

THE CLOVER CONNECTION



Monthly newsletter of the Wyandotte County 4-H Youth Development Program



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BACK TO SCHOOL!

Written by Jessie Carr, 4-H Youth Development Agent

This year back to school will have a new meaning. With many schools, including Kansas City Kansas Public Schools, preparing for alternative and virtual learning “back to school” may not have the same meaning as it has in the past. Here are some “back to school” tips to keep in mind:

- Establish a routine: even with virtual learning, it’s important to create a routine to keep you accountable and create a sense of normalcy.
- Set SMART goals: setting goals that are Smart, Measurable, Attainable, Relevant and Timely will help you stay focused and accomplish any task.
- Practice patience: as we all continue to navigate uncertain times there may still be unanswered questions. Remember to be patient with one another!
- Be kind: we are all in this together and now more than ever it’s important to not only be kind to others but yourself too! Have fun: don’t forget to have fun too! Take a break every once in a while, and spend time doing things you enjoy!



ANNUAL 4-H CLUB FORMS DUE SOON

Submitted by Debra Sweeten, WyCo 4-H Program Assistant

- **4-H Club Organizational Form** - Newly elected officer's names must be written on the 4-H Organizational form and submitted to the Extension office by **October 1** annually. Designated 4-H Council Representatives and Alternates must be turned in to the Office in order to have a vote during 4-H Council. If names are not submitted to the Office, votes will not be allowed from that club during Council.
- **4-H Club Treasurer's Record Book with Financial Review Forms** - 4-H Clubs, Projects or groups who have a bank account or eIN number, need to annually complete a Financial Review annually by **November 1**. Please note, (note: treasurer and check signers cannot be the reviewers). These are the only approved forms from Kansas State University.
- **4-H Club By-Law Reviews** - Copies of the reviewed or revised By-laws, signed and dated by the reviewers and by the newly elected Club President and Club Leader are due to the Extension Office annually by **November 1**.
- **4-H Secretary's Records and Club Standard Forms** - Club Standards are a great way to track growth and progress as a club. These forms and records are due to the Extension Office annually by **November 1**.

IMPORTANT DATES

- **Aug 5** - Deadline to submit to dsweeten@ksu.edu topics for discussion at the Aug 4-H Council meeting
- **Aug 5** - WyCo 4-H Council Executive Officers meeting (zoom)
- **Aug 20** - WyCo 4-H County-wide 4-H Council meeting (zoom)
- **Sept 7** - Labor Day – KSRE Office Closed
- **Sept** - 4-H Clubs elect new Club Officers, who take office in October.
- **Oct 1** - Happy New 4-H Program Year
- **Oct 1** - Organizational Forms for each WyCo 4-H Club is due to KSRE 4-H Office
- **Oct 10 & 11** - National 4-H Week / 48HRS of 4-H (Countywide 4-H community service project)
- **Oct 15** - 4-H Council Meeting



WYANDOTTE COUNTY 4-H REMINDERS

Don't forget these important tasks in August



AUGUST TASKS

- Youth should be completing their 4-H Record Books, KAPS and membership year pin applications.
- Clubs begin preparing youth for Club Officer elections, 4-H Council Officer elections and 4-H Council Representatives/Voters.
- Clubs form committees for their Club's financial review and for their Club's By-law review; begin preparing these ends of program year review forms.
- Project Leaders of projects with bank accounts need to begin preparing for end of program year financial review.

YOUTH LEADERSHIP OPPORTUNITIES

- Position: WyCo 4-H Council Officers (President; Vice President; Secretary; Treasurer; Reporter)
- Start Date: October 2020
- Youth can add skills to their resume for college and develop career and life skills by serving as an officer in our WyCo 4-H Council. Each officer shall be elected from the youth 4-H Members. Each officer shall be elected to a one-year term. No individual shall serve more than two consecutive terms in the same office.
- See the WyCo 4-H Council Bylaws, Article VI, Officers and their duties for more information.
- If interested in being nominated for an Officer Position, please contact Jessie Carr, 4-H Agent at (913) 299-9300 or carr.jessie@ksu.edu or Debra Sweeten, Program Assistant, at dsweeten@ksu.edu.

4-H COUNCIL INFORMATION

- Aug 5 - Council Officers planning meeting; via Zoom
- Aug 20 4-H Council meeting – all WyCo 4-H members; via Zoom

The purpose of the Wyandotte County 4-H Council is to aid in the development of all county 4-H youth programs approved by the Wyandotte County Extension Council Executive Board, by giving leadership to the planning and conducting of educational events and activities, volunteer leader training, and leadership development.

VOLUNTEERS NEEDED

- WyCo 4-H Council is in immediate need of volunteers to be on the Nominating Committee. The Nominating Committee is responsible for selecting a slate of nominees for Wyandotte County 4-H Council officers pursuant to Article V, Section 2 of our WyCo 4-H Council By-Laws.
- 4-H Council by-laws can be found [here](#)



RECORD BOOKS AND ACHIEVEMENT AWARDS- DUE OCTOBER 1 ANNUALLY

Submitted by Debra Sweeten, WyCo 4-H Program Assistant

What is a Record Book?

- The 4-H program has a long history of record keeping. The focus reflects the importance of this life skill in our daily lives. In 4-H, young people have tracked their activities, events, profits and losses, skill development and learning experiences, and much more using the iconic 4-H Record Book. In addition to record keeping, the 4-H Record Book gives members an opportunity to reflect on their year, measure their achievements and growth, and set goals, and develop plans to meet those goals.
 - [Record Book Information and Forms](#)

Achievement Pins and Scholarships Achievement Awards

- Achievement awards takes optimum advantage of the 4-H experiences available, recognize the accomplishments earned by 4-Hers and are awarded yearly during the annual Achievement Night Celebration at the end of the 4-H year. Applications due by October 1, and to be turned in with youth Record Books to the Extension Office.
 - [Achievement Pins and Scholarship Information](#)



2020 48 HOURS OF 4-H

Submitted by Debra Sweeten, WyCo 4-H Program Assistant

We hope every WyCo 4-H family will join us this fall in seeing just how much we can give back to our communities! The weekend after National 4-H Week, is the perfect opportunity to setup a service project. Invite your friends, clubs, adult volunteers, potential 4-H members and 4-H alums too!

- When: October 10-11, 2020
- Who: 4-H Members, 4-H Clubs, Friends, Adult Volunteers, Parents, 4-H Alumni



It's time to make plans for our WyCo 4-H Council and Clubs to participate. WyCo 4-H Council's planning committee has access to a 48Hrs website for a helpful guide, and to register our projects(s). Be watching for the Facebook Event to win some prizes and get excited about serving our communities. The link for t-shirt orders will be available in mid August. If we plan a big Community Project, then there are two pop up banners and one hanging banner from our state 4-H we could borrow. We would love to have those used this year. To be on the planning committee, please contact David Streit, 913-441-8558, davidstreit@hotmail.com.

**To learn more about 48
Hours of 4-H visit
the State 4-H website!**

“

“We make a living by what we get, but we make a life by what we give.”

- Winston Churchill

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COMMUNICATING THROUGH DISTANCE: HOW TO NAVIGATE THE COMMUNICATION PROCESS AS A VOLUNTEER

Submitted by Debra Sweeten, WyCo 4-H Program Assistant

Social media, texting, and video meetings have created a new world of engagement options for how people communicate with one another. It can be a challenge to know how to provide everyone with opportunities to learn, explore the world, socialize with friends, and create new connections using the wide range of technology options available. Still, the benefits can be substantial as it can lead to instant communication between people and enhance the communication lines from volunteer to program participants and vice versa. However, it is important to understand the impacts of using any online or distance means of communication and to carefully consider how to keep everyone safe.

Kansas 4-H has developed a volunteer resource document that outlines:

- Best Practices to Consider Around Communicating with Program Participants
- Best Practices to Consider Around Social Media
- Expectations for Social Media

WYCO 4-H YOUTH PARTICIPATE IN AGBIZKC

Submitted by Debra Sweeten, WyCo 4-H Program Assistant

Agricultural Business Council of Kansas City (AgBizKC) gave complimentary registrations to three of our high school aged WyCo 4-H'ers: Tabitha Burt, Elise Collins, and Dakoda Mortell. The July 14 webinar focused on how the food supply chain is dealing with the Coronavirus pandemic. Panelists discussed the implications for producers, feeders, and meatpackers. Dr. Dan Thomson, chair, Department of Animal Science at Iowa State University led the discussion.

He was joined by Kansas Secretary of Agriculture Mike Beam, Secretary of the Kansas Department of Health & Environment Lee Norman, and Dr. Glynn Tonsor, Department of Agricultural Economics, Kansas State University. The Agricultural Business Council of Kansas City is an association that advocates growth and awareness of the food, fiber, agri-science and related industries in the Kansas City region. The Council's mission is to enhance greater understanding about this important industry by joining together Kansas and Missouri agricultural organizations, agribusinesses and other key leaders. The Council also seeks to be an advocate for agriculture and agricultural economic growth in this region. Learn more about AgBizKC at, <http://www.agbizkc.com/>

WyCo 4-H'ers had this feedback about their participation in the webinar:

- I participated in this webinar because I wanted to learn more about what was happening in the agriculture industry, how it was affecting Tabitha and I's project (Fight the Food Desert w/Urban Poultry), and if there were any things that could help us.
- I participated in the webinar because I wanted to learn how COVID has effected the agricultural business.
- I learned that distancing workers caused problems for the assembly line, and interesting statistics about the purchasing of organic products.
- What I learned was that there was a bottleneck in processing the animals. The industry bottlenecks in the meat packing industry made me realize that equipping people with protein independence can help food insecurity.
- Another thing I learned about is the DIRECT Act. A big part of what I took away from this is that there are three main parts to agriculture: the farmer, the processor, and the store, and if one gets hurt, the other two will also be affected.
- My family could use the DIRECT act to help sell our animals, and Tabitha and I could make a website that could help us go straight to the urban communities.
- My mom and I were watching the webinar that day. Neither of us had been told about Tabitha and I being mentioned during the webinar so when they talked about us, it shocked us. We were freaking out for a minute, and my mom was sad because she couldn't get a picture of it, and it was too early in the webinar to be recorded.

HEAD

HEART

HANDS

HEALTH

ONLINE LEARNING OPPORTUNITY FOOD & NUTRITION PROGRAMS

Submitted by Submitted by Nikki Flagler, SNAP-Ed Nutrition Educator

K-State Research and Extension Wyandotte County houses EFNEP (Expanded Food and Nutrition Education Program) and SNAP-Ed (Supplemental Nutrition Assistance Program). These programs strive to connect with low- resource individuals and families to increase knowledge of basic nutrition, food safety, budgeting and physical activity. We are excited to announce we now have online learning opportunities available to anyone, and any community members or organizations that are interested. Please feel free to contact our team with inquiries.

Lauren Cooper, EFNEP Nutrition Assistant, lacooper@ksu.edu
Pamela Stovall, SNAP-Ed Nutrition Educator, parelif@ksu.edu
Nikki Flagler, SNAP-Ed Nutrition, Educator, nikkiflagler@ksu.edu



DIABETES ~ YOU ARE IN CONTROL!

Submitted by Lori Wuellner, Agent, Family and Consumer Sciences

What's something that's becoming as American as apple pie and baseball? Unfortunately, the answer is diabetes! This online recording will give you a better understanding of diabetes. The objectives are: Discuss facts about diabetes; Identify risk factors and symptoms of type 2 diabetes; Identify lifestyle choices and behaviors that may prevent or delay diabetes. Watch this [recording](#) for a better understanding of diabetes.



LAUGH, FLY AND EAT CAKE: NUTRITIONIST OFFERS TIPS FOR HEALTHY LIVING

Submitted by Lori Wuellner, Agent, Family and Consumer Sciences

Eating, having fun should co-exist in a happy lifestyle! A national nutrition educator and Kansas State University alumna share that staying healthy during the pandemic includes having a little fun and being mindful about what you're putting into your body. "When's the last time through the COVID-19 pandemic that you laughed so hard that it made your ribs hurt?" James asked. "It's important during these times to find laughter, or fun things about each day." For the full article, or for more tips on healthy eating and living, visit the K-State Research and Extension food, nutrition, dietetics and health [web page](#).

FIGHT THE FOOD DESERT: RAISE URBAN CHICKENS PIPER CLUB LAUNCHES 4-H COMMUNITY SERVICE PROJECT

Submitted by Tabitha Burt, WyCo 4-H Youth Member

As 4-hers who provide meat, eggs and produce in Wyandotte County, Ks, Elise Collins, Tabitha Burt, and Gloria Burt are using the knowledge they have gained by participating in Wyandotte County, KS 4-H to serve food insecure areas in greater Kansas City urban communities.

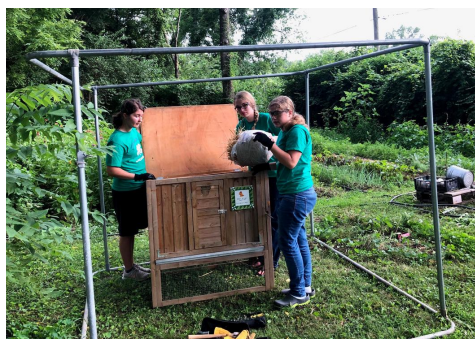
This summer, these Piper Club 4-Hers launched Phase 2 of their “Fight the Food Desert” community project, a continuation of a project they started in Wyandotte County, KS in fall 2019. On Friday, July 17 the girls (with help from their dad, Marlin Burt) set up K.C.K. resident Paw Wah Tamla with her first city coop and two starter hens. Ms. Tamla, who raises flowers and vegetables in her urban neighborhood, lives exactly in the center of the Food desert according to the United States Department of Agriculture website.

Thanks to these 4-Hers, Ms. Tamla now has the capacity to house up to four hens on her site, which will translate to an edible impact in the Wyandotte County food desert of approximately 1,200 fresh servings of locally-produced vegetarian protein per year that were not there before. Megan McManus, Teaching Assistant of Kansas State University, met the Piper 4-Hers on site for this special first installation. McManus and her team from K-State recorded a video interview with Elise, Tabitha, and Gloria, and has invited the girls to speak to her Urban Agriculture students this fall. Elise and Tabitha’s “Fight the Food Desert” project goal is to install at least two more urban coop sites, with a stretch goal of 10, in the next few weeks.

The team is accepting donations of used items to upcycle (unwanted dog runs, unused coops, dog houses, trampoline bases, fencing), and donations for layer pellets and start up supplies (waterers, feeders, straw), so that they can serve as many project sites at no cost as possible. They hope to accomplish as much as we can before we start 10th grade in September.

Elise and Tabitha would like to thank Kyra Gross, Market Manager of Brookside Farmers' Market, for putting them in touch with their first “Fight the Food Desert” client, Ms. Tamla. Elise and Tabitha have produced several educational videos on how to Fight the Food Desert on their Urban Chicken Whisperers [YouTube channel](#).

Know of someone who lives in the KCK food desert? Contact the “Fight the Food Desert” team at piperchickenwhisperers@gmail.com to learn more and receive urban poultry mentoring from your local 4-H youth.



**CONNECT
WITH
US!**



Wyandotte County 4-H

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County Website

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