Happy 4-H New Year! This time of year, is filled with reflecting and planning for the next year. I know in the office, we are working on planning activities for all sorts of project areas. However, when you plan for the new year and the projects you want to dive deeper in it is always a good idea to start with goals. This will help to guide what you are wanting to learn for the year and help to think about how you will accomplish these goals. To accomplish them, will it be attending local, regional, or state events, will it be teaching others, or will it be learning about a specific skill to better a technique? The possibilities are endless on how you can accomplish your goals. Another great way to keep you track is to start looking at project record books to see where you might need to be focusing your time and energy. You can find those under “Awards, Recognition and Scholarships” on our local Harvey County 4-H webpage.

This is also the perfect time of year to start recruiting and promoting 4-H within your local communities. It is a group effort to help grow our program and each and every family has a unique opportunity to help us grow. If you ever need promotional materials, flyers, etc. please let us know. We have a lot of those items in our office or we are willing to get it for you!

We have some great committees going currently and new events/programs/equipment hopefully coming this year. I can think of a few that are definitely happening this coming year and we are excited to try them out!

This seems early, but this is the last newsletter before the holidays. We hope everyone has a great holiday season, eats lots of good food, and is able to see family!
4-H Achievement Dinner
December 3rd @ 6pm
Salem Methodist Church, 115 Old Main St, Newton.

It’s time to celebrate our 4-H year and reflect on how much progress our 4-H program and members had this year.

We are asking if you are coming, to RSVP by November 23rd.

To RSVP go to: https://docs.google.com/forms/d/e/1FAIpQLSc-

What a great 4-H year we had. We wanted to take the time to highlight a few individuals in our last newsletter of the 2022 year. Hayden was the 2nd place individual in the State Horticulture Judging contest which is AMAZING, we put together a team plus more to attend Livestock Sweepstakes in Manhattan this year, and we had the pleasure to watch a 4-H Alumni thrive within our program as our Summer Intern helping us reach 491 youth within our community. This year was a great one and it was hard to just pick a few to highlight but we hope y’all keep making it hard decision for us to pick!
Setting 4-H Project Goals

Name: ___________________________ Club: ___________________________ Year: ____________

Now that you have selected your 4-H projects for the year, it is important to plan out what you would like to learn and accomplish. What new skills would you like to gain? Who is going to help you along the way? Setting measurable goals will help guide you through positive 4-H project learning experiences.

WHAT IS A GOAL?

A GOAL is . . . Deciding what you want to do and learn in a 4-H project. A road map. It helps you get where you want to go.

Your goals should have three parts that will allow you to measure and check your progress. The three parts of a good goal, include:

1. ACTION — How are you going to do something.
2. RESULT — What are you going to do. Be specific!
3. TIMETABLE — When are you going to do it.

This worksheet is designed to help you set your 4-H project goals. Below are some examples of well-written goals:

<table>
<thead>
<tr>
<th>Action</th>
<th>Result</th>
<th>Timetable</th>
<th>Who Will Help Me</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to learn</td>
<td>about my bucket calf's nutritional needs</td>
<td>before county weigh-in</td>
<td>Dad</td>
</tr>
<tr>
<td>I want to make</td>
<td>three nutritious snacks for the nursing home residents</td>
<td>by our June club meeting</td>
<td>my project leader</td>
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<tr>
<td>I want to learn</td>
<td>about the aerodynamics of my rocket</td>
<td>before the spring launch</td>
<td>Mom</td>
</tr>
<tr>
<td>I want to lead</td>
<td>a horse project meeting</td>
<td>by February</td>
<td>my extension agent</td>
</tr>
<tr>
<td>I want to keep</td>
<td>accurate records of my photography project experiences and expenses</td>
<td>monthly</td>
<td>my project leader &amp; parents</td>
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</table>

CONTROL TEST: Do your goals pass the control test? Do you have control over all parts of what happens? If you can answer “yes,” then you are ready to begin record keeping. For example, “I want to win grand champion with my cookies at the county fair;” does not pass the control test. A 4-H member doesn’t have control over ribbon placing.

Now it is your turn. Practice writing three goals that you would like to accomplish this 4-H year. If you need help, ask an adult to assist.

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Time to begin. In the spaces provided on the next page, set your goals for each project you are enrolled in this year. Attach additional pages as necessary.

Please keep in mind that younger 4-H members will have fewer, less complex goals than older, more advanced 4-H members. A good rule of thumb is three to five goals per project for ages 7 to 10, four to eight goals per project for ages 11 to 13, and seven to 12 goals per project for ages 14 to 18.
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<tr>
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<td>Goal #5</td>
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Happy 4-H New Year!
The 4-H Year begins every October. It is time to re-enroll and is also time to select 4-H projects to participate in.

As a reminder, in order to exhibit an item at the County Fair, 4-H’ers are required to be enrolled in the corresponding project in 4-H Online by May 15th.

Why not try something new? Choose from over 30 4-H Projects to enroll in.

Local support for projects may vary. Learn more about local projects at http://www.harvey.k-state.edu/4-H/events/county-wide-projects.html

VOLUNTEER SERVICE
RENEWAL FORMS
http://www.harvey.k-state.edu/4-h/volunteers.html.

Previously screened 4-H Volunteers are required to renew 4-H Online account each year. If you have any questions, please e-mail madisonvenning@ksu.edu

STARTING OCTOBER 1ST
IT'S TIME TO ENROLL
RE-ENROLL ONLINE AT: HTTPS://KS.4HONLINE.COM
Kansas Youth Leadership Forum (KYLF)
The Forums will be held November 19-20, 2022 at Rock Springs. KYLF is for youth ages 14-18 before January 1, 2021 and KVF is for all Kansas 4-H Volunteers. KYLF will feature leadership workshops, Youth Council Elections, and opportunities to learn and have fun. For more information, visit the website below.
Registration here: https://www.kansas4-h.org/events-activities/conferences-events/kansas-youth-leadership-forum/index.html

Calling all Adventurers, Climbers, Flippers & Bug Catchers!

Kansas 4-H Camp at Rock Springs is expanding to involve more opportunities for youth. Starting in 2023, 4-H Camp will be open to all youth ages 8-18 with both three-night and six-night options. Youth can register for any session of interest; the historical camp groupings are discontinued. 4-H membership is not required to attend. Registration and payment will take place directly with Rock Springs Ranch at rocksprings-ranch4hcamp.org. It is recommended to register early, as camp sessions will fill on a first-come-first-serve basis.

There will continue to be opportunities to earn a financial scholarship through our 4-H Development Fund. You can find more information about the Development Fund scholarship by going to our website under Awards and Scholarships. Registration is not open just yet, but a mass email will be sent with details later.
Join us on March 18 for the biennial K-State Junior Meat Goat Producer Day in Weber Arena on the Kansas State University campus in Manhattan. This educational program will be a fun-filled day in which youth, parents, agents, and project leaders 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 of February 22 will receive a t-shirt. The registration fee is $20/person before February 22 and $25/person after the deadline. This is a family event! Anyone attending must register, including all youth and adults.

**Registration**

- $20/person by February 22
- $25/person after February 22

*Must register by February 22 to get a t-shirt.

**To register by mail, contact Lexie Hayes for a form.

***All attendees, including youth and adults, must register.

**Tentative Schedule**

- 8:00 Check-in Opens
- 9:00 Welcome
- 9:15 Project Selection
- 10:00 Morning Breakout Sessions
  - Meat Science
  - Nutrition
  - Facilities & Equipment
- Noon Lunch
- 12:45 Health & Wellness
- 1:30 Afternoon Breakout Sessions
  - Showmanship
  - Reproduction
  - Clipping & Grooming
- 3:00 Wrap-up
- 3:30 Optional Post-Event Sessions:
  - YQCA Certification & State Nominations

**Questions**

Lexie Hayes
adhayes@ksu.edu
785.532.1264

**Register Online**

https://commerce.cashnet.com/KSUASIND

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Join us on March 11, 2023 for the biennial K-State Junior Swine Producer Day in Weber Arena on the Kansas State University campus in Manhattan. This educational event will be a fun-filled day in which youth, parents, agents, 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 15 will receive a t-shirt. There will also be door prizes! The registration fee is $20/person for those who sign up by the February 15 deadline, or $25/person after that date. This is a family event! Anyone attending must register, including all youth and adults.

Register Online
https://commerces.cashnet.com
/ksuasind

Tentative Schedule:
8:00 Registration
9:00 Welcome
9:15 Project Selection
10:00 Breakout Sessions
   - Meat Science
   - Swine Breeds & Ear Notching
   - Equipment & Daily Care
   - Reproduction
Noon Lunch
12:45 Swine Health
1:30 Breakout Sessions
   - Nutrition
   - Clipping, Hair Care, Show Day Prep
   - Showmanship
3:00 Wrap-up
3:30 YQCA Certification & State Nominations (optional)

Registration
$20/person by February 15
$25/person after February 15
*Late registrants will not receive a t-shirt
**To register by mail, contact Lexie for a registration form.
***All attendees, including youth and adults, must register.

Questions
Joel Defouchey
jedefouchey@ksu.edu
785.532.2262
Lexie Hayes
ahayes@ksu.edu
785.532.1264

Sponsors
Kansas Pork Association
Valley Vet
K-State Animal Science Industry

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Upcoming 4-H Dates

November 19th-20th        KYLF, Rock Springs 4-H Center
December 1 at pm          Ambassador Meeting
December 3rd at 6:00pm    Achievement Banquet
December 15th at 6:00 pm  4-H Council Meeting Location TBA
March 25th                Spring Beef Show
August 4th—8th            Harvey County Fair

CONNECT WITH US

Harvey County 4-H  aelperseksu.edu  ehvco4h  harvey.ksu.edu

K-State Research and Extension, Harvey Co.
P.O. Box 583  Newton, KS. 67114-0583
316-284-6930

http://www.harvey.ksu.edu

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