WELCOME TO RIVER VALLEY 4-H!

WE WANT TO WELCOME BOTH 4-H MEMBERS AND THEIR FAMILIES, BECAUSE WE KNOW SUCCESSFUL 4-H MEMBERS ARE EVIDENCE OF ADULT 4-H INTEREST. WE LIKE TO SAY - THE MORE THE MERRIER! WITH EVERYTHING WE DO IN 4-H, WE HOPE TO SEE FAMILIES WORKING TOGETHER TO LEARN, CREATE AND DEVELOP THE 4-H COMMUNITY AROUND THEM.



Find us on Social Media

River Valley 4-H (Facebook Page)

@rivervalleydistrict4h

River Valley Extension District

Bi-Monthly Newsletter

https://rivervalley.k-state.edu
https://ksre.k-state.edu
https://kansas4-h.org

River Valley 4-H (Private Group)

Beyond Ready





With the help of 5 full time 4-H Staff, 4-H is implemented through each county in the district. Within the River Valley district we have 23 community clubs and 2 Project Clubs. While each county has its own traditions and procedures, we do have events, activities, and project meetings that are implemented district-wide that we expect our families to attend.

We strive to educate all youth of the district, which means we program outside of our local 4-H clubs through school enrichment, after school programs, SPIN Clubs, workshops, and day camp experiences.

River Valley District

Meet the 4-H Staff

www.rivervalley.k-state.edu/4-h/

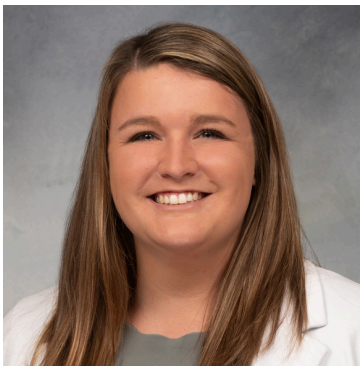
Counties

Clay County
Fairgrounds
205 S 12th St,
Clay Center, KS 67432
785-632-5335

Cloud County
Courthouse
811 Washington Suite E
Concordia, KS 66901
785-243-8185

Republic County
Courthouse
1815 M Street
Belleville, KS 66935
785-527-5084

Washington County
Courthouse
214 C Street
Washington, KS 66968
785-325-2121



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KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE K-STATE RESEARCH AND EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

What is 4-H?

4-H is a Community for all Kids. In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. 4-H is delivered by Cooperative Extension—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. For more than 100 years, 4-H has welcomed young people of all beliefs and backgrounds, giving kids a voice to express who they are and how they make their lives and communities better. Through life-changing 4-H programs, nearly six million kids and teens have taken on critical societal issues, such as addressing community health inequities, engaging in civil discourse and advocating for equity and inclusion for all. 4-H is America's largest youth development organization—empowering nearly six million young people with the skills to lead for a lifetime. We believe in:
all young people's potential;
developing young people who are empowered, confident, hard-working, determined, responsible and compassionate—seeing a world beyond themselves so that they have the life-long skills to succeed in college and career,
ensuring access and equity for all,
the power of America's leading public universities,
the practice of positive youth development (PYD)* by creating positive learning experiences,
caring and trusted adult mentors who cultivate positive relationships with youth,
creating safe, diverse and inclusive environments, and
meeting young people wherever they are.

Emblem, Colors, Pledge, and Motto

Colors

The 4-H Colors are green and white. Green is nature's most common color, it represents life, springtime, and youth. White symbolizes purity.

Did you know: 4-H green is actually a very specific color! Whenever you are using the 4-H clover, it is a very specific shade of green with the official name of 100% PMS 347 green.

Emblem

The clover is the 4-H emblem. The green four leaf clover has a white H on each to represent each of the four H's that are represented in 4-H: Head, Heart, Hands, and Health.

What does each "H" stand for?

- Head: We use our heads for critical thinking and to solve problems! We are also always learning something in 4-H!
- Heart: We each have a place in 4-H. We learn compassion, integrity, communication, and self-discipline in 4-H!
- Hands: We use our hands to give back to others in our community and our world through service!
- Health: We learn to make healthy choices through 4-H!

Pledge and Motto

Pledge: "I PLEDGE my Head to clearer thinking, my Heart to greater loyalty, my Hands to larger service,, and my Health to better living. For my club, my community, my country, and my world."

Motto: "To make the best better."

4-H Members and volunteers should learn the pledge and try to follow it in your daily life. The motto is to remind us to always strive for improvement, to continually set goals, and give every effort your best. The pledge encourages us to develop critical thinking skills, cultivate a sense of community responsibility, actively contribute through hands-on service, and prioritize their well-being, fostering positive personal growth and leadership qualities within youth.

Learn by doing

In 4-H we believe in providing hands-on learning experiences where youth thrive in finding their passions and paving their own way in their learning.



4-H Formula: https://www.kansas4-h.org/about/docs/4-HFormula.pdf

Frequently Asked Questions

What is "4-H Age"?

A new 4-H year begins October 1 each year and ends September 30 of the following year. 4-H membership is open to kids who are 7 years old and have not passed their 19th birthday by January 1 of the current year. Therefore, 4-H Age is whatever age you are on January 1st of the current year. A child may join 4-H at anytime during the year. However, most 4-Hers start in the fall to keep up on club activities, project meetings, and make themselves eligible for several 4-H awards and activities that have deadline dates.

What do I have to do to join a 4-H Club?

Simply attend a local 4-H meeting in your community or call the Extension Office for more details. To enroll in 4-H, families will use the 4- H Online Enrollment System. 4-H Online is located at https://v2.4honline.com. The first time you visit 4-H Online, you will create a family profile, add each 4-H Member in your family, and select projects for the current 4-H year. If you are a returning 4-H member, your 4-H Online account should be updated and re-enrolled by November 1 of each year. New members must complete their online enrollment by May 1st if they join after the New Year begins in order to participate in the fair. Anyone may add or drop projects until May 1st of the following year. Parents must also fill out a Participation Form for each 4-H member online. A participation form is required for all 4-H members; it's a health form we keep on hand in case of an emergency. These are kept confidential and are only used if and when needed. You may be asked to complete this form several times throughout the year -especially if your child goes to camp or other state activities. They require an updated participation form for all state 4-H activities.

What is the difference between a Community Club and a Project Club?

A community club is the local 4-H club in your community that meets monthly to conduct business; members are enrolled in various projects. A Project Club is a 4-H Club for members that specializes in one specific project, such as the Clay County Shooting Sports Club. Members of a Project Club are still considered 4-H members; in fact, you cannot officially participate in a project club until the required 4-H paperwork is returned to the local Extension Office. Project clubs are still required to meet regularly, have officers, and conduct official business meetings. You can participate in both, however!

What is a Cloverbud?

4-H CloverBuds is an educational, youth development opportunity for 5- and 6-year-old children. To be eligible to participate, a child must have celebrated his or her 5th or 6th birthday before January 1 of the current 4-H year. The 4-H CloverBuds program is part of the overall Kansas 4-H program. However, it has different policies and activities than the 4-H club program focused on 7 to 18-year-olds. 4-H CloverBuds is about meeting the developmental needs of the participants. Some of the goals for the CloverBud program are self-understanding skills, social skills, decision-making skills, learning skills, and mastering physical skills. A CloverBud group strives to meet certain principles, including fun, activity-based, noncompetitive, group-centered learning, leaderdirected, positive, and success-orientated principles. The River Valley CloverBud Handbook has lesson plans for several subject areas, which provide exploratory learning opportunities. We also encourage the parents of CloverBuds to involve them as much as possible in the older siblings' projects or plan ahead to make something to exhibit at the fair.

What do I do once I have joined a club?

The 4-H member and a family member should attend monthly meetings. Start slow... After you attend the first few meetings, could you get involved by asking your community leader what you can do to help? 4-H runs on volunteers and youth involvement - any help you can provide is always appreciated! You can bring refreshments to a meeting or help plan the following community service project. Everyone has ideas, so don't be afraid to speak out and make suggestions. The more ideas there are, the more options the club can consider. Also equally important is choosing your projects for the current year, attending project meetings, researching the internet for ideas and possibilities, exhibiting at the County Fair, and participating in county activities. You'll find that 4-H isn't just about the county fair!

Isn't 4-H just for farm kids?

No! Kansas 4-H Offers 45 projects in areas ranging from Reading and Leadership to Photography, STEM, and House Pets. There is something for all youth. If you can't find a project that interests you, we also have a "Self-Determined" project where you can choose what you learn based on things that you are interested in!

What is a District?

A Kansas State Research and Extension District is a geographical area within Kansas where local counties collaborate to access and deliver educational programs through the Kansas State University Extension service, allowing for more efficient and focused outreach to residents on topics like agriculture, family life, and youth development; essentially, it's a regional grouping of counties working together to utilize Extension resources effectively. River Valley District is made up of Clay, Cloud, Republic, and Washington counties. So if you are a part of Republic County 4-H, you are also part of River Valley 4-H!

What does 4-H cost?

There is a registration fee of $15.00 to join 4-H. This fee will be paid when enrolling in 4-H at v2.4honline.com Any additional costs to the 4-H members are determined by the project he or she selects. For example, if you are enrolled in Visual Arts, the project will only cost what expenses you incurred purchasing your project materials. If you are in the Swine project, you must buy your hog, feed for the time you own the animal, a watering system, and any other equipment/materials you may need to take care of your hog. Animal projects can add up to several hundred dollars, but the 4-H members always come away with a wealth of knowledge and learning experiences. Local clubs may also develop their methods of raising money for worthwhile club activities. Additionally, if a youth chooses to go to higher level educational opportunities such as CIA, Discovery Days, etc., they will face fees for those events as well.
Ask your 4-H Program Manager about scholarship that are available.

What do I get out of 4-H?

You truly get out what you put in when it comes to 4-H. The more that you are involved, the more you experience the development of leadership skills, confidence, and community involvement, as well as the opportunity to learn new skills and make lasting friendships. We strive to give youth opportunities to explore project areas that they might not have experienced before that spark their interest in a new hobby or even a career path. Several of our 4-H events offer real-life skills such as public speaking at Club Day, learning to fold a flag or set a table at 4-H Camp, learning about the legislative process at Citizenship in Action, practicing Parliamentary Procedure at a Club Meeting, or even learning about record keeping and financials when completing record books. The more that you are involved, the more you will see that 4-H has an impact on your life!

Club Level	County/District Level	K-State Research and Extension
4-H Member: Any child 7-18 years of age who enrolls and pays the $15 enrollment fee and participates in Club meetings and 4-H activities at the local level	Project meetings: A learning experience for a 4-H member targeted around a specific 4-H project. 4-H members learn by doing. At project meetings, youth learn skills to help them improve and master skills related to their projects. Currently, we have two projects that meet regularly at a district level. These 2 projects are Shooting Sports and Dog Practices. We also have project learning opportunities that pop up throughout the 4-H Year and are open to anyone in the district. Keep an eye out for these!	Director: The director is in charge of overseeing and leading all extension programs within the River Valley District, including managing staff, coordinating educational programming, building community partnerships, and ensuring that the programs address local needs across various areas like agriculture, family consumer sciences, 4-H youth development, and community development. Our District Director is Wade Reh.
Community Club Leader: A volunteer who is responsible for the organizational part of the community club.	Project Leader: A volunteer who helps instruct 4-H members within their project. This person is often a 4-H parent who agrees to help with a project. It may also be a junior leader or a person from the community who has knowledge in a particular subject matter area	4-H Extension Agents: The 2 district 4-H agents are the driving force for deciding the direction that the River Valley 4-H program will go. They are in charge of the administrative details of the program. They also strive to reach as many youth in the River Valley District with educational opportunities as possible, inside and outside of 4-H. Our 4-H agents are Macy Hynek and Marissa Hurst.
Club Officer: Youth of the 4-H Club who are responsible for the administration of the club and its programs. They conduct the community club meetings.	Junior Leader: A 4-H member who is in grades 7-12 and is enrolled in the junior leadership project. They take an active part in helping the younger members in the club and throughout the county through their projects, club meetings, etc. By doing this they learn leadership skills.	Other Extension Agents: The River Valley District houses a total of 9 agents ranging in expertise from Agriculture & Natural Resources, Livestock Management, and Horticulture to Family Resource Management, Foods/Nutrition/Health, and Adult Development and Aging. While they do not directly work with 4-H at all times, you will see them around the fair and other 4-H events as they all help out and take on 4-H responsibilities. Our other agents include: Luke Byers, Kaitlyn Nelson, Kelsey Hatesohl, Monica Thayer, Kaitlin Moore, and Jordan Schuette.
Cloverbud: youth aged 5-6 who participate in 4-H events for the discovery and educational aspects, not in a competitive form.	Ambassador: 4-H members who promote the local 4-H program to local residents. Audiences can include 4-H'ers, school groups, civic organizations, government officials, senior citizens, business people - any individual or group interested in learning more about 4-H!	Program Managers: We have four 4-H Program managers, one housed in each county of the district. They are your go-to person to contact with questions and any information related to 4-H. They have a great feel for the 4-H program in their county and are always willing to help. Our 4-H Program Managers are Diane Kussman, Brooke Ohlde, Melissa Baxter, and Brianna Hake.
4-H Club meeting: a monthly gathering where youth, ages 7-18, come together to learn, grow, and participate in 4-H programs. These meetings offer opportunities for youth to engage in project work, practice leadership skills, learn/practice/understand Parliamentary Procedure, and contribute to their community.	4-H Council: Membership is made up two youth and two adult representatives from each club. They meet 4-5 times throughout the year. This group oversees the county 4-H program and plans 4-H activities & events that take place on a county-wide basis. The main fundraiser for 4-H Council is the County Fair Food Stand. All 4-H members are expected to work shifts during the fair. The money raised helps fund activities and scholarships throughout the year.	4-H Regional Specialists: These people have the responsibility of directing the 4-H program on a state wide basis. Each specialist is responsible for a specific part of the total 4-H program. Our 4-H Specialist is Beth Hinshaw who covers the Central/Northeast region, but we work in collaboration with all regional Specialists and State Staff.
	Parents/Guardians: Parents/Guardians are very important to the success a child may have in the 4-H program. Parents are encouraged to attend monthly meetings and project meetings with their child so the whole family is informed of upcoming events and important information. Parents are also expected to check their emails for all important updates. All county-wide events are open and parents are encouraged to attend. The guardians' key role is the support they give to their children; support the child in the commitment they made, help them think through decisions, and see that they reach their goal. Other responsibilities include; helping at the 4-H Food Stand, Fair Set-up and Fair Cleanup, and volunteering when they can! Even though you are a new family, if you see a need in a volunteer position, don't be afraid to step up! 4-H only works with the help of our amazing volunteers!	4-H P.D.C.: PDC stands for Program Development Committee. This group is an appointed body of people from all four counties in the district. They are responsible for helping the 4-H staff guide the program direction on a county/district basis. They implement and help carry out new programs and suggest improvements based on the needs that they see in the youth of the district, inside and outside of 4-H.

Projects



The selection of 4-H projects has expanded greatly. There are now 45 different projects to choose from. Most of the projects have been planned with several phases so that a member may advance to more difficult and challenging opportunities within the same subject area. 4-H projects take on a wide variety of interests and activities that are designed to attract youth regardless of their place of residence (in town or rural), economic status, or race.

The Kansas 4-H website will be a great reference for you and your child. This website has multiple resources for each project area to help your youth grow in their project area, master skills, and develop their interests!

When do we have project meetings? If your project has a project leader, it is up to them as to when you will meet. Your project leader will receive a list of project members from the Extension Office (one more reason to complete online enrollment by Nov. 1!) They will contact you about the meetings. Project meetings usually start after the first of the year. Some projects may have 1 meeting, 3 meetings or 15 meetings - depending on the age of the group and what is being taught. If your project does not have a project leader, it will be up to you and your parents to do the research and learning. You can find several resources on the Kansas 4-H website, ask your Extension Office, or ask other experienced 4-H families or club leaders! Other 4-H Curriculum is available for purchase at www.4Hmall.org. We also encourage 4-H members to do online research with their projects, often times you can connect with other 4-H members this way too. Projects are conducted in a number of ways through various activities such as:

- Project meetings
- Monthly club meetings (demonstrations, project talks, etc.)
- Tours/ Field Trips- to see projects of other members and their way of doing a project, or visiting a business related to your project
- Online research
- Family activities at home
- Exhibiting projects at the county fair, livestock shows, the state fair
- Incorporating your project with school work (art, woodworking, public speaking)
- Record keeping

What projects are for me?

Parents and the 4-H members should know and fully understand what is expected of the 4-H member before he or she enrolls in a project. Projects are selected in the early fall when online enrollment is completed or as soon as a new member joins. We encourage youth to explore new project areas and also enroll in projects that they are passionate about! Usually, younger members should limit their number of projects to a handful so they don't get overwhelmed. Older, more experienced members may be able to do several different projects within their 4-H year. Some factors to consider when selecting projects are: Is the project keeping with age and ability of the 4-H member? Will the project challenge the member educationally? How much time does the member have and how much time does the project require? Is the project acceptable to the parents and does it fit into the family situation? How much will the project cost? Is there adequate space and equipment available for the projects selected? Does the project have a local or county wide leader available for instruction?

Project Selection Guide

The Project Selection Guide is a publication that gives gives an overview of all the projects available through 4-H. It is available online at www.kansas4h.org > 4-H Projects > Project Selection Guide



Let's talk about Ribbons and Placings

Purple Ribbon: Excellent quality. Usually reserved for top two or three of the group, but not limited in number given.

Blue Ribbon: Superior quality. The standards have been met. Denotes adequate work.

Red Ribbon: Average to above average quality. Shows signs of quality, but does not completely meet the standards. Some areas need further improvement.

White Ribbon: Below average quality. Does not meet standards. Denotes improvement needed.

Participation Ribbons: Are given when members exhibit for personal satisfaction, not to see how their exhibit compares to a standard.

Champion & Reserve Champion Ribbons: Are given in some departments in lieu of purple ribbons to top two in a division. Premiums, if any, are the same as for blue.

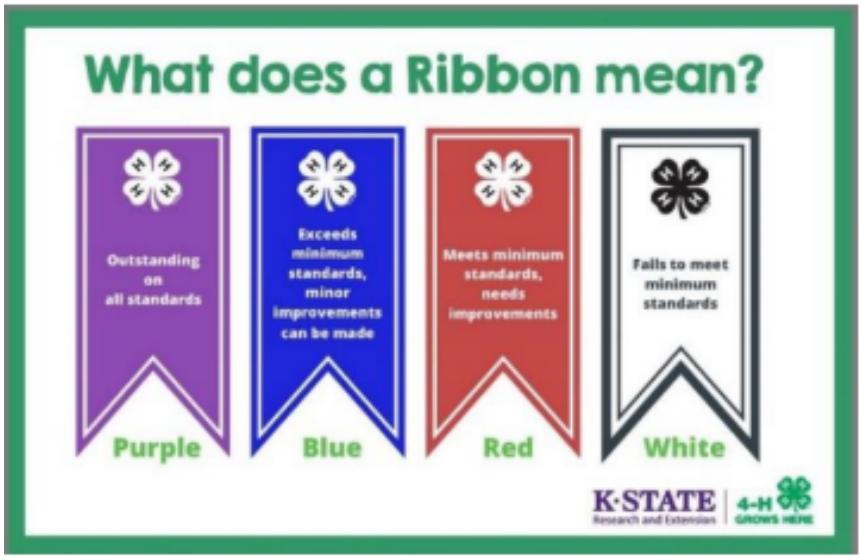
Rabbits use white ribbons for disqualification. White ribbons in rabbit judging means that the rabbit does not meet ARBA standards.

Dogs are judged according to a point system closely following Kennel Club Standards.

Top Purple: A Top Purple is a recognition given to a top performer at District 4-H Club Day. Top Purple participants are recognized by being allowed to take part in the Regional 4-H Day and the Kansas State Fair.

**A ribbon placing is one person's evaluation of a project on a given day. The life skills, such as leadership, ownership and independence that are youth gained through the experience are more important than the color of ribbon.







PROJECT RECORDS, RECORD BOOKS, AND FAIR... OH MY!

Your first year of 4-H is sure to be overwhelming, but we want to make it as accessible as possible. Project Records, Record Books, and the Fair all seem to be the most stressful parts of 4-H, but not to worry, they aren't as scary as they seem to be!



Project Records

These documents are a great way to learn about record keeping in your 4-H Project. With categories such as goals to meet in your project, presentations you made in your project, learning experiences you attended, where you showcased your exhibit, any citizenship you might have participated in, your project finances, and a reflection on your year in the project'; youth will learn to keep good records and the importance of reflection!

We encourage you to look at these throughout the year and fill them out as you go as that takes a lot of the stress off of them. Additionally, new members (or younger members for that matter) are encouraged to complete only 1 or 2 books for their projects to make sure that they aren't getting overwhelmed.

There are two ways to complete Project Records: ZSuites (online application) or Form-fillable PDF Version. Either is fine, but both will need to be printed and turned into your local Extension office for judging at the end of the 4-H Year!

Project Records are encouraged and must be completed in order to earn an Achievement Pin, but these are not required to be in 4-H.

The Guide to Kansas Project Recognition will be very helpful!

Record Books

Record books (or Permanent Records) are a running list over the course of your years spent in 4-H that include all the accomplishments that you achieved both in 4-H and in other entities such as school, other organizations, clubs, or church. It is a great way to show off the leadership, citizenship, and your involvement in different parts of your community! These really come in handy when you start applying for college scholarships and also encourage good organization and record keeping!

County Fair

The fair is our biggest showcase opportunity for youth to show their community members the final product of all the hard work they have put into their projects over the year. This week long event takes a lot of planning from all of our offices. If you plan to exhibit at the fair, there will be several steps that you need to make sure you follow.

- You will need to enroll in any project area you want to exhibit at the fair by May 1
- If you are showing any livestock, make sure to take a YQCA class, take your animal(s) to weigh in, and follow the Premium Auction Checklist
- Make sure to enter all of your projects in the FairEntry system by the Pre-Entry deadline

This might already seem overwhelming, but not to worry, your Program Manager and your 4-H agents are excellent at communicating things that you need to prepare for the fair!

ACHIEVEMENT PINS/AWARDS

Kansas 4-H Member Achievement pins are designed to recognize 4-H members as they reach milestones throughout their 4-H journey. The pins are awarded in a series. As a member's 4-H journey progresses, the achievement pin requirements expand to challenge individuals to explore and engage in more opportunities to develop life skills. 4-H members may start with any pin but may not move backwards. Pins are intended to be completed in sequential order. Members can only earn one pin per year. Please start looking at your pin application requirements at the beginning of the year so you can make sure you are fulfilling requirements throughout the year.

1

4-H Membership Pin

In order to receive this pin, you must

- Attend a majority (one more than half) of the regularly scheduled meetings of your 4-H club or group
- Turn in your Permanent Record and your Personal Page.

For new members, the majority of meetings will be calculated based on the number of meetings remaining following the time of enrollment.

2

Bronze Pin

In order to receive this pin, you must

- Attend a majority (more than half) of the regularly scheduled meetings of your 4-H club or group.
- At a minimum, complete your 4-H Permanent Record, Personal Page, and at least 1 Project Report Form.
- Exhibit one or more of your projects at a 4-H club tour, 4-H club exhibit day, the county fair, or an event similar to a county fair but with another title.
- Attend one 4-H club or county/district event that is not already listed above.

3

Clover pin

- Attend a majority (more than half) of the regularly scheduled meetings of your 4-H club or group.
- At a minimum, complete your 4-H Permanent Record, Personal Page, and at least 1 Project Report Form.
- Exhibit one or more of your projects at a 4-H club tour, 4-H club exhibit day, the county fair, or an event similar to a county fair but with another title.
- Attend one 4-H club or county/district event that is not already listed above.
- Complete 3 of the optional requirements.

4

Emerald Pin

- Attend a majority (more than half) of the regularly scheduled meetings of your 4-H club or group.
- At a minimum, complete your 4-H Permanent Record, Personal Page, and at least 1 Project Report Form.
- Exhibit one or more of your projects at a 4-H club tour, 4-H club exhibit day, the county fair, or an event similar to a county fair but with another title.
- Attend one 4-H club or county/district event that is not already listed above.
- Complete 5 of the optional requirements.

5

Silver Pin

- Attend a majority (more than half) of the regularly scheduled meetings of your 4-H club or group.
- At a minimum, complete your 4-H Permanent Record, Personal Page, and at least 1 Project Report Form.
- Exhibit one or more of your projects at a 4-H club tour, 4-H club exhibit day, the county fair, or an event similar to a county fair but with another title.
- Attend one 4-H club or county/district event that is not already listed above.
- Complete 7 of the optional requirements.

6

Silver Guard Pin

- Attend a majority (more than half) of the regularly scheduled meetings of your 4-H club or group.
- At a minimum, complete your 4-H Permanent Record, Personal Page, and at least 1 Project Report Form.
- Exhibit one or more of your projects at a 4-H club tour, 4-H club exhibit day, the county fair, or an event similar to a county fair but with another title.
- Attend one 4-H club or county/district event that is not already listed above.
- Complete 9 of the optional requirements.

7

Leadership Pin

- Attend a majority (more than half) of the regularly scheduled meetings of your 4-H club.
- At a minimum, complete your 4-H Permanent Record, Personal Page, and at least 1 Project Report Form.
- Exhibit one or more of your projects at a 4-H club tour, 4-H club exhibit day, the county fair, or an event similar to a county fair but with another title.
- Enroll and participate in the Leadership project for the current year.
- Take part in a 4-H community service project.
- Attend one 4-H club or county/district event that is not already listed above.
- Complete 11 of the optional requirements

8

Gold Pin

- Attend a majority (more than half) of the regularly scheduled meetings of your 4-H club.
- At a minimum, complete your 4-H Permanent Record, Personal Page, and at least 1 Project Report Form.
- Exhibit one or more of your projects at a 4-H club tour, 4-H club exhibit day, the county fair, or an event similar to a county fair but with another title.
- Enroll and participate in the Leadership project for the current year.
- Take part in a 4-H community service project.
- Attend one 4-H club or county/district event that is not already listed above.
- Complete 15 of the optional requirements

9

Gold Guard Pin

- Attend a majority (more than half) of the regularly scheduled meetings of your 4-H club.
- At a minimum, complete your 4-H Permanent Record, Personal Page, and at least 1 Project Report Form.
- Exhibit one or more of your projects at a 4-H club tour, 4-H club exhibit day, the county fair, or an event similar to a county fair but with another title.
- Enroll and participate in the Leadership project for the current year.
- Take part in a 4-H community service project.
- Attend one 4-H club or county/district event that is not already listed above.
- Complete 15 of the optional requirements
- Be 15 years or older on January 1 of the current year.
- Complete 17 of the optional requirements

10

Key Award

This is the highest award given in a 4-H members career. Only 1% of 4-H members receive this award. Members must be 16 years of age to apply. Special attention is given to leadership and achievement in all project areas. A special application form is required.

Beyond Ready

Activities, Trips, and Events

THERE ARE A NUMBER OF TRIPS AND EVENTS THAT TAKE PLACE FOR 4-H MEMBERS. THE TRIPS WITH AN * BESIDE THEM WILL HAVE A REGISTRATION FEE. KEEP AN EYE OUT FOR EMAILS FROM THE STATE 4-H OFFICE AND FROM YOUR RIVER VALLEY 4-H STAFF FOR MORE INFORMATION ABOUT MORE EVENTS THAT GO ON THROUGHOUT THE 4-H YEAR.

NATIONAL 4-H WEEK - OCTOBER

A week is set aside each year to recognize and promote 4-H across the country. Each year a theme highlights the week and it can be used for window displays and booths within the community

4-H SUNDAY - OCTOBER

The first Sunday of National 4-H is set aside each year to highlight the "Heart" H. Each club decides how to observe 4-H Sunday, but some common activities include:

- Attending church together
- Participating in a church service
- Having a 4-H family picnic

48 HOURS OF 4-H - OCTOBER

Join us this fall in seeing just how much we can give back to our communities! The weekend after National 4-H Week, is the perfect opportunity to setup a service project. Invite your friends, clubs, adult volunteers and 4-H Alums too! Let's see how much good we can do the last 48 hours of National 4-H Week!

ACHIEVEMENT NIGHT- NOVEMBER

A time of celebration for 4-H members, leaders, parents and clubs. Awards are given out for the work of those listed above and Project Records and Record Books winners are awarded as well.

*NATIONAL 4-H CONGRESS - NOVEMBER

Each year National 4-H Congress is attended by nearly 1500 4-H members from all states and territories. Delegates that are state award winners with their Project Records in a project area are able to attend National 4-H Congress in Atlanta, GA the following year with 4-H members from across the nation. A 4-H member can only attend National 4-H Congress one time throughout their 4-H Career.

*KANSAS YOUTH LEADERSHIP FORUM- NOVEMBER

Youth spend the weekend at Rocks Springs Ranch with the intentions of

- Broadening their understanding of the meaning of leadership and the qualities of a leader.
- Practicing leadership skills they can use in other situations, like local clubs, school and their community.
- Improving their interpersonal communication skills.
- Gaining confidence.

*CITIZENSHIP IN ACTION - FEBRUARY

Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! This two day event is sponsored by the State 4-H Youth Leadership Council. The purpose of the event 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 local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

DISTRICT 4-H CLUB DAY - FEBRUARY

At District Club Day, 4-H members present project talks, illustrated talks, demonstrations, skits, talent, dance, model meetings, and much, much more before a judge. Top entries go on to compete at the Regional 4-H Days in Clay Center.

REGIONAL CLUB DAY- MARCH

If you received a Top entry at District Club Day, in a qualifying category, you earn the privilege to perform your project talks, illustrated talks, demonstrations, skits, talent, dance, model meetings, etc. at Regional Club Day. This is your opportunity to showcase your presentation again, but this time, with the best of the best from the surrounding counties and districts as well!

*PROJECT FEST- MARCH

During the week of Spring Break, youth can attend project learning opportunities for some of our lesser-known or lesser-populated projects. Youth do not have to be enrolled in the project in order to attend, The purpose is for youth to be exposed to new projects and to have a completed project in hand by the end of the experience that they can either turn into the fair or they can replicate to turn into the fair.

*NCK LEAD- MARCH

Intended for youth in Middle School and High School, this Regional Event gives youth from the River Valley District and surrounding counties the opportunity to visit a local college and explore career paths and areas of study that they might not have considered before. We also ensure to add in life skills activities where youth to learn things such as team building, basic financials, and social skills.

*NATIONAL 4-H CONFERENCE- APRIL

4-H member must apply to be a National 4-H Conference Delegate, after which they undergo an interview process which takes place at KYLF in November. Two to six youth delegates are selected through the interview process to represent Kansas 4-H at the National 4-H Conference in Washington, D.C. in April each year. The six-day youth summit is held each spring at the National 4-H Center in Chevy Chase, Maryland. The Conference allows 4-H members from every state in the U.S., as well as Canada and several other countries to meet and exchange program ideas and develop recommendations to help improve state and national 4-H and youth programs. *NATIONAL 4-H CONGRESS - NOVEMBER Each year National 4-H Congress is attended by nearly 1500 4-H members from all states and territories. Delegates that are state award winners with their Project Record in a project area are able to attend National 4-H Congress in Atlanta, GA. the following year with 4-H members from across the nation. A 4-H member can only attend National 4-H Congress one time throughout their 4-H Career. *

*4-H CAMP AT ROCK SPRINGS - MAY/JUNE/JULY

This is everything summer camp should be and more!! 4-H members across the county ages 7 - 18 can participate in in camp at Rock Springs. Changes were made in 2021 to reflect the new camp dates and age groups. Rock Springs offers overnight camps, 4 night & 3 day camp, and 7 night & 6 day camps. You get to choose which camp and timeframe works best for your family. For more information, please visit rockspringsranch.org for more information.

*CITIZENSHIP WASHINGTON FOCUS - JUNE

A trip to Washington D.C. in June! 4-Hers stay at the National 4-H Center and learn about citizenship through tours of Capitol Hill and many of the historic places. Anyone can apply for this trip. It is a wonderful introduction to our nation's capitol. Most kids reflect back on this trip as being one of their best 4-H experiences and make lots of friends along the way!

*DISCOVERY DAYS - JUNE

This event is held at Kansas State University the first week of June. The focus of this event is to help 4-Hers "discover" more about a project area, to strengthen what they are learning in the club, and to share with others. 4-H members sign up for mini-classes that are held throughout the K-State Campus, they are housed in the dorms and will eat meals in the campus dining halls. Several events also take place at the KState Union. It's a "mini" college experience! 4-H members must be at least 13 years old to attend.

COUNTY FAIR- JULY/AUGUST

The County Fair is the perfect opportunity for youth to show off the projects that they have been working so hard on for the 4-H Year. This is the largest display of 4-H work to our communities and a great opportunity for youth to learn from judges that experts in their project areas.

*JUNIOR LEADER TRIP- AUGUST

8th Grade to Senior aged youth can participate in this trip to a destination decided by a group of youth who have attended the trip before. Youth have the opportunity to fundraise for the trip; anything not fundraised will be paid for by the family. The trip will consist of both educational and fun activities.

*KANSAS STATE FAIR - SEPTEMBER

4-Hers who receive a purple ribbon at the County Fair may exhibit in the 4-H division at the State Fair in Hutchinson (some areas do have a more strict quota and will select certain items). The minimum age for exhibitors is 9 by January 1 in most areas. In addition, 4-Hers can represent River Valley District in the style revue, demonstrations, and judging teams. Livestock requires a much more tedious nomination system. For information about that, please reach out to your local extension office. State Fair rules are reviewed yearly. (Some project areas do require a registration fee.)