

ISSUE 17 • COVERING FEBRUARY 2025

4-H UPDATES



Official Newsletter of Sumner County 4-H



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Spring Chaos & How to Manage It

With Spring in full swing, 4-H clubs are buzzing with activity as members work on livestock care, leadership, and public speaking projects. This is the time that prioritization and organization are key. Make sure you have 4-H events on your calendars so you can properly prepare and not struggle at the last minute. Also, visit the Extension Office YouTube Channel and website for resources that can help as you juggle project work. Nothing is worse than scrambling last minute to get things done on time. So don't procrastinate and take advantage of the resources available to you!

Program News & Updates



WALK KANSAS

March 30 - May 24, 2025

Walk with us toward a healthier tomorrow.

Registration opens March 3!

K-STATE
Research and Extension

Walk Kansas

walkkansas.org

Babysitting Clinic

March 21, 2025
9 AM - 2 PM

Raymond Frye Complex
320 N Jefferson St
Wellington, KS 67158

Registration Fee: \$15.00
(cash or check only)

Limit: 20 Participants

Register Online By March 14th

<https://tinyurl.com/mfj8t9e>



*Please call the office if registration is full to be placed on a waitlist

Babysitting Clinic Schedule:

8:45 AM Check-In
9:00 AM The Business of Babysitting
9:40 AM Infants 101
10:30 AM Health and Wellness

11:30 AM Lunch and Movement

12:20 PM First Aid and CPR
1:00 PM Development and Activities
2:00 PM Dismiss

Calling All Youth 10 and Older:

Are you at least 10 years old and interested in becoming a babysitter? Join K-State Research and Extension along with community partners to learn about the responsibilities of babysitting.

Youth will gain knowledge in preparing for the role of a babysitter, food safety, nutrition and wellness, basic first aid/cpr, child development, safe practices for infants, and activities for young children.

Participants will leave with confidence and skills acquired to care for young children! Resources and handouts will be provided to each participant.

Contact Information:

Sumner County Extension
Phone: 620-326-7477
Email: [sucocext@gmail.com](mailto:sucoext@gmail.com)

K-STATE Marion County
Research and Extension

K-STATE Harvey County
Research and Extension

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Sumner County

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Tracie Cope, 620-362-5325, tracie.cope@ksu.edu

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

Babysitting Clinic

March 21st the Sumner County Extension Office will be hosting our annual Babysitting Clinic. This program is open to all Sumner County youth 10 years old and older. The Clinic will run from 9:00am to 2:00pm and cover topics such as infant care, first aid, health and wellness, and more. By the end of the program, youth will receive not only useful, practical knowledge but also a certificate that can be presented to potential employers. To register, scan the QR code and fill out the registration form by March 14th at 5:00pm.

Walk Kansas

Walk Kansas is a wonderful program that encourages healthy habits like walking. The program will run from March 30th until May 24th. You can participate solo or assemble a team of 6 people to walk every day with you. There is no stipulation on age, ability, or time you can walk. Sumner County also hosts a competition every year for all participating teams, with small prizes for the winning team! So get excited and join us as we celebrate 25 year of Walk Kansas!

State Events



K-State Junior MEAT GOAT PRODUCER DAY

3.22.25

Event

Join us on Saturday, March 22, 2025 for the biennial K-State Junior Meat Goat Producer Day at the Stanley Stout Center north of the K-State campus in Manhattan. This educational program will be a fun-filled day in which youth, parents, agents, ag teachers, project leaders, and volunteers can increase their knowledge of youth meat goat projects. Presentations will be provided by K-State faculty members, graduate students, former exhibitors, and guest speakers. All ages and skill levels are invited! Participants will receive a K-State Meat Goat Show Guide, t-shirt, and complimentary lunch. Only those who register by the deadline on February 26 will receive a t-shirt. The registration fee is \$20/person before February 26 and \$25/person after the deadline. This is a family event! Anyone attending must register, including all youth, parents, and adults. **Registration is limited to 400 participants.** Filled on a first come, first serve basis.

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

Tentative Program

Friday, March 21
5:00-7:00PM Optional Tour
Sheep & Meat Goat Center

Saturday, March 22
8:00AM Check-in
9:00AM Welcome
9:15AM Selection
10:00AM Breakout Sessions
-Nutrition
-Facilities & Equipment
-Doe Management & Kidding
-Health & Wellness
11:15AM Lunch
12:00PM Breakout Sessions
-Reproduction
-Clipping & Grooming
3:15PM Wrap-up
3:30PM YQCA Training (optional)
4:00-6:00PM Optional Tour
Sheep & Meat Goat Center

Registration

- \$20/person by February 26
- \$25/person after February 26
- Late registrants will not receive a t-shirt.
- All attendees must register, including youth, parents, & adults.
- No refunds
- Attendance is limited to the first 400 participants to register.

Register Online

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

Questions?
Lexie Hayes
adhayes@ksu.edu
785.532.1264

K-State Research and Extension and the Department of Animal Sciences & Industry, or their assignees, reserve the right to photograph, record the image and/or voice of participants for future research, educational, or promotional purposes. By attending, you provide consent to the above items and waive all rights to claims for payment or royalties in connection with any use of said images or recordings, unless you notify event organizers you withhold consent, in writing, prior to the event.

Junior Producer Days

The K-State Junior Producer Days Series is a set of workshops for Kansas youth focused on the four main livestock species. Two workshops are hosted every year for two different species. This year a Swine and a Goat Producer Day will be held in Manhattan. Swine Producer Day is on Saturday March 1st and Goat Producer Day is on March 22nd. Flyers for both events are attached on this page and have also been emailed out. You can also find the flyers on “Kansas State Youth Livestock Program” Facebook page. If you currently participate or would like to participate in either species, I would highly encourage you to attend. Each Producer Day has both large informational sessions and small hands on sessions.

No matter if you are a beginner or have done livestock for several years, this is a great state level learning opportunity for 4-Her's. Also if you plan to show at either the State Fair or KJLS you are an in-person certification class will be offered at both events.

Personally I have both attended and helped to host these events. They are phenomenal learning opportunities and become a highlight for many 4-Her's. So if you are on the fence about attending or have questions about the Producer Days, please don't hesitate to reach out to the Extension Office. If several families are attending there may even be the potential of carpooling if the need arises.

K-State Junior Swine Producer Day

Join us on Saturday, March 1, 2025 for the biennial K-State Junior Swine Producer Day at the Stanley Stout Center in Manhattan. This educational event will be a fun-filled day in which youth, parents, agents, ag teachers, and swine project leaders can increase their knowledge of youth swine projects. Presentations will be provided by K-State faculty members, graduate students, former exhibitors, and guest speakers. All ages and skill levels are invited! Participants will receive a K-State Show Pig Guide, t-shirt, and complimentary lunch. Only those who register by February 5 will receive a t-shirt. The registration fee is \$20/person for those who sign up by the registration deadline, or \$25/person after that date. **Registration is limited to 400 attendees.** Filled on a first come, first served basis. This is a family event! Anyone attending must register, including all youth and adults.

Tentative Schedule

8:00AM Registration Opens
9:00AM Welcome
9:15AM Project Selection
10:00AM Breakout Sessions
-Nutrition, Meats, Facilities & Equipment, Breeds & Ear Notching
12:00PM Lunch
12:45PM Health
1:30PM Breakout Sessions
-Showmanship, Daily Care & Clipping
3:00PM Show Day Prep, Resources
3:30PM Wrap-up
YQCA Training (optional)

Registration

- \$20/person by February 5
- \$25/person after February 5
- Late registrants will not receive a t-shirt.
- All attendees must register, including youth, parents, and adults.
- No refunds.
- Attendance is limited to the first 400 participants to register.

Register Online

<https://commerce.cashnet.com/KSUASIND>
By **February 5**
"Limited Attendance"

Questions?
Joel DeRouchey
jderouch@ksu.edu
785.532.2280
Lexie Hayes
adhayes@ksu.edu
785.532.1264

Location
Stanley Stout Center

K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.

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State Events



INSECT ART CONTEST 2025

By the Light of the Moon: Insects at Night



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

AGE GROUPS

- Kindergarten - 2nd Grade
- 3rd Grade - 5th Grade
- 6th Grade - 8th Grade
- High School
- Adults

CATEGORIES

- Traditional (illustration (drawing or painting))
- Digital Artwork
- 3-D Creation (painting on canvases, collage, sculpture, or other media)

AWARDS

Certificates and prizes will be awarded for each art category in each age group for 1st through 3rd place.

HOW TO ENTER

Submit your entry by April 15, 2025. See full rules and details by visiting <https://www.ksre.k-state.edu/pesticides-ipm> or by scanning the QR code.

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Integrated Pest Management
and Pesticide Safety Education

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2025 T-Shirt Design Contest

Calling all creative 4-Hers! Try your hand at creating a design to go on the 2025 Insect Spectacular T-shirts.

Theme: Scarab Beetles

Contest Dates: Contest will run from February 01 to March 03, 2025. Design must be submitted to Vicky Wallace by midnight March 03, 2025.
Mailing Address: 2447 40th Road, Humboldt, Kansas 66748 OR
Email: vicky.wallace55@gmail.com

Design Size: Design must fit on an 8 1/2" X 11" sheet of paper.

Colors: Maximum three colors plus one color for T-Shirt

Wording: Must include "Insect Spectacular 2025". You can include something that goes with the theme if you like.

Description: You are creating the design for the graphic that will be on the T-shirts for participants at the 2025 Insect Spectacular. This is the State 4-H Entomology Workshop held each summer. You can use graphics of true scarab beetles or create your own artful images. No copyrighted clip art, photos or graphics may be used.

Prize: Winner will receive a \$20 gift card to Sonic.

Leadership: This would be a great addition to your 4-H Record Book, especially for the Visual Arts, Entomology, and Leadership projects.

Information that must be on the back of your entry:
4-Hers Name, 4-H Age, County/District, Mailing address, Phone number, first and second choice of T-shirt color, Email (if you have one)

Questions: Contact Vicky Wallace at vicky.wallace55@gmail.com OR
Phone: (620)804-9170

Winning design will be selected by the State 4-H Entomology committee. Anyone submitting a design for competition may not vote on the design selection.

Entomology Contests



There are currently 2 entomology contests being run for Kansas 4-H. The first is a t-shirt design contest for the 2025 Insect Spectacular. The contest will run from February 1st through March 3rd. The winner will receive a \$20 Sonic gift card and have their design used for the Insect Spectacular shirt. More information is on the flyer or you can reach out to the Extension Office.

The second contest is an Insect Art Contest sponsored by IPM and KSRE. All ages are welcome to compete by creating 2D, 3D, or digital artwork. Contest rules and entry forms can be found at <https://www.ksre.k-state.edu/pesticides-ipm> or you can contact the Extension Office for more details.

Agent Notes

Spring Into Success: Tips from The Agent

Spring is a busy and exciting time for 4-H members as project deadlines, competitions, and fairs approach. Whether you're working with livestock, perfecting a STEM project, or preparing for a public speaking contest, now is the time to stay focused and organized. Keep track of important dates, set small goals for your projects, and don't hesitate to ask for help from your leaders, mentors, or fellow 4-H members. Time management and preparation will make a big difference in your success this season.

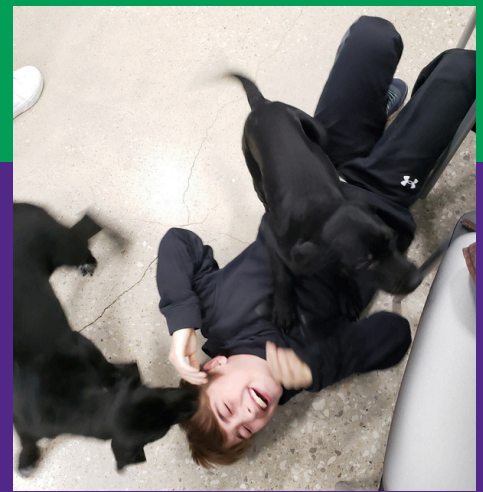
For those involved in public speaking, practice is key. Take time to rehearse in front of family or friends, and remember that confidence comes with experience. If you're showing livestock, ensure your animals are well-groomed, healthy, and trained for the show ring. No matter your project, maintaining a positive attitude and a willingness to learn will help you grow both personally and professionally.

Another important aspect of 4-H is community involvement. Spring is a great time to give back by volunteering at local events, helping younger members with their projects, or participating in service activities. Being active in your community not only strengthens leadership skills but also shows the true spirit of 4-H—learning, serving, and making a difference. Look for ways to get involved and inspire others along the way.

Most importantly, enjoy the journey! 4-H is about more than just ribbons and awards—it's about gaining skills, building friendships, and making a difference in your community. Take pride in your hard work, support your fellow 4-Hers, and make the most of every opportunity. If you need guidance or resources, your extension agents and leaders are always here to help.

Side Notes

I know I sound like a broken record, but procrastination is a big deal. It's way too easy to do (I know from personal experience, don't go look in my shop) and we all do it. One of the best ways I've found to help is by using a calendar. That way I at least know when my hard deadline to have something done is. I'm also a visual person, so seeing the deadline helps. But regardless if you are a visual person like me, it's important to find out what helps you to not procrastinate. A lot of people put off projects because they lack confidence in it. That is why the Office has started to make videos to help you prepare. Whether we have videos or not, don't be afraid to ask for help. Just don't let procrastination beat you.



Is Winter Finally Over??

LET'S HOPE THAT
GROUNDHOG PHIL IS
WRONG



Club News



Reporter's
Corner

Club News from
Sumner County



Cardinals

The Cardinals 4-H Club toured the Wellington Humane Society on Saturday February 15th as well as brought donations gathered by club members. Additionally, the club gave the Humane Society a monetary donation. Following their tour, the club ate lunch at Big Cheese Pizza in Wellington as well as held their monthly club meeting.



Buccaneers

The Belle Plaine Buccaneers are getting ready for their annual Community Easter Egg Hunt. The event will be held on April 5th in Belle Plaine and is a fun event that engages the community.

Happy Hustlers

The Happy Hustlers had their February meeting on Sunday February 16th in South Haven. At the meeting, several members presented project talks and the club also started planning a club bowling event. All members were excited and looking forward to Club Days.



Redwing

Trailblazers

4-H Council Meeting

MAY 27TH
@ 7:00 PM



Meeting Tips

MEETING PREP

WE ALL WANT QUICK AND EFFICIENT 4-H MEETINGS. THIS IS WHY PREPARATION BEFORE THE MEETING IS IMPORTANT.

THE FIRST AND POTENTIALLY MOST IMPORTANT ELEMENT IS COMMUNICATION WITH THE OFFICER TEAM. WE NEED TO WORK WITH THEM TO HAVE AN AGENDA MADE, GIVE THEM A CHANCE TO REVIEW IT BEFORE THE MEETING, WRITE REIMBURSEMENT CHECKS, OR HAVE ANY COMMUNICATIONS READY.

THE SECOND ELEMENT IS HAVING REPORTS READY TO GIVE. WHETHER IT IS A CLUB LEADER, TREASURER, COMMITTEE, OR COUNCIL REPORT.

WE WANT ALL MEMBERS WITH REPORTS READY TO GO BEFORE THE MEETING STARTS.

LASTLY MAKE SURE YOUR CLUB IS AWARE OF PROPER PARLIAMENTARY PROCEDURE. THIS WAY YOU WILL NOT HAVE TO TAKE TOO MUCH TIME CORRECTING MOTIONS AND OTHER PARLIAMENTARY PROCEEDINGS.

Looking Ahead

March

- 1st; Junior Swine Producer Day @ Manhattan
- 4th; Walk Ks Registration opens
- 5th; Shooting Sports Meeting @ 6:00pm @ RFC
- 19th; Shooting Sports Meeting @ 6:00pm @ RFC
- 21st; Babysitting Clinic @ RFC
- 22nd; Junior Goat Producer Day @ Manhattan
- 29th; Regional Club Days @ Medicine Lodge
- 30th; Walk Ks Starts

April

- 1st; Senior Scholarships Due
- 20th; Beef DNA Envelope Orders Due





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Accommodations:

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact K-State Research & Extension - Sumner County two weeks prior to the start of the event at 620-326-7477 or sucoext@gmail.com. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Sumner County Office

320 N. Jefferson Ave
Wellington, KS 67152

620-623-7477