

# Projects

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preserved, protected, used and reused.

### EXPLORING 4-H

This project is for first and second year members. It's a great way to explore 4-H projects without enrolling in all of them. Members will be exposed to numerous project areas with the guidance of older members and adult helpers.

### FAMILY STUDIES

4-H members will learn about their own growth and development as well as that of others in the Family Studies project. It will help youth learn about children of different ages and appropriate activities that help children grow and develop physically, socially, mentally and emotionally. Youth will learn about building family strengths to nurture children.

### FIBER ARTS

Have you ever wondered how your grandmother crocheted that scarf for you or embroidered the pillowcases? Have you looked at the quilt on your mother's bed and wondered how it was made? The Fiber Arts is defined as the practical skills passed down from preceding generations that were developed to provide basic family needs, such as apparel, home furnishings or decorations.

**FOODS AND NUTRITION**  
In this project, you will have fun learning how to cook the basics and then advance to gourmet and international meals. You will learn the heritage of many foods as well as consumer buying skills to get the most for your money. In addition, you will learn how to make healthy snacks and modify your recipes to fit a healthy lifestyle.

### GEOLOGY

Did you find a rock at the park and don't know what kind it is? What about fossils? If you would like to learn more about rocks, minerals and fossils, then dive into the Geology project! Discover the types of minerals, rocks and fossils that can be found where you live. Learn about geological formations across the state and in other states.

### HEALTH AND WELLNESS

Health, exercise and recreation are vital parts of our daily lives. You can focus on physical activity, healthy eating, exercise, sports and recreation or first aid in relation to any of the other phases.

### HOME ENVIRONMENT

This project gives you the

opportunity to examine space, both inside and out. Decorating a room, experimenting with colors and different types and patterns on your walls and creating the feeling of coziness in a family room are all part of this project. Being an interior designer is all about making a house a home, and the Home Environment project will give you this opportunity.

### HORSE

If you love horses, then this project is for you! You will have the opportunity to learn about, handle, care for and ride horses. Members may own or lease a horse, but must have complete access to the horse at any time and must provide full care and management 75 percent of the time, whether owned or leased. "Horseless Horse" members do not own or lease a horse, but participate in judging, quiz bowls, hippology, presentations and may help with horse shows and trail rides.

### LEADERSHIP

Are you ready to step up to leadership? This project will bring out the best in you. You will learn about the skills it takes to be a leader such as: understanding yourself, communicating, getting along with others, learning, making decisions, plus managing and working with groups.

### MEAT GOATS

The 4-H meat goat project is designed for members who are interested in learning more about raising meat goats. The meat goat project is quickly growing with an increasing demand for meat products. Learn how to select, raise and care for a meat goat.

### PERFORMING ARTS

Do you enjoy being in the spotlight? Do you like to be creative while performing on-stage or setting up backstage? Then you should jump into this project! You will learn to express yourself in front of a crowd either on-stage, backstage, as a puppeteer or writing your own script.

### PETS

Whether you're a fish, hamster or a cat lover, this project is intended for members to learn more about their household friends. You will focus on the hand or aquarium pets or cats as you learn about the different species and how to keep them healthy. You will have the chance to be creative and design a toy for your pet, create a commercial or even a scavenger hunt.

### PHOTOGRAPHY

Capture your friends and im-

portant events through photography. Learn about basic and advanced cameras and how to plan, compose, light and exhibit your photos. Advance into wide-angle and telephoto lenses, filters, light meters and computer enhancement.

### PLANT SCIENCE

This project focuses on activities related to raising a garden, flowers, forestry and field crops. This includes planning, planting, experimenting and understanding soils, seeds, insects, plant care, harvesting, weed identification and control, processing, exploring careers and the relationship between trees, people and communities.

### POULTRY

This project is designed to help you learn about chickens and other poultry. You will acquire an understanding of scientific poultry management and marketing practices. You will gain business experience and insight into the values and principles of purchasing, marketing, record keeping and exhibiting poultry.

### RABBITS

The rabbit project will help you learn how to raise and care for your rabbits. It is suggested that you start with a doe and extend the project each year.

### READING

Do you enjoy a good book? Do you like to read and study other project areas in 4-H? Check into the phases of the 4-H Reading project.

### SELF-DETERMINED

The self-determined project is just that - you decide what you do or study. Is there something you have a passion for that is not included in the 4-H project listing? Then, this is your opportunity to create your own project. Research a sport, hobby or career - the sky is the limit!

### SHEEP

The sheep project will help you learn more about the sheep industry. You will learn how to care for and feed a market lamb or build your own breeding flock.

### SHOOTING SPORTS

Whether you have an air rifle, .22 rifle, shotgun, air pistol, or bow, the shooting sports project teaches you firearm safety, natural resources, and the opportunity to test your skills. If you have an interest in firearms and/or hunting in any form, this project is the best way to learn about them. Check with your local extension office for the availability of certified leaders before enrolling.

### SPACE TECH

This project will help young people learn how to build rockets and robots and explore space through astronomy. There are also opportunities to learn more about GPS and GIS. Experience the thrill of setting off rockets, building robots and geo-caching. Learn about computers and how you can apply them in 4-H.

### SWINE

Feed out a market hog or start your own breeding herd by enrolling in the swine project. Learn to select and judge quality animals and meat products.

### VISUAL ARTS

This project combines the likes of drawing, painting and working with clay or leather. You will explore art techniques, study art history and culture and discover artistic challenges. Develop your artistic skills and talents while learning the elements and principles of design.

### WILDLIFE

Kansas wildlife is a large part of our state ranging from buffalo to birds to fish to deer and more. In this project you will learn about wildlife behavior, habitat requirements, how wildlife species fit into nature's scheme, how they are managed, and how they relate to humans.

### WOODWORKING

This project requires that you enjoy working with wood, using tools and building things. Can you see yourself building a table, a wood toy or a chair? As a beginning woodworker, you can build many items. As your skills grow, you will be able to make most of the objects in your house or even help build a home!

# How to join 4-H

1. Contact a club leader to discuss 4-H and get information about the club.
2. Attend a club meeting to make sure it is the right fit for you. There are currently six clubs in Coffey County that you may choose from. Coffey County 4-H clubs include Stringtown Bombers (Burlington), Hay Busters (New Strawn), Blue Ribbon (Lebo), Tip Top (Waverly), Smilin' Thru (Aliceville), and Liberty (Gridley).

3. Enroll in 4-H Online. Follow the enrollment instructions in the brochure for new families. The instructions are located on the K-State Research and Extension- Coffey County 4-H page under the "Enrollment Information" tab. <http://www.coffey.k-state.edu/4-h/enrollingin4h/>
4. Print an enrollment report from 4-H Online to sign and turn into the Extension Office by Dec. 1.

# Volunteers

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geant, Dawn Williams, Emily Darbyshire, Karen Sergeant, Landon Linsey, Mindy Heller-Pendlay, Melissa Combes and Susan Love-Davies; Youth - Blyanne Linsey, Sarah Sergeant, Lauren Williams, Zane Edelman and Bailey Darbyshire.

Hay Busters: Kerri Huginin, Kara Reynolds, Janel George; Youth - Brian Payer.

Liberty: Yvonne Lutz, Janet Leiser, Katie Rich, Stephanie Reavis and Megan Wilson.

Stringtown Bombers: Brenda Klubek, Ethan Rice, Jerry Rice, Krista Cubit, Monique Hart, Sarah Rice and Rusty Charlton; Youth - Jara Thorp.

Smilin' Thru: John Lehmann, Olivia Lehmann, Lacy Lankton and Corey Lankton; Youth - Kyanna Lankton, Kyla Lankton, Ashdynn Lehmann and Kyzer Lehmann.

Tip Top: Dave Redding, Debbie Redding, Kristi Vogts, Marie Lehmann, Sean Lehmann, Mary Lou

Ponder, Mark Seaman, Karen Seaman, Aimee Ludlum and Kelcey Lamer; Youth - Kaylynn Vogts, Becky Kropf and Rachel Stuke.

And many more. For more information about becoming a volunteer, please contact your local K-State Research and Extension office.



Photo submitted  
Volunteer - Landon Linsey - Landon is score sheets during Livestock Skillathon during the county fair. Landon also in Swine Superintendent.

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**4-H** is more than the  
**Ribbons & Awards**  
It's About  
\* The People \* Giving Back  
\* Experiences \* County Fairs  
\* Life-Long Skills \* Role Model  
\* Memories  
Thank You 4-H Members

**NATIONAL 4-H WEEK**  
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