Reflection is an important part of the learning process.

As we approach the end of the calendar year and get started with a new 4-H year, this is an important time to reflect on the past year. What did you learn about the things you accomplished? What did you learn about things that weren’t as successful—did you take on too much; did you not plan far enough ahead? Based on these things, what are your plans for 2020?

For myself, jumping into a completely new career has come with challenges, learning experiences (some more fun than others!) and a world of new people and tasks. I know that I reflect on my successes and not-so-successful moments to challenge myself to be better every day…as a 4-H Youth Development Agent, as a wife, mom, friend and coworker.

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Wow! What a fabulous turn out we had for our Ellsworth Achievement Banquet this year! It was great to see so many of you Ellsworth youth "Get Your Game On" with the many awards you received! The potluck meal was absolutely delicious, and the Swinging Spurs were very entertaining. Thank you to all of the clubs for doing your part to make the evening a success!
CALLING ALL SHOOTING ENTHUSIASTS!

- Did you know that Russell County is sending an instructor to be trained in Shooting Sports this Spring?
- Did you know that Russell County youth can participate in Shooting Sports practices in Ellsworth County until we have a trained instructor in our county?
- Did you know that a group of youth are already traveling to Ellsworth most Sundays, and you can catch a ride?

If you are interested in knowing more about the Shooting Sports program, please call our office at 785-483-3157.

Extension Explore Day-Bonding Thru Board Games

December 3, 2019
8:30-10:30 am
K-4 : Bickerdyke Elementary
5-8: Ruppenthal Middle School

Through this program, youth will have the opportunity to learn and develop secure relationships and life skills, including:

- Understand the definition and purpose of games.
- Build and strengthen peer relationships.
- Build shared memories through a common, enjoyable experience.
- Apply social-emotional and academic skills.

Presented by Midway District Extension Staff

We are looking for volunteers!
If you are interested in helping out please call, 785-483-3157

K-STATE | Midway District

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, visual, or hearing disability, or a dietary restriction please let our office know.

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Rachel Sebesta attended the Kansas Youth Leadership Forum at Rock Springs Ranch on November 23-24, 2019. Workshops included Time Management, Public Speaking, Dressing for Success, KAPs, Sharing Ag Knowledge with Youth, and much more!

Additionally, Rachel applied for and was selected as one of six delegates to attend the National 4-H Conference in Washington, DC next April. This is one of the highest honors you can receive in 4-H! Great job, Rachel!

If you have Club News that you would like to share, please forward it to Marcia and we will publish it on this page as space allows.

County Liners 4-H Club decorated a Christmas Tree at The Art Council in Ellsworth last month.
Many of the events and paperwork—most definitely the paperwork—for 4-H can be overwhelming for new 4-H families! This page will be used to highlight things that may be helpful to know in regard to upcoming events, deadlines, and necessary documents. Your Club Leader is also a great resource!

**What is the Favorite Foods Show?**

The Favorite Foods show combines planning an event with learning about nutritional value and setting a table. The Extension Office has a handbook that can provide additional information. This can also be found on our website at:


- Pick a dish that is your favorite! It can represent any course of a meal and you will need to have the recipe turned in by January 10.
- Pick a theme and create an event of which your recipe is a part.
- Plan your place setting (card table-sized) to tie in with your theme.
- Plan your menu around your theme and particular favorite recipe.
- On January 26th you will set up your place setting, include your menu, and prepare your selected recipe. During a consultative judging, you will have the opportunity to share your idea, recipe, and place setting with a judge for constructive feedback.

**What is Club Day?**

Club Day is an opportunity for 4-H members to demonstrate their talents in several different areas in front of judges and other 4-H members and families. Club Day will be held on Sunday, February 23rd. Members must be enrolled on 4-H Online by December 2 to participate in Club Day. There is also a handbook for this available at the Extension office and on our website at: http://www.midway.k-state.edu/4-h/resources/docs/Talks-Demos-Club%20Day%20Website%20Handbook.pdf

Categories include:

- Project Talk
- Show and tell
- Demonstration
- Illustrated talk
- Public speaking
- Talent (dancing, skits, magic tricks etc.)
- Singing
- Instrumental skills
- Reading
- Resume/interview
- Model Meetings

Join us for 4-H Club Days!
Review
- 4-H Update Important Dates/Deadlines (Calendar)

To-Do
- Check Club Mailbox at Ext. Office
- Report from 4-H Council Meetings
- Provide any leadership changes to Extension Office ASAP
- Update Volunteer Renewal Information!!!!

Promote/Recruit
- 4-H members ask a friend to attend a 4-H meeting with them
- Encourage current 4-H members to review and complete applications for KYLF, Citizenship In Action, Citizenship Washington Focus
- Remind all 4-H members and parents who volunteer to enroll via 4-H Online!
- The Extension Office has a copy of the Cloverbud handbook for each club—please provide this resource to your club Cloverbud leader.
- Invite non 4-H families to attend 4-H events.
- Provide officer and clubs’ leadership updates as soon as possible to the Extension Office

Volunteer Renewal
Leaders—It is time for annual or three-year renewals!

To renew, simply go to 4-H Online and reenroll for the new year (just like you reenroll your youth participants).

New this year: If you need to do your background check through the state again (this is done every three years), no work is required by you! Our office now gets that list to the state and the state reruns the background check! We won’t do this until you are an active member in our 4-H Online system, however.

Please remember that without updated information on file, clubs can be in jeopardy. Providing a safe, healthy environment for youth is one of the most important jobs that leaders can provide and this is one of the steps in that process.

The link to the Volunteer page is http://www.midway.k-state.edu/4-h/get-involved/iwanttovolunteer.html

Thank you for your prompt attention to this important step in leading the youth of the Midway District!

Regional KAP Screening
We are looking for volunteers to help at the Regional KAP screening on Friday, January 10 in Hays. Each Extension Unit may send a maximum of three adults to judge award portfolios times the number of counties that comprise the district. This is a great way to understand the process better and help select the strongest candidates for state review. If you are interested, please let Marcia Gier know by Jan. 2 so that you can be registered.
DO YOU HAVE WHAT IT TAKES TO BE AN AMBASSADOR?

If you are in ninth grade or above, act now! Go to the following site and fill out the application today! https://www.midway.k-state.edu/4-h/get-involved/Ambassadors.html

The application deadline has been extended to December 18, 2019!

What is an Ambassador?

4-H Ambassadors should be looked to as the “Face of 4-H” for the local program. Their role is to tell the 4-H Story through media, personal appearances, and other avenues. Some of the responsibilities of a 4-H Ambassador include:

• Public Relations for 4-H
• Promote 4-H to all Audiences
• Work with 4-H Agent and 4-H PDC to promote and assist at events
• Further their own communications skills
• Organize promotional events and activities (may be in conjunction with Jr. Leader teams)
• Network with non-4-H groups (Kiwanis, Rotary, other community organizations)
• Attend trainings as offered
UPCOMING EVENTS—MARK YOUR CALENDARS!

DECEMBER
2—4-H Online Deadline to Participate in Club Days
14— Ambassador Training 10:00-3:00
24—MIDWAY DISTRICT OFFICE CLOSED FOR THE CHRISTMAS HOLIDAY
25— MIDWAY DISTRICT OFFICE CLOSED FOR THE CHRISTMAS HOLIDAY

JANUARY
1—MIDWAY DISTRICT OFFICE CLOSED FOR THE NEW YEAR’S HOLIDAY
10—Favorite Foods Recipe/Entry Deadline
26—Favorite Foods Show
31—Beef Tagging Requests Due (this is for 4-H members who are unable to attend weigh-in and need to make alternate arrangements)

FEBRUARY
10—Club Day Entries Due
23—Midway District 4-H Club Day
29—Beef Weigh-In (Russell) 8:00-11:00 am

MARCH
1—Beef Weigh-In (Ellsworth) 2:00-5:00 pm

***Anyone from the district can attend EITHER beef weigh-in (you don't have to attend the one in your county)!

Upcoming Events—Be sure to regularly check the Midway District website for upcoming shows and clinics! We receive notifications about many different opportunities and make every attempt to keep this current.  http://www.midway.k-state.edu/area-shows/index.html
### December 2019

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If you would prefer receiving the newsletter via mail (in addition to the email and posted version), call the Extension Office at 785-483-3157 and we will add you to the mailing list.