo.com
Reading Adventures	Amber Pracht	212-5000	prachtamber@gmail.com
Shooting Sports: Air Rifle	Melissa Gates	452-1639	melissa.gates777@gmail.com
Shooting Sports: Archery	Cole Malmberg	392-7712	c-dmalmberg@hotmail.com
Shooting Sports: Archery	Cade Rensink	392-0022	crensink@ksu.edu
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: Hunting Skills	Pat Riese	650-5245	pariese@mail.fhsu.edu
Shooting Sports: Shotgun	Eric Klein	392-0368	herbie57_57@hotmail.com



EXTRA

NEWS FOR CENTRAL KANSAS DISTRICT ORGANIZATIONAL LEADERS

March Check-Up

Five months into the 2024-25 4-H year . . . where has the time gone? Are you ready for the monthly check-up? There are many spring activities in front of us that are about to spring into action. Where is the club heading? How are members doing on projects? What great and wonderful opportunities are the project leaders teaching? Let's take a look . . .

_____ A fun spring planned!

Review

- _____ 4-H Newsletter read and important dates marked on calendar.
- _____ Review highlights from the 4-H Newsletter at club meeting.

To-Do

- _____ All screened volunteers enrolled in 4HOnline for the 2024-2025 4-H year.
- _____ Project Leaders conducting project meetings.
- _____ Check club mailbox at the Extension Office.
- _____ Encourage 4-H members to update their 4-H Records, Achievement Pins and Permanent Records.
- _____ Check club's progress toward goals and club annual summary up-to-date.
- _____ Check project leaders on progress.
- _____ Work on Fair projects.
- _____ Visitors reported to Kate (klittich@ksu.edu)






Promote/Recruit

- _____ 4-H Camp promoted.
- _____ 4-H Discovery Days promoted, June 4-6.
- _____ Encourage Fair Superintendents and Assistants.
- _____ Promote Club Exchange.
- _____ Promote the Leadership Workshop.
- _____ County Fair Assistant Superintendents and Superintendents submitted online for the Ottawa County Fair and the Tri-Rivers Fair, due May 1.
- _____ New 4-H members enrolled by May 1, returning members enrolled by December 1 to participate in the 4-H Division at the County Fair.
- _____ All 4-H project changes, adds and drops, to 4HOnline by May 1. Please double check! No late changes accepted.
- _____ Club representatives should attend 4-H council meeting.
- _____ Horse IDs are due May 30.

ORGANIZATIONAL LEADER UPDATE

The next Organizational Leader Update will be held at 7:00 p.m., Thursday, April 3, via zoom. We will be discussing county fairs and more! You won't want to miss this update!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UPCOMING DATES: April 1—4-H Camp Scholarship Due 3—Organizational Leader Update via Zoom, 7:00 p.m. 10—YQCA, Minneapolis, Courthouse Meeting Room 6:30 13—Cloverbud Meeting, Salina 2:30-4:00 p.m. 22—Districtwide Leadership Workshop, Minneapolis, 7:00-8:30 p.m. 23—Sheep/Meat Goat/Swine Check-in, Salina, 4:00-6:00 p.m. 24—Sheep/Meat Goat/Swine Check-in, Minneapolis, 4:00-6:00 p.m. 26—Central Kansas Beef Show, Salina May 1—Fair Superintendent and Assistant Superintendent Sign-Up DUE Online						
	3 State 4-H scholarships DUE, online	4	5	6 	7	8 Spring Beef Weigh-In
9 Cloverbud Meeting, Salina First Christian Church, 2:30 p.m. - 4:00 p.m. 	10 April Newsletter articles due to Kate	11	12	13 Match Madness 7:00 a.m. - 6:00 p.m. Salina	14	15 UAS Workshop, Salina, College Center Conference Room, 10:30 a.m.
16	17 	18	19	20 Districtwide Leadership Workshop, RSVP Due	21	22 Regional 4-H Club Day, Clay Center
23	24 4-H Council, 7:00 p.m., Salina	25	26	27 Districtwide Leadership Workshop, Salina, College Center Conference Room, 7:00 p.m. - 8:30 p.m.	28	29
30	31					



Central Kansas Extension District

Salina Office

Kansas State University Salina
Aerospace and Technology Campus
2218 Scanlan Ave
Salina, KS 67401-8196

Address Service Requested

THE 4-H YEAR IN FULL SWING

Dear 4-H Families,

Congratulations to all of our 4-H Club Day and Quiz Bowl participants! These CKD events showcased so much expertise about the projects and interests of our 4-H Members and were so much fun! We especially got a kick out of the very creative names for all of the Quiz Bowl teams this year. Huge thanks to our Master Volunteers, Committees, and volunteers who make these events possible!

As we head into the Spring and Summer months, be sure to keep a close watch to the CKD 4-H Newsletter and emails for important news, updates, and new opportunities. We also want to say a special thanks to all of our club Organizational Leaders for helping families with questions, assisting and leading the clubs' meetings and activities, and encouraging youth to participate! We greatly appreciate our Organizational Leaders for all they do to keep things running smoothly!

Best Wishes,

Kate

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