

## March 2010 Kansas 4-H Tip Sheet

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

### DEADLINES:

**Mar 1** GIS/GPS Leadership Team Applications Due

**Mar 1** Horse Leadership Team and Horse Board Applications Due

**Mar 8** GIS/GPS Action Team Applications Due

**Mar 12** Hard Copy Registration for Rally Obedience Dog Judge Training Due to State 4-H Office

**Mar 15** FCS Day in the City Registrations Due

**Mar 26** Tentative date for On-Line Reg. for Spring Shooting Sports Match

**April 2** On-Line Reg. for Shooting Sports Instructor Workshop

**April 9** Registration for Food Judge's Training Due

**May 1** Camp Theme Participation Notification Due

**May 15** 990-N (e-postcard) due to IRS for all registered 4-H Clubs and Affiliated Groups

### Opportunity Awaits for Networking with Other Youth Providers

The Shawnee County Extension office, along with the Topeka YMCA, Topeka YWCA, Shawnee County ERC, Christ the King and Susannah Wesley will be hosting Mr. H.A.P.P.Y. on May 1 in Topeka, Kansas. Cost will be \$25-\$30 for this 7 hours of hands on training. Mr. H.A.P.P.Y. aka Jim Atkinson is best known for his motivational and games workshops as well as club and activity development. If you would like more information you can check out his website at [www.gethappy13.com](http://www.gethappy13.com). If you are interested in this training, please let Sarah Laib know at the Shawnee County Extension Office or by e-mail at [slaib@ksu.edu](mailto:slaib@ksu.edu) or phone at 785-232-0062 Ext. 120.

[Van Horn](#)

### MLK - Day of Service Follow-up

January 18 - MLK Day of Service - did any community service happen in the community by 4-H members? If so, take a few minutes and complete the survey at

<http://www.surveymonkey.com/s/2010mlkdayshareyourstory>. Share your experiences!

[Van Horn](#)

### Let's Move

Help your community be a part of First Lady Michelle Obama's new campaign Let's Move and the 4-H Healthy Living Mission Mandate. The surgeon general suggests that to curb the obesity epidemic will require commitment from people and organizations across the nation. The Surgeon General's Vision for a Healthy and Fit Nation include:

- Improving Our Communities
- Healthy Choices and Healthy Home Environment
- Creating Healthy Child Care Setting
- Creating Healthy Schools (4-H meetings, activities, events)
- Creating Healthy Work Sites (don't forget this should include your Extension Offices)
- Mobilizing Medical Communities.

This [Let's Move](#) website can provide 4-H leaders and members wonderful resources for project meetings and would be perfect in helping 4-H'ers discover information for presentations (project talks, demonstrations, posters). Take a few minutes to discover possible new links at [Your Food Environment Atlas](#) and several new additions

(links/resources) to [MyPyramid.gov](http://MyPyramid.gov).

[Fink](#)

### **Out-of-School Program Idea Conference**

October 4, 2010, Sedgwick County Extension Education Center, 7001 W. 21st. Street N., Wichita - reserve the date for this fantastic conference. A call for presentations coming soon. Watch for more details.

[Van Horn](#)

### **4-H Food Judge's Training Sessions**

Two 4-H Food Judge's Training sessions are planned for April for volunteers interested in learning how to judge foods. Current judges or any youth or adult wanting to learn more about the food judging process should attend.

Thursday, April 22, 4 p.m. to 9 p.m. - Rice County Extension Office

Saturday, April 24, 9 a.m. to 2 p.m. - Jackson County Fair Building

The objectives of this workshop are to improve participants' skills in using standards for conference evaluation, understanding ribbon systems, evaluating food and nutrition exhibits, and understanding food safety recommendations for fair exhibits. Each participant will choose between learning more on evaluating food preservation exhibits or evaluating food gift baskets as part of the workshop.

Topics and Instructors:

"Judging Secrets Revealed to Keep the Focus on Youth," Diane Mack, 4-H Youth Development Specialist

"And the Winner Is... A Guide to Judging Foods," Karen Blakeslee, K-State Rapid Response Center Coordinator

"A Tisket, A Tasket A Prize Winning Food Gift Basket," Charlene Fyler, Sedgwick County 4-H Program Assistant

Cost is a \$10 registration fee which includes a meal and resource materials. Make check payable to KSU. Registration is due April 9, 2010. Registration is through the NE Area Extension Office. A form is

available at <http://www.kansas4h.org/DesktopDefault.aspx>

Be watching for information for a third training set for Saturday, June 26, 9:30 a.m. to 3:30 p.m. at the Johnson County Extension Office. Nichole Burnett, Family and Consumer Sciences Agent is handling details and registration.

[Mack](#)

### **2010 Growing 4-H Grants**

With the generous support of Kansas 4-H Foundation, we are pleased to announce the availability of funds to local Extension Units. The purpose of Growing 4-H Grants is to support you 4-H programs by reaching out to new audiences, strengthening your program's volunteer base to support growth, and increasing the number of youth in quality 4-H experiences so they can master project subject matter mastery as well as the life skills.

On the Kansas 4-H website please find: <http://www.kansas4-h.org/Agents/Grow4-H/Default.htm>

- 1) The RFA for awards to single Extension Units;
- 2) The RFA for awards to fund projects where multiple Extension Units cooperate; and,

3) The revised Funding Policy of the Kansas 4-H Foundation.

Each local office received one hard copy of these via the Distribution Mailing that ships on January 7. If you have any questions regarding the program, please do not hesitate to contact me, rather than Dr. Pat McNally. I am managing this effort on behalf of the department and am the liaison with the Foundation on these grants. My communication information is on the front of the documents attached to this mailing.

Applications are to be sent to the Dept of 4-H Youth Development and be postmarked no later than March 1, 2010. We have a pool of funding totaling \$10,000 which is waiting to support innovative project to Grow Kansas 4-H across the state. We encourage you to consider these opportunity. [GERHARD](#)

## Awards and Recognition

### Kansas 4-H Award Portfolios – the Interview Process

The week of February 15-19, the state semi-final project portfolios are being evaluated by KSRE staff and 4-H volunteers across the state. Next week, locations for Project Finalist face-to-face interviews will be identified and the youth and their Extension Units will be notified via e-mail. Interviews will occur between March 8-20 in a variety of locations. Finalists will participate in an interview focused on each project for which they qualify. Finalists may select any available location for their interview. State project winners will announced internally to Extension Units and the winners by mid-April.

[GERHARD](#)

## Camp

### 4-H Camping Promotions

Fit, Fun & Fabulous.... 4-H Camp Rocks! Camp theme logo available on the 4-H web site. Camp groups wanting to use the 2010 theme need to notify Karla Hightower, [khightow@ksu.edu](mailto:khightow@ksu.edu) or Pam Van Horn, [pvanhorn@ksu.edu](mailto:pvanhorn@ksu.edu) by May 1. Cost for decorations is \$20. Checkout the web site <http://www.kansas4h.org/DesktopDefault.aspx?tabid=17> for ideas.

The 4-H Journal's Camping Issue will soon be reaching your desk! The issue is packed with information to assist you in promoting summer camping. It includes a parent's question and answer, a suggested camper's packing list, how to address mail, fun camping activities, and pictures!

[Van Horn](#)

## CHARACTER COUNTS!

### Respect Means Knowing When to Back Off

I've talked before about the ethical obligation to treat others with respect by attentive listening. Today, I want to talk about the flip side of respect: the duty to back off and accept the fact that while others should listen to us, we can't demand that they agree with us. Such unreasonable demands are especially prevalent when someone in authority (boss or parent) lectures, criticizes, sermonizes, or berates an employee or child well past the point of legitimate communication. But it isn't just people of authority who seek to impose their ideas through bulldozer tactics. The common thread in disrespectful communication is going beyond reasonable attempts to inform or

persuade. At that point it becomes a harangue. It's as if the speaker's trying to beat us into submission rather than simply conveying a point of view, pummeling us with repetitive opinions, complaints, or demands. And if we don't give the desired response, the speaker restates the point louder or more aggressively. Telling browbeaters that we understand their position and will consider what they said rarely stops the onslaught because the only way they'll believe we understand their point is if we agree with it. They can become so self-righteous that they think disagreeing with them is proof of confusion, ignorance, stupidity, or a closed mind. No one has the right to impose his or her opinions on others or to demand to be listened to until he or she is done. The moral obligation of respect requires that we learn when to back off and that we learn when to listen. (Michael Josephson, January 29, 2010)

[GERHARD](#)

## CloverBuds

### 4-H Cloverbuds - March - Making Air Work

March is typically know as a “windy” month so take advantage of the opportunity for discovering Making Air Work with the 4-H Cloverbuds. The lesson can be found in the 4-H Cloverbuds curriculum.

#### *Objectives for 4-H Cloverbuds*

Stimulate curiosity about how air power works; learn how air can be used to do things that make lives easier.

#### *Life skill development for 4-H Cloverbuds:*

- Social skill learned through working together;
- Decision making when working with others in a team;
- Eye-hand coordination developed through working the fine motor skills when cutting supplies needed for making pinwheels.

#### *Activities available for 4-H Cloverbuds:*

- 1) “What Am I?” Riddles about Air and Wind
- 2) “Spinning Pinwheels”
- 3) “The Song and Blustery Wind” (group singing)
- 4) "Balloon Rockets”
- 5) “Blow Painting”
- 6) “Creative Movement - Moving in the Wind”
- 7) “Hot Air Popcorn”

#### *The Wind Came Out to Play Today (Actions)*

The wind came out to play today	(stand up quickly)
It swept the clouds out of its way	(wave arms in the air)
It blew the leaves and away they flew	(flutter fingers)
The trees bent low and branches did too	(bend over, stretch arms)
The wind blew the big sailing ships at sea	(stand up, wave arms in the air)
That wind blew my kite away from me.	(look up and wave good-bye)

(Author Unknown)

For detailed information checkout the Making Air Work lesson available in the 4-H Cloverbuds Curriculum. The lesson targets science, engineering and technology.

[Van Horn](#)

## Curriculum Corner

The Curriculum Action Team will be meeting soon to re-focus on ways to make 4-H Curriculum more relevant, valued and sustainable! If you would like to be part of the action, submit your application or recruit a volunteer (adult or teen 14+ years) by april 1, 2010. Send application to Jim Adams, 201 Umberger Hall, manhattan KS 66506-3404. [Adams](#)

## Dogs

Rally Obedience Saturday, March 20, 2010 at Sterl Hall on the Dickinson County Fairgrounds in Abilene. Day will include Rally O Dog Judge Training, 4-H and Open Rally Fun Trials and a 4-H Dog Care and Training Action Team Meeting. Judge's training hard copy registration and fees due in State 4-H Office March 12, 2010. Fun Trial entries are due March 12 to Beryl Billingsley, 108 1/2 NE 10th St., Abilene, Kansas. [Adams](#)

## GPS/GIS

### Identify Applicants for Kansas 4-H GIS/GPS Task Force & National 4-H GPS/GIS Leadership Team

Please seek out potential youth, volunteers and community partners who may have an interest in helping develop the Kansas 4-H GIS/GPS program. Agents are welcomed as well.

The Kansas 4-H GIS/GPS Task Force will help provide leadership in developing 4-H GIS/GPS programs. The task force will be comprised of youth (ages 13-18) and adults (volunteers, agents, educators, community partners) who have a strong desire to take an active role in supporting 4-H GIS and community mapping programs at state and local levels.

Qualifying members may also apply to serve on the National 4-H GIS/GPS Leadership Team. This team will represent Kansas at the ESRI conference in San Diego from July 8 through July 14. There is expense with this trip; however, we are working to identify partial support dollars for the state team.

Additional details and state and national team applications are available by going to the State 4-H Geospace webpage: <http://www.kansas4h.org/DesktopDefault.aspx?tabid=303> Applications are due Monday, March 8. If you or your families have any questions regarding these opportunities, please feel free to contact me. We expect to inform applicants by mid-April. [Hecht](#)

## Geology

The Geology Action Team will be meeting February 20, 2010, 9am at the Lyon County Extension Office Building in Emporia at 2632 W Highway 50. This is the annual business meeting and Field Trip planning.

Anyone interested is welcome to attend.

[Adams](#)

## Healthy Living

### **ANNUAL HEALTHFEST CONTINUES TO ENGAGE YOUTH IN HEALTH PROMOTION**

It's great news that First Lady Michelle Obama has taken up the challenge of preventing childhood obesity. Check out the "Let's Move" program she supports: [www.letsmove.gov](http://www.letsmove.gov)

Speaking of childhood obesity, do you know how healthy your county is as compared to others in Kansas? Check out the recently posted interactive site from the Kansas Health Institute: <http://atlas.khi.org/carto.php?>

This state map ranks Kansas counties on health behaviors, social/economic factors and environmental issues. It's pretty cool when you see how far people commute to work from your county!

These national and state tools are just a sample of some of the resources featured at the 6th Annual Extension HealthFest! This year's HealthFest! held April 16-17 at Rock Springs 4-H Center is open to youth and adult teams who want to learn about the national Media Smarts curriculum, Nebraska's EntrepreneurShip Investigation, CATCH, Health Rocks and Photovoice evaluation.

For \$65/person, receive physical activity and community health promotion training, materials, refreshments, lodging and fun! Space is limited to 35 adults and 40 teens. Registration will be open Feb. 28 through the Kansas PRIDE office. Contact Elaine Johannes for more information [Johannes](#)

## Horse

### **4-H Horse Action Team Restructure**

All of the Horse Action Team restructure information is now available on the 4-H website <http://www.kansas4h.org/DesktopDfault.aspx?tabid=136>

Please note the following changes (since published in the February Tipsheet):

- We WILL be maintaining the Horse "Action" Team, rather than naming it the Horse Leadership Team. This is to maintain consistency with other 4-H Action Teams. The name of the Horse Board will remain as is.
- It has been decided to have one application for both the Horse Action Team and the Horse Board, rather than a separate application for each.
- The application deadline will now be March 15th and final appointments will be made by April 15th.

Please contact Sarah Dick, Kansas 4-H Horse Program Coordinator ([sarahdd@ksu.edu](mailto:sarahdd@ksu.edu)) with any questions.

[Dick](#)

## Horticulture

## Horticulture Judging at the Wichita Garden Show

For those that have members signed up for the Wichita Garden Show Horticulture Judging Contest, please be looking for tickets and final instructions the week of Feb 22.

If you have questions, please contact [Evelyn Neier Hinshaw](#) and [Neier](#)

## State Horticulture Judging Contest

The State Horticulture Judging Contest will be held on Saturday, August 21 on the K-State Campus. More information will be available this summer. For now please get this date on your calendar of events.

[Hinshaw](#) and [Neier](#)

# Photography

## Photography Adventure Camp Dates

The dates for the 2010 Photography Adventure Camp are June 27 - 30, 2010, Rock Springs 4-H

Center. Cost will be \$165 for campers. Information is now available, check "What's Hot", or click

<http://4-h.k-state.edu/DesktopModules/ViewDocument.aspx?DocumentID=8319>  
[Buchele](#)

## 4-H Camera Corps 2010

All 4-H photographers are invited to join the 4-H Camera Corps. The subject for this year in 4-H Camera Corps is prairie flowers and grasses. We are asking 4-H photographers to take images of prairies in their area. We would like spring, summer and fall images. All images should be horizontal and taken at the highest resolution on your digital cameras. Submissions would be by CDs.

To participate, just email your name, T-shirt size and a phone number along with a statement that

you will submit images to: [timflorer@msn.com](mailto:timflorer@msn.com), cc: [rbuchele@ksu.edu](mailto:rbuchele@ksu.edu). Submit spring photos by

June 1st, summer photos by August 1st, and fall photos by September 15th.

Please send your discs to:

Tim Florer, Co-Founder and Director 4-H Camera Corps, 34952 Maffitt Lake Road, Cumming, Iowa 50061, Phone: 515-285-4473, E-mail: [timflorer@msn.com](mailto:timflorer@msn.com)

[Buchele](#)

# Positive Youth Development

## MEASURING POSITIVE YOUTH DEVELOPMENT - BENCHMARKS + FUNDING = OPPORTUNITIES

The Kansas Building Partnerships for Youth Development (KsBPYD) team returned from our national "kick-off" meeting with new friendships in 6 states, a common vision to promote positive youth development and a commitment to share what we learn through this 18-month professional, program and policy development effort.

One thing we discovered was that Oregon 4-H established a youth development "benchmark" for state agencies and state funders in Oregon. Since Oregon's benchmarking a few years ago, a number of states are working to include positive youth

development as part of funding decisions.

In the next 18 months, you'll be hearing more about Kansas' work to "Build Partnerships for Youth Development" and the professional development opportunities that the team will sponsor. To learn more about Building Partnerships for Youth Development and the work of BPYD states like Oregon, check out: <http://bpy.arizona.edu>

Members of the Kansas Building Partnerships for Youth Development (KsBPYD) team include: Ella Todd, Kansas Mentors Malissa Martin-Wilke, Communities in Schools; Jane Stueve, Adolescent and School Health-KDHE; Peggy Berrier Boyd, Wyandotte County Extension; Lyndsie Oathout, Southwestern College; Ariel Anib, Kansas State University; and Elaine Johannes, (leader) K-State Research and Extension.  
[Johannes](#)

## Shooting Sports

Details for the Spring Match and the Instructor Workshop will be posted on the Shooting Sports web page soon!

[Adams](#)

## Tax Issues

IRS e-Postcard filing for 4-H Clubs and Affiliated 4-H Organizations that earn less than \$25,000. If your clubs and groups were submitted in 2008 by the State 4-H Office and your 2009 tax year for these groups ended 12/31/2009; then you must file your e-postcard BEFORE May 15, 2010!

Steps to file:

1. Go to [www.irs.gov/charities/](http://www.irs.gov/charities/)
2. Click on Form 990-N (e-postcard)
3. Click "Here" to file 990-N
4. Click button to leave IRS site (a private company handles things)
5. Register as New User as first step of a 3 step process [if you know your Login ID and password from last year, begin at Step 2 - Create Form 990-N (e-postcard)]
6. Create a password
7. Receive an e-mail

Complete information page:

- \* Legal Name (should pop up as: 4-H Clubs Affiliated 4-H Organizations)
- \* When you get to Principal Officer -- Be sure to select "Person" DO NOT SELECT BUSINESS!!!!
- \* You can immediately check filing status and you should get an e-mail verification of acceptance.

NOTE: Make copies and document all efforts including failures! If you get a failure notice, it should provide directions as to how to correct errors. I filed for Geology Action Team and everything went smoothly.

[Adams](#)



## Volunteers

### Everyone Ready Volunteer Management

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

New Featured Topic!

Budgeting for a Volunteer Program: Money Well Planned and Well Spent

Tell a truer story of volunteer engagement by understanding the real costs and benefits of involving volunteers - and use the annual budgeting process to acknowledge all aspects of volunteer contributions plus the expenses of coordinating them.

How This Topic Relates To You

Presenting the budget for volunteer involvement is a "teachable moment" in which volunteer program managers can shine a light on their understanding of what it really takes to involve volunteers. Since senior executives and the board must approve your budget requests, submitting a well-thought-out budget is the opportunity to illuminate how the volunteer program operates and even how volunteers contribute to the bottom line. This Guide gives ideas how to do so.

[Buchele](#)

### Master 4-H Volunteer Program

Last call for Master 4-H Volunteer training March 12 - 14, Rock Springs 4-H Center, cost \$100. Great training, great program, see: [http://www.kansas4-](http://www.kansas4-h.org/DesktopDefault.aspx?tabid=62)

[h.org/DesktopDefault.aspx?tabid=62](http://www.kansas4-h.org/DesktopDefault.aspx?tabid=62)

[Buchele](#)

### North Central Regional Volunteer Forum, October 7 - 10, 2010, Michigan.

Call for workshop proposals due soon. For information on the Forum, go to:

<http://web1.msue.msu.edu/cyf/youth/ncr4hvf/index.html>

[Buchele](#)

## World Citizenship

### Host Families Needed for Summer and Fall International Exchanges

Please help put the word out that Kansas 4-H will be hosting a larger than usual number of international exchangees this year. The bios we have look like a super exchangees who should be fun to host. We're glad that our reputation as having good hosting experiences is getting around. This means we need to expand the network and involve new host families. If families are doing less traveling during the recession, this is a way they can provide their families a fun and educational experience at low cost. Our exchanges this summer will involve hosting an individual from a 4-H partner organization for just 2-4 weeks per family.

Do you know 4-H'ers who are studying Spanish and would like to host a **teen from Costa Rica**? We need their applications completed very quickly as they must be

submitted to Seattle with references and In Home Interview completed by March 1. Got and idea, send them an e-mail or give a call. They must have a family sibling within two years of the Costa Rican (ages 15-18) and will host one month from June 20 to July 17.

The following counties/districts will be hosting **Japanese**: Butler, Central Kansas, Finney, Phillips-Rooks, and River Valley. Families in or near those locations may be able to host a young teen (average ages 12-13) for 3 ½ weeks July 22-August 18. Contact the host agent or Rose Scott [rose@threeriversinc.org](mailto:rose@threeriversinc.org) if there is interest.

Beginning June 21 Kansas expects to be hosting three International 4-H Youth Exchange (IFYE) delegates. One is a **Landjugend member from Switzerland** who grew up on a dairy and grain farm and has done apprenticeships in carpentry and agriculture. He plans to take over the family farm when he returns. **Matthias is 23** and likes outdoor activities (snowboarding and hiking), nice cars and being with friends. He hopes to get ideas from American farms he can use back home. He rates his English good. He will leave in early September.

Also June 21 we expect two (probably one male and one female) **Taiwanese 4-H representatives** who could be staff or volunteers on a professional exchange. They want to experience a variety of 4-H projects, activities and events. We hope to get details on our 2010 exchangees soon. Several agents have hosted Taiwanese and report great experiences. The Taiwanese will have three families of about two weeks each. They will depart around the end of July.

In July **Christine age 19** will arrive from Austria for a six-week stay. We will assign two to three families during the July-August period. She is a Landjugend member in her home country and grew up on a dairy, grain and hay farm. She lists Landjugend activities as one hobby and snowboarding, cycling, friends, travel, reading and agriculture as others. Christine reports her native German is excellent while English and Spanish are both good, but she would like to improve her English, learn about our culture, political system and economics. She is still deciding on a career.

**Caroline**, our second **Swiss, age 19** will arrive in mid September following a three-month stay with Colorado families. She is working on improving English so she can work in the hospitality industry. She speaks French at home and reports excellent German, while English are good. Her hobbies are sports, listening to music, reading and languages. She says she joyful and curious and hopes for families with children. She will need 4-5 hosts.

Kansas 4-H will be hosting two **Swedish 4H exchangees**, probably beginning in September. They would each need multiple families. Both are girls, but details about their stay are not yet known.

Kansas has been asked also to host a **German** exchangee Lena, 23, in the late fall to winter period who can't depart Germany until September. She would like six months in Colorado and Kansas. She graduates in horticulture in September and plans to go on for a Masters. She has a farm background and is willing to help on a farm. Kansas may be sharing a three month hosting term with Colorado between September and December.

If agents know of families who are involved in horticulture, home school or are otherwise flexible enough to host during the fall, please drop a line to or call Mary Kay Munson at [munsonm@nqks.com](mailto:munsonm@nqks.com) or 785-238-3631. She will contact the family if you

prefer. Applications and information on hosting for any of these exchanges may be found on the state 4-H website <http://Kansas4-H.org>. Follow links to Programs, World Citizenship, Kansas 4-H Exchanges Information and Forms, then scroll to Host Families. [Munson](#)