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 your goals, 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 on 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!

If you missed 4-H Recognition Night, you missed out on some great freebies. If you are near the office stop by to grab some stickers, magnets, or our year in review postcard.

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 spend time with loved ones!
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

*Please register by Dec 31st*

HVCO NEW PROJECT ALERT!

LIVESTOCK JUDGING

If your child is interested in livestock judging make sure to select the livestock judging project in 4-H online when you enroll to keep up to date with practices/competitions!

4-H Recognition Night was held October 14th! We had a great turnout and loved being able to recognize all of our hardworking youth and volunteers!
Our Ambassador program is getting started for the new year. This is a group of 4-Hers, 13 years of age and older, who participate in leadership skill building, community service, fundraising, fellowship, and much more! Their main duties are helping at County Wide events, helping during Fair, adopting a family from the Angel Tree, Taste of Newton, and attending a majority of the meetings.

If you have a 4-Her interested in joining, reach out to Anne at aelpers@ksu.edu to get on her list. The next meeting will be December 7th but will not operate like normal, so please reach out to Anne if you are interested in joining.

Meeting schedule for 2023-2024:
December 7th 6:00pm – Service Project
January 18th 6:00pm @ 4-H Building – Leadership Skill Building
February 22nd 6:00pm @ 4-H Building – Leadership Skill Building
March 28th 6:00 pm @ 4-H Building – Leadership Skill Building
April 25th 6:00pm @ 4-H Building – Leadership Skill Building
May 23rd 6:00pm @ 4-H Building – Leadership Skill Building
June 27th 6:00pm @ 4-H Building – Leadership Skill Building
July – Day Camp
August – Fair
September 26th 6:00 pm @ 4-H Building – Reflections of the year
October – Taste of Newton
## 2023/2024 KANSAS 4-H PROJECTS

- Beef
- Dairy Cattle
- Dairy Goats
- Dog
- Horse
- Meat Goats
- Pets
- Poultry
- Rabbits
- Sheep
- Swine
- Veterinary Science
- Communications
- Performing Arts
- Photography
- Visual Arts

- Sewing & Textile Design
- Shopping in Style
- Family Studies
- Fiber Arts
- Foods & Nutrition
- Health & Wellness
- Interior Design & Architecture
- Environmental Science
- Geology
- Shooting Sports
- Wildlife
- Civic Engagement
- Leadership
- Reading Adventures
- Self-Determined

- Entomology
- Agronomy
- Forestry
- Horticulture & Landscape Design
- Ag Mechanics Welding
- Building Block Engineering
- Astronomy
- Computer Science
- Electric & Renewable Energy
- Robotics
- Aerospace/Rocketry
- Small Engines
- Uncrewed Aircraft Systems
- Woodworking

### PREVIOUS PROJECT LISTING

- Beef
- Dairy, Cattle
- Dairy, Goats
- Dog Care & Training
- Horse
- Meat Goats
- Pets (including Cats)
- Poultry
- Rabbits
- Sheep
- Swine
- Veterinary Science
- Communications
- Performing Arts
- Photography
- Visual Arts

- Clothing & Textiles - Construction
- Clothing & Textiles - Buymanship
- Family Studies
- Fiber Arts
- Foods & Nutrition
- Health & Wellness
- Home Environment
- Environment Science
- Geology
- Shooting Sports
- Wildlife
- Citizenship (Civic Engagement)
- Leadership
- Reading
- Self-Determined

- Entomology
- Plant Science
- Plant Science - Field Crops
- Plant Science - Forestry
- Plant Science - Horticulture
- STEM - Ag Mechanics
- STEM - Architectural Block Construction
- STEM - Astronomy
- STEM - Computer Science
- STEM - Energy Management
- STEM - Robotics
- STEM - Aerospace/Rocketry
- STEM - Small Engines
- STEM - UAS
- Woodworking

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K-Sate Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service.
K-State Research and Extension is an equal opportunity provider and employer.
Setting 4-H Project Goals

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 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>
</tr>
<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>
</tr>
</tbody>
</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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</table>

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.
<table>
<thead>
<tr>
<th>Goal #1</th>
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<tbody>
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<td></td>
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<tr>
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<td></td>
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<tr>
<td>Goal #4</td>
<td></td>
</tr>
<tr>
<td>Goal #5</td>
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</tbody>
</table>
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 rockspringsranch4hcamp.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.
2024 K-STATE Junior BEEF Producer Day

MARCH 2

Program
Join us March 2, 2024, for the K-State Junior Beef Producer Day in Weber Arena on the Kansas State University campus. This event will be a fun-filled, educational day of activities in which youth, parents, beef project leaders, and extension agents can expand their knowledge of youth beef projects. Presentations and demonstrations by K-State faculty, staff, K-State livestock judging team members, and guest speakers will cover topics such as selection, nutrition, meat science, reproduction, health, grooming, and showmanship. An optional YQCA certification session will be offered at the end of the day. A complimentary lunch and t-shirt (early registrations) will be provided. The registration fee is $20/person for those who sign up by February 12 and $25 for those who register after the deadline. Only those who register by February 12 will receive a t-shirt. This is a family event! Anyone attending must register, including youth and adults.

Tentative Schedule
8:00AM  Check-in & Registration
9:30AM   Welcome
9:45AM   Project Selection
10:30AM  Morning Breakout Sessions
         -Nutrition, Meat Science, Daily Hair Care, Clipping & Fitting
NOON    Lunch
1:00PM   Afternoon Breakout Sessions
         - Health, Reproduction, Showmanship
3:15PM   Wrap-up & Dismissal
3:30PM   YQCA Certification & State Livestock Nominations (optional)

Registration
Registration Deadline: February 12
Registration Fee: $20/person
Registration Link: http://bit.ly/ksusairegister
Late Registration: $25/person after February 12
*All attendees must register, including youth & adults.
**Late registrants will not receive a t-shirt.
***To register by mail, contact Lexie for a paper registration form.

Questions
LEXIE HAYES
785.352.1264  ADHAYES@KSU.EDU

Scan Me!

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.

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.
Join us for K-State Junior Sheep Producer Day on Saturday, March 16, 2024, in Weber Hall on the Kansas State University campus. Presentations and demonstrations will be provided by featured guests, as well as K-State faculty, staff, and students. This event will be a fun-filled, educational day of activities in which youth, parents, extension agents, and sheep project leaders can increase their knowledge of youth sheep project selection and management. Topics include project selection, nutrition and feeding, facilities, health, reproduction, meat science, wool, clipping and grooming, showmanship, and an optional YQCA certification at the end of the day. This event is designed for all ages and skill levels. Lunch is included. The registration fee is $20/person for those who sign up by February 26, or $25/person for those who register after that date. Only those who register by February 26 will receive a t-shirt. This is a family event! Anyone attending, including both youth and adults, must register.

Tentative Schedule

8:30AM Check-in & Registration
9:30AM Welcome
9:45AM Project Selection
10:30AM Morning Breakout Sessions
  - Nutrition, Facilities & Equipment, Starter Flock
NOON Lunch
12:45PM Health
1:30PM Afternoon Breakout Sessions
  - Wool, Showmanship, Clipping & Grooming
3:45PM Wrap-up & Dismissal
4:00PM YQCA Certification & State Livestock Nominations (optional)

Registration Deadline: February 26
Registration Fee: $20/person
Late Registration: $25/person

*All attendees must register, including youth & adults.
**Late registrants will not receive a t-shirt.
***To register by mail, contact Lexie for a form.

Questions
Lexie Hayes
785-532-1264
adhayes@ksu.edu

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Upcoming 4-H Dates

December 7 at 6pm                        Ambassador Meeting
December 14th at 6:00 pm                 4-H Council Meeting Location TBA
March 2nd                                Beef Weigh Day - More details to come.
March 23rd                               Spring Beef Show
May 3rd                                  Small Animal Tagging — More details to come.
May 4th                                  Sheep & Goat Spring Show—-More details to come.
August 1st—5th                           Harvey County Fair