2021 Douglas County 4-H Virtual Club Day
Registration Instructions

Due to the current CDC and KSRE guidelines, Douglas County 4-H is working to provide a safe, competitive, and positive 4-H County Club Day experience.

Registration for 4-H Club Day will be processed online through Google Forms for 2021.

Registration is due by 5:00 pm on February 22, 2021.

1. Review the event registration guide for our Virtual County Club Day Experience at https://www.douglas.k-state.edu/docs/4h/clubday/2021%20Virtual%20Quick%20Reference%20Guide.pdf

2. All 4-H Club Day presentations and/or performances must be recorded. (Refer to Tips and Tricks section below on how to complete that process.)

3. Review the 4-H Club Day rules, regulations, and scoring guidelines posted at http://www.douglas.k-state.edu/4-h/forms.html under the Club Day heading. The judge will utilize the rules and scoring guidelines to evaluate each entry.

4. Individual entries only for 2021. No group events (except Model Meeting) or team presentations allowed. Model Meeting must be completed through Zoom and recorded.

5. Video entries will be submitted when you complete the registration process.

6. You will need to submit registration for each event in which you plan to compete in. For example, if you plan to conduct a vocal solo and an illustrated talk, you will complete registration twice.

7. 4-H Club Day registration and video submission can be completed at: https://tinyurl.com/2021DGCountyClubDay

Tips and Tricks When Making Your Video:

- Make sure you review the rules and scoring guidelines for your event.
- Please use a website such as YouTube to secure a sharable URL link of your video.
- Videos can also be submitted on a USB drive and delivered to the Extension office by 5:00 p.m., February 22, 2021. 4-H County Club Day registration must still be completed online.
- Registration and video submission is due by 5:00 p.m., February 22, 2021

Note: Not all events are being offered in 2021. Model meetings cannot be recorded in person.

Questions about 4-H Club Day and/or the registration process can be directed toward Nickie Harding at nharding@ksu.edu or Kaitlyn Peine at kpeine@ksu.edu. Kaitlyn can also be reached on her cell phone at (620) 218-1716 during normal business hours.
The Clinton Eagles 4-H Club has gone Christmas caroling in the town of Clinton for over thirty years! Club members did not let current circumstances stop their love of this activity. Instead of singing in person, club members made greeting cards and mailed them to members of the Clinton community where they would have sang. Many club members shared their favorite songs in drawings and words to spread holiday cheer.

Clinton Eagles 4-H'ers are working hard to stay engaged, be creative, and continue making a positive impact within their communities.
4-H Robotics at Home

The second session of 4-H Robotics at Home will be offered January 25 through February 22. Registered families will checkout a robotics kit from the Extension office with a Dash robot (https://www.makewonder.com/), tablet, coding cards and more. The Dash robot is for ages six and up. The kit will need to be picked up prior to January 22 and will be due back to the office by 5 pm on February 22. During the four week session there will be one live Zoom session, scheduled according to the participants availability. Supplemental lessons will be provided throughout the four weeks.

Our robotics equipment is made possible by a 4-H Innovation Grant from the Kansas 4-H Foundation.

Space is limited. Registration will close Monday, January 18.

Please register at https://tinyurl.com/20204HRoboticsAtHome

Questions? Contact Kaitlyn Peine at kpeine@ksu.edu or 620-218-1716.

Douglas County 4-H Foundation Scholarships

Applications for the Douglas County 4-H Foundation Scholarships are available at the Extension office and on the Douglas County website at http://www.douglas.k-state.edu/4-h/. Completed applications must be returned to the Douglas County Extension Office no later than 5:00 p.m., January 30, 2021. Requirements and additional information are provided with the application.

If you have questions, please contact Kaitlyn Peine at kpeine@ksu.edu or Carol Taul at ctaul@ksu.edu or call the Extension office at 785-843-7058.

Kansas 4-H Foundation Scholarships

Scholarship applications for the State 4-H Scholarships are due to the Douglas County Extension Office by 5:00 p.m., January 30, 2021.

The State 4-H Scholarships can be found at:

http://www.kansas4-h.org/resources/4-h-library/awards-and-recognition/scholarships.html.

Beef Weigh-in and Tagging

All market beef intended to be shown at the county fair must be tagged by February 20.

Weigh-in and tagging will be at the Community Building on the Douglas County Fairgrounds and offered from 8:00 a.m. - 12:00 p.m. on Saturday, February 20. All livestock will be tagged with 4-H EID tags which are $4 each.

4-H’ers enrolled in the beef project will receive a sign-up link through e-mail on February 1.

For questions contact Mallory Meek, Agriculture and Natural Resources Agent at mgmeek@ksu.edu.
All 4-H'ers exhibiting a food producing animal for the 2021 Douglas County Fair, Kansas State Fair Grand Drive, and KJLS will again be required to complete the YQCA training. Food producing animals include: beef (including bucket calf), swine, sheep, meat & dairy goats, dairy cattle, poultry, and all rabbits. YQCA is designed as an educational tool and certification program focused on food safety, animal well-being and character development for youth ages 7–18. As a result of this program, we hope youth leave with a better understanding of their livestock project and how to produce a healthy and safe food product.

2021 YQCA online training is now live. Youth may complete the online training for $12/child. Any 4-H'er who is seven years old (4-H age) must attend an in-person training. In-person training dates will be available in the Spring of 2021. A young person’s YQCA certification is valid for one year and must be completed by June 15th.

For more information go to https://www.douglas.k-state.edu/crops-livestock/youth-livestock/YQCA.html

For questions regarding YQCA contact Mallory Meek, Agriculture and Natural Resources Agent, at mgmeek@ksu.edu

Register for 2021 Sheep & Goat Virtual Conference

For questions contact Mallory Meek, Agriculture and Natural Resources Agent, at mgmeek@ksu.edu
To Register:

To Register: https://bit.ly/KSUJrSwineWeek

For questions contact Mallory Meek, Agriculture and Natural Resources Agent, at mgmeek@ksu.edu
To Register Online: https://bit.ly/KSUJrMeatGoatWeek

For questions contact Mallory Meek, Agriculture and Natural Resources Agent, at mgmeek@ksu.edu
Mindful Moments

The word mindfulness is a buzz word that we see and hear frequently. During a stressful time, a moment of mindfulness can pay off in dividends. Let’s be real, who isn’t stressed right now? Whether it’s parenting a child who is remote learning, challenges with work-life balance or the uncertainty of navigating a global pandemic, stress seems to be continually lurking around the corner. We all manage stress in different ways. Being physically active, spending time enjoying a hobby and sharing time with loved ones are all healthy options to relieve stress. Intentionally practicing everyday mindfulness is a practice to consider including in your daily routine.

Over the past several months families have experienced change. Many of these changes, parents didn’t have any control over. However, parents do have control about their inner experience and how they react outwardly. It is likely parents are having conversations with or around their children about COVID-19. According to the Centers for Disease Control and Prevention, “When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best support for their children.”

Practicing mindfulness can help parents act skillfully and not emotionally in stressful situations. Science suggest practicing mindfulness creates changes in brain function as well as changes in the body’s response to stress. A study from Loyola University of Maryland showed that people who practice mindful meditation generally recover quicker from stressful events. Other benefits include: improved ability to relax, concentrate and increased creativity, self-awareness, work/school performance.

Mindful relaxation can help combat stress. The brain responds to meditation by increasing alpha brain wave activity, lowering blood pressure, pulse rate, respiration rate and metabolic rate. (https://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/health/stress-mastery/learn-relaxation-techniques)

To practice mindful relaxation, try these steps:
- Set aside time each day for uninterrupted mindful meditation. Start with as little as five minutes.
- Choose a quiet place away from any technology.
- Find a comfortable body position.
- Focus on your breath flowing in and out.
- Let any negative thoughts float away like clouds.

Breathing techniques and using imagery are also practices to include in mindful moments. Taking deep breaths helps slow the heart rate and lower blood pressure. Imagery exercises are also helpful. A common practice is to picture yourself in a calm setting. Adults and youth can benefit from these mindful practices. Like physical exercise, certain mindfulness practices may work better for some compared to others.

In the spring of 2020, K-State Research and Extension published a series of videos about mindful practices for youth and adults. Practices range from yoga to breathing.

The entire series can be found at: https://www.facebook.com/watch/271533152919/332453344817070
IMPORTANT DATES TO NOTE

Project Skill-a-thon - January 18, Virtual
State and County Scholarship Applications Due - January 30, Extension Office
Citizenship In Action - February 14 - 15, Virtual
Beef Weigh - In and Tagging - February 20, Douglas County Fairgrounds
Virtual County 4-H Club Day Entries Due - February 22, Google Forms
Kansas Junior Swine Producer Week - February 16, 18, & 20, Virtual
Kansas Junior Market Goat Producer Week - March 16,18, & 20, Virtual
4-H Project Enrollment Deadline in 4-H Online - May 1, 4-H Online
YQCA Training Deadline - June 15, Online Training

Tentative Dates for 2021 Fantastic 4-H Camp
June 6 -9, 2021

Where: Rock Spring 4-H Center, Junction City, KS
Who: Youth ages 7 - 12 (as of January 1, 2021)

“To Make The Best Better”
The Douglas County 4-H newsletter is published monthly by K-State Research and Extension, Douglas County.
The newsletter is one way of communicating educational information and updates to members, leaders, parents, and community officials.
K-State Research and Extension, Douglas County is a cooperative effort of Kansas State University, Douglas County Extension Council, and the U.S. Department of Agriculture.
K-State Research & Extension is an equal opportunity provider and employer.
K-State Research and Extension is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to physical, vision, or a dietary restriction please contact Kaitlyn Peine at 785-843-7058 or kpeine@ksu.edu.

Kaitlyn Peine
4-H & Youth Development Agent

Nickie Harding
4-H Program Assistant

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