

October 2010 Kansas 4-H Tip Sheet

Deadlines:

- Sept 15** Strengthening Clubs II Registration Due
- Sept 24** Camp Chair Meeting/Training registration due
- Sept 24** Dog Conference Registration Due
- Oct 15** Volunteer Forum Registration Due
- Oct 15** Kansas Youth Leadership Council Apps Due
- Nov 1** Outbound International Exchange Apps Due

National 4-H Week – Get the Word Out

Market your local 4-H program during National 4-H Week, Oct. 3 – 9. You have two sites for resources to use - 4-H Marketing Action Team resource page and National 4-H Brand Network.

Your Kansas 4-H Marketing Action Team has created many resources to help you with a membership campaign. Items and ideas to use are outlined in the 4-H Membership Campaign Agent Resource. To view the agent resource and all new items go to the 4-H Marketing Action Team resource page available at [Kansas4-H.org](http://www.kansas4h.org) click on Resources and then Marketing or go directly to:

<http://www.kansas4h.org/DesktopDefault.aspx?tabid=56>

Use the new Join Kansas 4-H website on your marketing materials- www.JoinKansas4-H.org In the first month, 94 parents completed the “how to join” information that was forwarded to local offices. Most parents are completing the information on weekends and times other than normal office hours.

National 4-H Brand Network also has their Promotional Tool Kit available at:

<http://4-h.org/brandnetwork/4-H-week-2010-toolkit.html>

Best wishes in growing your local 4-H program.

[Mack](#) and members of the 4-H Marketing Action Team

National Let's Move Campaign

Let's Move!, in association with the U.S. Department of Agriculture (USDA), is challenging school nutrition professionals, chefs, students, parents and interested community members to create tasty, healthy, exciting new recipes for inclusion on school lunch menus across the country.

Participants will form teams, develop, document, and prepare at least one healthy recipe in one of three categories (Whole Grains, Dark Green and Orange vegetables, or Dry Beans and Peas). Their creations will be served in the school's cafeteria, and rated by students. Fifteen semi-finalist teams will have their recipe evaluated by our judging panel during events held at their school, and the top three teams will compete in a national cook-off to determine the grand prize winner! Semi-finalists' recipes will also be posted for online voting by the public to determine a Popular Choice Winner.

Details are located at: <http://www.recipesforkidschallenge.com/>
[Gerhard](#)

Second Kansas 4-H Vibrant Video Clip-Making Training

Sign up for the second vibrant video training will begin on October 15th. This second video training will allow participants the time and technical support to strengthen the video and editing skills previously learned. In addition, another basic training will allow more KSRE staff and volunteers to create effective video clips for the Kansas 4-H Program. The dates are February 8-10, 2011, at Rock Springs 4-H Center.

Level 2 Training: Sixteen slots will be reserved for eight teams of two to return for an advanced training from the first training. Each team member will need to bring a laptop for editing. Team members planning on coming to this advanced training will need to find a 4-H video project, and then be capturing/collecting video footage this summer and fall for editing. Registration cost is \$165.00 for three days, two nights including seven meals and four breaks. Patty Bean and Seth Ring, the TerraPod (Biodiversity subject matter) trainers will be returning to teach and to assist with editing and other technical questions. Support from Kansas 4-H Youth Development will cover the cost of the trainers.

Level 1 Training: Sixteen slots will be reserved for eight new teams of two to be trained. Teams will be comprised of two members allowing each participant to have more hands-on time of equipment. Participants will learn about the tools and resources for making their own video productions. The registration cost is \$165.00 for three days, two nights including seven meals and four breaks. For more information, contact Deryl Waldren, dwaldren@ksu.edu or Rod Buchele, rbuchele@ksu.edu.
[Waldren/Buchele](#)

Out-of-School Program Idea Conference, October 4

The "Out-of-School Program Idea Conference" has been set for Monday, October 4, 9:30 a.m.-3 p.m., at the Sedgwick County Extension Education Center, 7001 W. 21st. Street N., Wichita. The "Out-of School Program Idea Conference" provides an excellent opportunity for sharing and networking with professionals that are planning, organizing and facilitating educational activities for out-of-school youth participants. This one-day event highlights hands-on curricula that adapts easily for any out-of-school setting whether its an organized afterschool program, camp setting or summer recreation. Come share ideas with other youth serving professionals. Registration form available on the Kansas 4-H Web Site at <http://www.kansas4h.org/DesktopDefault.aspx> under "What's Hot".

Breakout sessions include: "4-H₂O" The 2010 National Youth Science Experiment ; Empowering Youth Using GIS; Kids-A-Cookin'; g2g Outside; Media Smart Youth and more. For more information on the Out-of-School Program Idea Conference contact Pam Van Horn, pvanhorn@ksu.edu.
[Van Horn](#)

4-H National Youth Science Day & National Youth Science Experiment

A final reminder that 4-H is the national sponsor for the 3rd Annual National Youth Science Day and & National Youth Science Experiment. The experiment may be done by youth or youth groups, not just 4-H! It's a great recruitment strategy. This year, the Experiment is called "4-H₂O" and students study the impact of global climate change on our water system, both quantity and quality. We have 3"x4" cards here at the state office to help promote the event. We also will be putting them in your Extension Unit's State Fair "Pick-up" Bags! ALL INFORMATION REQUIRED IS LOCATED AT: www.4-H.org. Beginning the week of September 20, look for additional Kansas related info via the state 4-H website www.Kansas4-H.org. Kits are available through National 4-H Supply Service for 15 students for \$22. They must be ordered by September 20 to guarantee delivery for October 6, National Youth Science Day. HOWEVER, for much less expense you can get all of your supplies (find a nearby pond or aquarium for freshwater algae!) except the bromothymol blue 0.04%

indicator solution. If you would like a small quantity, please contact me ASAP and I'll send you some. Please contact me with any questions and continue to spread the word!

[GERHARD](#)

The Prudential Spirit of Community Awards

4-H will again have the opportunity to participate in The Prudential Spirit of Community Awards and its annual search for our nation's top youth volunteers. Last year, 137 county 4-H programs selected honorees in this prestigious youth recognition program, and 17 4-H'ers were among the 102 State Honorees for 2010. This recognition is extremely beneficial to 4-H'ers who have performed exemplary acts of service in their communities and to 4-H as a whole.

The Prudential Spirit of Community Awards program, sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals, recognizes individuals in grades 5-12 solely on the basis of their volunteer activities. 4-H'ers can apply online at <http://spirit.prudential.com> or www.principals.org/spirit. Applications must be submitted to the member's current Extension agent with 4-H responsibilities by November 1, 2010. Then, each county 4-H program can select one middle level Local Honoree for every 1,000 members (or portion thereof) in grades 5-8 and one high school Local Honoree for every 1,000 members in grades 9-12. Once county 4-H programs have selected Local Honorees, they must certify those applications by November 8, 2010 to a state-level judging committee, which will pick the top youth volunteers in each state and the District of Columbia.

All state-level honorees receive special recognition, while the top high school and middle level volunteer in each state and the District of Columbia receive silver medallions, \$1,000 awards, and a fabulous trip to the nation's capital for national recognition events. In Washington, a national selection committee will name America's top 10 youth volunteers for 2011. Each will win an additional \$5,000, a gold medallion, a crystal trophy, and a \$5,000 grant from The Prudential Foundation for a charitable nonprofit organization of his or her choice. Each county office in the nation should receive a mailing directly courtesy of 4-H National Headquarters, NIFA, USDA, and National 4-H Council. Additional information is available at <http://spirit.prudential.com>. By participating, we can applaud the terrific volunteer work of 4-H'ers and highlight the emphasis that the 4-H community of young people across America places on community involvement. Thank you for your help with this important and unique youth recognition program.

[VAN HORN](#) & [GERHARD](#)

Ambassadors

2011 Kansas 4-H Ambassador Training News

The Kansas 4-H Ambassador Action Team is a group of 4-H member, volunteer leader, and Extension staff enthusiasts who give leadership and guidance to presenting the annual Kansas 4-H Ambassador Training. The 2011 training is set for February 25-26 at the Rock Springs 4-H Center. It is open to all county/district 4-H Ambassadors, ambassador advisors and Extension staff. The 2011 theme is a Hawaiian focus - "Ambassadors 'Lei' the Pathway to 4-H." Full details will be posted on the Kansas 4-H web site later in November.

Changes for 2011 include:

- County/District Ambassador Teams will be invited to bring displays to the training. These displays should showcase current marketing efforts.

- If possible, counties/district please avoid scheduling county/district or regional 4-H days on Saturday, February 26th. We know it is a busy time of year with 4-H and school schedules.
- The Kansas 4-H Ambassador Action Team accepts members (teens, volunteers and Extension staff) year-round. For more information, please call Deryl Waldren at 785-462-6281, or e-mail him at dwaldren@ksu.edu.

Waldren

Camp

2011 Tentative Camp Dates

Listed below are the 2011 tentative Camp dates. The schedule is very tight with nine camp groups to fit into a time frame of after Discovery Days and before July 4. Happy Camping!

Sunny Hills June 5-8
Far Points June 8-11
Purple Power Pack June 11-14
Heart of Kansas June 14-17
Dirty Dozen June 17-20
Fantastic Four June 20-23
Ozsome June 23-26
Northwest June 26-29
Pioneer Trails June 29- July 2

According to the Kansas 4-H Youth Development Policies, Best Management Practices, and Information, extension units have the flexibility to renegotiate camp group affiliation after the close of their camp session and no later than September 30, in any given year.

[Van Horn](#)

Camp Chair Meeting and Training

Camp Chairs make your plans today to attend the Camp Chairs Meeting, Tuesday, 9:30 a.m., October 5, Rock Springs. Please send me an e-mail to let me know if you will be attending by September 24. Rock Springs will provide snacks and lunch.

[Van Horn](#)

CloverBuds

4-H Cloverbuds!!!

As the new 4-H year begins ... a quick reminder that Kansas 4-H Cloverbuds program became the authorized 4-H education option for 5-and 6-year-olds. All former programs, such as tag-alongs, mini-4-H, etc., are not be recognized as 4-H Youth Development programs. 4-H Cloverbuds is age appropriated for those children learning to learn, gaining self-understanding, making positive choices, getting along with others and mastering physical skills. Check-out the Kansas 4-H Cloverbuds Policies at

4-H Cloverbuds - October - Nature Fun

As we turn our calendars and realize the seasons are changing let's take a few moments and enjoy nature. One idea for increasing our awareness of nature is by facilitating the 4-H Cloverbuds' lesson on Nature Fun. Explore the sights and sounds that surround us daily. Have fun learning!

Objectives for 4-H Cloverbuds

- Increase awareness of our natural surroundings;
- Explore our valuable natural resources.

Life skill development for 4-H Cloverbuds:

- Social skills learned through group games and being a member of a team;
- Decision making and critical thinking skills developed by doing hands on investigations;
- Large motor skills development through group games; and
- Small motor skills and eye-hand coordination developed by using pencils and crayon and manipulating natural items.

Activities available for 4-H Cloverbuds:

- 1) "The Magic Can"
- 2) "Natural Color Match"
- 3) "Sounds of a Nature Hike"
- 4) "Circle of Earth"
- 5) "Leaf Rubbings"
- 6) "Pond Sample"
- 7) "Nature Scavenger Hunt"
- 8) "Spider Web Game"

"Sounds of a Nature Hike"

Materials: None

Explain that you are going on a special kind of hike, a listening hike, and that everyone must be very quiet. Ask the children to listen very carefully and see how many different sounds of nature they can hear. Walk for five or six minutes. As you walk, stop occasionally to stand quietly and listen. Stop and gather the children into a group to share what they have heard. Extend the discussion with these questions:

- Did you hear more than one kind of bird? Do you know what kind they were?
- Did you hear the wind? What different ways could you hear it?
- Did you hear any insects? Can you identify them?
- Did you hear anything that was not "nature" or natural? What was it?

Application: Encourage children to stop and listen to the sounds of nature in the coming week. How many different sounds can they identify?

For detailed information, checkout the Nature Fun lesson available in the 4-H Cloverbuds Curriculum. The curriculum targets Science Engineering and Technology.

CHARACTERCOUNTS!

CHARACTERCOUNTS!: Taking an Attitude Inventory

It's a wise custom to end an old year and begin a new one with serious self-reflection. What did you learn this year that can improve your life and make you a better person? You might start by examining the way you think and feel about your job, your relationships, and yourself. After all, the single most important factor in personal happiness and your impact on others is your attitude.

In the geometry of life, the axiom is "positive attitudes produce positive results." They make success more likely, failures less harmful, pleasures more frequent, and pain more bearable. Some people tend to bring warm sunshine wherever they go; others bring cold chills. What do you bring? To find out where you can improve, take an honest inventory of your predispositions, the attitude you're most likely to start with.

- Are you generally optimistic or pessimistic?
- Do you tend to assume the best or expect the worst of people?
- Is your first instinct to be empathetic or judgmental?
- Is your first instinct to be supportive or critical?
- Do you send the message that you enjoy life or that you're barely enduring it?
- Do you come across as the captain of your own ship or simply a passenger?

Wherever you are on the positive attitude spectrum, think how much better things could be if you were more consistently and self-consciously optimistic, empathetic, supportive, grateful, enthusiastic, hopeful, and cheerful. So why not resolve to think, act, and speak more positively about yourself, your family, your coworkers, and everyone else in your life?

(Michael Josephson. September 14, 2010)

[GERHARD](#)

Leadership Forum Weekend

Leadership Forum Weekend (Youth and Volunteers)

The Kansas Youth Leadership Forum (KYLF) and the Kansas 4-H Volunteer Forum information is up and 4-H Online Registration is open! The Forums will be held November 19-21, 2010 at Rock Springs 4-H Center. KYLF is for those 4-H members ages 14-18 before January 1, 2010 and K4-HVF is designed for any Kansas 4-H Volunteer.

This year participants in both forums will register through the same system. Some of the features of the leadership weekend will include:

- *Speaker and Leadership Coach Kelly Barnes, will present the Keynote address for both groups, "Make it a Habit" and the all KYLF Workshop "You University".
- *Joint consulting groups where youth and adults will share their passion for 4-H and how to grow the program.
- *A "hands on" service opportunity for all.

The theme for KYLF this year is "Fashionably 4-H". KYLF will feature leadership workshops, Youth Council Elections, and opportunities to learn and have fun.

<http://www.kansas4-h.org/DesktopDefault.aspx?tabid=48>

The theme for Kansas 4-H Volunteer Forum is “Celebrating 10 years of Leadership Learning”. The event will also include workshops, opportunities for networking, sharing resources for building clubs and programs and celebrating our 10th 4-H Volunteer Forum.

<http://www.kansas4-h.org/DesktopDefault.aspx?tabid=47>

Registration deadline is Oct. 15, 2010 for both events.

[Hinshaw/Buchele](#)/C. Smith/A. Spence/D. Maskus

Photography

Photography leadership learning opportunity: Cameras At The Springs! October 15 - 17, 2010

Sign up for the first Fall Weekend Photography Adventure designed for adult volunteers.

The 4-H Photography Action Team is sponsoring this great opportunity to learn and practice photography at Rock Springs 4-H Center in the Fall. We have scheduled to fall colors to be at their best while we are there.

The weekend begins on Friday, October 15th with check-in beginning at 6 pm. No supper will be served. Saturday will have informal photo shoot walks with leaders to help you explore the sights and colors of the Springs in the Fall. Friday and Saturday evening will be spent sharing photos, ideas for working with youth interested in Photography and State Wide Events. Some topics to be shared are, Macro Photography, Judging Photographs (in a fair setting), basic digital camera handling, advanced digital camera, basic composition, hands on nature photography walk and much more including, maybe a photo judging contest.

This is for adults only. You may come in Friday evening or Saturday morning. See the flyer at: <http://4-h.k-state.edu/DesktopModules/ViewDocument.aspx?DocumentID=9428> for full information and the registration form.

[Buchele](#)

SpaceTech

SE Area 4-H SpaceTech Educators' Workshop

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, in Paola, KS (Miami County).

4-H teens (12-19-years-old), parents, volunteer 4-H leaders, Extension staff, and educators working with youth who are interested in 4-H science, engineering and technology (SET) project areas. This training is being held in the Northeast Area, but it is open to any Kansas resident on a first-come, first-serve registration basis. Registration is limited to 15 per each session with a minimum of 10 required for each workshop session to be taught. No youths 11 and younger will be accepted to this training. Consider sending a team of youth and adults from your county/district to be trained to take home valuable information. Parents planning on assisting their children during the training need to register for the training.

Registration is will be hard copy only from forms downloaded from the Kansas 4-H website. Visit:

<http://www.kansas4-h.org/Events/SpaceTech/> or click on “What’s Hot after October 15, 2010. Registration is due postmarked by November 15, 2010. Payment made payable to KSU, and a current copy of your Kansas 4-H Participation Form must be sent in with your registration. Note that the workshops are priced separately based on the costs needed to present each workshop. Lunch is also a separate line item. The registration fee includes

lunch, breaks, two workshops, workshop materials and training team costs. A workshop flyer will be available after October 15, 2010. Registration fees are non-refundable unless KSRE cancels the workshop due to low numbers.

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**. 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

Kansas Volunteer Forum

The annual Volunteer Forum is a part of Leadership Forum Weekend, see the article elsewhere in this tip sheet.

[Buchele](#)

2012 North Central Regional Volunteer Forum

Kansas will be hosting the 2012 North Central Regional Volunteer Forum. The Forum will be October 11- 14, 2012 at the Hyatt Regency Hotel, Wichita. Many leadership and volunteer helper roles are available.

Information is available at State Fair in the Volunteer Association booth. The information will be on the web after state fair. This is a great opportunity to show off Kansas 4-H, we hope you and volunteers from your unit will be involved.

[Buchele](#)

Master 4-H Volunteers

Who in your unit is ready for new opportunities and challenges in there 4-H Volunteer role?

A great opportunity is awaiting the seasoned volunteer who is interested in serving in a key volunteer position for the county or local 4-H program! The Master 4-H Volunteer Program is designed to strengthen and enhance the 4-H volunteer's educational background so that they can be more effective in their volunteer roles in county, area and state levels.

The next Master 4-H Volunteer training will be announced soon. Now is the time to think about who from your unit will be in that class. The link is to the Master 4-H Volunteer site, new information will be posted soon.

<http://www.kansas4-h.org/DesktopDefault.aspx?tabid=62>

[Buchele](#)

Kansas Extension Conference on Volunteerism, November 9 - 10 Rock Springs 4-H Center

The conference will focus on Engaging Volunteers in Districts and large programs. The conference is for all Extension personnel who work with volunteers, in any geographic area and any subject matter area. Sue Pleskac, Volunteer Development Specialist, University of Wisconsin Extension, will be the presenter. The conference is co-sponsored by an ESP program grant and the Volunteer Development Program Focus Team. See you there.

This conference is an approved professional development offering and is listed in the KSRE Professional Development catalog . You are strongly urged to include it in your Professional Development plan and attend.

The information and registration flyer on the Kansas Extension Conference on Volunteerism is now up on the web at: <http://4-h.k-state.edu/DesktopModules/ViewDocument.aspx?DocumentID=9538>

The presentation topics for the conference are:

Why You? Why Your Local Extension Program?

Why Volunteers?

Who are These Volunteers?

What is Your Personal Commitment to Volunteers in the local program?

Organizational Readiness, Stakeholder Readiness

Designing the Perfect Volunteer System

How Do You Begin the Plan?

How Do You Communicate the Plan?

Implementing the plan: Who needs to be involved?

What are the Barriers and Opportunities to Implementation?

Effective Strategies for Volunteer Recruitment, Support and Renewal

First Things First, getting started back home

[Buchele](#)

Volunteer Development in your Professional Development Plan.

Each Extension Agent is to develop a professional development plan as a part of the action planning (and performance evaluation) process. I would urge you to put in some time for developing your volunteer engagement knowledge, skills and practices.. Two really valuable options are the Kansas Extension Conference on Volunteerism, November 9 - 10, at Rock Springs and the Everyone Ready online training. There are other options available also, the main thing is plan and take some time to build your capacities and then use the knowledge to improve your practices.

[Buchele](#)

VIP

As we wind down one 4-H year and begin to crank up another one, please remember to include in the cranking up the VIP process. As part of the Kansas 4-H commitment to a safe environment for learning, all adults who work with youth in 4-H are expected to be VIP registered volunteers. This includes being up to date with the annual VIP renewal. Full information, forms and many other resources are at: <http://www.kansas4-h.org/DesktopDefault.aspx?tabid=189>

[Buchele](#)

Everyone Ready Online Volunteer Management training

The text topic, on the Online Seminar, starts Sept. 20th. This topic looks like a particularly important topic. To get started go to: <http://nextgeneration.4-h.org/volunteerism/>

Cutting-edge Trends and Issues in Volunteerism

Trainer: Susan J. Ellis

There are all sorts of world events and social/cultural changes that affect volunteer involvement today. Because

of the rapid pace of change, Everyone Ready periodically devotes a seminar to current key trends and issues affecting both volunteers and the organizations in which they serve. Many of the points considered in this seminar were identified by Everyone Ready learners themselves, particularly issues created by the global economic recession.

[Buchele](#)

Volunteer Leadership needs review.

As we start a new 4-H year, now is a great time to take some time for a 4-H Volunteer Leadership review. Take a moment and ask some of the following questions.

How is the local 4-H program staffed? Do we have all the volunteers we need? Are they in the right roles? What are new roles volunteers could fill? What are unmet needs that volunteers could meet? What one do I want to start with?

Also, put in your time plan for the next couple of months time to visit with each club's leadership team. Following are starter questions; review what the club has done the past year, what was successful, what could have been done better, what did we learn, what leadership goals do we have for the next year, what leadership support does the club need (in general and from the Extension Office), what is one new way to involve new volunteer leadership in the club? These are just starter questions, follow where the conversation leads. The main thing is meet with the club leadership team. You will learn a lot and they will appreciate the attention.

[Buchele](#)

Youth Leadership Council

2011 Kansas Youth Leadership Council

Applications are available on the KYLF page. Any Kansas 4-H member between the ages of 14 and 18 before January 1, 2011 may apply. This year's delegation will elect representatives from the four extension program areas (NE, NW, SE, SW). Youth Council members work to involve youth with K-State Research and Extension in promoting, developing, implementing and evaluating Kansas Extension 4-H and Youth Development programs in order to reflect the needs and interests of the youth in the state. Council members will also plan and conduct the Kansas Youth Leadership Forum, Citizenship in Action, Campference and other events.

Find the application and information here:

<http://www.kansas4-h.org/DesktopDefault.aspx?tabid=48>

Please encourage those outstanding and committed young leaders in your local unit to apply. Applications are due in the State 4-H Office on October 15, 2010. This year the elections will include the written application, and from those applications up to 12 young people per area will be invited to interview with a panel at the beginning of KYLF. From those that interview, up to 6 candidates will be selected to be in the election.

Seth Diehm/[Hinshaw](#)/[Wiebers](#)