



KAE4-HA

THE PRAIRIE PROFESSIONAL

HAPPY NEW YEAR FROM THE PRESIDENT...

January is about over. Did you make any New Year's Resolutions? If so, what are they? Did you write them down to remind you of your goals and what you want to strive for in 2012? If you didn't make any resolutions, why not? We all set goals or "resolutions" in our own way. Just because January 1, has come and gone, doesn't mean it is too late! Goals and resolutions can be set at any time!

Around 5-6 years ago, the KAE4-HA Membership set a goal to find a fundraiser to help lower dues, provide professional development opportunities and fund other ideas the membership may have. This is how the 4-H Day with the Lady Wildcats was born. It started out as a special committee, and is now it is first year as a standing committee with the association. Through this event, we have had over 3,531 individuals attend the first three years of this event and have reservations for 1,357 for this year! This fundraiser has allowed our association to do numerous things, such as, lower the dues from \$125 to \$85 and bring in speakers for our spring association meeting without having to pass along a huge expense to our membership. If the membership would not have set this goal, several opportunities would more than likely have been missed!



Sarah Maass

We all have set goals for our professional and personal lives at one point in time or another. Kansas 4-H is a strong program, and one I am proud to be a part of! Our state program is strong because we have strong local programs! Everyone is doing great things out in the local Extension Units and it is time to toot our own horn! Yes, I know that we don't do that very well, and some of us don't like to do it at all, but we all have worked hard and deserve recognition for the great things we are doing! Kendra Baehler sent out an email to the membership on Friday, January 20, encouraging us to complete nominations/applications. Whether it be to recognize a peer or yourself (yes, self nominations are okay!), I strongly encourage you to set a goal of submitting at least one nomination/application this year.

Sarah Maass,
KAE4-HA President

**"Begin with the end in mind."
- Stephen Covey**

**"We aim above the mark to hit the mark."
- Ralph Waldo Emerson**

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KAE4-1A COMMITTEES

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KAE4-HA NEWS

KAE4-HA AWARDS

Due March 1, 2012

**Nominate yourself or a
coworker now!**

Award Categories:

- Meritorious Service Award (MSA)
- Distinguished Service Award (DSA)
- Achievement in Service Award (ASA)
- 25 Years of Service Award
- Kansas Clover Award
- Koons Scholarship
- Communicator Awards
- Specialty Awards
- Professional Development Awards

Check out the KAE4-HA website for more information, instructions, and applications
http://www.ksre.ksu.edu/agent_association/DesktopDefault.aspx?tabid=55



**Return applications by March 1st to:
Kendra Baehler
KAE4-HA Awards Committee Chair
kbaehler@ksu.edu**

KEYS TO EFFECTIVE EXTENSION PROGRAMS WITH LATINO AUDIENCES

by Beverly Hobbs, Extension specialist, 4-H youth development, Oregon State University

Oregon 4-H is becoming more diverse as it engages an increasing number of first and second generation Latino youth and families. Since 1997, the program has made the involvement of Latino youth a program priority, and steps taken to increase Latino membership have met with success. A review of Oregon's 4-H outreach experience over the last seven years reveals some key elements of effective practice. Among them are the following:

Make a firm commitment.

- Outreach should be viewed as a broadening of current Extension practices and integral to Extension Work.
- To succeed, the commitment to outreach must be there on the part of the organization and the individual professional.

Emphasize relationships over tasks.

- Before programs are designed and implemented, considerable time must be spent getting to know the community and individuals within.
- Relationships must be built with individuals and families as well as organizations.
- Take the time to attend to the personal before moving to the tasks.
- When it comes time to invite participation, do so personally by phone or face to face.

Create a welcoming Extension Office.

- Hang posters or set out decorative objects reflective of the Latino culture.
- Have signs and printed materials available in Spanish.

Involve youth and families in the design of programs.

- Ask youth and families what they want for programs, identifying both needs and interests.
- Be prepared to develop new programs (baile folklorico and soccer clubs, robotics and videography classes) or to modify existing ones (teach computer classes in Spanish).
- Once a program is ongoing, seek regular feedback and keep parents informed of what is happening.

Create programs that reflect the Latino culture and create a comfortable learning environment.

- Target programs specifically to Latinos. It is very appropriate for programs to initially attract primarily or exclusively Latino membership.
- Deliver programs in a language that is most comfortable for families.
- Seek Latino Volunteers.
- Offer a family approach to programs, for instance, parent/child sewing or computer instruction.

Offer separate volunteer training as needed.

- Explain community-based youth development programs, the particulars of 4-H, and the role of volunteers.
- Demonstrate programs.
- Offer plenty of help with paperwork and carefully explain why information is needed, who will see it, and how it will be used.
- Provide information in the preferred language of volunteers.
- Use demonstration and group interaction to deliver training rather than relying on written information.

Work with Community partners.

- Work to build a local coalition in support of the positive development of Latino youth.
- Help Latino families access resources by connecting them with other community organizations.
- Help community organizations become more responsive to the Latino community.

The Oregon Outreach 4-H experience has been extremely positive. The interest and involvement of Latino families, the personal and professional growth of staff, and the positive impact on our traditional audiences and other community organizations reinforce our commitment to reaching and engaging diverse communities.

KALAH—AN AFRICAN GAME: MAKING THE BOARD

Submitted by Beth Drescher

From: Funtivities: Hands-on Science and Math, Iowa State University, copyright 1997.

Kalah, or Mancala, was developed in Africa many centuries ago—it is said that there is even a pictogram of a mancala game engraved on the Great Pyramid! It has been adapted and changed by each group that uses it and now has many versions. This game is easy to learn but hard to master and requires players to think ahead and plan their strategy.

Time Frame

- Helper Preparation: 30 min. including time to construct a Kalah board and practice the game.
- Youth Activity: 15 min. to build the game board and play one round

Materials

- empty egg carton
- 40 game markers, such as beans or other large seeds, pasta, or buttons
- Scissors
- Masking Tape

Getting Started

Helpful Hints

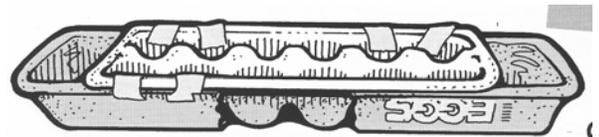
Play this game once or twice before the activity to see how it works.

Have extra beans or game markers on hand during the activity to use in the expanded activity or in case some get lost.

Before the Activity

Count out 40 beans or other game markers and put them in a plastic bag. The color of the markers doesn't matter—no need to be able to distinguish one player's markers from the other player's markers.

Make a Kalah board so that the youth will have a model to look at when they construct their own boards.



Doing the Activity

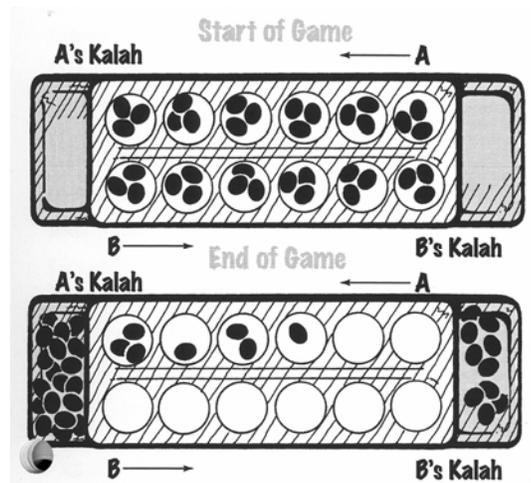
Make the Kalah Board

1. Instruct the youth to cut the lid and flap off of their egg carton.
2. Have them cut the lid in half and fasten each half to one end of the carton with masking tape, as shown in the illustration. The lid halves form the kalah or score pit, for each player.

Getting Ready

1. Have one partner sit facing each long side of his/her kalah board.
2. Explain that the egg-carton pits closest to each player and the kalah to the player's right-hand side belong to that player.
3. Tell the youth to each put three beans or other markers in each of the pits and none in either player's kalah.
4. Explain to the youth that the goal of the game is to collect as many beans as possible in their own kalah, the score pit.
5. Demonstrate the rules by moving the beans as you tell the youth how to play the game:

The Play: In this game, the players take turns. During each player's turn, that player picks up all of the beans in any one of their own six pits. Then, moving to the right or counter-clockwise, the player puts one bean in each pit the player comes to, both the player's and the opponent's pits. If the player comes to her or his own kalah, a single bean should be put in it too, but if the player comes to the opponent's kalah, skip it.



KALAH—AN AFRICAN GAME: PLAYING THE GAME

Continued from page 5

Score: Once a bean is in a player's kalah, it cannot be moved out of it.

Free turn! If the player's last bean lands in the player's own kalah, that player gets another turn.

Capturing: If the player's last bean lands in any empty pit on that player's side, then that player captures all of the opponent's beans in the opposite pit and puts them in the capturing player's own kalah, together with the capturing bean. That ends the turn.

Game Over: The game ends when all six pits on one side are empty. The player with beans remaining in pits puts them in her or his own kalah.

The Winner: Both players count the number of beans in their own kalah. The winner is the one with the most beans!

Play the Game

1. Encourage the youth to play several games and to try different strategies each game.
2. Cheer them on!
3. Have the youth make a record of their strategies. Encourage them to use their record the next time they play the game.

Why It Happens

Kalah is a game of strategy. The strategies at the end of the game are more important than what takes place in the beginning. Like other strategy games, planning ahead is the key.

Expanded Activity

Play Kalah again, but this time, start with five beans in each pit.

What would happen if you started the game with two beans in each pit? Try it!

PROFESSIONAL DEVELOPMENT OPPORTUNITY



Southeastern 4-H Professional Improvement Conference

April 16 – 18, 2013

Rock Eagle 4-H Center



The Georgia Association of Extension 4-H Agents cordially invites you to the first-ever Southeastern 4-H Professional Improvement Conference to be held Tuesday – Thursday, April 16 – 18, 2013 at Rock Eagle 4-H Center near Eatonton, Georgia.

The conference will provide **you** an opportunity to teach classes and workshops, present poster sessions and network with 4-H professionals on a regional level! There will be motivational speakers, entertainment, and time to relax and re-energize at the beautiful Rock Eagle 4-H Center!

The cost of the conference will start at \$275.00, which will include all meals, fees and lodging. All you need to add is travel.

For more information, complete the on-line survey at <http://www.georgia4h.org/gae4-ha/conferences/>

WAGON WHEEL OR TALKING IN CIRCLES

Submitted by Deryl Waldren

Purpose: To help members of the group learn more about each other.
To increase feelings of trust within the group.
Group Building Activity

Materials: Chairs, or the group may stand in two circles.
List of topics for discussion for the facilitator.

Procedure: Members are asked to arrange their chairs into two circles, with one circle inside and facing the other. If your group is working in pairs, you can simply ask the group to form a double circle with pairs facing one another. Limit your circles to eight pairs (16 people). Four pairs tend to be the fewest number that will work well. If necessary, have several circles operating at one time in order to involve your whole group.

Instruct the group that you will be giving them a topic to discuss as partners. Tell them that they will be given one minute to discuss the topic (30 seconds for each person), and that you will inform them at the end of the one minute. At that time, all of those who are sitting in the outer circle will be asked to move one chair to their right, thus creating a new partnership. Tell your group that you will give them a new topic at this time and that the same one-minute time frame will apply with their new partner. Continue this process until each person in the outer circle has talked to each person in the inner circle. If your circle contains eight pairs, your group will have discussed eight different topics.

If you are using more than one set of circles, you may want to ask the outer circles to exchange with another circle and continue this process.

Another variation of this activity is to involve each inner circle and each outer circle with the members of their own circle in the same way. Have each group do this same activity in rows of chairs, moving up and down the rows until they have each talked with every member of their own small groups.

Source: Doug Elkins, Teaching People to Love Themselves.
Marcia McFarland, Emeritis Extension Specialist, 4-H – Youth Club/Group Meeting Programs, Kansas State University, Manhattan, KS, LLL #2.

Topics for Discussion

- ✦ Of all the universities/colleges you ever attended, which one captured your heart, and is the “one” that you think of when someone says college. Explain why.
- ✦ Talk about your all time favorite movie and why it is.
- ✦ If you could spend one day with any member of your family (living or deceased), who would it be, why, and what would you talk about?
- ✦ If your home was on fire and you had time to grab only two things, what would they be?
- ✦ If you were in the Olympics, which event would you like to compete in?
- ✦ What makes you feel really happy?
- ✦ What is your favorite dessert?
- ✦ What is one of your favorite memories in life?
- ✦ What are you afraid of?
- ✦ The best thing about growing older is?
- ✦ If you had to pick a new name for yourself, what name would you pick?
- ✦ Describe a crazy thing you have done?
- ✦ The best vacation in the world is? Describe where and why.
- ✦ Who is one of your heroes?
- ✦ What do you like best for breakfast, lunch and dinner?
- ✦ Name a good book that you have read recently.

WAGON WHEEL CONTINUED

Continuation of Topics of Discussion for Wagon Wheels

- ✦ What do you think your “legacy” will be in life?
- ✦ What kind of music do you like best? Do you have a favorite artist/group?
- ✦ What is your favorite time of the day and why?
- ✦ What country besides your own would you most like to visit?
- ✦ Share a special moment that you had with your mother or father.
- ✦ If honesty is the best policy, what's the second best?
- ✦ If you could have any job in the world what would it be?
- ✦ What is your favorite thing to wear?
- ✦ What is your favorite season of the year and why?
- ✦ What is the most important lesson of life you have learned?
- ✦ I've learned that when I go to a garage sale, I..... (fill in)
- ✦ Anticipation or the real thing, which is better?
- ✦ What is your favorite holiday tradition. (Be specific – e.g., not just Christmas).
- ✦ What do you do to relax?
- ✦ If you knew that you could not fail at anything, what would you do?

CHASE THE ACE

Submitted by Karla Hightower

Deal out a single card to each player, face down. Randomly choose one person to start the activity and call them the dealer. The player with the lowest card (aces are low) will receive a letter 'A.' The activity is over when the first person spells out the word “ACE.”

Now each player looks at their card. Each player has to decide whether his card is high enough to keep him in the game. If the payer thinks it is, he will say “stand” (stick with this card). If a player thinks his card is too low he will say “exchange,” and pass the card, face down, to the player on his left, who must accept it and give him his card in return. This process continues around the circle until play comes back to the dealer. If the dealer is not happy with his card, he gives it back to the facilitator who replaces it at the bottom of the pack and gives him another card. Next, all players show their cards. The player with the lowest card receives a letter. Reshuffle and repeat, until someone gets all three letters.

Taken from pages 18-19 of *Playing with A Full Deck* by Cummings

GAME GUIDE FOR RECREATION LEADERS

Submitted by Andrea Feldkamp

Andrea provided the Game Guide for Recreation Leaders that she used at Officer Training. It is the next two pages. You can find the original on the Riley County website at www.riley.ksu.edu under my 4-H, "Forms & Resources" page.

THANK YOU TO EVERYONE WHO CONTRIBUTED

I appreciate everyone who contributed to the Prairie Professional this past year and especially those who shared their games with me for the winter edition. I know that I have used several of the ideas and I hope that others have found useful information also.

Who's Missing

Supplies: None

Pick two players to be leaders. All other players put their heads down and close their eyes. The leaders quietly tap 4 people on their backs. The 4 people quietly leave the room. Everyone may then open their eyes and guess who is missing, by raising their hands. Two of the correct guessers may then be the leaders. Play as many rounds as time allows.

Nutty Stack

Supplies: One Chopstick Per Team and 7 Metal Nuts Per Team

Divide the club into teams of 5-7 players. Each team will receive one chopstick and 7 nuts. One player from each team will try to stack the nuts, on their side, on top of each other on a table. After each player has successfully completed the stack, the next team member will come forward and stack the nuts. The team, with all players, completing the challenge first, wins.



Bead Count Canisters

Supplies: Five Non-See Through Containers, Beads, Five Different Colored Stickers, Paper and Pencils

Before the game, fill each container with a different amount of beads. Place a different colored sticker on each container. At the meeting, set out the containers with the pieces of paper and pencils. Each player should shake the containers, and order the containers from the least amount of beads to the most. Players should write the color of each container, in order from least to most beads on a piece of paper. Players can record their name, and turn their paper in. Those with correct ordering win.



Memory Tray

Supplies: Tray, Assorted Small Objects, Paper and Pencils

A cookie sheet makes a terrific tray. Place the small objects on the tray before the meeting. Cover the tray with a towel or blanket. Each player receives paper and pencil. Slowly walk by each player with the uncovered tray, allowing each person to see the items. Recover the tray and give players 3 minutes to write as many items as they can remember on their paper. The person who remembers the most objects wins.



▶ 4-H Game Guide

Cotton Ball Blow

Supplies: Cotton Balls and Two Bowls

Divide the club into two teams. Each team receives a plastic bowl and equal number of cotton balls. Place each team's cotton balls on a table. Place each team's bowl on the floor, at the end of the table. Each player, relay style, has a chance to blow one cotton ball into their team bowl. Any cotton balls blown outside of the bowl are out. Team with the most cotton balls in their bowl wins.

Balloon Float

Supplies: One Inflated Balloon Per Team

Divide the club into teams of 3-5 members. Each team will keep their inflated balloon in the air, as long as possible, by tapping the balloon. A member may not tap the balloon twice in a row. Team members can count their taps. The team with the most taps, without allowing the balloon to hit the ground, wins.

Secret Scavenger Hunt

Supplies: Bag Per Team & List of Items

Divide the club into teams of 4 players. Each team receives a bag and is given 2 minutes to collect items. The team collects as many items as they can during the 2 minute time. Teams come back as a group, and the game leader will read off objects that were on the list. If the team has that object, they receive a point. Review entire list, and teams record points. Each team then returns their objects to their original location. The first team to accomplish this receives an extra 10 points. Team with the most points wins.

Blindfold Relay

Supplies: Blindfolds, Bowls, Large Spoons & Dry Cereal

Divide the club into equal teams. Each team receives a blindfold, two large bowls, a large spoon and dry cereal. Fill one bowl, per team, with dry cereal before the game. Each team member, wearing the blindfold, will use the large spoon to scoop cereal from one bowl to another. The team with the least cereal outside their second bowl wins.



Candy Color Sort

Supplies: Colored Candy Pieces & Cups For Each Color

Divide the club into teams of 5 players. Give each team a cup with the same total pieces of candy (example 20). Give each team empty cups, enough to match the number of candy colors. Each team must sort the candy by color, into the empty cups. Players will take turns selecting one piece, and placing it in a separate color cup. Players will each select their first piece before selecting a second piece. Continue rotating until all candies have been sorted. The first team to sort all their candies wins.



Chopstick Pass

Supplies: Chopstick Set Per Team, Bowl & Objects

Divide your club into equal teams. Each team will stand in a line, with their bowl at the end of the line with the last player and objects at the beginning of the line. The first player will use the chopsticks to pick up an object from the table. The player will carry the object to the end of the line, and place it in the bucket. The player will stay at the end of the line and pass the chopsticks up the line to the first player. Continue playing until all objects are in the bowl. The first team with all objects in their bowl wins.

Candy Cup Memory

Supplies: 18 Plastic Cups & 2 Pieces of 9 Different Types of Candy



Before the meeting, place one piece of candy underneath each cup, on a table. Be sure to mix the cups up, so the same pieces are not next to each other. Allow players, one at a time, to come to the table and lift two cups. If the player finds a match, the player can keep the candy. If there is not a match, the cups are returned to cover the candy pieces. Continue playing until all matches are found.

Bubble Splat

Supplies: Long Piece of Paper & Bubble Solution and Wand

Before the meeting, tape the long piece of paper to the table. Mark a starting line. Each player will stand with the bubble wand over the starting line. The player will blow a bubble. Write the player's initials on the paper, where the bubble splats. The player with the farthest splat from the starting line wins.



K-State Research & Extension is an equal opportunity provider and employer. Guide created by Andrea L. Feldkamp, Riley County 4-H Youth Development Agent, November 2011