



# The Prairie Professional

A Newsletter for KAE4-HA Members

Winter, February 2008



**Diane Mack**

## Message from the President

I admit it. She's got me hooked. I must get my daily dose of Ree's blog "Confessions of a Pioneer Woman."

Ree writes about her life as the wife of a busy Oklahoma rancher and mother of four children. Her talent in using words and photos gives us a feel for her family life. She entices us to participate in her - give that photo a name - contests and she gets thousands of responses. She's up in the wee hours of the morning, writing the blog or at least posting it, then on to home schooling her children, doing piles of laundry, writing another blog

called "This Pioneer Woman Cooks," working cattle, and taking many breath-taking photos.

Why is this interesting? Why do I and many others find ourselves taking a personal interest in her life? We feel connected to her. She engages us in her life.

Daryl Buchholz wrote about engagement in his "Word From the Associate Director" column in a recent issue of the Tuesday Letter. Daryl formulated this equation to describe extension work:  
 extension work = technology transfer + outreach + engagement.

He described engagement as "an emotional involvement or commitment." It's "taking personal interest in your clientele, getting to know them, listening to them in such a way as to know how they desire to learn and to make change, and investing your commitment and passion towards their successes."

What strategies have worked for you in engaging members, families and volunteers in the 4-H program?

On a more personal note, do you feel engaged in our association? Do you feel connected to the other members of KAE4-HA. If not, I'd like to hear suggestions on ways we can engage our membership.

Even though we only meet as a formal group twice a year, there are many ways to stay connected. This newsletter is one way. Use technology through instant messages, facebook, e-mail, and web cams. Most of us need the personal contact too with phone calls or taking the time to visit at extension gatherings.

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## Kansas 4-H Venturers Headed to New Mexico in 2008!

Submitted by Jo Ellen Arnold

If you want **ADVENTURE ... THINK 4-H!**

If you want a **CHALLENGE ... THINK 4-H!**

If you want the **ULTIMATE CHALLENGING EXPERIENCE ... think 4-H High Adventure!**



The Kansas 4-H Venturer Program will be joining the Arkansas 4-H High Adventure Program for a 9-day backpacking adventure in Pecos Wilderness Area of north Central New Mexico, July 29-August 6 in 2008. Both programs are designed for teens (age 14 before January 1, 2008) and adults who are interested in and have a passion for outdoor adventure experiences. The Kansas 4-H Venturers Program has offered wilderness adventures for 12 years — backpacking, canoeing and rafting and the Arkansas 4-H High Adventure Program has offered backpacking programs for 22 years. Looking ahead to 2010, the Kansas 4-H Venturers will be headed to Alaska --- and only teens and adults who are veterans of the Venturers program will be permitted to go on this “adventure-of-a-lifetime”!

The 2008 program will provide plenty of mental and physical challenges as the crews of 12 teens and adults carry backpacks weighing 35-45 lbs. of food, crew equipment and personal gear for the 5+ days hiking over 30-40 rugged mountain trails at 9,000-12,000'! They will utilize No Trace camping techniques appropriate for wilderness areas; they'll use map, compass, and GPS units to keep them headed the right direction; they'll prepare 15 meals in outdoor settings; they'll cope with sleet, rain, heat and wind; and they will test and stretch their mental and physical strength on a daily basis! Plus, they'll explore the Capulin Volcano National Monument (New Mexico) and the Palo Duro Canyon (Amarillo, Texas) and attend the Texas Outdoor Musical Drama! And, have a great time making new 4-H friends from Arkansas!

So, what does it take to be a Kansas 4-H Venturer? A love for outdoor adventures, working as a team with other teens and adults, being in top physical condition, a positive attitude and a willingness to work harder than you've ever worked before. All participants must attend the required Shakedown Training, which takes place May 30-June 1 at Rock Springs 4-H Center and complete a physical medical exam prior to the trip. Orientation sessions will be held March 29 and April 26 (locations to be determined at a later date) — participants are strongly encouraged to attend one of these sessions.

The cost of the 9-day trip is \$500, with on-line registrations due March 1<sup>st</sup>. The fee includes transportation, program fees, campground fees, lodging, insurance, 15 meals, 2 shirts, equipment and supplies. Participants will be responsible for their personal clothing/gear and purchasing 7 meals on the road trip. Crew equipment will be provided.

For more details, check out the Venturers website <http://www.kansas4-h.org/Venturers/>. The program will be limited to 25 teens and adults, to be filled on a first-come first-serve basis. information: Jo Ellen Arnold, Franklin County 4-H Agent, 785-229-3520 or Gerry Snyder, 4-H Venturer Volunteer, 785-532-1179.



## Instant Messaging Information

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## Quick Tips for Working with ESL Youth

*Submitted by Jill Martinson*

Hopefully many of you are involved with kids in after-school and camp or day camp programs that are not native speakers of the English language. Working with these kids is a special challenge and opportunity. Please keep the following tips in mind as you are figuring out how to best reach these young people.

- ✿ Never forbid use of the young person's native language. This is the language in which they are most cognitively advanced – they think and learn best in their first language. Forbidding their use of this language limits their cognition and may serve to create feelings of alienation.
- ✿ Remember that kids learn social language much more quickly and use it more readily than “academic” language. Be aware that the young person may have great social language skills, but struggle with vocabulary that is specific to projects or more advanced concepts.
- ✿ Instructors may alleviate kids anxiety by “scaffolding” the new vocabulary – pairing the new concept with things already understood, demonstrating, using visuals, etc.
- ✿ Do not force kids to speak. Many kids learning a new language exhibit a period of silence where they are processing language, but not producing. Encourage their participation, but do not force them to speak.

For additional resources: <http://www.coe.ksu.edu/esl/generalresources.html>.



## NAE4-HA Website

Go to <http://www.nae4ha.org>. Your username and password are the same: the first letter of your first name + your complete last name + the last 4 digits of work phone number.

Once you have logged in, you can change and update your own record. Go ahead and check it out: select the directories tab, then search directory. Once you are there, you will see a tab for members. Select the members tab, and then select update member profile. Make changes to the record and be sure to save member info.

## *Journal of Youth Development*

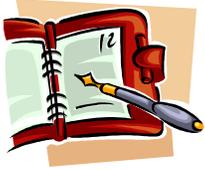
Did you know that as a member of NAE4-HA, you have access to one of the newest youth development journals? The *Journal of Youth Development: Bridging Research and Practice* is sponsored by NAE4-HA and is **free** to the members of the association. The fifth issue is now on-line at the following website: <http://www.nae4ha.org/directory/jyd/index.html>. You will need to register in order to access the articles. This issue of the refereed journal features the following articles:

- Making the Best Better: 4-H Staffing Patterns and Trends in the Largest Professional Network in the Nation - Astroth, Kirk A.
- Hip-Hop Development<sup>tm</sup> Bridging the Generational Divide for Youth Development - Hicks Harper, P. Thandi; Rhodes, Warren A.; Thomas, Duane E.; Leary, George; Quinton, Sylvia L. Esq.
- Rural After-School Programs: Meeting the Needs of At-Risk Youth and Their Families - Letiecq, Bethany L.; Bailey, Sandra J.; Keller, Julie A.
- Patterns of Success for Urban 4-H Youth Development in the Near Future - Kerrigan, Jr., W. Jack
- Developmentally-Responsive Relationships During After School - Fusco, Dana R.
- Camp Counseling and the Development and Transfer of Workforce Skills: The Perspective of Ohio 4-H Camp Counselor Alumni - Digby, Janel K.; Ferrari, Theresa M.
- Organizational Support for Sexual Minority Adolescents: Effects of Level of Youth Involvement and Diversity Training - Regan, Christine R.; Swisher, Marilyn; Barnett, Rosemary V.
- Engaging Youth Ages 8 to 12 as Volunteers: An Opportunity for Youth Development? - Shannon, Charlene S.; Robertson, Brenda J.
- Addressing Hunger Issues through Service Learning - Kershaw, Nancy; Jones, Joy; Bowman, Sally; Berry, Holly
- Addressing the Needs of Children of Offenders: The 4-H LIFE Model - Lawson, Lynna J.; Wilkerson, Robert C.; Gillespie, Tammy; Dunn, Elizabeth G.; Arbuckle, J. Gordon; Turner, L. Jo
- Cultures Around the World: A Unique Approach to Youth Cultural Diversity Education - Smith, Justen O.; Pate, Robert N.
- Analysis of Minority Participation in Texas' East Region 4-H and Youth Development Program in Relationship to Leadership, Marketing, and Educational Opportunities - Williams, Montza; Howard, Jeff W.



## Scheduling Tool

Submitted by Sarah Maass



Have you ever wanted an easier way to schedule meetings and yet allowing the participants to have a say in when the meeting is to be held? Then this **free** tool is for you. It is web based. Go to <http://www.doodle.ch/main.html>. By using this tool, you may schedule an event/meeting AND even make your own little questionnaire/poll for a group to submit their thoughts. Check it out!

## Walk Kansas for Kids

Submitted by Beth Drescher



We have incorporated Walk Kansas into the Park 4-H summer day camp for the past 5 or 6 years. The camp educators and kids take a 30 minute walk first thing every morning, and then chart their collective mileage onto a laminated Kansas map. Not only does this keep the kids physically active, but it is another hands-on math activity for the kids to do (it's an academic intervention camp). For more information on Walk Kansas for Kids, go to <http://www.walkkansas.org/kids/Welcome.aspx>.

## Camp Counselors Activities

Submitted by Jodi Besthorn

The team analogies are something that I've used at camp counselor training. It is kind of a fun way to approach the job of being a counselor (see the phrases below).

Another activity we do is with acceptable language. It's sometimes a challenge for counselors to know what is "OK" and what's not. They hear a lot of different things at school, friends, etc. and it becomes second nature to them and they don't even think about it. I give the group 2 large sheets of newsprint. On one, they list all the words that they think shouldn't be heard/used at camp – curse words, slang, etc., and another sheet where they list an alternative set of words that they could use instead of that word. All the adults leave the room and they have 10 minutes to complete both pages. I give them the option of putting " \* " in for certain vowels, etc. telling them that we'll know what they mean and they can leave those out!!!

When we come back, the adults review the list to see if there is anything missing that they would like to add. I ask if this is agreeable with our counselors and we affirm that we aren't going to use those words at camp. Then we look at the other list. As a group, they decide on what the alternative word for camp will be. In past years, it's been krispy kreme, cow-a-bunga, holey bucket, etc. This activity helps the trainers know what the current slang words are; it reinforces positive vocabulary, and gives an alternative. Each counselor shares that word with their living group and they all agree to use it during camp. Counselors have said that they really appreciate having the group support and it makes it much easier to help their campers improve their language as well.

## Catch the Camping Bug!



### Complete the phrases with as many ideas as possible...

- Camp Counselors are like PEANUT BUTTER AND JELLY because...
- Camp Counselors are like a FAMILY because...
- Camp Counselors are like a BOX OF CEREAL because...
- Camp Counselors are like a SUPERMARKET because...
- Camp Counselors are like a BOAT because...
- Camp Counselors are like a WATERFALL because...
- Camp Counselors are like ICE CREAM because...
- Camp Counselors are like a VOLCANO because...

## Get Them Talking: Conversation Ball or Thumb Ball Activity

*Submitted by Diane Mack*

Need an energizer or ice breaker to get people talking? Here's a fun way to do it. This is an activity that the National Conference delegates learned and shared.

Write the following questions with a permanent marker on a beach ball or large plastic ball.

Ask participants to stand in a circle. Instruct them to throw the ball to others in the group. The person who catches the ball will read and answer the question that their left thumb lands on.



Lots of ways to vary this activity! Be creative.

### Conversation Ball Questions

- Your dream vehicle
- You favorite subject in school
- Tent, camper or hotel
- 3 year olds are...
- A must for your music selection
- Call or text
- Internet or TV
- Quality a good friend must have
- Milk – white or chocolate
- Spring, Summer, Winter or Fall
- Sports – Play or Watch
- Favorite soup
- Weekends are for...
- A song you can listen to over and over again
- A place you love to go
- Where do you want to live someday
- Fly or drive
- Silly knock knock joke
- Favorite Candy
- Your middle name
- Favorite home cooked meal
- A great movie
- Favorite camp activity
- Swimming or sun bathing
- Name of person on your right
- Your birth month
- Most amazing machine ever
- Favorite website
- Your role model
- A great card game to play
- K-State, KU or some other school
- Your school mascot
- A good quality that teachers need
- Walk, jog, skip, prance or run
- Coffee, Tea, Soda or Water
- Favorite Ice Cream Flavor
- Sports – Play or Watch
- Silly camp song
- My hobby
- Favorite shoe – boots, flip flops, tennis shoes, loafers, sandals
- Your middle name
- Favorite Flower
- A skill you have
- Fly or Drive
- Best thing to do in snow
- Your mood today
- Favorite exercise
- A good book to read
- Great song to dance to
- Favorite Board Game
- Football, Basketball or Baseball
- Your craziest friend
- Like it hot or cold?
- What you like to cook
- Where you met a good friend
- Where do you live
- How often do you read e-mail
- Volunteer work you do
- Amount of sleep you need each night
- Best gift ever
- A state you want to visit
- Have you been out of the country? Where?
- Morning person or night person
- Favorite breakfast cereal
- Where were you born
- How many keys on your key ring
- What time do you get up on Saturday Morning?
- Jeans, slacks shorts or sweats
- Best thing to do in the rain
- Television show I watch
- Trees, bushes or flowers
- Special holiday tradition

## Resources Created by Extension Professionals

When planning your programs this summer, don't forget to check out these websites: <http://www.oznet.ksu.edu/kae4ha/resources.htm> AND <http://www.kansas4-h.org/Resources/Library/>. Programs and resources developed by Extension Professionals and shared with Extension Professionals. Why reinvent the wheel???

On the other hand, do you have a resource you would like to share with other Extension Professionals? You may submit your resource(s) to be posted to either website. For items to be posted to the KAE4-HA website, please send items to Ginger Kopfer at [gkopfer@ksu.edu](mailto:gkopfer@ksu.edu) AND for items to be posted to the Kansas 4-H Resource Library website, please send items to Justin Wiebers at [jwiebers@ksu.edu](mailto:jwiebers@ksu.edu).



### **KAE4-HA Spring Meeting**

*Submitted by the Professional Development Committee*

Save the Date for the KAE4-HA Spring Meeting on April 8-9. Let us help you put the FUN Back into the 4-H Profession. The annual KAE4-HA Spring Meeting will be held in Hutchinson at the Grand Prairie Hotel and ALL Extension Professionals are welcome to join us. The cost will be only \$60 for KAE4-HA members and new staff hired since the last conference. Non-members are encouraged to join us as well, with registration at only \$70. Registration is due March 20.

Dr. Jeff Goodwin, Colorado State 4-H Program Leader, will be our guest speaker. He will be presenting programs on: How to be a Jedi County Agent, Are You Smarter Than a 4-H Member? and The Two Commandments of 4-H (Extension) Work. In addition, on Wednesday afternoon, he will present a program on "Effective Livestock Quality Programs." For more information and the registration form, please visit <http://www.oznet.ksu.edu/kae4ha/prof%20dev.htm>.

### **KAE4-HA Awards**

*Submitted by the Member Recognition Committee*

KAE4-HA Award Applications are due by March 1 to Robyn Deines. Please take some time out of your busy schedule and recognize your colleagues that you work closely with for their hard work. You can also apply for yourself. It is perfectly ok to toot your own horn! You should have received an email from Robyn on February 15 with the informational packet for the awards. If you have any questions feel free to contact her at [rdeines@ksu.edu](mailto:rdeines@ksu.edu).

### **Write on Cling On Sheets**

*Submitted by Andrea Schmidt*

We have all used the flip chart paper for workshops, but here is another great resource you can use. You can use dry erase markers to write on the sheets, and they are reusable! Go to <http://www.cleansweepsupply.com> and then type in "write on cling on" in the search. They come in a roll of 35 sheets. Super portable and way cool!

### **Conference Judging Tools for Judges**

*Submitted by Jodi Besthorn with the tools developed by Diane Mack and Andrea Schmidt*

The next two pages (pages 8-9) are two items that were developed by Diane Mack and Andrea Schmidt. I've used these for judge's informational packets that are sent before the fair. It's quick, easy to read/scan and helps to reinforce our message.

# Questions to Ask

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After 4-H members have performed, the judge may ask questions to learn more. I-3 questions can be used as a guideline.

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- ♥ What was your favorite part of this project talk, demonstration, etc.?
- ♥ Why did you choose this topic for your project talk, demonstration, etc.?
- ♥ Where did you learn how to \_\_\_\_\_?
- ♥ Tell me more about \_\_\_\_\_.
- ♥ What part was the most difficult?
- ♥ What was the easiest?
- ♥ What did you learn?
- ♥ How did you find your idea for this project talk, demonstration, etc.?
- ♥ How did it feel to \_\_\_\_\_?
- ♥ What was the most important in this project talk, demonstration, etc.?
- ♥ How will you use what you learned in the future?
- ♥ Would you change anything, if you had the chance to do it again?



All educational programs and materials are available without discrimination on the basis of race, color, national origin, sex, age, or disability.

# What to Say

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4-H participants will want to speak with the judge,  
after they perform.

These examples will help you talk to the 4-Her.

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## Positive Comments:

- ★ I like how you. . .
- ★ I can tell you were prepared because. . .
- ★ I can tell you enjoyed your \_\_\_\_\_ because. . .
- ★ You handled \_\_\_\_\_ very well.
- ★ I can tell you knew the information because. . .
- ★ You should feel proud because. . .
- ★ You did \_\_\_\_\_ very well.
- ★ Your visuals are easy to read and helpful.
- ★ You could be easily heard at the back of the room.
- ★ You were careful to show each step to help us understand.
- ★ I liked it when you looked at the audience during your talk.
- ★ Your outfit was perfect for this event.
- ★ You knew your material because you did a great job answering the questions.

## Constructive Comments:

- ▶ The next time you \_\_\_\_\_ you might. . .
- ▶ Some other things to try. . .
- ▶ It would be helpful if. . .
- ▶ I would be able to hear you better if you spoke a little louder. I am excited to hear what you know!
- ▶ It would be easier to read the visuals if the letters were bigger and/or there were not so many colors used. The information on them is great!
- ▶ Having supplies ready ahead of time helps us to be ready for your talk.
- ▶ A conclusion is important because it tells us, one more time, the important things you want us to know.
- ▶ It may be helpful to practice before a mirror, this will help you to know what the audience sees.