December 2015

Upcoming Events

December

03 Make and Take Pressed Flower Cards, Extension Office, Room 1208
03 4-H Council Meeting, 7:00pm, Extension Office, Room 1200
1 – 30 Volunteer Renewal forms due to Extension Office

January 2016

15 Citizenship In Action (CIA) registration deadline
16 4-H Shooting Sports Coordinator/Instructor renewal deadline

February 2016

19 – 20 Kansas 4-H Ambassador Training at Rock Springs

June 2016

12-15 Fantastic 4-H Camp at Rock Springs

4-H Families,

Congratulations to all the youth and adults who were recognized at the annual Achievement Celebration! This is a great time of the year to reflect on all our blessings and to extend an attitude of appreciation. Wyandotte County 4-H is fortunate to have such a great group of 4-H families and gracious volunteers. We truly appreciate all the time and talents each of you bring to our program. Thank you.

We wish you and your families a safe and happy holiday season!

Olivia and Debra
4-H Council

The December meeting will be held on December 03, 7:00pm, Extension Office, Room 1200.

4-H Clubs each have three designated 4-H representatives and three designated adult community leaders that participate in this group. Meetings shall be held on the fourth Thursday of February, April, August and October, and the third Thursday of December (note: 2015 mtg is 1st Thurs), at 7:00PM at the Wyandotte County Extension Office. The 4-H Council plans 4-H activities and events for the county, as well as forming a budget for County Council.

All 4-H’ers and their families are encouraged to attend.

Your 2016 County Council officers are: President, Ian Pack; Vice President, Samantha Yantz; Secretary, Aiden Jones; Treasurer, Christina Edwards. We look forward to an exciting 4-H year.

Sign Up to be on a WyCo 4-H Council Committee

Have you ever wondered how our county-wide events are planned? Each county event has a committee of hardworking and dedicated adult volunteers and 4-H’ers who provide input and assist with planning each event. 4-H members (4-H age 10 or older) and adult volunteers are invited to participate on these committees as a working committee member. Often 4-H’ers say they didn’t know they could help with county events. Please review the details below of each committee. 4-H’ers and adults interested in joining a committee as a working committee member please contact Debra Sweeten or Olivia Moore, at the Extension Office.

Each committee shall select as chairperson a 4-H youth.

Policy Changes Committee - Responsibilities include reviewing current policies and submitting any revisions for Council to approval.

Finance Committee – The WyCo 4-H Council Treasurer shall serve as the chairperson of this committee; an adult member of the committee, not related to the Treasurer, shall be selected by the committee to serve as co-chair. Responsible for developing a budget to meet the monetary needs of the WyCo 4-H Council, recommending fund-raising activities, and keeping the Council updated on Council finances. This committee shall also assist with money-handling responsibilities throughout any fundraiser conducted by the WyCo 4-H Council.

Nominating Committee - Responsibilities include selecting a slate of nominees for WyCo 4-H Council officers (for Fall nomination and election).

Achievement Celebration Committee - Responsibilities include planning the decorations and food for Achievement Celebration, setting up and cleaning up the day of Achievement Celebration, and assisting the Extension 4-H agent in planning and conducting the program to recognize the accomplishments of 4-H youth in WyCo.

Awards Committee - Responsibilities include assisting the 4-H Agent in implementing rules and regulations, and reviewing and revising the "4-H Award Procedures," such as 4-H Fair, KAPs, Club Standards and others.
Judging Contests and Quiz Bowls – Responsibilities include working with the 4-H Agent in planning and conducting judging schools and contests and quiz bowls, and for promoting and creating interest among the 4-H youth. These various judging opportunities may include such events as: photography; livestock; horticulture; horse; dog.

Club Day Committee - Responsibilities include assisting the Extension 4-H Agent in planning and conducting county Club Day and model meetings, attending the Club Day planning meeting. On the day of Club Day, committee members help set up and take down, as well as help with other activities.

Promotions/National 4-H Week Committee - Responsibilities include working with 4-H Agent, scheduling countywide events during National 4-H Week and overall promotion of 4-H Youth Development programs year round.

Project Leaders and Volunteers
New Volunteers, please contact Olivia Moore for information on attending a Volunteer Orientation and submitting necessary forms and information to be a volunteer with Wyandotte County 4-H.

Registered Volunteers, please submit your Renewal Form. Renewal forms are due to Olivia Moore during December. If completing your renewal form slipped your radar, please complete the form and submit it ASAP. The Volunteer Renewal form must be completed by all Registered Volunteers each year. Here is the link to the form https://www.bookstore.ksre.ksu.edu/pubs/4H953.pdf

Project Leaders and Volunteers must be Registered Volunteers. Remember that project leaders and volunteers must be Registered Volunteers in order to volunteer for your club.

There are three types of volunteers:

Direct Volunteer: A volunteer with authority to independently plan and conduct educational experiences for youth with adults present or in a public setting OR whose position puts them in close, ongoing, interaction with youth. (Examples: community or organizational leader, project leader, activity leader, judging team coach, camp counselor, event chaperone, exchange trip chaperone, countywide project leader, chauffeur for any 4-H activities, etc.) Direct Volunteers are required to complete the Kansas 4-H Volunteer Screening Process.

Episodic Volunteer: A volunteer helping with a single “episode” or activity (usually with a Registered 4-H Volunteer present). Volunteers who are considered episodic volunteers serve as workshop presenters, judges, guest speakers, etc. Episodic Volunteers are not required to complete the Volunteer Screening process.

Indirect Volunteer: A volunteer supporting 4-H events or activities but not working directly with youth. Volunteers who are considered indirect volunteers serve on committees or boards. Examples may include local 4-H Foundation Board members or PDC members who don't interact with youth. This person is not required to complete the Volunteer Screening process.

For more information on the Volunteer Screening process visit your 4-H staff.
4-H Enrollment 2016

If a returning 4-H member has not been reenrolled yet, please do so right away as correspondences from the 4-H office will now be sent using information from the 2016 enrollments in 4HOnline. New families may enroll for the 2016 4-H year at any time, but the sooner the better so that they can start receiving correspondences as well.

The State 4-H office has made a step by step brochure for reenrolling which they have posted on their website. They have also posted the State’s brochure for enrolling for new families. Please read the brochure to assist your family in reenrolling, and here are a few tips to point out:
- Log in to your family’s existing profile. DO NOT create a new family account!
- Most data will pre-populate from the 2015 year’s data, but make sure you double check and edit items that may have changed from last year. Items like: Volunteer Status (Yes or No), Volunteer Type (i.e. Project Leader, Secretary, etc.), Club, Projects, etc.

If you are a Club Leader or Project Leader you will not be able to log in to your club/project until you have reenrolled and your enrollment has been accepted by our office and the Organizational Report for your club has been turned into the Extension office.

The Participation Form will be filled out online this year as part of the enrollment/reenrollment process, therefore no hard copy form needs to be turned in to the office. As always, if you have any questions about the 4HOnline system do not hesitate to contact your Club Leader or your 4-H staff.

2016 Scholarship Applications Available

The 2016 Kansas 4-H Scholarship Form can be found by visiting

http://www.kansas4-h.org/resources/4-h-library/awards-and-recognition/docs/scholarships/Kansas_4H_Scholarship_Application.pdf

This is the only form that will be used for the 2016 4-H scholarships. A list of scholarships available to apply for will come out closer to the end of the year. 4-H members wanting to apply must submit completed applications to the Extension office by Monday, January 25, 2016.

Citizenship In Action Registration

By Sarah Keatley, K-State

Registration deadline is January 15 for Citizenship In Action. You can find information by visiting www.kansas4-H.org. Youth who are 13-18 by January 1 of the current year are eligible to attend. The purpose of this event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but also show them how they can affect the legislative process.
Scholarship opportunities will be available and we will communicate that information with Local Extension Offices, through our website and with youth who are attending.

2016 Kansas 4-H Ambassador Training
By Deryl Waldre, K-State
The 2016 Kansas 4-H Ambassador Training will be February 19-20 at the Rock Springs 4-H Center near Junction City. It is open to all county/district 4-H ambassadors, ambassador advisors and Extension staff. The theme is “Rockin’ and Rollin’ with 4-H Ambassadors.” There will be six youth workshops, three adult workshops, two speakers, with lots of fun and fellowship. By Full details will be posted on the Kansas 4-H web site by December 15th. Registration will be on the CVent system, and will close on February 1st. 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.

Rock Springs Dates for 2016 4-H Camp ~ Fantastic

Hold the date for Rock Springs 2016 4-H Camp ~ Fantastic is June 12 -15.

4-H Cloverbuds
By Pam Van Horn, K-State Dept of 4-H Youth Development
When 4-H and/or Extension plans, organizes and facilitates a livestock, small animal, horse or pre or post-fair activity please double check that 4-H Policies are being followed. An area of concern is 4-H Cloverbuds. The program was designed for 5-and 6-year-olds. Cloverbuds is activity-focused, rather than project--focused. Furthermore, 4-H Cloverbuds members may not participate in any competitive 4-H events. 4-H Cloverbuds members many showcase their exhibits at fairs and public events. 4-H Cloverbuds may not have 4-H livestock projects that require long-term, ongoing care or weigh-ins, nor can the member participate as a competitive 4-H exhibitor within livestock divisions.

For more information referring to 4-H Cloverbuds, please check the Kansas Department of 4-H Youth Development Policy Guide, section D3 4-H Cloverbuds, page 8 or check the Cloverbuds page.

4-H Entomology Rule Changes for Kansas State Fair 2016

4-H Entomology Rule Changes for Kansas State Fair There are new rules for 4-H Entomology at the State Fair. These new rules will be required for the 2016 State Fair. State Fair division rules and a tip sheet explaining the changes can be found at http://entomology.k-state.edu/extension/4-h-and-youth/. Start working on these changes now so you will be all ready for the 2016 fair season.
This is Your Brain Online: The Impact of Digital Technology on Mental Health
By Dr. Barbara Stone, K-State
This webinar is open to all who are interested in the impact of digital technology on mental health.
Webinar Date and time: December 10, 2015, 4:30-5:30 p.m. Central Time
Registration link: http://events.anr.msu.edu/event.cfm?folder=BeSAFETechWebinar
Registration deadline: December 8, 2015
Description: A growing body of research from a variety of disciplines indicates that the widespread use of digital technology – including computers, the internet, video games, and smart phones – has a measurable, negative impact on the human brain, resulting in significant changes in our sleep, mood, concentration, memory and learning, as well as behaviors such as risk-taking and aggression. This effect appears to be more pronounced for the younger generation of so-called “digital natives”: those who have been using digital technology and social media during their critical stages of brain development. This presentation reviews the current research on this topic and explores the implications for the education and psychological development of young people. A variety of strategies for responding to these trends and creating environments that promote learning and healthy development will be explored.

Presenter: This webinar will feature Scott Becker, director of the Michigan State University Counseling Center. (Additional information about Dr. Becker's background and areas of expertise is available at the webinar registration link.)

Mindfulness and Adolescence: Windows of Opportunity to Enhance Health and Well-Being
By Dr. Barbara Stone, K-State
Webinar is open to all who are interested in enhancing health and well-being of youth.
Date and time: December 16, 2015, 4:30-5:30 p.m. CST
Registration link: http://events.anr.msu.edu/event.cfm?folder=BeSAFEMindWebinar
Registration deadline: December 14, 2015

Description: Adolescence is a period marked by great challenges and opportunities in areas of cognitive, social and emotional development. This webinar will review some of these developmental changes and challenges, including those in the adolescent brain that could be highly responsive to mindfulness practice. Mindfulness, the present-moment, nonjudgmental awareness of experience, can be cultivated through practice and has the potential to enhance well-being in young people. This webinar will review selected research related to mindfulness for adolescents and introduce a research-based curriculum called Learning to BREATHE for teaching mindfulness in schools, clinics, after-school programs and other youth settings.

Presenter: This webinar will feature Patricia (Trish) Broderick, research associate at the Penn State Prevention Research Center and founder and former director of the Stress Reduction
Center at West Chester University of Pennsylvania. (Additional information about Dr. Broderick’s background and areas of expertise is available at the webinar registration link.)

**Project Resources**

There are a variety of project resource books in the Extension Office available to purchase. They typically cost around $5 and have a lot of activities and lessons about each specific project. They are also usually broken down to match the skill or age level of the 4-H’er. Stop by the office to take a look at the materials.

**Other Fun Stuff**

**Make & Take Pressed Flower Cards, December 03, 11:00am, Sunflower Room**

Presented by WyCo Master Gardeners. Open to the public and encouraging 4-H’ers to participate.

In this fun and interactive class you will learn how to make pressed flower cards. You’ll make two cards which you can take home with you.

Cost is $5 per person making cards; Master Gardeners no cost. Please RSVP to Debra Sweeten or just show up for the class.

**REPORTER’s CORNER: Wyandotte County 4-H Clubs**

**News from Prairie Fire 4-H Club**

Small Bore State Match Results on October 3, 2015:

- Irene Bird and Sophie Roper took 1st place as Small Bore Riffle Team
- Sophie Roper received awards for 1st with an 85 in Standing, 1st with 26 Silhouettes, and 1st overall with a 507 aggregate score
- Irene Bird received awards for 4th place with an 82 in Kneeling, 2nd with 23 silhouettes, and 2nd overall with a 476 aggregate score
- Blake Tucker and Sophie Roper took 2nd place for Small Bore Pistol Team
- Blake Tucker received awards for 4th with an 86 in Slow Fire, 1st with a 98 in Timed Fire, 1st with a 96 in Rapid Fire, and a 4th overall with a 452 aggregate score
- Sophie Roper received awards for 5th with 27 Silhouettes, and 5th overall with a 420 aggregate score.

Other News from Prairie Fire 4-H Club:
• Irene Bird received a Purple and the Kansas 4-H Foundation Award on her photo that she entered at the Kansas State Fair. Her photo can be used in the 4-H Foundation publications.

Thank you for keeping our Prairie Fire Club accomplishments in the news.
Kara Deterding, Prairie Fire Club reporter

Club Reporters, Your Articles Can Be Featured Here!

Attention all club Reporters! Does your club have some exciting news or photos to share? Is there something you think the rest of the county should know that’s happening in your club? Then we have an opportunity for you! Your articles and pictures can be featured in the Newsletter and on our Wyandotte County 4-H Facebook. We would like to ask you to limit the article to 200 words and it must be submitted to Debra Sweeten by the Newsletter submission deadline, which is the 20th of each month.

4-Hers and Leaders: Contribute to This Newsletter

What do you know? What do you want to share? What news do you have? 4-Hers and Leaders, this is your newsletter. Help us make it effective, relevant and interesting for all of our WyCo 4-H families. We encourage you to contribute your relevant information to us by the 20th of each month, so that we can get it into the newsletter.

Just write it up as you want it published, and then email it to us at: dsweeten@ksu.edu

All submissions subject to minor editing and approval.

Wyandotte County 4-H Newsletter

The Wyandotte County 4-H Newsletter is published on the first of each month by the Wyandotte County Extension Office.

If you have an article that you would like to submit, please contact us by the 20th of the previous month.

This newsletter is one way of communicating education information and updates to 4-H members, leaders, parents and the community.

“K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, or a dietary restriction, please contact Olivia D. Moore at 913-299-9300.

Contact Us!

Olivia D. Moore
Extension Agent,
4-H & Youth Development

Debra Sweeten
Program Assistant,
4-H & Youth Development
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http://www.wyandotte.k-state.edu/4-h/