



# 4-H UPDATE

**K-STATE**

Research and Extension

Sedgwick County

[www.sedgwick.ksu.edu](http://www.sedgwick.ksu.edu)

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## New Project Record Forms

I have received several questions regarding the new Project Report Forms, 4-H Records, and Pin Applications. I am going to explain the process, attach documents and link out some videos and websites.

Remember pin applications have been revised for this year taking into account Covid restrictions. Please use the forms attached to this email.

I attached the PDF of the guide to Kansas 4-H Project Recognition. This is a well-written guide, please read it thoroughly, as it explains the new process.

The project record forms are now by age range for all of your project forms. Also note, there is one form for the animal project and one form for the general projects. Handwritten or typed forms are both Accepted. I highly encourage you to do your permanent record on the computer as it carries forward each year and then you can just print the new sheets and bring the rest forward.

You must do the following by September 30 and get to me (Alexandria Ware-SG Extension Office) for the county level.

Rock your Project Report form – including the maximum allowed pictures and captions (helps) and put in a separate folder (any kind that hooks the papers in works) in the following order to submit as a contender for County award in that project:

- 4-H Project Recognition check sheet
- Personal Information page
- Kansas 4-H Project report form for that Project
- 4-H Permanent Record
- o NOTE: THE 4-H STORY IS NO LONGER INCLUDED – YOU only report and reflect on that one project
- o Pin Application if you are applying for a pin

If you have any questions on how to complete the forms, please watch the videos below.

[Getting Started with your 4-H Record-Keeping Efforts](#)

[Selecting your 4-H Project Report Form](#)

[Starting Your 4-H Project Report Form](#)

Links to documents on the State and County website.

[Local Record Keeping & Project Report Forms](#)  
[Forms and Record Keeping](#)

If you have any additional information, please contact the office

## **Kansas 4-H Youth Leadership Council and National Conference Applications**

The Youth Council Application and National Conference application will be combined this year, with applicants indicating if they are applying for one or both opportunities.

Any Kansas 4-H member between the ages of 14 and 18 before January 1, 2022 may apply as a Council Rep and those 15-18 before January 1, 2022 may apply for National Conference.

This year's KYLF delegation will elect representatives from the four extension program areas (NE, NW, SE, SW) for one year terms on council. Up to 6 National Conference Delegates will be selected through an interview process at KYLF and they serve a two year term on council.

Application information for State 4-H Youth Leadership Council and National Conference will be available in August. The deadline will be October 1, 2021.

## **Save the Date 48 Hours of 4-H**



The weekend after National 4-H Week, is the perfect opportunity to setup a service project. Invite your friends, clubs, adult volunteers, potential 4-H members and 4-H Alums too!

When: October 9-10, 2021

Who: 4-H Members, 4-H Clubs, Friends, Adult Volunteers, Parents, 4-H Alumni

It's time to make plans for your club to participate. Check out the website for a helpful guide, and to register your projects(s).

If you have a big Community Project planned, we have two pop up banners and one hanging banner. We would love to have those used in 3 different locations this year. Contact Beth Hinshaw ([bhinshaw@ksu.edu](mailto:bhinshaw@ksu.edu)) if you are interested in borrowing one.

## Impact of 4-H

### Ann Knoblauch Cheney Challengers Age: 18

***Favorite Memory:*** Hello, my name is Ann Knoblauch, I have been involved in 4-H since I was in 3<sup>rd</sup> grade. I am part of the Cheney Challengers 4-H Club. It is hard to believe that my 4-H journey is coming to an end. It was a bit surreal to do my last county fair with 4-H. Although I look forward to the State Fair it will be hard to close out my 4-H years.



Throughout the years I have enjoyed several projects like photography, arts and crafts, food and nutrition, and entomology. I have learned something from every project and enjoyed learning new things over the years in my projects. I have so many fond memories and have met wonderful people through 4-H.

I joined 4-H because of entomology. Entomology gave me an outlet to explore insects in more detail. I have had wonderful leadership in entomology and have learned a lot from them. I enjoyed the monthly meeting, insect collecting events, county and state fairs, and Insect Spectacular.

4-H has been challenging for me in so many ways. I have Autism, Juvenile Arthritis, Intellectually Challenged, rare chromosome disorder, and other disabilities that make life challenging at times. 4-H has been very beneficial for me. It made me an extrovert instead of an introvert. If it wasn't for 4-H I wouldn't have done all the things I have done. It made me realize that I'm not going to let my disability define who I am.

I started beekeeping and a small business. I sold my honey, lip balm, and candles from the hives. I focused on charity with my honey products throughout the years. I've spoken to homeschool groups about entomology, pollinator gardening, featured in local articles, and beekeeping. I have had the honor of receiving several Nancy Stein Awards and KAP Awards. In 2017 I was honored with winning state for my KAP in entomology. All of this is the result of 4-H and being involved in my community, helping others, and learning to use my voice to speak up about what I'm passionate about.

4-H has given me the skills and confidence to succeed. I found my voice and passion through 4-H. I look forward to what my future brings and will always cherish my years in 4-H and all the wonderful people from 4-H who have impacted my life. Thank you to all the wonderful individuals who have helped me throughout the years in 4-H. You have made an impact and a difference in my life and so many others.

## Farm Bureau Honors Photo Contest Winners

This newly created contest, sponsored by the Sedgwick County Farm Bureau, honors the top 5 photos in the Sedgwick County Fair 4-H Photo Contest that include subjects of agriculture or natural resources. The awardee receives a premium and a digital copy of the photo can be released to SCFB for further recognition and promotion.

Mackenzie Stump, Ninnescah Valley 4-H Club-black cattle photo  
Blake Thompson, Delano 4-H Club-sunflower photo  
David Knoblauch, Cheney Challengers 4-H Club-round hay bale  
Colter Bennett, Country Kids 4-H Club-combine unloading  
Hunter Steindler, Andale Jets 4-H Club-child in wheat field



## 2021 Hospice Gown Charity Sewing Party Invitation



The American Sewing Guild –Wichita is inviting 4H's and their parents who sew, to help with the 6th Annual Hospice Gown Sewing Extravaganza sponsored by ASG-Wichita, Harry Hynes Memorial Hospice and Hen Feathers Quilt Shop. We need help pressing, sewing, serging, folding and packaging gowns for hospice patients. Lunch and snacks and will be provided, too!

The party will be held on Saturday, September 11th in the 4H Hall. Please be sure to contact us by August 28th to make your reservation and get details about your individual participation. Our goal this year is to finish

100 gowns – Are you up for the challenge?

How to make a reservation: email [kaycass15@hotmail.com](mailto:kaycass15@hotmail.com) with the following information

- In your email, indicate in the Subject line: "Hospice Gown Party RSVP-4H" and, for each of the participants in your 4H family.
- Which shift are you requesting? All day (8:30-3:00), Morning (8:30-Noon), or Afternoon (Noon -3:00pm). (Lunch will be served at 11:30-12:30).
- Who will participate, skills, preferences? For each participant, provide their name, age, phone number and email address, sewing or serging skill level (beginner, intermediate, advanced) and top two preferences for participation assignment, such as: sewing, serging, pressing, folding & packaging, or helping the hostess). This information will be used solely for contacting you with details about the party. Parents are asked to supervise their children and to provide any guidance their child may need with sewing, pressing gowns. Reservation confirmation and details about what to bring to the party will be provided to you by email after Sept 4th. (Contact us if you do not hear from us by then!)

Thank you for considering participation in this worthwhile event. We look forward to hearing from you!

## Meet the New County Wide Photography Project Leader

My name is Mike Briley, I will am looking forward to being your new County Wide Photography Leader for Sedgwick County. I have been in the photography field as an independent artist for 50 years and filmmaker for 10 years. Photographing in styles for News, military, crime, scenery, and people, animal's, documentary and abstract. Places I have photographed in are Germany, California, Oklahoma, Kansas, Texas, Arkansas, and South Dakota. Always trying new things and looking forward to the next field trip, then sharing with others to inspire them to go to the same places I have been and make their own memories. I am self-taught no formal training artist, learning from everyone I meet, passing on what I learn to new photographers. Currently I am working on a few art shows and have a few films in film festivals.

Emma Ewing a fellow 4-H youth will be assisting me as a Junior Project Leader. We will be working together on coming up with new challenges and being here to offer our opinions to you our fellow photographers. Looking forward to receiving ideas from you also as photographers, for projects we can help you with and build together as artist. We have ideas, and with time we will be getting them out there.

In my opinion as an artist photographer there is no right way or wrong way to take a photograph, there might be basic rules but how you use them is up to you. In the field of art, rules are meant to be challenged. I offer my time helping others getting into the art of photography from a self-taught point of view approach and 50 years of opinions given to me. Some I add to my mental toolbox and others opinions I set aside. I like offering my time to a person just getting started in the art or has been in a long time and is open to others opinion. It is all about having fun. There will be times that others may not like your work, but that is what art is to me a self-statement a visual opinion.

The whole idea is to have fun and share. No matter how you get to a final image that is up to you as a photographer. Always remember it is your art, be proud of it.

Our plan is to start having meetings in October. We will meet on the 3<sup>rd</sup> Tuesdays of every month at 7pm in the Bison room, at the Sedgwick County Extension Office. Hoping to expand as time follows.

Thank you!  
Mike Briley



## 4-H Achievement Banquet

### 4-H Achievement Banquet

November 21, 2021

4-H Hall

Sedgwick County Extension Center

Doors open at 5:00pm

Dinner at 5:30pm

Program 6:30pm

More information on the ticket purchasing process to come.....

November 1 deadline for purchasing tickets.

November 8<sup>th</sup> last day to cancel for a full refund.



## Fun, Friends, Leadership

**Come be a part of the adventures in  
Teen Council! Bring a Friend!**



Teen Council is a county wide group for **4-H members age 13 years and older**. The Council's purpose is to provide leadership and direction during county wide events such as the Achievement Banquet, 4-H Day, Style Revue and so on.

Members also plan and participate in educational/social events. Some past activities have included a Tour of MakeICT, a Halloween party, and Minute to Win it Games!

Teen Council is a **GREAT** place to meet new people and get involved!

We realize that with busy schedules you probably cannot make every meeting, but we welcome you to participate when you can!

Not sure if Teen Council is for you? Do you have more questions?

**Come join us at our next meeting and see what you think!**

### Upcoming Meetings!

September 27<sup>th</sup> @ 7pm in Sunflower Room

October 25<sup>th</sup> @ 7pm in Sunflower Room

December TBD

February 28<sup>th</sup> @ 7pm in Sunflower Room

April 25<sup>th</sup> @ 7pm in Sunflower Room

Teen Council has created a GroupMe to communicate with each other! Join [here](#)!

## Acts of Kindness Challenge



As we all know the world has a lot going on and I would like us to spread some joy and kindness! I am suggesting you complete one of the following prompts:

Tell someone why you're grateful for them!

It is not joy that makes us grateful; it is gratitude that makes us joyful. – David Steindl-Rast

Write an encouraging note for someone!

You are not only good yourself, but the cause of goodness in others. – Socrates

Thank a teacher or mentor who made a difference in your life!

A good person is a gift to the whole world. – Heidi Wills

# What is 4-H Advisory Council and What Do They Do?

## 4-H Advisory Council

The purpose of the Sedgwick County 4-H Advisory Council is to be a nonprofit organization, utilizing private resources, to support and promote Sedgwick County 4-H youth achievements in the areas of leadership, education, citizenship, personal development and their related activities.

There are four standing committees that function throughout the year and their duties include but are not limited to:

- **Finance/Budget Committee:** Develop a budget to support all aspects of the 4-H program including new and expanding audiences. Work with the board and 4-H clubs to develop the resources necessary to reach that goal.
- **Selection Committee:** This group meets to interview applicants for trips sponsored by the Foundation. These include but are not limited to: Kansas City Global, Citizenship Washington Focus, National 4-H Congress, and scholarships.
- **Carnival Committee:** Develop and implement the county-wide 4-H carnival. This includes promotion to the clubs and encouraging club booth participation, coordinating Chris and Crystal Clover, pre-ticket sales, room arrangement, atmosphere, ticket sales the night of the carnival, counting money and tickets, and preparation of balance sheet.

## Team Building Workshop

### Team Building Workshop

#### NW 4-H Advisory Hosts Team Building Guru Michelle Cummings

Do you want to learn about Team Bonding, Team Building or Team Development then you won't want to miss the NW 4-H Advisory Training Wheels Workshop in Hays, Kansas on Friday, October 1<sup>st</sup> and/or Saturday October 2<sup>nd</sup>. Mark your calendars and get registered by Friday, September 24<sup>th</sup>.

In this workshop, Michelle Cummings will share insights and strategies on how to surface behaviors through play through experiential activities. This high-energy, hands-on workshop will teach participants how to play some of the industry's best icebreakers, leadership games and unique ways to reflect on what you are learning. Michelle will engage you physically, intellectually and mentally with lots of opportunity for laughter and learning. Attendees will discover how powerful the impact of the value of connection, leadership, and purposeful play have on the participants in your programs. If you have any questions feel free to contact Robyn Trussel at 785-798-3921 or [rdeines@ksu.edu](mailto:rdeines@ksu.edu)

To view flyer for more information [click here](#).

# Advisory Council Donation Drive Fundraiser



Advisory Council is excited to announce their first ever Donation Drive Fundraiser! Please read the information below and let me know if you have any questions!

We are gearing up for our first ever donation drive fundraiser. We are working with Andrew Stallbaumer from JT Enterprises. There is no selling or delivery of unwanted “stuff. They will provide an online platform to organize the donation drive. This truly is an easy and awesome avenue to help us raise the necessary moniesto help our clubs with national & local camps, awards banquet, national judging events and senior scholarships. Also, 10% of the money that YOUR club brings in will go directly back to YOUR club.

**HOW IT WORKS:** A marketing campaign & group webpage will be set up for our organization. A donationpage will be set up for every member of all clubs. Beginning on Tuesday, August 31st, before the actually Kick Off day of Friday, September 3rd, parents will receive the first email of the donation drive campaign. The email will explain the reasons for the fundraiser and how to get donations. The email will have a direct link to their child’s donation page – this will be set up for you so no user name/password/registration headaches! From this page you will be able to make a donation and share your child’s page via text, email, Facebook, etc. with literally a click of a button. Your reach for support will be limitless and involve very little effort.

Competition will be easily created by having a very fun incentive for the TOP TEN participants as well as a great incentive for our top clubs of the drive. We will have 2 different divisions due to the various sizes of our clubs. The software keeps track in real-time of individual & group progress. Plus, we have come up with some other awesome individual incentives that will encourage participation & attendance at our carnival. One of the incentives is that for every \$50 in donations that a child raises, they will earn a \$5 carnival voucher.

All this will be laid out and explained on our group webpage as well as every child’s donation page. Then Friday, September 3rd – the official Kick Off day, parents will receive a second communication email announcing the Donation Drive Kick Off – and again their child’s donation page will be included.

Physical packets for the fundraiser will be given to our club leadership. They will be available for pick up at your first meeting and/or the Extension Office. The packets will be comprised of a Parent/Info Letter (giving great detail of how to get donations), Donation Form (a great tool to brainstorm who & how to ask for support), Incentive Sheet (explaining the awesome individual & team rewards) & Money Envelope (to put cash & check donations in).

The donation drive campaign will run for 3 weeks ending on Tuesday September 28th. Once a week, parents will receive an email communicating our progress towards our goal, real time updates as well as encouragement to share their child’s page.

\*\*\*We are excited about this new platform for the ease of use as Pledge-Drive.net has helped many schools, teams & organizations with their events for years. There is an opt-out option on all of the communication emails sent to the parents. Also, if you wish to opt out of receiving the email communications prior to the fundraiser kick off, please email Alexandria Ware at [ware@ksu.edu](mailto:ware@ksu.edu) with your child’s name by August 30th.





***Come Join the Fun!***

**Announcing 4-H Carnival  
Sunday, October 3<sup>rd</sup>, 2021  
4:30-6:30pm**

## **4-H Hall, Sedgwick County Extension Education Center**

Carnival Planning Committee- Shannon Bull, Chair; Katrina Turner, Sherry Ibrahim and Clem Moreno

We hope that your club is planning to have a booth at our annual 4-H carnival. This is a great family friendly event and a fun way to start off a new 4-H year. Have your club pick a game and return the reservation form as soon as possible. Games will be reserved on a first come, first serve basis. Proceeds are split 50/50 with the club and advisory council.

If you need ideas, there are lots of games on Pinterest and on the web. Or think about those that you've see at other similar events. While "tried and true" is easy, consider changing it up a bit so that there are new things each year too.

Each club may also have a Chris and Crystal Clover candidate. (Last year's winners are not eligible to compete this year.) They are asked to **collect money before the carnival**, in support of 4-H. Each penny counts as one vote. Your club should also help collect funds. Ask friends, neighbors, family members, etc. Half of the money raised will go back to your club and half will go to the county 4-H advisory council... all to support 4-H programs and scholarships. The 4-H members with the most funds raised will be crowned Chris or Crystal Clover.

A club does not have to have a booth to have a Chris or Crystal clover candidates. (Or may have 2 Chris's or 2 Crystal's if that works better). Attached is a page of information that you can give to your candidates.

Schedule for the carnival

3:30-4:15pm Clubs can set up booths in their pre-assigned space  
4:25pm Chris and Crystal clover candidates are introduced on stage  
4:30pm Carnival opens  
6:15pm Chris and Crystal clover are announced  
6:30pm Carnival closes/ clean up

We need help for us to set up and man the different stations during carnival! Please sign up below to help!

[Carnival Volunteers](#)

[Carnival Booth Reservation Form](#)

Teen Council

[4H Carnival Work Schedule](#)

[4H Carnival Concessions](#)

# Tips to Chris and Crystal Clover Candidates



Dear Chis and Crystal Clover Candidate,

Congratulations on being your club's representative. This information will help you get started.

Votes are 1 penny each. For example: 1 penny will be 1 vote. \$1 will be 100 votes. The candidate with the most votes will be crowned Chris Clover at the carnival. Your club members are expected to help you. Be sure to have everyone ask their neighbors, friends, grandparents, family, etc. before the carnival. You can start collecting money at any time from now until the carnival. Half of the funds raised will go to your club and half will go to the county 4-H foundation for other 4-H programs. Checks may be made to Sedgwick County Extension Council.

You are responsible for decorating a container to represent 4-H. It should include your name and club. Be creative! At the carnival, you are encouraged to come in a 4-H costume so that you stand out. This can be anything from a green hat, to green face paint, a special green t-shirt or whatever you like!

On the night of the carnival, all candidates will be introduced on stage at 4:25 pm. Then you have until 5:00 to collect any other "votes" from the carnival goers. The winner will be announced about 6:15 the night of the carnival.

See you at the carnival!

## Freddy's - Fundraising

Come support our Sedgwick County Youth & Community Development Department by raising funds to support programming and scholarship efforts for our youth!

Be sure to tell the cashier you're part of this group! Thank you [Freddy's Frozen Custard & Steakburgers Derby, KS](#) for hosting us!

See you all on September 14th at 5pm.



**ENJOY *Fresh* FOOD  
& RAISE *Funds***

Join your friends and family at Freddy's

**2100 N Rock Rd #1000  
Derby, KS 67037**

**Tuesday, September 14th  
5pm-9pm**

Be sure to tell  
the cashier  
you're part of  
this group!

**Sedgwick County Youth & Community Development**  
will receive a percentage of the sales from this event!



FreddysUSA.com |

## 2021 Kansas 4-H Fall Volunteer Leader Training

Registration is OPEN for the 2021 Kansas

4-H Fall Volunteer Project Leader Training Series. As a volunteer the time and hard work you contribute to make the H program an amazing experience for youth across Kansas is greatly Appreciated!

To help you kick off the new program year, this series is designed to provide tangible ideas and resources you can use to engage 4-H Youth. All sessions are free and will be recorded. The sessions are scheduled to start at 6:30 CST.



4-

The general outline for sessions is as follows:

Sept. 30 – Animal Science – Livestock

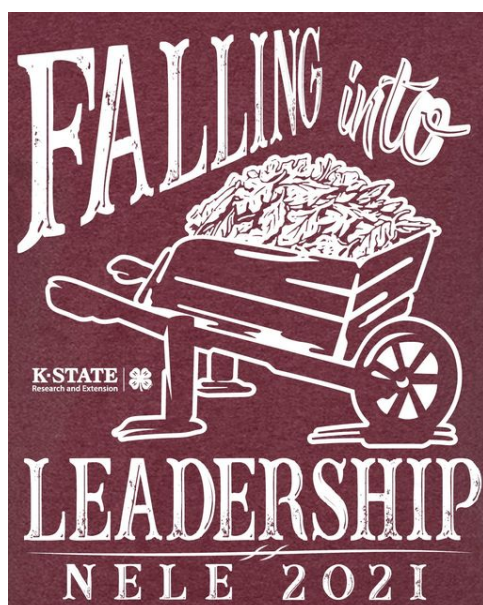
Oct. 5 – Service Learning

Oct. 7 – Creative Arts – Visual Arts – Barn Quilts

Oct. 12 – Financial Literacy

Oct. 14 – Ag & Nat Resources – Wildlife

To register for the event visit - <https://www.kansas4-h.org/volu.../project-leaders/index.html>



## NE Area 4-H Leadership Event

🍀 Kansas 4-H is Falling into Leadership! 🍀 4-H members ages 12 to 18 are invited to the NE Area 4-H Leadership Event (NELE), Saturday, October 16, 9:30 a.m. to 5 p.m. in Heritage Hall at Rocks Spring Ranch! NELE is led by the Northeast Area youth council representatives. Delegates can sign up for multiple classes. Adult sessions are also available.

Registration is \$30 which includes lunch, snack and t-shirt. Please register by September 27 at: <https://cvent.me/lzxY0g>. Don't miss this opportunity to meet new people, learn new leadership skills, and enjoy fun classes! 🎉

## Project Leaders Wanted!



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C.A.T.S. (Cameras at the Springs) which is a training designed to provide leaders with hands on shooting activities, resources from print, web resources, mentors and materials to take back to home county to use with youth. Adults and youth age 16 and older are welcome to attend for training. Sign up by Friday, September 24th- see flyer for more details. C.A.T.S. 2021 will be held Saturday, October 9 & 10 at Rock Springs Ranch.

Let's launch the new Kansas 4-H year by honoring YOU, our VOLUNTEERS! 🍌 Join us for a webinar in September. Hurry, as space is limited! Register here: <https://bit.ly/3ATiY1l> 🍀 🍷

## Galactic Quest 2021



2021 STEM Summit: Galactic Quest  
Online, September 16-19, 2021 –  
**Registration Open** [https://shop4-h.org/products/2021-national-4-h-youth-stem-summit?\\_ga=2.145124724.1326758021.1630426394-333597430.1605628386](https://shop4-h.org/products/2021-national-4-h-youth-stem-summit?_ga=2.145124724.1326758021.1630426394-333597430.1605628386)

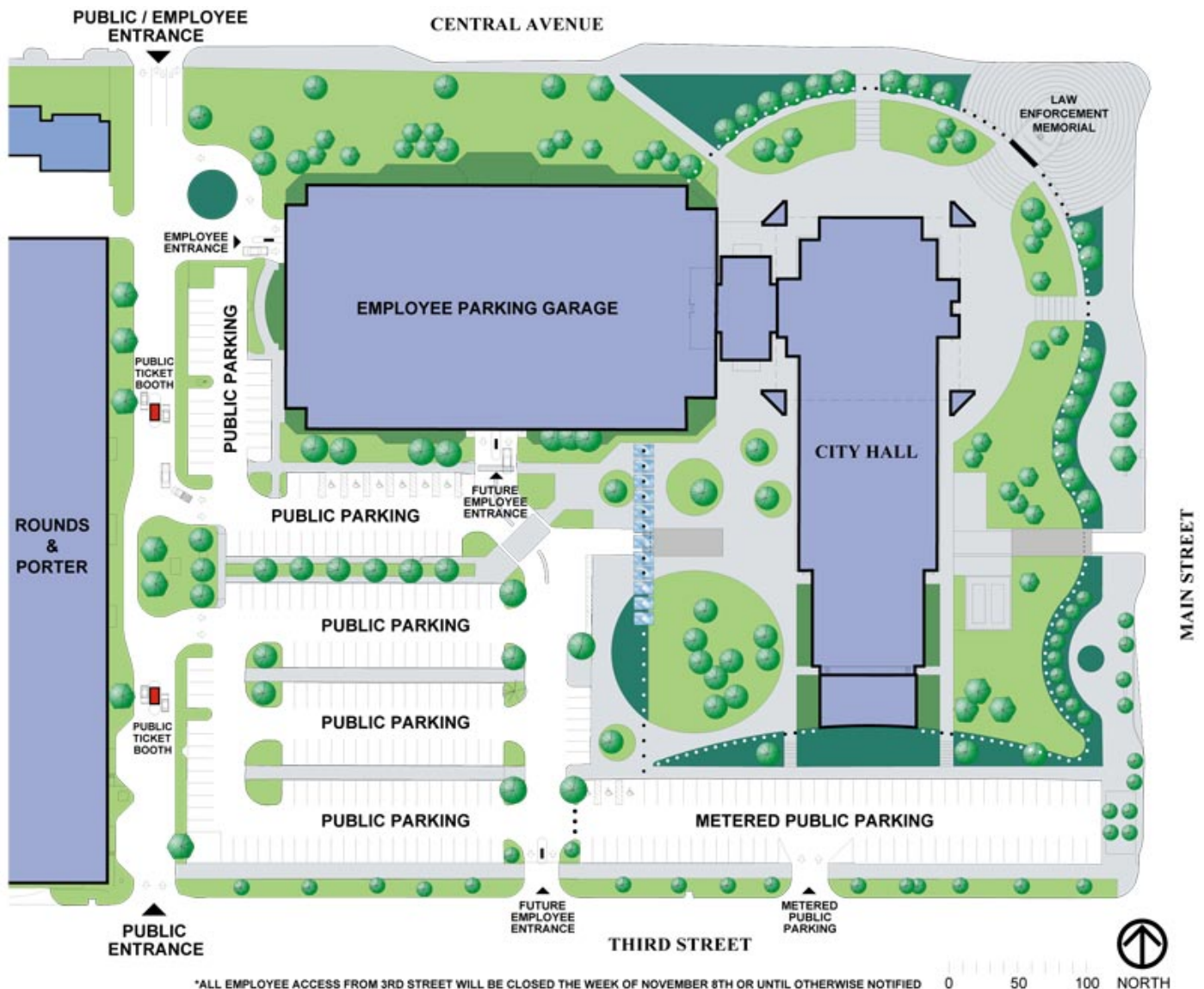
Even though you may not know it, your daily life is connected to space. Hospitals, banks, streetlights, gas pumps, phones, televisions and, and more use a vast network of satellites orbiting our planet. At the 2021 STEM Summit, participants will work with peers and group leaders on a variety of workshops and collaborative exercises. Each virtual session will test and strengthen foundational STEM skills while participants wrestle with the same questions as today's top aerospace scientists and engineers.



# Proclamation to City of Wichita

Thank you to the Achievers Club and Marcia Wood for submitting a proclamation to the City of Wichita for National 4-H Week! The proclamation request for National 4-H Week has been APPROVED. It is scheduled to be read at the City Council Meeting on Tuesday, October 5, 2021 at 9:00 am. Please arrive at 8:40 am for us all to move through security and sit together!! Please be sure to park in the surface lot just west of the building.

If you would like to submit one to your City Council! Please reach out and I will send you the template!



WICHITA CITY HALL SECURITY IMPROVEMENTS - PARKING DIAGRAM

11/1/2010



## Fiber Arts Quilting Workshops

Fiber Arts is excited to start a second year of quilting workshops. This year we will be focusing on straight stitching to make our quilting more accurate, and preparing quilts that can be quilted at Go-Create next year. For more information about each month's project, please email [juliecrow1@me.com](mailto:juliecrow1@me.com). If you are able to stop by on the 11<sup>th</sup> anytime from 9-3 to select fabric for October and November projects that would be super helpful. Fabric will be in the Bison room. Call the number on the room door to get help with your fabric. We will be sewing in the Halls.

October's workshop sign up is Here: <https://www.signupgenius.com/go/10C0545AAAE2AABFA7-october>

Please log in to sign up for a space at the workshop.

Fiber Arts 2021-22. 4-H Calendar Year

All workshops are in the Bison room: 1:00-4:30pm

September: Sept 11: help sew Hospital gowns and pick out fabric

October: 10-16. Quilt as you go: Sewing Bag

November: 11-13. Quilted Notebook cover

December: 12-11: Paper piece mug rug gifts

January: 1-8: Strip quilt top

February: 2-12: Strip quilt top

March: 3-12: New project TBD ( pre-cut ) from FR top

April: : 4-9: New project TBD ( pre-cut ) from FR top

May/June: Finish two projects and quilt at Go-Create and Bind

## Entomology Meeting Dates

Entomology typically meets the 3<sup>rd</sup> Thursday of each month at the Extension Office. Cassia Williams, County-wide Project Leader will send reminder emails the week prior with meeting details and location. You can contact [sedg4Entomology@gmail.com](mailto:sedg4Entomology@gmail.com) for all project related questions.



## To Our Newest 4-H Club!

4-H School Enrichment is excited to be adding our county's first School Club at Earhart Environmental Magnet in USD 259! The Earhart 4-H club will be led by Andie Barry- a former 4-H'er and current 5<sup>th</sup> grade teacher. Please welcome our new club members, leaders, and families as we look towards a new 4-H year!

## Introducing "Mindful Me" Program

With the start of a new school and upcoming 4-H year- 4-H School Enrichment is proud to announce the roll out of a new School Enrichment program- Mindful Me. This mental health program- aimed at youth ages 5-8 introduces basic concepts in mindfulness, positive affirmations, identification and management of emotions, and yoga through a series of 7 lessons.

Although Mindful Me is being adapted to bring into the traditional classroom- it was originally created to be taught by older 4-H'ers to younger 4-H'ers and Cloverbuds at the club level. Interested in bringing Mindful Me to your club?

Contact Nicole Biery- [snbiery@ksu.edu](mailto:snbiery@ksu.edu)

Want more information? Check out this and all of our School Enrichment programs here- <https://www.sedgwick.k-state.edu/4-h-youth/school-resources/index.html>



## Congratulations to Our Sedgwick County Meats Judging Team

The following article was contributed by the Katrina Turner: Sedgwick County 4-H Meats Judging Coach.

It was a very successful in-person Kansas 4-H Livestock Sweepstakes competition. It felt good to get to judge in person again. Congratulations to all 10 Sedgwick County 4-H'ers who competed this weekend: Carly Collins, Cameron Cox, Brady Hoffman, Tanner Hommertzheim, Trey Hommertzheim, Ty Scheer, Asher Turner, Katrina Turner, Nathan Turner, Breanna Wells.

The following were in the top 15 of various divisions and contests.

Katrina Turner: 1st Overall Senior Meats Judging, 4th Meat Reasons, 4th Retail ID

Brady Hoffman: 12th Overall Senior Meats, 2nd Meat Reasons

Tanner Hommertzheim: 8th Overall Skillathon, 15th Meat Reasons, 13th Retail ID

Ty Scheer: 14th Meat Placings

*Awesome!*

Senior Meats Team: 3rd Overall Team, 1st Place Reasons

Asher Turner: 1st Overall Intermediate Meats Judging, 1st Retail ID, 15th Placings, 11th Questions

Nathan Turner: 2nd Overall Intermediate Meats Judging, 2nd Retail ID, 6th Placings

Breanna Wells: 9th Overall Intermediate Meats Judging, 8th Retail ID, 4th Questions

Trey Hommertzhaim: 12th Overall Intermediate Meats Judging, 7th Placings

Intermediate Meats Judging Team: Grand Champion Team, 1st Retail ID, 3rd Placings, 3rd Questions

# Calendar of Events

## UPCOMING EVENTS

### September

- 1 Camp Registration Opens
- 2 Project Record Forms Judging Training
- 3 Donation Drive Kicks off
- 6 Office Closed
- 7 KSF Entries Due to the Office
- 10-19 State Fair
- 14 4-H PDC Meeting
- 14 Freddy's Fundraiser
- 16-19 2021 STEM Summit: Galactic Quest
- 21 Advisory Council Meeting
- 27 Donation Drive Money Due
- 27 Teen Council Meeting

### October

- 1 Teen Council Concession Stand Drinks to office
- 1 New 4-H Year Begins
- 1 State 4-H Youth Leadership Council and National Conference Application Due
- 3 Family Fun Carnival
- 4-10 National 4-H Week
- 5 4-H Proclamation at City of Wichita
- 5 College Admission Night
- 6 Project Record Judging
- 6 Extension Elections
- 9-10 48 Hours of 4-H
- 11 Office Closed
- 15 KYLF Early bird Deadline
- 25 Teen Council Meeting
- TBD Leaders Training

## November

- 1 Last Day to purchase banquet ticket
- 1 KYLF Deadline
- 6 McAlister's Fundraising Night
- 11 Office Closed
- 16 Advisory Council Meeting
- 20-21 KYLF
- 21 Achievement Banquet
- 24-26 Office Closed
- 26-30 National 4-H Congress



**K-STATE**  
Research and Extension

Sedgwick County

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Kansas State University Agricultural Experiments Station and Cooperative Extension Service.

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