

4-H UPDATE



Midway District 4-H Newsletter

November 2019

It's hard to believe Thanksgiving is just around the corner! It doesn't seem like I've been at this job for four months already. Time flies when you are having fun and having fun, I am! I have loved every minute of this life change, and I am very thankful for the people who have made this job fulfilling. I am thankful for my family, who has learned to adjust to my new responsibilities and supported me along the way. I am thankful for coworkers who have the same mission and vision and truly want to, "Make the Best Better!" I am extremely thankful for all of the volunteers who have given their time to make my transition a smooth one. This year, I have a lot to be thankful for. What do you want to give thanks to this holiday season? Make sure you let those around you know why you are thankful.

A few ideas to celebrate Thanksgiving...

1. Gratitude Garland: Have your kids trace or draw leaf shapes onto construction paper, then cut them out. Place the leaves in a basket with some markers. Encourage each family member to write one thing that they're thankful for on a leaf (the more the better!) As guests arrive, have them do the same. Before the meal, tape the leaves to your front window or hang them on a piece of twine (mini clothespins or binder clips work well) for some festive and meaningful dining room décor.
What you need: Construction paper, pens, child-safe scissors, mini clothes-pins or clips, twine or ribbon for hanging.

2. Jar of Thanks: It doesn't get much easier than this. Make a label for a recycled jar that reads "Jar of Thanks" or "Gratitude Jar." (You can even have kids make this on a piece of paper, then adhere to jar with packing tape. Extra points for adding a festive ribbon around the top.) Place slips of paper and pens in a couple of spots where people will gather: the kitchen counter, the coffee table, and the dining room. Encourage all guests to write a few entries and place them in the jar. When dessert is served, pass around the jar and take turns reading the answers. You can even make it a guessing game by having guests try to figure out who said what!
What you need: Recycled glass jar, paper, pens.

3. Thankful Badges: This one is especially good if you're hosting a crowd. Print out a sheet of name-tag style labels that read "I'm Thankful For." Instead of their names, guests write one thing they are grateful for, whether that's mint chip ice cream, their new kitten, or good health. This activity serves double-duty as a terrific ice-breaker.

Marcia Gier

K-STATE
Research and Extension



Midway District 4-H Program represents Ellsworth and Russell area 4-H Clubs

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ELLSWORTH EVENTS

2019-20 EW County 4-H Council Officers:

President: Rebekah Vague

Vice Pres: Anna Theilen

Secretary: Macey Homeier

Treasurer: Kason LaMont

Reporter: Caleb Hays

4-H Council Meeting

Dec. 9 @ 6:30pm

Be prepared for these meetings with officer and committee reports!

ECFA Board Meeting

Nov. 4 @ 6:30pm

Junior Leaders

Nov. 17 @ 4pm

Ellsworth Fire Station

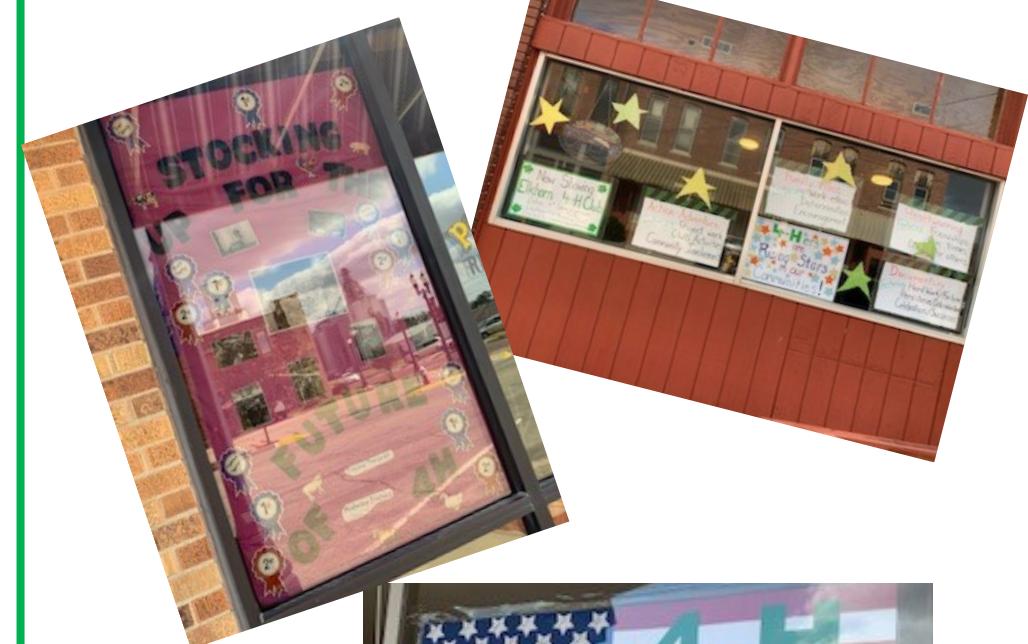
Join our Leadership Road Trip!



HAPPY THANKSGIVING



We had great window displays for National 4-H Week! The winner will be announced at the Ellsworth Achievement Banquet on November 2.



RUSSELL REPORT

2018-19 RS County 4-H Council Officers:

President: Lauren Myers

Vice Pres: Gracie Karst

Secretary: Grace Lumpkins

Treasurer: Braden Mai

Reporter: Rhett Pospichal

4-H Council Meeting

Nov. 11 at 7:00pm

Be prepared for these meetings with officer and committee reports!

Russell Fair Board Meeting

Nov. 11 at 7:30

4-H Junior Leaders

Nov. 24 @ 5:30



4-H, A Whirlwind of Fun was a great theme to celebrate the many accomplishments of Russell 4-H members!

The planning committee, 4-H Council Officers, and Junior Leaders did a great job of planning and hosting a fun afternoon and evening!

Farm Olympics, complete with the Cow Patty Throw, Boot Scramble, Cow Milking, Egg Toss, and several other events provided a lot of laughs to start us off. A wonderful dinner provided by YNOT BBQ set the stage for a large number of awards and pins!





4-H IN THE NEWS



It was great to see Facebook posts about National 4-H Day and 48 Hours of 4-H from our Midway District!

There were lots of neat activities from painting Clovers and speaking to schools to food drives and building cleanups. Club Leaders—be sure to register those activities at <http://www.kansas4-h.org/events-activities/conferences-events/48-hours-of-4-h/>.

Service activities for 4-H members aren't limited to October so be sure to let us know about other fundraising and community service activities your club has planned.



NEW FAMILY RESOURCE PAGE

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!

When should we start keeping track of projects, activities, meetings, learning?

NOW! Seriously though, pull a copy of the record book and pin application that is appropriate and keep them easily accessible. At my house, this is always in a folder where we collect all other 4-H information for the year. You can also place them on the fridge, in a file drawer or wherever they will be handy to update during the year. Every year, we get a little better at keeping track of this information and it pays off in the end! It is much easier to keep track along the way than trying to recreate the year's activities in September!

What are some of the record keeping tools we should be using?

- The 4-H Record (Personal Page, 4-H Story, Permanent Record).
- KAP (Kansas Award Portfolio) is a project specific record and a great way to showcase a favorite project or two.
- Pin Application—pins begin with the membership pin. Only one pin may be awarded each year and are awarded in order (if you skip ahead, you cannot go back to apply for a previous award).
- Cloverbuds have their own optional recordbook , it can be found at http://www.midway.k-state.edu/4-h/resources/forms/record_keeping.html
- Resources are available at <http://www.midway.k-state.edu/4-h/resources/index.html>

What resources are available for project areas?

The Extension Offices in both counties have a wide variety of 4-H curriculum books that are available for check-out. There are resources on everything from Beef to Leadership to Woodworking.

What can Cloverbuds participate in for Club Days?

Cloverbuds can present a Show and Tell and participate in a club skit for Club Days. They will receive a participation ribbon for their involvement.

LEADERS' LEARNING CENTER

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**

You can find this great goal setting resource <http://www.midway.k-state.edu/4-h/resources/forms/index.html>

SMART Goals:
Specific
Measurable
Attainable
Relevant
Timely

Leaders:
This would be a good tool to review regularly at meetings with 4-H members!

K-STATE Setting 4-H Project Goals

Name: _____ Club: _____ Year: _____

Now that you have selected your 4-H projects for the year, it is important to plan out what you would like to learn and accomplish. What new skills would you like to gain? Who is going to help you along the way? Setting measurable goals will help guide you through positive 4-H project learning experiences.

WHAT IS A GOAL?

A GOAL is....Deciding what you want to do and learn in a 4-H project.
A road map. It helps you get where you want to go.

Your goals should have three parts that will allow you to measure and check your progress. The three parts of a good goal include:
1. ACTION — How are you going to do something.
2. RESULT — What are you going to do. (Expected)
3. TIMETABLE — When are you going to do it.

This worksheet is designed to help you set your 4-H project goals. Below are some examples of well-written goals.

Action	Result	Timetable	Who Will Help Me
I want to learn about my bucket calf's nutritional needs	before county weigh-in.	Dad	
I want to make three nutritious snacks for the nursing home residents	by our June club meeting.	my project leader	
I want to learn about the aerodynamics of my model	before the spring launch.	Mom	
I want to lead a horse project meeting	by February.	my extension agent	
I want to keep accurate records of my photography project experiences and expenses	monthly.	my project leader & parents	

CONTROL TEST: Do your goals pass the control test? Do you have control over all parts of what happens? If you can answer "yes," then you are ready to begin record keeping. For example, "I want to win grand champion with my cookies at the county fair" does not pass the control test. A 4-H member doesn't have control over ribbon placing.

Now it is your turn. Practice setting three goals that you would like to accomplish this 4-H year. If you need help, ask an adult to assist.

Action	Result	Timetable	Who Will Help Me
I want to....			
I want to....			
I want to....			

Time to begin. In the spaces provided on the next page, set your goals for each project you are enrolled in this year. Attach additional pages as necessary.

Please keep in mind that younger 4-H members will have lower, less complex goals than older, more advanced 4-H members. A good rule of thumb is three to five goals per project for ages 7 to 10, four to eight goals per project for ages 11 to 13, and seven to 12 goals per project for ages 14 to 18.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

PROJECT: _____	4-H Member Age: _____	Years in Project: _____
Action, Timetable, Result	Who Will Help Me	
Goal #1		
Goal #2		
Goal #3		
Goal #4		
Goal #5		

PROJECT: _____	4-H Member Age: _____	Years in Project: _____
Action, Timetable, Result	Who Will Help Me	
Goal #1		
Goal #2		
Goal #3		
Goal #4		
Goal #5		

PROJECT: _____	4-H Member Age: _____	Years in Project: _____
Action, Timetable, Result	Who Will Help Me	
Goal #1		
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PROJECT: _____	4-H Member Age: _____	Years in Project: _____
Action, Timetable, Result	Who Will Help Me	
Goal #1		
Goal #2		
Goal #3		
Goal #4		
Goal #5		

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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UPCOMING EVENTS—MARK YOUR CALENDARS!

NOVEMBER

- 1—Club Officer Worksheets Due
- 2—Ellsworth County Achievement Banquet
- 11—MIDWAY DISTRICT OFFICE CLOSED FOR VETERAN'S DAY
- 15—Officer Training
- 23/24—KYLF/Kansas Volunteer Forum
- 28/29—MIDWAY DISTRICT OFFICE CLOSED FOR THANKSGIVING

DECEMBER

- 1—4-H Online Deadline to Participate in Club Days
- 14—Ambassador Training
- 25—MIDWAY DISTRICT OFFICE CLOSED FOR THE CHRISTMAS HOLIDAY

JANUARY

- 1—MIDWAY DISTRICT OFFICE CLOSED FOR THE NEW YEAR'S DAY 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

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>



4-H HAPPENINGS



Are you a new officer for your 4-H Club? Plan to attend 4-H Officer Training on November 15 at the Russell County 4-H Building.

If you are an experienced officer and would be willing to share your talents with new officers, please let Marcia know!

HOW SWEET IT IS!



4-H Officer Training

November 15, 2019

6:00p.m.—8:30p.m.

4-H Building—Russell, KS

You've been elected to an important office in your 4-H Club.
Come learn your roles and responsibilities for your job.

4-H Collegiate and other volunteers will be presenting the sessions.

RSVP to your local extension office by Wednesday, November 13
Barton County—620-793-1910 **K-STATE** | 
Ellis County—785-628-9430 Research and Extension
Midway District—785-483-3157

CALLING ALL
PARENTS!

PLEASE JOIN OUR
SESSION ON HOW TO
BE THE PARENT OF A
4-H OFFICER AND
OTHER TIMELY TOPICS!

It's time to start thinking about enrollment for the next 4-H year! 4-Hers can enroll for the 2019-2020 4-H year *on or after October 1st* at :

<https://kansas.4honline.com/Login.aspx403D4065476E5551444A414B68513D>

Be sure to choose projects as you enroll. If you are interested in trying some new project areas please check out the Midway District website for project guides here: <https://www.midway.k-state.edu/4-h/get-involved/projects.html>

November 2019

AC-Ash Creek, BC-Big Creek, CL-County Liners, EH-Elkhorn,
 FC-Fossil Creek, LS-Lonestar, SF-Sunflower, SS-Shooting Sports,
 TT-Trying Tommies, WW-Wilson Winners, WCV-Wolf Creek Valley

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CLUB OFFICER WORKSHEETS DUE	2
Daylight Savings Time Ends Meetings: BC/LS 3	4 ECFA Meeting	5	6	7	8	9
10 Club Meetings: SS / WCV	11 OFFICE CLOSED VETERANS DAY HOLIDAY Club Meetings: RS Council RS Fairboard	12	13	14 Extension Board Meeting - RS	15 OFFICER TRAINING	16
17 Club Meetings: AC/WW/FC/SF	18 CL Club Meeting	19	20	21	22	23
24 Club Meetings: TT/EH RS Jr. Leaders	25	26	27	28 Thanksgiving OFFICE CLOSED THANKSGIVING HOLIDAY	29 OFFICE CLOSED THANKSGIVING HOLIDAY	30

print-a-calendar.com

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.



4-H GROWS HERE



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