



The Prairie Professional

A Newsletter for KAE4-HA Members

April 2009

A Note from the President...

APRIL!?!?!? What happened to February and March?

I am sure many of you are feeling the same way. The blizzard that many of us experienced sure didn't help make it feel like April, either. But the calendar does say April, so let the fun begin!

I love this time of year as it puts 4-H in the limelight. There are many things to plan for, letters to write, fairbooks to finalize, etc., etc. Of course, that also makes the days go faster and before we blink, it will be August and the 4-H'ers will be going back to school.

Are you ready? Do you find yourself organized and have a well-thought out plan in front of you of how to tackle and keep your sanity for the next few months? If you do - good for you. But for the rest of us who find ourselves flying by the seat of our pants just trying to keep our head above water, here are some tips from www.pioneerthinking.com that may help.

1. Take time to Plan. Take 5 to 10 minutes to plan your day. You can do this at night or early in the morning. Do this when it's quiet and when you won't be interrupted (except for those voices in your head!)
2. Learn to Be flexible. Things will happen everyday that are out of your control. You can regain some control, though, by realizing delays will occur and allowing for buffer zones in your daily planning. This will help you go with the flow when the unexpected pops up. There is always tomorrow!
3. Break down big projects. Tackle the big events and projects by breaking them down into smaller and more manageable tasks. This helps alleviate the feeling of being overwhelmed and will keep you moving towards completion.
4. Utilize waiting or travel time. Listen to books on tape while you commute to work. Keep a file marked "reading materials" and insert magazine and newspaper articles that you would like to read but never seem to have time to get to. Take the folder with you when you travel. Bring mail and articles or write correspondence to old friends and family members while you wait at the dentist's or doctor's office.

Spring Action Conference is next week and we will all be looking forward and planning for the next five years. I think we can safely say that no one knows what the next five years will bring and what the program (or our extension system as a whole) will look like in five years. But we can remain calm, focus on our jobs, and try to keep our sanity by staying organized and only worrying about what we can control.

I hope you are planning to attend the Spring Association Meeting. "Managing Your 4-H Three Ring Circus" will fit right in with this time of year and help to prepare us for the coming months, and even the coming years. See you there!



Shawna Mitchell

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4-H Green

Submitted by Andrea Schmidt



Riley County conducted a giant 4-H project learning day -- "Go Green Project Day." Some of the workshop topics featured at the learning day were Quilting with Old Jeans, Refinishing & Restoring Wood Furniture, Magazine Beads, Crayon Candles, T-Shirt Tote Bags, Rainwater Harvesting, and Organic Fabric Dying. The goal of the workshop was to present ways members can use existing supplies to create a new project. A small registration fee, \$2 per person or \$5 per family - whichever was less, was charged to cover presenter supply costs. The date counted as a project meeting for multiple project areas, and allowed youth to pick and choose workshops to attend from 1:30-3:30 that day. Workshops ran continuously, and members had the opportunity to try horticulture judging and family and consumer science judging. It was a fun way to bring in a 4-H spring!

4-H Day with the Lady Cats!

The 1st Annual 4-H Day with the Lady Cats was a huge success, selling over 800 tickets. Our event was even highlighted on National 4-H Clover Corner News in the February addition. You can check it out at <http://4hblogs.org/ccn/archives/2009/02/>.

KAE4-HA on the Web

Did you know that KAE4-HA has a new website? The address is

http://www.ksre.ksu.edu/agent_association/DesktopDefault.aspx?tabid=48. An easy way to get here is to go to the State 4-H website at www.kansas4-h.org, go to "Other 4-H Sites" OR "Staff Resources" on the left hand side of the screen, then click on KAE4-HA. When you find the new website, don't forget to bookmark it so it is easy to check back often!

Interested in building character? Here are a dozen non-negotiables:

Adapted from the book, Growing Strong in the Seasons of Life, by Chuck Swindoll

Submitted by Phyllis Kriesel

- Compassion - when another hurts, feel it deeply
- Confidentiality - Don't tell secrets
- Courage - Do what is right without hesitation
- Determination - Stick with it, regardless. Finish well.
- Diligence - Consistently work hard. Tough it out.
- Honesty - Speak and live the truth, always.
- Patience - Be willing to wait. Fight irritability.
- Punctuality - Be on time. Start on time. Stop on time.
- Purity - Reject whatever lowers your moral standards.
- Responsibility - Be dependable. Be trustworthy. Be faithful.
- Self-Control - When under stress, stay calm.
- Thoughtfulness - Think of others before yourself.

And how is this done? Over the long haul! Life's race is not a quick dash, but rather a marathon. There are no 100-meter sprints toward character building.

The Six Pillars of Character

Trustworthiness

(Integrity, Honesty, Reliability, Loyalty)

- * Be honest, Don't deceive, cheat, or steal
- * Be loyal – stand by your family, friends, and country
- * Be reliable – do what you say you'll do
- * Have the courage to do the right thing
- * Build a good reputation

Respect

(Golden Rule, Tolerance and Acceptance, Nonviolence, Courtesy)

- * Treat others with respect; follow the Golden Rule
- * Be tolerant of differences
- * Use good manners, not bad language
- * Be considerate of the feelings of others
- * Don't threaten, hit, or hurt anyone
- * Deal peacefully with anger, insults, and disagreements

Responsibility

(Duty, Accountability, Pursue Excellence, Self-Control)

- * Do what you are supposed to do
- * Persevere: keep on trying!
- * Always do your best
- * Use self-control
- * Be self-disciplined
- * Think before you act – consider the consequences
- * Be accountable for your choices

Fairness

(Fairness and Justice, Openness)

- * Play by the rules
- * Take turns and share
- * Be open-minded; listen to others
- * Don't take advantage of others
- * Don't blame others carelessly

Caring

(Concern for Others, Charity)

- * Be kind
- * Be compassionate and show your care
- * Express gratitude
- * Forgive others
- * Help people in need

Citizenship

(Do Your Share, Respect Authority and Law)

- * Do your share to make your school and community better
- * Cooperate
- * Get involved in community affairs
- * Stay informed; vote
- * Be a good neighbor
- * Obey laws and rules; Respect authority
- * Protect the environment

NAE4-HA has a new website!

Dear NAE4-HA Membership,

After nearly a year of planning, conversing, designing, re-designing and tweaking, your board is happy to introduce to you the new look of the NAE4-HA web site. As you may have noticed, the domain name has changed to www.nae4ha.com from our original www.nae4ha.org. **This is only a temporary change.** The original NAE4-HA web site (.org) is still functional and will remain that way for a little while longer.



In developing the new look for our website, NAE-4HA purchased the domain names www.nae4ha.com and www.nae4ha.net in addition to the current www.nae4ha.org which we own. As we complete Phase 1 of the web development process (a dynamic and interactive web site) and move on to Phase 2 (restructuring of the membership database, a members only access side of the site and adding member interactivity through message boards and communication tools), we will be redirecting the www.nae4ha.org domain name away from the old site to the new one. However, we do not want to do this until we are positive we have the new site with the new membership database and information functioning the way it needs to for the benefit of our membership. Until that time, our new site will have a link on the front page to our old site in order to access our current membership database and information that our membership may need.

Once our transition is complete, all three domain names will point to one consistent site that will try to provide our membership with the latest information, interaction and benefit we can provide you as an NAE4-HA member. This will be a dynamic process and there may be times when things may not function just exactly right. If you notice things like this, or things that may seem out of place to you, please let me know. Input from the membership will be key to providing what you need.

As we work toward transferring information and functionality to the new site, I will personally be providing updates to the membership on the status of the transition through the new web site. I will be doing this through blast email messages, postings on the new site and through information provided by the Regional Directors as they make their state visits.

As we complete Phase 1 and move forward to Phase 2, I have to take a second and say some thank yous and provide some acknowledgements. First, I would like to thank the group of individuals who made the development of this new site possible by being not only hard working but also fiscally responsible, extremely mindful of opportunities and very diligent in planning and conducting our 2006 National Meeting in Milwaukee, the Wisconsin Association of Extension 4-H Youth Development Professionals. Through conference proceeds, we have been able to accomplish not only developing a new public web site but many other benefits for our membership.

Next, I want to thank the members of the Web Oversight team. This group provided not only their time but also their input, comments, suggestions and creativity to help make the site what you are seeing now. Enduring many email messages, ideas, chains of conversations, drafts, revisions of drafts and more, this team was the backbone of making the new look what it is.

I also have to thank both the past and current NAE4-HA board. Through their efforts (especially the base information put together by Kathy Riggs in forming the Web Oversight team) on what our membership was looking for, we have been able to provide our membership with a site that will take us to the next level... matching the professionalism of our association with our public look.

I realize I have probably forgotten some, and for that I will apologize, but I also must thank the design team at IVS, Incorporated that created the site you see. Sherri, John, Chris and Todd, thank you for your countless hours, patience with strange questions and requests and for taking the time to understand what being a Youth Development Professional means to our association.

In closing, I am continuing to work on providing other benefits to the membership of NAE4-HA and would be very glad to hear from you with your comments, concerns and things you would like to see happen for you as a member of the greatest organization for the greatest Youth Development profession there is.

Thank you for the opportunity to serve you!

Sincerely,
Torey K. Earle
NAE4-HA Vice President, Member Services

Get to know your KAE4-HA Officers!

Submitted by Ginger Kopfer, Public Relations and Web Committee



President

KAE4-HA President, Shawna Marie Mitchell was born in Lyons, Kansas on August 14th. She currently lives in Lyons in the home she grew up in. She was a member of the Valley Bluebirds 4-H Club in Rice County and her projects included beef, clothing, foods, and her favorite project, swine. Her favorite 4-H memories are showing pigs at the National Western Stock Show in Denver. Shawna received her Bachelor of Science degree from K-State in Animal Science and a Masters of Agriculture from Colorado State. She likes the flexibility of her job and watching the 4-H members grow and develop. Shawna thinks that it is important to belong to a professional organization such as KAE4-HA because the members learn from each other and support each other. She believes that a strong association makes a strong profession and has enjoyed the opportunity to be a leader and to challenge herself. In her spare time, Shawna enjoys Sudoku, watching TV, and being outside. Her dream vacation would be an Alaskan Cruise, but she would like the temperature to be 70 to 80 degrees!



President-Elect

Susan Schlichting, KAE4-HA President-Elect, currently lives in Ellis, Kansas, but lists her hometown as Oakland, Nebraska. Susan was a charter member of the Smiley Belles 4-H Club and her favorite project was breads. Her favorite 4-H activity was the Statewide Natural Resource Leadership Camp in Halsey. Susan received her Bachelor of Science degree in Home Economics Education from the University of Nebraska-Lincoln. Her Masters degree came from Fort Hays State University in Organizational Leadership. Susan enjoys the creativity, flexibility and focus that her position offers, working to build skills and confidence in youth and adults. She believes benefits of KAE4-HA include: networking with other professionals to share resources, ideas and challenges; re-energizing that comes from attending Kansas and national professional development opportunities; and understanding the “bigger picture” of the Youth Development movement. Susan keeps busy in her spare time with genealogy, photography, and travel. She took her dream vacation last summer with her parents, traveling through Europe, spending time in Germany visiting family and IFYE host families that she'd met years ago.



Secretary

KAE4-HA Secretary, Robyn Deines was born on October 7th. She was raised on a small cattle, swine, and crops farm just South of Dodge City. Robyn's parents are Robert and Lois Swonger. Her family, including her older sister Rhonda and her younger brother Rusty, are very closely knit. Robyn is currently single and lives in Ness City. She was a 4-H member for 13 years, starting out in Clark County and then moving to Ford County. Her favorite projects were swine, clothing construction, arts and crafts, and foods. She says that her swine project was the best. Each year she bought a new breeding gilt to show and the rest came from her own herd. When she graduated from high school she had 16 sows and that's how she paid for college! Her two best 4-H memories are a clothing lock-in where Shelly Sexton was an M&M Fairy and Nancy Jo Kent got stuck in a clothes hanger, and an exchange trip to Wisconsin with Diane Mack: “Punch it Margaret!” Robyn received her Associates of Science degree from Butler County and her Bachelors in Elementary Education from Emporia State. She has a passion for 4-H and loves to work with the kids in the Walnut Creek District. Camping is her ultimate favorite with the Heart of Kansas 4-H Camp, 4-Clover 4-H Camp, Cedar Bluff Overnight Camp, and day camps throughout the summer. Robyn loves the networking that KAE4-HA provides with other Kansas agents. She gets motivation from the professional development opportunities provided during spring meeting, and appreciates the opportunity to attend NAE4-HA conferences. Robyn enjoys attending sporting events of her five nieces and nephews, spending time with her family and friends, and scrap booking. She sells rubber stamping and scrapbook supplies for a company called “The Angel Company” and scraps at least once a week at home and gets together with friends to scrap once a month. Robyn's dream vacation would be a trip to Australia.



Officers Working
Together to Put the
Pieces Together!



Treasurer

Jim Adams, KAE4-HA Treasurer, was born on January 7th in Hardtner, Kansas in Barber County. He and his wife Mary Jane have a son, Jason and a daughter, Abbie who is married to Luke Young. Abbie and Luke have provided a grandson for Jim and Mary Jane, named Carson. Jim was a 12 year member of the Lone Eagle 4-H Club in Barber County. His favorite projects included swine and junior leadership, which included several interstate exchange trips. Jim received his Bachelor of Science degree in Animal Science from K-State and his Masters in Animal Science from Oklahoma State. He enjoys helping agents and volunteers conduct successful youth development programs, much of this being done through Action Teams. Jim says that KAE4-HA membership has allowed him to meet and develop friendships and

professional relationships with many people in Kansas and across the nation. Membership has also allowed him to grow professionally at state workshops and national meetings, collecting new ideas that can be used in new situations. In his spare time, Jim enjoys gardening, K-State sports, playing softball and volleyball, and an occasional book. He suggests The Last Lecture by Randy Pausch, which is a quick read and has lots of lessons for life. Jim’s dream vacation would include seeing more of the scenic spots in the U.S. such as the Grand Canyon or the Northeast in the fall. Watching the Wildcats in a national championship game in football or men’s or women’s basketball would also be great!



Newsletter Editor

KAE4-HA Newsletter Editor, Melissa Thimesch, was born on September 6th in Attica, Kansas. She is married to her husband, Larry. The rest of her family includes parents, Bruce and Cindy and an older brother, Eli. She and her husband now live in Douglass. As a 4-H member, Melissa’s favorite projects included beef, swine, public speaking, and arts and crafts. She says that the fair was always fun growing up, referring to that event as her family’s yearly vacation. Melissa earned her Associates of Science from Seward County Community College in Agriculture and her Bachelors of Science from Northwestern Oklahoma State University in Agri-Business. She has enjoyed seeing a lot of Butler County 4-H members grow and excel in different projects and learning areas. She has witnessed what she calls the “light-bulb

moment”, has seen quiet members open up and come out of their shells, and has also been able to see leadership and teamwork skills grow. Melissa believes that you get out of KAE4-HA what you put in. She decided to run for the newsletter editor position this year to further discover the benefits of the organization. Benefits that she currently sees include the education about our profession and the networking of co-workers. Melissa says that KAE4-HA just helps bring us all together! She enjoys spending time with her family, playing with her Cricut, and working on craft projects. Melissa is not much of a traveler, but enjoys camping with her husband and a dream vacation might include a big camping adventure, exploring farther from home than the Butler County or Harvey County State Lakes!

4-H WORD SEARCH

Youth in 4-H do many activities. In the word search below, there are words that relate to what 4-H is all about. Can you find all 22 words in this puzzle? Good luck and if you find them all, you have clover power!



T	O	M	A	K	E	T	H	E	B	E	S	T	B	E	T	T	E	R
L	H	E	A	L	T	H	R	G	E	S	P	A	R	E	N	T	S	O
F	W	M	E	N	I	M	O	A	Q	P	R	S	D	H	Q	R	C	C
O	C	B	Y	A	H	G	E	R	H	E	O	P	G	A	M	O	O	K
O	L	E	A	D	E	R	S	D	O	E	J	E	W	N	Z	E	M	E
D	O	R	A	A	A	E	M	E	R	C	E	T	P	D	E	I	P	T
T	V	S	F	R	D	E	T	N	S	H	C	S	W	S	B	D	U	R
H	E	A	R	T	M	N	R	N	E	W	T	W	H	I	T	E	T	Y
Q	R	R	G	A	M	E	S	G	S	N	S	E	W	I	N	G	E	P
X	S	O	L	E	A	R	N	B	Y	D	O	I	N	G	L	Z	R	C

Health
Heart
Hands
Head
Clover
White

Games
Members
Rocketry
Projects
Computer
Sewing

To Make The Best Better
Leaders
Green
Horses
Pets

Parents
Learn by Doing
Garden
Food
Speech

2009 KAE4-HA Committee Members

If you are interested in being on a committee but are not on this list, contact the committee chair.

Professional Development

Chair: Aliesa Woods
Chair Elect: Nancy Pihl
Sarah Maass
Rod Buchele
Daryl Waldren
Beth Hinshaw

Policy and Resolutions

Chair: Eric Otte
Chair Elect: Sarah Laib
Jim Adams

Diversity

Chair: Carol Fink
Chair Elect: Jill Martinson
Gary Gerhard
Beth Drescher

Public Relations/Web

Chair: Ginger Kopfer
Chair Elect: Lori Shoemaker
Pam Van Horn

Committee Descriptions

Do you want to help by serving on a committee, but are confused by what the role of that group is? Use these descriptions to find out where your talents would be best utilized.

Professional Development

Take the leadership in providing strong professional improvement programs for Association members at Spring Meeting and Annual Conference. Encourage higher learning and keep the membership aware of professional development opportunities.

Policy and Resolutions

Serve as a study and research committee to the Association Executive Committee on all major policy decisions and thrusts of KAE4-HA. Solicit, receive, and review resolutions from the membership. Develop and present resolutions to the Executive Committee for further action. Review By-Laws and operational policy annually and revise bi-annually.

Diversity

Diversity Committee works to encourage political and social policies that encourage tolerance of people from different backgrounds. The committee tries to provide workshops and news articles that encourage members to create and function in a diverse environment.

Programs

The Programs committee is responsible for analyzing and sharing educational materials, techniques, and methods to assist membership in the performance of their jobs as 4-H professionals. This committee also organizes Clover Night at Annual Conference and State's Night Out at NAE4-HA Conference.

Public Relations/Web

The Public Relations/Web Committee has many varied and interesting tasks. Member recruitment, web page development and maintenance, and ListServ maintenance are just a few of those tasks. One new task the committee has taken on is working on development of a Kansas 4-H Hall of Fame.

Member Recognition

Solicit nominations for Distinguished Service Award (DSA), Achievement in Service Award (ASA), Meritorious (MSA), team awards, other national awards, other appropriate professional awards, and the Clover Award. Also prepares awards of appreciation and administer recognition of outgoing Association officers.

Research and Evaluation

The purpose of the Research and Evaluation Committee is to serve as the study and research committee to the Board of Trustees on all major research and evaluation decisions and thrusts of NAE4-HA. Members provide feedback on research and evaluation needs and current practices to the committee and Board of Trustees for further action.

Programs

Chair: Melissa Thimesch
Chair Elect: Megan Cassidy
Andrea Schmidt
Robyn Deines
Kelsey Holcomb
Ann Religa



Member Recognition

Chair: Barbara Addison
Chair Elect: Abbie Grossnicklaus
Evelyn Neier
Berny Unruh
JoEllen Arnold

Research and Evaluation

Chair: Sarah Maass
Chair Elect: Gary Gerhard
Beth Hinshaw

Candidates for KAE4-HA Elections

By Diane Mack, Nominating Committee Chair

We are pleased to present the slate of candidates for the office of president-elect, treasurer and newsletter editor. To help you learn more about them, see their responses below.

We appreciate their willingness to run. Please note that we will also take nominations from the floor during our meeting on April 13.

Office of President-Elect:



Ginger Kopfer, Geary County

Current position and previous KSR&E employment:

Geary County 4-H Agent (May 2001-present); worked in the State 4-H Office as a student assistant in college (August 1997- May 2001)

KAE4-HA current and past officer or committee experience:

Past Northeast Area Director, past Secretary, past Programs Committee Chair; and current Public Relations/Web Committee Chair

Briefly share why you would like to be elected and your vision as President Elect:

KAE4-HA has been very beneficial to me, from providing leadership opportunities to offering great ideas during our program sharing times. In return, I'd like to continue to give back to the organization. I would like to see the organization keeping up the great work that we've been doing the past few years. I believe the role of the President of any organization is to keep members informed and make sure that everyone has a voice. I also believe that the President stays organized and keeps the organization on track and true to its purpose.



Berny Unruh, Barton County

Current position and previous KSR&E employment:

My years of service to Kansas State Research and Extension include Atchison County 1980-1983, Ellis County 1983-1986, Pawnee County 1998-2003 and currently in Barton County since 2003 as the 4-H Youth Development agent and Director.

KAE4-HA current and past officer or committee experience:

Committee Experience includes Member Recognition and Diversity Committee. In the past, served as SW area and as NW area director for KAE4-HA.

Briefly share why you would like to be elected and your vision as President-Elect:

I would be glad to serve because I think everyone is capable of taking a turn at serving as an officer. My vision for this office would be to make our association a cohesive group that would be there to support each other in times of celebration and in the tough times. As we all work together and each of us does a small part, we really can make a difference in the lives of young people.

Office of Treasurer



Jim Adams, State 4-H Office

Current position and previous KSR&E employment:

State Specialist (20 yrs.), Area Specialist (12 yrs.), Agent (5yrs.)

KAE4-HA current and past officer or committee experience:

Past Committees: Program, Policy, Professional Development; Officer: Area Director several years and Treasurer for past 2 years

Briefly share why you would like to be elected and your vision as Treasurer:

It took awhile to get the national reporting and general transfer information. Now I feel I have the process down and can contribute to the financial picture better. Our general financial position has improved greatly during the last 2 years. It is also good to have the people on the signature card for signing checks in the same town.





Rod Buchele, SW Area

Current position and previous KSR&E employment:

Extension Specialist, Southwest Area 4-H Youth Development, 2003 to present; Volunteer Development Specialist, 2005 to present

KAE4-HA current and past officer or committee experience:

Present - Professional Development Committee member; Past - President and President Elect

Briefly share why you would like to be elected and your vision as Treasurer:

I am running because I believe in the Association and its professional development goals. I wish to continue to serve the Association. I have had experience handling and keeping track of money and feel I can contribute to the Association as Treasurer.

Office of Newsletter Editor

Phyllis Kriesel, Cherokee County

Current position and previous KSR&E employment:

My employment with KSR&E started in January 1981 when I began as the 4-H Agent in Cherokee County, the position which I'm still in today, 28 plus years later.

KAE4-HA current and past officer or committee experience:

As a member of KAE4-HA I've held the offices of secretary, treasurer, newsletter editor, Southeast Area Director (some more than one term); Committees include Member Recognition, Programs, and Public Relations and Information - the latter of which I also served as a Regional

Contact for NAE4-HA; have also served on various task forces some of which include 4-H Awards, Art Committee for 75th anniversary, and the Hall of Fame.

Briefly share why you would like to be elected and your vision as Newsletter Editor:

I was asked and believe we all need to take our turn - not that I need any more to do! Robert Townsend is credited with saying, "True leadership must be for the benefit of the followers, not the enrichment of the leaders." So if chosen to fulfill this role it would be for the purpose of making our Association all it can be and working with a fine group of professionals.

With the challenges in the economy we all need to remain as POSITIVE as possible: Positive, Open-minded, Super, Interesting, Trustworthy, Intelligent, Vigorous, and Eager. That is what I would try to bring to this role.



Melissa Thimesch, Butler County

Current position and previous KSR&E employment:

Butler County 4-H Agent - almost 3 years; Graham County Ag/4-H Agent - 2 1/2 years

KAE4-HA current and past officer or committee experience:

Currently Prairie Professional editor; Program Committee chair this year, have served on that committee as a member for a couple of years and have also served on the Public Relations/Web committee.

Briefly share why you would like to be elected and your vision as Newsletter Editor:

I have enjoyed being the newsletter editor this year. It has been a great opportunity to share information and news with the association membership. If elected I will continue to work hard and produce a quality newsletter for all the members to enjoy.



Top 10 Lessons - Working with Youth-Adult Partnerships

Amy Mayhill, Director of USD 417 After School Programs

Elaine Johannes, Assistant Professor and Extension Specialist FSHS

Submitted by Phyllis Kriesel



Amy Mayhill, Director of USD 417 After School programs, offers the following tips for successful Youth-Adult partnerships. As PRIDE communities strive to involve more youth these are valuable thoughts to consider followed by action steps that can be used.

1. Youth see beyond right now: It is important to include youth in your visioning activities.
2. Adults try to stereotype 'trends': be open to the creative ideas shared by youth.
3. Youth want to have a voice and be heard: ask for input from the youth and carefully consider their ideas.
4. Adults respect teens as co-workers: share the responsibilities for PRIDE with the youth.
5. Youth are busy and able to juggle: take advantage of the youths' ability to multitask.
6. Adults want the youth to lead: successful communities give youth the opportunity to lead initiatives with a mentoring adult.
7. Youth are waiting for 'their' opportunity: provide opportunities for a youth-led project in your community.
8. Adults do not always let youth know they do well: create opportunities to provide praise and celebrate the success.
9. Youth don't have 'job' skills yet: provide opportunities for youth to enhance their interpersonal skills.
10. Adults and youth work terrific as a team: building on the skills of all ages will increase the success of all communities.

Successful youth and adult partnerships must: Experience the planning **together**; share in doing the activity **together**; process the activity **together**; generalize the activity **together**; and apply lessons learned **together**! It is not a partnership without bumps along the road but well worth the journey.

National 4-H Camping Institute will be held in Oregon March 16-20, 2010

Submitted By Sarah Maass

A call for proposals for workshops and posters is on line now at

<http://oregon.4h.oregonstate.edu/national-camping-institute-2010-march-1620>

There will be nationally peer reviewed for scholarship by members of the NAE4-HA Camping and Environmental Education task force. We want to see your best large group games, your best counselor training ideas, your best ideas on preventing homesickness- anything that will help the frontline camp practitioner!

Nationally known author, teambuilding guru and 10 year 4-Her Jim Cain will present a pre-conference workshop "One Perfect Day of Team Work and TeamPlay" and lead sessions during the conference.

Scott VanderWey, Director of 4-H Adventure Education from Washington State University Extension will present a pre-conference workshop "Building Successful Learning Communities". This workshop will offer participants the opportunity to experience best practices of the experiential learning model, learn the latest research, understand the theory behind it, and walk away with a new set of tools to use in camp, classrooms, afterschool programs or clubs.

We are in the process of planning tours to locations such as Fort Clatsop- the home of the Lewis and Clark expedition when they wintered in Oregon, the Oregon Coast with OSU's Hatfield Marine Science Center and the Oregon Coast Aquarium, the Columbia Gorge and Multnomah Falls and many others. Keep watching our web site for the latest details.

The Information and Registration packet will be posted on the website in July. The early bird deadline is December 18, 2009- with housing assigned on a first registered- first served basis - so don't delay if you want that cushy cottage housing assignment!

Direct questions to Virginia Bourdeau at mombear@proaxis.com

4-H Camp
Fun!!



One Word that can Change Your Life...
Simple Truths, Mac Anderson founder

"Life's not about waiting for the storms to pass...
It's about learning to dance in the rain."
~Vivian Greene

This beautiful quote by Vivian Greene was one of my inspirations to write the book...Learning to Dance in the Rain...The Power of Gratitude. The quote was sent to me by a friend about six months ago and I thought...that's it! We all face adversity in our life. However, it's not the adversity but how we react to it that will determine the joy and happiness in our life. During tough times do we spend too much time feeling sorry for ourselves, or can we, with gratitude...learn how to dance in the rain?

It almost sounds too simple to feel important, but one word...gratitude, can change your attitude, and thus, your life forever. Sarah Breathnack said it best..."When we choose not to focus on what's missing from our lives, but are grateful for the abundance that's present...we experience heaven on earth."

Since we released Learning to Dance in the Rain a few weeks ago, the response has been overwhelming! It "struck a cord" unlike anything we've done in a long time. It is a message that truly connected with the hearts and souls of thousands of our customers.

One of the reasons, however, that I love this project is that I got to write it with BJ Gallagher. BJ is one of the best writers I've ever met, and her "touch" really makes this book special. To show you what I mean, let me share a short chapter that was written by BJ, which she calls...The Weather Report:

WEATHER REPORT

~BJ Gallagher

"Any day I'm vertical
is a good day"
...that's what I always say.



If you ask me,
"How are you?"



I'll answer, "GREAT!"
because in saying so,
I make it so.

When Life gives me dark clouds and rain,
I appreciate the moisture that brings a soft curl to my hair.



When Life gives me sunshine,
I gratefully turn my face up to feel its warmth on my cheeks.

When Life brings fog,
I hug my sweater around me and give thanks for the cool shroud of mystery that makes the familiar seem different and intriguing.

When Life brings snow,
I dash outside to catch the first flakes on my tongue, relishing the icy miracle that is a snowflake.

Life's events and experiences are like the weather –
they come and go,
no matter what my preference.

So, what the heck?!
I might as well decide to enjoy them.



For indeed,
there IS a time for every purpose
under Heaven.

And each season brings its own unique blessings.



Fair Time Resources

Yes, fair time will be here before we know it. Before you gear up for your county fair, take some time to read up on some resources to help you face your fair with 4-H professional confidence!

Sportsmanship Expectations for Youth Participants (4-H Leaders and Parents Included)

by Ohio Cooperative Extension Service

Submitted by Jodi Besthorn

The development of sportsmanship is an important part of growing up. To become contributing, competent, caring, capable adults, youth must develop sportsmanship. It is important for people to be fair and generous competitors, good losers, and graceful winners. All participants in 4-H and other youth programs are expected to demonstrate each of the following elements of sportsmanship before, during and after their participation.

1. **Conduct:** Demonstrate and maintain high standards of personal behavior and conduct which become you as an individual and as a representative of your family, your club, your community, and the 4-H program or other youth program in which you are involved.
2. **Fairness:** Learn and follow the rules. Do not cheat. Be objective, honest, and just in evaluating yourself and others.
3. **Honest:** Be truthful, fair, and straightforward in everything you say and do. Show integrity. Do not lie or deceive. Do your own work. Do not underestimate or overstate your abilities, skills, or accomplishments.
4. **Competition:** Accept that the nature of competition is seeking to get what others are seeking to get, involves rivalry between contestants to earn rewards, and results in both winners and losers.
5. **Courtesy:** Be well-mannered in your conduct. Be respectful, thoughtful, considerate, cooperative, friendly, and cheerful in your attitude and your behavior regardless of whether you do well or not, or whether you win or lose. Do not argue with the judges or program organizers. When you have concerns, questions, or suggestions, be polite in expressing them. Be pleasant and nice toward other participants, spectators, program officials, judges, the media, your advisors, parents, and others. Give others the benefit of the doubt. Treat people, animals, and things kindly. Hide ill humor, and keep your emotions under control.
6. **Graceful Acceptance of Results:** Accept judges' suggestions and results with positive attitude. If you are not selected as a winner or if you receive a lower evaluation than you expect, do not gripe, complain, whine, pout, make excuses, or say you didn't feel well. Congratulate those who do win and who performed better than you did. Recognize, appreciate, and try to learn from the accomplishments and admirable traits of others. Recognize, learn from, and try to improve your own shortcomings. Do not protest or make accusations unless you have proof and are willing to personally face the person(s) you are accusing. If you are selected as a winner or receive a higher evaluation than you expect, graciously thank the people who congratulate you. Be happy, but do not gloat, brag, act conceited, or downplay your accomplishments. Finally, regardless of the outcome, thank your parents, advisors, program organizers, sponsors, judges, and others who helped you.

Fair Time!

What to Expect from the Judge

Adapted from University of Nebraska, 2002 4-H judges training

Submitted by Jodi Besthorn

One of the purposes of the fair, is to get to show others our mastery of project skills and to learn how to improve these skills for the future. This is often accomplished thru the judging process. Judges are people who are knowledgeable about a particular project area. Their job is to help you look at your project with a new viewpoint, give you meaningful feedback on your strengths, and suggest other alternatives for solving problems or improving skills. This often takes place during a short conversation between the judge and the 4-H member. This is often called 'conference judging'.

The judge uses this time to learn about the goals of the project, skills learned, challenges encountered, and processes used. They usually do this by asking a series of questions. These questions are not meant to "test you" or "trip you up" but a way of exploring your exhibit. Here are some examples of the types of questions that may occur, and why they might be asked.

"What" questions most often lead to facts.

What are some of the foods you eat that provide vitamin C?
What type of equipment did you use to construct your birdhouse?

"Where" questions most often lead to location of source of information.

Where do you think you could find a list of foods high in vitamin C?
Where do you plan to hang your birdhouse?

"Why" questions often lead to a discussion of reasons.

Why do you need vitamin C?
Why did you select this finish?

"How" questions lead to a discussion about processes or sequences or to feelings?

How did you do that?
How do you feel about what you did?

"Could" questions explore other possibilities.

Could you tell me what you plan to do differently next time?
Could you show me an example of where you countersunk your nails?

"What" and "where" questions help younger members express what they have learned and the sources of their learning. As youth mature, "how" and "why" questions become more important in helping them think about more abstract concepts and/or the application of concepts.

Practice talking with someone about your project — **BEFORE** — the fair. Former project leaders, older 4-H members, and teachers are great resources. The more you practice talking about your project and what you learned, the easier it will be with the judge. As a 4-H member remember that — **YOU are also a judge**. YOU know best what you have accomplished, the effort you put into the project, what was easy, the successes and the challenges. Remember, that when you exhibit at the fair, you are asking FOR ANOTHER PERSON'S OPINION. Use this as a time to learn and grow. You do not have to agree with the judge, but they are hired to give their opinion. All 4-Hers are expected to show good sportsmanship to others including judges, superintendents and others.



Walking Off the Midway Munchies

Alice Henneman, MS, RD, University of Nebraska-Lincoln Extension, Lancaster County

Submitted by Jodi Besthorn

Fairs involve a lot of walking, so we'll probably burn off those extra fair food calories — right? Maybe ... If we walk up to 1.5 miles for a bag of cotton candy and three miles for a funnel cake!

Big portions with lots of sugar and fat calories characterize many of the foods we traditionally associate with fairs. For many of us, attending the fair wouldn't be nearly as much fun without these tasty treats. Some may be once-a-year foods for us, and we look forward to (insert your favorite here) at the fair.

So ... How much exercise does it take to walk off our favorite fair foods?

We know on average, we have to walk about one mile to burn 100 calories. To visualize how far that is, think approximately 12 city blocks to the mile. While calories per our favorite fair food can vary depending on portion size, recipe, and more, burning off the calories of that cotton candy mentioned above could be an 18-block walk.

Following are the approximate distances we need to walk to burn off the calories of some popular midway foods:

- Caramel apple: 3 miles
- Corn dog, large: 4.5 miles
- Cotton candy: 1.5 miles
- Fried candy bar on a stick: 4.5 miles
- Funnel cake, 6-inch diameter: 3 miles
- Soft drink, 32 oz.: 2.5 miles
- Sno-cone: 2.5 miles
- Soft pretzel: 3 miles

Does this mean we need to load a picnic basket with carrot and celery sticks before heading to the fair? No. With a little planning, it's possible to fit in many favorite fair foods. Here's how:

- Quench your thirst with a small soft drink instead of the larger sizes. Better yet, buy or bring along bottled water. Save your fair-day calories for something else.
- Split foods among several people. For example, share a large funnel cake with friends. Everyone gets a taste, and no one gets overloaded!
- Plan times when you'll sit down and eat, rather than graze your way from one end of the fair to the other. It's hard to keep a handle on how much we're eating when we're walking, talking and eating at the same time.
- Limit yourself to one treat. Choose reasonable serving sizes of lower sugar and lower fat items for the rest of your foods.
- Dress in comfortable shoes so you're more likely to walk off some calories. Wear a pedometer and see how many steps you can take at the fair. One mile equals about 2,000 steps, or around one third of the calories in a typical caramel apple.
- Check out all the food booths before making your selections. Imagine you have a "calorie salary." Enjoy the foods you like the most for your "salary."
- Finally, if you do indulge a little too much, remember to return to a more balanced way of eating the next day. A day or two of overeating won't affect our weight that much — weeks of it will! Eating 100 extra calories daily can result in a 10 pound weight gain yearly.

