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4-H News

River Valley District

**November &
December
2022**

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A Message from 4-H Agent—Macy Hynek

As the 2021-2022 4-H year comes to an end, so does my first year as the River Valley 4-H Youth Development Agent. Just as many jobs, this one has its highs and lows, but as I look back to reflect on the past year, I feel only gratitude. The River Valley District families, 4-H'ers, and my fellow staff members have become my second family. I thank you for allowing me to be a part of your communities and for welcoming me with open arms.

This past year was full of success and growth. We honored 2 youth as state project award winners at Emerald Circle in Manhattan, held our first district-wide robotic competition, and welcomed 81 new families to the district. Our 4-H youth grew as individuals, by building confidence, independence, and compassion. They gained life skills that will truly benefit them for the rest of their lives. In January, 328 youth attended district club day. They practiced their public speaking skills, participated in parliamentary procedure during a model meeting, and even demonstrated career readiness by participating in the AIR contest. Over 175 youth had the opportunity to be in a leadership role within their 4-H club and numerous youth across the district were role models for younger members. While other youth learned valuable life skills within their projects, built lifelong friendships, or found their passion within 4-H that lights a fire inside of them. This is what 4-H is all about and why I arguably have the best job with a front row seat to watching our youth make a difference.

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influences to improve the world around us. I believe in every child that is a part of River Valley 4-H.

Our youth give back to their communities throughout the year with service projects. They painted a U.S. veterans house who has medical restrictions, participated in 5H, giving volunteers, family members, and hospice patients a reason to smile, painted fences and cleaned-up our local cities and towns, held a food drive to help restock our local food bank, and so much more. Our youth do impact the world around us. They improve our neighborhoods and towns every year, so that we are proud to call them home.

In November, we will hold our four achievement celebrations to recognize the hard work and accomplishments of our 4-H'ers. I enjoy this time of the year, to look back and reflect. I am proud of River Valley 4-H and I look forward to a very prosperous 2022-2023 4-H year.



Achievement Celebrations

Every year, we have the opportunity to celebrate the accomplishments of our 4-H members from the past year. Please save the following date for your Achievement Celebration and come join us as we recognize the hard work and dedication of our 4-H members and volunteers.

Cloud County	Sunday, November 6th	5:00 p.m.	Cloud County Fairgrounds
Clay County	Saturday, November 12th	6:00 p.m.	UMC– Family Life Center
Republic County	Sunday, November 13th	5:00 p.m.	Republic County Fairgrounds
Washington County	Saturday, November 19th	6:00 p.m.	Washington Co. High School

Engage in Career Readiness

Career Readiness is the process of preparing 4-H youth with the essential skills they need to discover, acquire, maintain, and grow within a job. Each year at District Club Day, River Valley offers an AIR Contest to give youth the opportunity to gain career readiness skills by filling out an application, updating their resume, and participating in an in-person interview.

AIR CONTEST— A-pplication **I**-interview **R**-resume

The River Valley District Annual AIR Contest will be held at the 2023 4-H District Club Day. Studies have shown that, 4-H members are four times more likely to contribute to their communities. Regardless of the career path you choose or whether you are applying for scholarships, the life skills of filling out applications, going through an interview and creating a quality resume are life skills you will need to have.

The River Valley District offers many career options for young people and those businesses will be seeking the right candidates such as 4-H members. This year, the contest will feature businesses in Washington County. Even though this contest will take place in Washington County, 4-H'ers from other counties are encouraged to participate. Taking the time to learn about these businesses and having the opportunity to interview with them, can open a door to the future and help strengthen the life skills you will need to be successful as an adult!

4-H members (4-H age 16 to 18 as of January 1, 2023) are encouraged to participate in this contest. You will apply for 1 of the 4 job opportunities offered by filling out an application, interview with a panel built of the 4 business representatives and submit a resume that shows off the best you can be. The applications, cover letters, and resumes will be due to your local Extension Office on **Wednesday, February 1st, 2023**, and interviews will be held on **Saturday, February 18th** during 4-H District Club Day.

The AIR contest has cash prizes for the top four individuals, first place- \$80.00, second place- \$60.00, third place, \$40.00, fourth place- \$20.00. More details, including job descriptions and the process, will be available in early December on our website (www.rivervalley.k-state.edu/4-h), in your local Extension Offices, and mailed to all eligible 4-H members! If you have any questions, please contact your local 4-H Program Manager.



District Club Day

District 4-H Club Day is **Saturday, February 18, 2023** at Washington County High School. 4-H Club Day is an opportunity for youth to showcase their abilities in performing arts, public presentations, parliamentary procedure, and so much more.

This is a great opportunity for youth to branch out and expand their knowledge and skills. Judging contests will be available for youth to participate in. We will offer contests for Photography, FCS, Crops, Horticulture, and a Livestock Skill-a-thon. The top scoring individuals will qualify for state judging teams, that will compete at the Kansas State Fair in September 2023.

Make sure to register for District 4-H Club Day with your Club Leader(s). Each 4-H Club will be given a printed sign-up form for the Junior division and the Senior division. 4-H Club Leaders need to pick-up the forms at their local Extension office. The forms will be due back to the Extension office no later than 4:30 pm on Wednesday, January 11th.

The District 4-H Club Day rule book is available on our River Valley 4-H website to assist you with planning for your event. You may also scan the QR code or stop by any RVD Extension office to receive a hard copy.

After we have received all registration forms, the 4-H staff will schedule out each event. Once completed, we will mail and e-mail families the schedule and additional information as soon as possible, including sign-up for door monitors.

If you have any questions regarding District 4-H Club Day, please contact any of the 4-H staff members.



Horse Panorama

Do you love all things horses? Are you signed up for the horse project on 4-H Online? If so then mark your calendar and catch this year's Horse Panorama!

When: January 27th-29th, 2023 - These dates are not 100% confirmed yet. As soon as Extension Staff has confirmed dates, we will get the information out as soon as possible.

Where: Rock Springs Ranch – Junction City, KS

Who can attend: 4-H Members 7-18 (as of January 1st, 2023) and Adult Volunteers

Why should I go?: Youth will gain knowledge about horses and the 4-H horse project through educational activities for 4-Hers of all ages. Horse Panorama is a collection of a variety of contests specifically designed for the horse project. The list of contests includes Horse Quiz Bowl, Hippology, Public Speaking Presentations, Photography, and Educational Posters.

Watch your email for more information, including a registration deadline on this state 4-H event.



State 4-H Scholarships

If you are a high school senior or college student start thinking about applying for 4-H scholarships now. The Kansas 4-H Foundation partners with Kansas 4-H to offer over 50 different scholarships to help fund higher education for 4-H youth who are high school seniors or older. March 1, 2023 will be the final date to get your application uploaded. Go to <https://www.kansas4-h.org/resources/awards-and-recognition/scholarships.html> or scan the QR code to find any additional information about these scholarships.

The following items will be required to complete the scholarship:

- Online Application
- Transcript
- 2-page Resume of Accomplishments (one for 4-H and the other for non-4-H leadership, community service, participation, and recognitions)
- Short Video (no more than 4 minutes explaining how 4-H Impacted you)
- Reference Letter
- Extension Agent Contact Information



Scholarships can be time consuming, so don't wait until the last minute to start working on them. Be considerate by asking for a reference letter in plenty of time for the person to write it and for you to submit your application. A great place to find your accomplishments would be referring to your permanent record in your record book.

Be sure to check with your Extension office to see what scholarships are available locally too. Good Luck!

4-H Ambassadors for 2022-2023

The River Valley Ambassadors represent and promote the 4-H program throughout our District during the 4-H year. 4-H youth from across the district have applied, interviewed, and received the opportunity to become an Ambassador. These high school age members will serve their county by being positive role models and spreading the word of 4-H. The following youth will be serving as 4-H Ambassadors for the 2022-2023 year.

Clay County: Austin Burr, Kaley Chambers, Ryan Geer, Alec Jefferis, Chayla Maichel, and Sierra Stewart

Advisor: Judy Stitt

Cloud County: Bricen Benyshek, Moyra Barnes, Megan Barr, Aubrey Stahlman, Dae-gen DeGraff, Katelyn Reedy, Bethany Demars

Advisor: K'Lynn Barr and Stacy Letourneau

Republic County: Kadence Henke, Emma Hubert, Kiersten Morgan, Ella Pachta, Camryn Reynolds, Avery Stindt, Kash Henke, Chesnie Dickinson, Kylie Stone, Emma Strnad, Elly Williams

Advisor: Lauren Field

Washington County: Aliyah Sinn, Octavien Cardenas, Madisyn Lohse, Gillian Minge, Hope White, Elgin Sinn, Carissa Kolle, Addison Herra, Payton Fahey, Jasmine Jueneman, Jadelyn Bowen

Advisor: Katlin Bruna

Weigh-in and Tagging Dates

We know it is early to be thinking about spring weigh-ins and tagging, but please mark your calendar with the below dates. You may choose to tag/weigh your livestock at any of the offered times and locations for that specie in the River Valley District.

No tagging will be allowed to be completed at home for any species for any reason. All tagging must be completed on one of the following dates and times.

2023 Beef Weigh-In—

All Market Beef, Second Year Bucket Calves, and state nominated Commercial Breeding Heifers must be tagged at a RVD weigh-in/Tagging. Commercial Breeding Heifers must have an EID tag for the state livestock shows, including Kansas State Fair and Kansas Junior Livestock Show. Registered Breeding Heifers for state shows and breeding stock for the county fair do NOT need an EID tags.

Saturday, March 11th	9:00—11:00 a.m.	Animal Health Center	Washington
Saturday, March 11th	9:00—11:00 a.m.	Salva Vet Clinic	Clay Center
Sunday, March 19th	2:00—4:00 p.m.	81 Livestock Sale Barn	Belleville
Sunday, March 19th	5:30—7:00 p.m.	Cloud Co. Fairgrounds	Concordia

2023 Sheep, Goat, and Swine Weigh-In—

All Market Sheep, Goats, and Swine for the county fairs, as well as Commercial Breeding Sheep, Goats, and Swine for State Shows, must be tagged at a RVD weigh-in/tagging. Registered Breeding Sheep and Swine do not need EID tags.

Monday, April 17th	5:30—6:30 p.m.	Washington Co. Fairgrounds	Washington
Tuesday, April 25th	5:30—6:30 p.m.	Cloud Co. Fairgrounds	Concordia
Thursday, April 27th	5:30—6:30 p.m.	Clay Co. Fairgrounds	Clay Center
Saturday, May 6th	9:00—10:00 a.m.	NCK Free Fairgrounds	Belleville

Beef EID tags will be \$4 per tag. Sheep, Goat, and Swine EID tags will be \$3 per tag. Payment is required at the time of tagging, so please bring small bills or a check payable to River Valley Extension District.

Set Personal Goals in Your Record Book

Goal setting and planning should be a part of everyone's 4-H experience. If you haven't set goals, now is a great time to start, as we just began the 2022-2023 4-H year.

By setting goals for the new year you position yourself to succeed. Look ahead and plan what events you want to attend, projects you want to complete, activities you want to lead or participate in, and what awards you want to receive next year.

Goal setting is important for youth to key in on certain events for the year. It helps build confidence and most importantly allows our youth to learn and grow. By setting goals at the beginning of the year, youth can reflect back occasionally to see how far they've come. Reflecting provides the opportunity for our youth to self reflect in a positive way. They can see what they have accomplished, how they accomplished it, and if there is a better or more efficient way they could do it in the future.

Start setting goals for your pin applications, key award, premium sale requirements, and for your 2022-2023 4-H projects.

YQCA—Youth for Quality Care of Animals Training

Youth for the Quality Care of Animals (YQCA) is a national, multispecies youth livestock quality assurance program that focuses on food safety, animal wellbeing, and life skill development, through age appropriate educational curriculum for youth 7-21 years of age. This program is an annual certification that grows with a young person, so the learning modules are different every year.

ALL 4-H or FFA members are required to be YQCA certified to participate at the county fair, Kansas State Fair Grand Drive and/or Kansas Junior Livestock Show (KJLS). This includes youth who will be showing market animals, commercial breeding females, and/or registered purebred breeding females.

There are two ways to get youth certifications - River Valley District has scheduled the following dates for instructor led – in person sessions (7 year old’s must attend one of these sessions) or youth can take the online course. To pre-register for an in-person event or to take the online course visit <http://www.yqcaprogram.org/> or scan the QR code.



YQCA training must be completed no later than June 30, 2023.

Clay Co.	Thursday, June 1	7:00 pm	4-H Conference Center
Cloud Co.	Monday, March 13	7:00 pm	Cloud County Fairgrounds
Republic Co.	Saturday, May 6	10:30 am	4-H Building, Belleville
Washington Co.	Monday, April 17	7:00 pm	South Exhibit Building

River Valley Youth Spotlight

Contributor: Isaac Morris—Discovery 4-H Club

As a senior at Republic County High School, I have done a generous amount of reflecting this year.

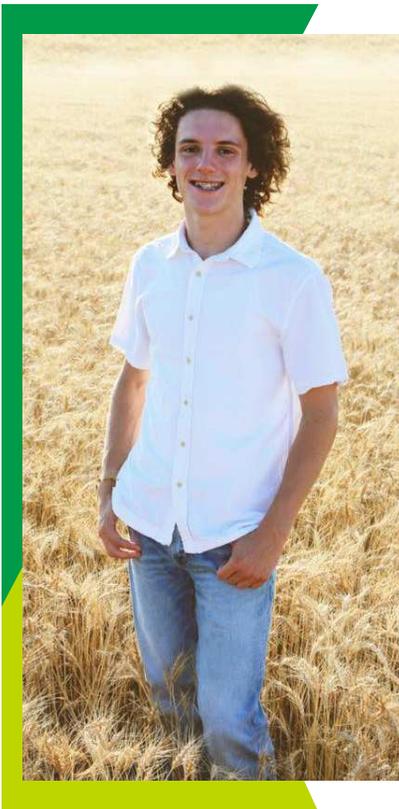
In school and out of school, I have learned valuable life skills, but one of the most valued in my 11 years of experience is Kansas 4-H. 4-H has taught me many things but the first would be citizenship.

The idea of actively taking part in your community has never been more present and celebrated. In 4-H you get the chance to learn about the world and actively take part in changing it. 4-H also brings about confidence in public speaking that cannot be replicated in any other organization.

My teachers have always said it was blatantly obvious who was in 4-H by how comfortable they were speaking in front of an audience. That along with the consistency and grit it takes sticking with any program for 11 years is instantly recognizable. As you progress through the years these skills add up.

Being the Discovery 4-H club President prepared me for eventually becoming student body President and also leading to greater opportunities like speaking at the capitol building in Topeka for Citizenship In Action.

Overall, 4-H is in outstanding condition in Republic County and the skills it taught me will be greatly appreciated as I go off to college this upcoming year.



Building a 4-H Village with Volunteers

You often hear the phrase “it takes a village to raise a child”, meaning it will take multiple people to provide a safe, healthy environment for youth to grow and flourish. River Valley 4-H is no different, it takes a village to provide opportunities for our youth to thrive and develop life skills through our organization. 4-H adult volunteers are the foundation to building this village.

Research from Harvard titled “Volunteering is good for your health”, explains that volunteerism does not just strengthen our local communities, but enriches the lives of the adult volunteers. Research shows that adults who volunteer for as little as two hours per week are more physically active and lower their risk of early mortality. It provides the opportunity to bond with others, giving adults a sense of purpose and well-being.

Other research shows that volunteering has a tremendous impact on our economy. In 2018, approximately 22 million baby boomers volunteered 2.2 billion hours in the United States, generating 54.3 billion dollars.

There are numerous reasons showing us the benefits of why adults should volunteer, yet the volunteer rate in the United States has been decreasing since 2002 despite a growing population. Our population in the United States is also aging. It is projected that adults 65 and older will increase by nearly 50% in the next 15 years. Now the question will arise, why are people not volunteering? Is it the hustle and bustle of the world around us consuming too much of our life? Did COVID-19 highlight health conditions for adults, restricting them from volunteering?

In our ever-changing world, 4-H needs more volunteers - just as many organizations do. Many adults throughout the River Valley district have a passion that relates to one our 47 4-H project areas, such as woodworking, sewing, wildlife, foods and nutrition, etc. By giving just a few hours a week or a couple days a year, you can share your passion with our youth providing, them with skills that will last a lifetime while also improving your community and personal health. Come find your spark in 4-H and help us build the 4-H village.

For more information on ways to volunteer with River Valley 4-H, please contact Macy Hynek at 785-527-5084 or email her at mhynek@ksu.edu.

Shooting Sports

The River Valley District offers BB Gun, Air Rifle, Archery, Small Bore Rifle, Shot Gun, and Trap. All of the Safety Meetings, Practice Shoot and Fair Shoot will be held in Cloud County at the Cloud County Fairgrounds. The safety meetings and registration will be held in the Hosie building on the Fairgrounds.

4-Hers must be 8 years old before January 1st, 2023 to be eligible. The competitive age for the State of Kansas is 9 years old for a state event or state qualifying match. All youth must be enrolled in the Shooting Sports Projects through 4-H online and attend one of the two safety meetings. A Parent or Guardian MUST accompany youth to each shoot.

You must sign-in before every shoot. Failure to sign in will result in no credit for that shoot.

Payment and Paperwork will be filled out and due at the first safety meeting that is attended.

RVD Shooting Sports Schedule:

November 6th, 2022 – Registration and Safety Meeting (Practice Shoot to Follow)

November 13th, 2022 – Registration and Safety Meeting (Practice Shoot to Follow)

January 8th, 2023 – Practice Shoot

April 16th, 2023 – Practice Shoot

January 15th, 2023 – Practice Shoot

May 7th, 2023 – Practice or Fair Shoot

February 19th, 2023 – Practice Shoot

May 7th, 2023 – Practice or Fair Shoot

March 19th, 2023 – Practice Shoot



River Valley Extension District
Washington Office
214 C. Street, Courthouse
Washington, KS 66968-1928

Address Service Requested



River Valley 4-H 2022-2023 Calendar

Check out the new annual 4-H Calendar. The calendar is full of friendly reminders and dates/times of events for the 2022-2023 4-H Year. Please note that all dates/times are subject to change.

Please ask your 4-H Club Leader for a hard copy or come into your local Extension office. You can also scan the QR code to the left.

RIVER VALLEY DISTRICT 4-H STAFF CONTACT INFORMATION

Macy Hynek 4-H Agent RVED – Belleville 785-527-5084 mhynek@ksu.edu	Diane Kussman 4-H Program Manager RVED – Belleville 785-527-5084 dkussman@ksu.edu	Melissa Baxter 4-H Program Manager RVED-Clay Center 785-632-5335 melissabaxter@ksu.edu	Brianna Hake 4-H Program Manager RVED – Concordia 785-243-8185 bmhake@ksu.edu
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Concordia Office • 811 Washington, Suite E • Concordia, KS 66901-3415 • 785-243-8185

Washington Office • 214 C. Street • Courthouse • Washington, KS 66968-1928 • 785-325-2121

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