

December 2010 Kansas 4-H Tip Sheet

****A Printable Version (PDF) of the current Tip Sheet is available in the [Archives](#)****

Deadlines [Edit](#)

- Nov 15** Registration deadline for 4-H SpaceTech Workshop
- Nov 19** Applications due for NCRVF Planning Committee
- Nov 29** National Western Catch-a-Calf Program Applications Due
- Dec 1** Panorama Registration Opens
- Dec 1** Action Team Applications Due
- Dec 3-4** Required Interviews for Outbound International Exchange Applicants
- Dec 6** Community Youth Development Training
- Dec 7** Retirement Reception for Pat McNally

This Month's Tip Sheet [Edit](#)

4-H DAY WITH THE WILDCAT WOMEN'S BASKETBALL

The Kansas Association of Extension 4-H Agents is excited to inform you that the Third Annual 4-H Day with the Wildcat Women's Basketball team has been scheduled for Saturday, January 22, when the Wildcats take on the Nebraska Cornhuskers. Tip-off will be at 1 p.m. Each individual will receive a ticket into the game, a game day t-shirt, hot dog and a drink for \$16. For more details, please see the registration form located at <http://www.kansas4-h.org/> under "What's Hot". Registration must be postmarked by December 15. We hope to see you there!

Maass

Retirement Celebration Update

Pat McNally, Assistant Director of KSRE and State 4-H Program Leader is retiring in January, 2011. Plan to help her celebrate her career at a Retirement Reception in the Flint Hills Building at Rock Springs 4-H Center on Tuesday, December 7 at 7 p.m. This will be held during the State 4-H Program Rally.

Letters and cards are being collected at the State 4-H Office, Attn: Keli, 201 Umberger Hall, Manhattan KS 67502. If you have photos and stories to share

for the program, please contact Keli Yungberg (keliy@ksu.edu). We would appreciate your help and we hope to show Pat's career in photos.

If you would like to make a donation to a "Retirement Travel Fund" for Pat, please send that in care of Keli to the State 4-H Office or bring it to the reception.

Hinshaw/Wiebers/Arnold/Fisher/Yungberg/Waldren

Back On The Road Again - Kansas 4-H Program Rally December 7- 8, 2010

This year's Kansas 4-H Program Rally once again has a great starting line up! Be sure to zig zag your way to beautiful Rock Springs for informative workshops, learn new ways to keep 4-H valued, relevant and sustainable, a great speaker, fellowship and fun! You will be sure to drive away with new ideas.

Collaborate and share with the full Extension circuit

Select your own topics of interest

The Technology Zoo will be back

Celebrate Youth Development with Farm Credit Associations of Kansas

Celebrate Pat McNally's Extension Career as she retires

Workshops will include: *"4-H Adults Out of Hand: Perfecting Your Verbal Self Defense"*, *"4-H Livestock Program Management"*, *"Managing the Crew – Working with Program Assistants"*, *"Engaging Your PDC"*, *"Navigating Differences in Kansas 4-H"*, *"Understanding and Using Social Media"*, *"Why Did He Do That? Why Can't She Get It? Working with Youth with Special Needs"* and *"Working with Hispanic Audiences."*

Everyone likes new ideas! Each attendee is invited to bring a handout for the "good idea" table. Be sure to put your name on your idea, so people can follow up. We let you know how many copies to bring in the note that goes out after registration is complete.

Do you work with a group or Action Team that would like to have a display? Contact Pam Van Horn for more information.

Online Registration is open now. Rally registration will be \$90 for December 7-8, with additional options for early arrival. (Lodging Monday night and continental breakfast is \$25) Registration will be due Monday, November 22nd.

Now is also the time to update your Kansas 4-H or KSRE wardrobe. Order forms and payment are due November 19 in the State 4-H Office. Order form is here:

<http://www.kansas4h.org/DesktopDefault.aspx?tabid=28>

This year's Rally Committee includes: Rod Buchele, SW Area, Bronc Barrows, Golden Prairie District, Kelsey Holcomb, Cowley County, Nancy Honig, Stevens County, Beth Hinshaw, SE Area, Diane Mack, NE Area, Diane Nielsen, Atchison County, Deryl Waldren, NW Area and Pam Van Horn, State 4-H Office. We hope to see you there!

Hinshaw/ et al

Kansas 4-H Vibrant Video Training Registration Continues

The second Vibrant Video training for both beginners and intermediates will be February 8-10, 2011, at Rock Springs 4-H Center. The registration cost is \$165.00 for three days, two nights including seven meals and four breaks. For more information and to register by hard copy, visit:

<http://www.northwest.ksu.edu/DesktopDefault.aspx?tabid=19>. This second video training will allow participants the time and technical support to strengthen the video and editing skills previously learned in the February 2010 training. In addition, another basic training will allow more KSRE staff and volunteers to create effective video clips for the Kansas 4-H Program, and other KSRE program areas. For more information, contact Deryl Waldren, dwaldren@ksu.edu or Rod Buchele, rbuchele@ksu.edu.

Waldren/Buchele

Kansas Foster Care Resource Family Grants

Kansas 4-H Youth Development, the Kansas 4-H Foundation and Saint Francis Community Services are working together to provide funding opportunities for children and families involved with foster care.

The purpose of the Kansas 4-H Resource Family Project and Camp Grant Programs is to provide financial assistance for foster youth and their resource families who want to participate in learning opportunities available through 4-H. Kansas 4-H is open to all youth ages 7 through 18 wanting to expand their learning opportunities. 4-H focuses on developing confident, capable, caring, responsible citizens. 4-H offers a wide range of project areas that youth may learn from, ranging from agriculture to food and nutrition to aerospace and photography. Although being involved in the local club can provide an opportunity for youth to learn from each other and contribute to others through community service projects, volunteers and family support are also important elements of 4-H as volunteers and parents serve as club and project leaders that guide and mentor youth.

Through the Kansas 4-H Foundation, \$5,000 of grant funds are available to support resource families and the children in their care who are current or potential 4-H members.

Family Project Grants

- Children must enroll as 4-H members through their local extension office.
- Eligible 4-H member can only apply for one 4-H project and one 4-H camp grant per year.
- Grant funds are for the purpose of starting or enhancing a 4-H project during the 4-H year such as purchasing a camera, craft supplies, clothing, feed, equipment, etc.
- Eligible 4-H member may request funds for supplies and equipment needed for participating in a pet or livestock project; however, funds are not available for the purchase of pets or livestock.
- Grant funding can not include meal expenses.
- Items and supplies purchased from grant funding for 4-H project become the property of the eligible 4-H member.
- Liability, maintenance and warranty of the items and supplies purchased become the responsibility of the eligible 4-H member.
- Grant application and instructions available on the Kansas 4-H Web site, www.Kansas4H.org.

For more information contact Pam Van Horn, pvanhorn@ksu.edu or 785-532-5800.

VAN HORN

COWBOY ETHICS - TEN PRINCIPLES TO LIVE BY

1. Live Each Day with Courage
2. Take Pride in Your Work
3. Always Finish What You Start
4. Do What Has to Be Done
5. Be Tough, But Fair
6. When You Make a Promise, Keep It
7. Ride for the Brand
8. Talk Less and Say More
9. Remember That Some Things Aren't For Sale
10. Know Where to Draw the Line

Taken from the 2004 book "Cowboy Ethics" by James P. Owen

Learned at a session at NAE4-HA that this was originally written for Wall Street brokers, but since has been used by school teachers in the classroom. It was suggested that one principle might be discussed at each monthly 4-H club meeting, junior leader meeting, 4-H Council or other regularly scheduled session. For the book or more information go to:

www.cowboylethics.org

ADAMS

[Edit](#)

Ambassadors

2011 Kansas 4-H Ambassador Training

The Kansas 4-H Ambassador Action Team invites all County/District 4-H Ambassadors and their advisors to the 2011 Kansas 4-H Ambassador Training, starting Friday evening February 25th, and running through Saturday afternoon February 26th at Rock Springs 4-H Center. The 2011 theme is “Ambassadors – ‘Lei’ the Pathway to 4-H.” Registration cost will be \$90.00 and is due by Tuesday, February 1. Late registration will cost \$105.00 and will be accepted from February 2-7, 2011. The Kansas 4-H web site registration system will be used. Local Extension units determine who may attend this training. For final details and forms, visit the Kansas 4-H website beginning by December, 15th. Visit: <http://www.kansas4h.org/DesktopDefault.aspx?tabid=29> or call Deryl Waldren at 785-462-6281 or e-mail him at: dwaldren@ksu.edu.

Waldren

Awards and Recognition

Kansas 4-H Scholarship due in February

Announcing the 2011 Kansas 4-H Scholarships! The application form can be found on the Kansas 4-H web site

<http://www.kansas4h.org/DesktopDefault.aspx>. **Complete applications are due in the Department of 4-H Youth Development, Kansas State University, on Friday, February 4, 2011 before 5:00 p.m.** Selection is based on 4-H merit: 40 percent on 4-H leadership; 30 percent on 4-H citizenship/community service in 4-H; 20 percent on 4-H participation and recognition; and 10 percent on non-4-H participation, leadership, community service, participation, and recognition in school and community.

Graduating seniors and college students are encouraged to apply.

Van Horn

CHARACTER COUNTS!

CHARACTER COUNTS! Let the Butterfly Struggle

There's a parable about a mother who discovered a butterfly struggling mightily to escape its cocoon through a tiny opening at the top. She became concerned when the creature seemed to give up after making no progress.

Certain that the butterfly wouldn't make it out without help, she enlarged the hole. On its next try, the butterfly wriggled out easily. But the young woman's joy turned to horror when she saw its wings were shriveled and useless. Her well-intentioned intervention had interrupted a natural process. Forcing the butterfly to squeeze through a small opening is nature's way of assuring that blood from the creature's body is pushed into the wings. By making it easier, she deprived the butterfly of strong wings. Childhood, too, is a sort of cocoon. If a healthy adult is to emerge, parents must allow, even encourage, their children to struggle, make mistakes, learn from them, and pay the price for bad judgments and conduct.

Of course, good parents should protect their children from serious harm, but being overprotective can itself inflict damage. Adversity is not always an enemy. Teaching can help a young person develop wings strengthened by self-confidence and self-reliance. Helen Keller once said, "Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved."

Josephson, Michael. November 10, 2010.

[Gerhard](#)

CloverBuds

A Quick Cloverbuds Reference

The 4-H Cloverbuds has made an impact in several extension units during the past year. Working with 5- and 6-year olds can be a challenge plus can be rewarding. For a reminder, a reference chart is provided for you as you match an educational activity for their age.

Activity	Age Appropriate
Singing/Action Songs	Yes - 5- and 6-year olds enjoy silly songs and like physical movement especially gross muscles.
Serving as a 4-H Club officer	No - as 5- and 6-years are concern thinkers and giving directions can be a challenging abstract thought process..
Caring for Pets	Yes - learning to care for pets by feeding and watering, however 5- and 6-year olds cannot be totally responsible as they can forget..
Square Dancing	No - most 5- and 6-year olds can tell their own left and right, however following a square dance calling and knowing others left and right are difficult talks.
Hugs	Yes - 5- and 6-year olds seek adult approval and will easily hug others.

[Van Horn](#)

Dogs

Dog Judges Training Scheduled for Scott City

Training for dog judges has been scheduled in Scott City for all western Kansas people and others to re-certify or train for the first time!! The first training will cover Showmanship and Agility on January 29-30, 2011. The second training will cover Obedience and Rally Obedience on February 12-13, 2011. Watch for registration information later. Please notify all of your Dog Care and Training Leaders and prospective judges. These trainings have also proved valuable for

older teens and leaders to better understand what judges are trained to look for in 4-H shows.

[Adams](#)

Change in Scoring for Agility III

Dog Care and Training Action Team has made a change in the scoring of Agility III for 2011. On page 6 of the Agility Rule Book (S124 Revised January 2010). First paragraph will read "One failed attempt in Agility III will be a loss of all points for the obstacle."

We will be deleting ..."and an automatic white ribbon". This will allow for possible blue and red ribbons rather than purple or white.

[Adams](#)

GPS/GIS

GeoTech Community Service Learning Program Launched

The GeoTech Community Service Learning program has been launched! Leaders from ten communities recently completed an intensive, hands-on GPS-GIS training experience at the Rock Springs 4-H Center. Over the next seven months they will facilitate youth in identifying local needs, collecting related attribute data and creating digital GIS maps that will result in a GIS service learning project. Youth will present their geospatial work to stakeholders to increase awareness and potentially serve as a catalyst for community improvement.

Pilot communities include: Atchison (Nielson/Flynn), Douglas (Abel-Ruch), Harvey (Religa/Schurter), Labette (Martin), Linn (Purkeypile), Meadowlark District (Feldkamp), Pratt County/Pratt High School (Aramowicz/Sharp), Flint Hill District (Waymire), Sunflower District (Elfers), and Walnut Creek District (Harmon/Payne). Special thanks to the Kansas Geographic Alliance and the University of Missouri Cooperative Extension for their support.

Kansas 4-H strives to increase geospatial literacy among Kansas youth which results in the development of critical thinking skills, increased community attachment, higher academic achievement and the development of workforce skills.

Leadership and ongoing support to the GeoTech CSL program is provided by KSRE-4-H Youth Development and Fort Hays State University-Department of Geosciences. The program is sponsored by the Kansas 4-H Foundation.

[Hecht](#)

Healthy Living

Kansas 4-H Direction, Needs and Resources Survey NOW OPEN

Healthy Living: Kansas 4-H Direction, Needs and Resources Survey NOW OPEN!

Click here: <https://surveys.ksu.edu/TS?offeringId=168606>

This brief survey is an opportunity for you to help establish the direction of the Healthy Living mission area in Kansas. Let us know: 1) how you would rank the Healthy Living priorities, 2) what supports and resources you think should be provided to get your health promotion programming to "the next level", and 3) what "bumps in the road" or barriers we should be prepared to address as we establish direction for 4-H Healthy Living.

More information about the national 4-H Healthy Living Mission Area is located at the National 4-H Headquarters website at: http://www.national4-headquarters.gov/about/4h_health.htm

For more information about Healthy Living, contact Elaine Johannes, Kansas 4-H Healthy Living liaison. ejohanne@ksu.edu

[Johannes](#)

Horse

Panorama Registration Open December 1

Panorama will be held January 29-30, 2011 at Rock Spring 4-H Center, Junction City, KS) Online registration will begin December 1, 2010 and the deadline will be January 1, 2011.

The fees for the 2011 Horse Panorama are as follows:

Early Arrivals (\$105 Adult/\$95 Youth)

Includes: lodging Fri. and Sat., 3 meals on Sat. and Sun. Breakfast

Full Time (\$85 Adult/\$75 Youth)

Includes: lodging Sat., lunch & supper on Sat. and Sun. Breakfast

Saturday Only (\$30 Adult/\$30 Youth)

Includes: lunch & supper on Sat. and program fees

Sunday Only (\$15 Adult/\$15 Youth)

Includes: program fees

Each entry for Quiz Bowl, Hippology or Presentations (\$5 each)

Each visitor must pay the fees for the applicable days they are present (\$30-Saturday and \$15-Sunday).

Please note the following changes for the 2011 Panorama:

-The 2011 Hippology contest will include an Open division, in addition to the Intermediate and Senior division. The Open division will be available to any eligible 4-H member 7-18 years of age who would like to participate to improve their knowledge.

-There will be a Junior Presentation contest that will be open to any eligible 4-H member 7-8 years of age. Participants deliver a 5-7 minute talk or demonstration over an equine related topic.

-There will be a Horse Poster Learning Activity, which will be open to any 4-H member 7-18 years of age. Members can enter as an individual or a team. The posters need to be horse-related and created by the 4-H member.

Additional information pertaining to Panorama, including registration and the contests will be available soon on the 4-H website:

<http://www.kansas4h.org/DesktopDefault.aspx?tabid=193>

Please contact Sarah Dick, Kansas 4-H Horse Events Coordinator (sarahdd@ksu.edu) with any questions.

Dick

Photography

Wichita Garden Show 4-H Photography Extravaganza and Horticulture Judging Contest

The annual 4-H Photography Extravaganza will be March 4th and 5th at the Wichita Garden Show. The 4-H Horticulture Judging Contest will be March 5th.

Some general information is available on Wichita Garden Show web site:

<http://www.wichitagardenshow.com/photography.html>

Specific information including registration procedure and forms will be available soon.

Save the date, let everyone know and plan to be there March 4th and 5th.

Buchele/Hinshaw

Positive Youth Development

Resources for Prevention of Bullying

Bullying among children and youth continues to be a state and national concern. Though not a new problem, bullying has found its way into virtually all places where people gather (on and off-line).

To learn more about bullying prevention resources in Kansas, click: [Kansas Safe Schools](#)

<http://www.ksde.org/Default.aspx?alias=www.ksde.org/kssafeschoolsresourcecenter>

One of the key elements to preventing bullying is for observers of bullying to step forward and appropriately intervene before bullying escalates into violence. Having the words to speak up when bullying happens is important. The Southern Poverty Law Center's Speak-Up! materials help observers address bullying and other bias through thoughtful words. The 47-page [Speak Up!](http://www.splcenter.org/sites/default/files/downloads/publication/SPLCSpeak_up_handbook_0.pdf) program is free at:
http://www.splcenter.org/sites/default/files/downloads/publication/SPLCSpeak_up_handbook_0.pdf

If you have questions, contact: Elaine Johannes <ejohanne@ksu.edu>, 785-532-7720

[Johannes](#)

Shooting Sports

Approved Changes for 2011 Spring Match

Shooting Sports Action Team has approved the following changes for the 2011 Spring Match to be held in Great Bend on April 16, 2011.

1. All equipment will be checked including shoes.
2. The state qualifying score for BB gun will be 300 (raised from 275).
3. Safety glasses will be required for all people on the firing line.

New fall match rules for 2011 will be determined at the January 15, 2011 Action Team meeting at K-State Salina.

Another Instructor Renewal Reminder

Instructor Renewals for all coordinators and instructors(\$5/person) were due Sept. 1, 2010!!! If your Extension Unit has not paid this fee and reported instructor activity for 2010, your local program will be operating without state liability insurance coverage and thus officially illegal for 2011! Please renew all instructors currently active or who want to maintain their active status even if they had no activity this past year.

Watch for further Shooting Sports news in the On Target newsletter coming soon.

[Adams](#)

SpaceTech

Last Call for SpaceTech Workshop Registration

The Kansas 4-H SpaceTech Action Team and K-State Research and Extension are sponsoring a Southeast Area SpaceTech Educators' Workshop on Saturday, December 4th, at the Paola High School in Paola, KS (Miami County). Participants will get to attend two of the following in-depth workshops in one of three tracks: basic and intermediate robotics, basic and intermediate rocketry, and GPS and introduction to GIS. Registration is hard copy only downloadable from the web site:

<http://www.kansas4h.org/DesktopDefault.aspx?tabid=52>

or click on "What's Hot" on the Kansas 4-H website home page for full details. For more information contact, Deryl Waldren, Northwest Area Extension Office, P. O. Box 786, Colby, KS, 67701. Telephone: 785-462-6281, or e-mail, dwaldren@ksu.edu

[Waldren](#)

Volunteers

2012 North Central Regional Volunteer Forum Planning Committees Forming

There's no place LIKE 4-H!

North Central Regional Volunteer Forum, October 11, 2012, Kansas 4-H.

Kansas 4-H Volunteers are excited to host the 2012 North Central Regional 4-H Volunteer Forum that will be held starting October 11, 2012 (10-11-12) at the Hyatt in Wichita, Kansas. We invite all, 4-H Volunteers, 4-H teens and agents to join us in planning and conducting the Forum for the twelve North Central states. Kansas last hosted in 1999. We look forward to showcasing our Kansas 4-H Programs.

We need 4-H teens, 4-H Volunteers and agents to join NOW in the planning of this event. Check out the website: <http://4-h.k-state.edu/DesktopDefault.aspx?tabid=314>, and join us on a planning team. Committees are, Workshops, Registration/State Packets, Publicity/Promotion, Meals/Breaks, Technology/Audio Visual, Social Networking, Hospitality Room, Speakers/Entertainment and Budget/Finance/Fund-raising. Applications and committee roles and responsibilities are on the website.

Please check out the website, <http://4-h.k-state.edu/DesktopDefault.aspx?tabid=314>, and let us know if you can join us in planning the 4-H Forum (get an application filled out and sent in). First round applications are due by November 19, 2010. Please share the information and opportunities with local volunteers. Much help is needed.

Mark the dates of October 11, 12, 13, 14, 2012 on your calendar so you may join a great group of 4-Hers, 4-H Volunteers, agents and extension personnel at the 2012 North Central Regional 4-H Volunteer Forum. --Donna Maskus, Ellis County 4-H Volunteer, Kansas 4-H Volunteer Association President, djm@eaglecom.net; Rod Buchele, State Liaison rbuchele@ksu.edu

[Buchele](#)

4-H Volunteer Salute to Excellence

Volunteers are the "heart and soul" of 4-H, and in an age when time is at a premium, 4-H Salute to Excellence serves as an opportunity to recognize our volunteers' unwavering dedication to the 4-H Youth Development program.

Each year, each state 4-H programs may nominate two outstanding individual volunteers, one in each of two categories. The Lifetime Volunteer Award is given to an individual who has spent 10 or more years volunteering for 4-H. The Volunteer of the Year Award is given to an individual who has volunteered for 4-H less than 10 years. The Kansas deadline to nominate a 4-H

We expect to receive information on the 2011 Salute to Excellence program very soon. This is a heads up that the call for nominations will be out soon (and may have a very short turn around). Please be thinking about who in your Extension Unit you could nominate for this recognition

[Buchele](#)

4-H Master Volunteer Program

The Master Volunteer program is an excellent way to recognize an outstanding leader with a new opportunity to provide leadership and service to the 4-H program. Who would that be? Now that you know who, when you next see them, visit with them about becoming a 4-H Master Volunteer. Master Volunteers receive special training at the state level and work at their local level on local 4-H needs as agreed upon by the volunteer and the agent. Both the program and the volunteer benefit by participating in the Master 4-H Volunteer program.

The next Master 4-H Volunteer Training will be March 11 - 12 at Manhattan and Rock Springs. Now is the time to recruit your next Master 4-H Volunteer. Information and sign up for the next Master 4-H Volunteer Training will be on Kansas4-H.org in December. If you have questions about 4-H Master Volunteers please contact me.

[Buchele](#)

Everyone Ready for Next Learning Opportunity

Announcing the next learning opportunity:

Betty Stallings addresses the special challenges of supervising a volunteer work force. She provides a framework in which to consider the principles of supervision, including the attitudes, tasks, and skills needed to do it most effectively.

Upon completion of the seminar, participants will be able to:

- Explain why supervision of volunteers is a critical element in successful volunteer engagement.
- Describe the differences between supervising employees and supervising volunteers.
- Assess their own abilities in teaming with volunteers and identify areas in which they need to increase their skills.
- Develop strategies to supervise a wide range of volunteers.

Go to <http://nextgeneration.4-h.org/volunteerism/> to participate.

[Buchele](#)

World Citizenship

2011 Outbound International Exchange Applications

As of this writing we have applications from six 4-H'ers and alumni for 2011 exchanges. Two more are in process. While our application date was November 1, we will accept additional ones this month if they are just finding out about the exchange opportunities. In this case they should contact Mary Kay Munson immediately and work on getting their application completed and references in as soon as possible. Required Interviews are December 3-4 in Manhattan. Mary Kay will be away from home a week and a half during the middle of November, so contact her between November 10 and 22 by e-mailing munson@ksbroadband.net or call her cell phone, 785-375-3189. Information on this year's exchanges may be found at <http://www.Kansas4-H.org> , then follow links to Programs, World Citizenship and Kansas Exchanges Info and Forms. Anyone interested in applying to chaperone to Costa Rica, Japan or Australia must also complete an application and interview.

[Munson](#)