

# The Prairie Professional

A Newsletter for KAE4-HA Members

January 2005

#### The Key to Success is You!

100 years of Kansas 4-H.....What will Kansas 4-H look like in the next 100 years?

It's never too early to begin planning for the future. We've been through numerous changes and with any dynamic organization, more are sure to follow. As the new year begins, it's time to make sure we are "practicing what we preach."

- Have you set your new year's goals?
- Have you evaluated your programs to ensure each program meets some or all of the essential elements?
- Are you doing the same thing as last year and hence getting the same results?
- Is it time for some youth development prioritization?
- Have you dedicated this year to be the best year in your professional career?

Yes, your attitude does affect those who are around you. Many professionals claim the key to success is to surround yourself with successful people. Positive attitudes breed positive attitudes. Looking on the bright side of things does take lots of effort. It is easy to follow suit with those who are griping and whining, but it takes work to find the positive edge.

The story of a 92 year old women exemplifies a truly positive attitude. She was moving into a nursing home because her husband of 70 years had recently passed away. Upon entering the elevator to take her to her new room, the elderly lady stated with enthusiasm that she loved her new home.

The nursing home attendant responded, "Mrs. Jones, you haven't seen the room - just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged - it's how I arrange my mind. I already decided to love it ...



#### Message From The President

Amy Gerdes

"It's a decision I make every morning when I wake up. I have a choice - I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away - just for this time in my life.

Old age is like a bank account - you withdraw from it what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling MY Memory bank. I am still depositing."

She then shared her five simple rules to be happy -

- 1. Free your heart from hatred.
- 2. Free your mind from worries.
- 3. Live simply.
- 4. Give more.
- 5. Expect less.

With the new year just beginning, consider making a new year's resolution to enhance your positive outlook on life. Here are a few more tips to help you achieve this goal:

- ) When you look in the mirror first thing in the morning say OUT LOUD that this WILL be the GREATEST day of your life!
- Read inspirational and motivational books. (A great list compiled at our 2004 Spring Meeting was included in the last issue of the Prairie Professional.)
- Post sticky notes around the house saying nice things about each person who lives there (including yourself!)
- Create daily "to do" lists and put the two most important items first so that when the tasks are completed you will feel a great sense of accomplishment.

I know each of you are doing remarkable things with 4-H programming and making a difference in the lives of many. Remember, a smile and a kind word can make a world of difference to someone else and in your own life. Best wishes for a happy, productive, educational, and fun 2005!

2004-05 KAE4-HA Officers

Old age is like

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put in.

The new officers of the Kansas Association of Extension 4-H Agents were installed during the 2004 Annual Conference.



L to R: Shawna Mitchell-Treasurer, Rod Buchele-President-elect, Amy Gerdes-President, Beth Drescher-newsletter editor, Ginger Kopfer-Secretary



#### NAE4-HA National Conference

#### Oklahoma City



The National Association of Extension 4-H Agents met in Oklahoma City from October 31 until November 4, 2004. 35 delegates from Kansas attended the conference. Here are their answers to the question "What was your favorite part of the NAE4-HA conference, and why?"



Diane Mack, Andrea Schmidt & Andrea Addison



seeing several of our co-workers laughing so hard they were crying. Having time to relax and have fun as a group was a much needed ingredient to the whole professional development experience."

"State's night out was my favorite part of the conference. It was great

- Diane Mack

"Cowboy Hall of Fame. It was really neat to learn about Oklahoma and some of their traditions. The little town was awesome!!!!"

- Andrea Schmidt



Anna Muir, Ginger Kopfer, Beth Hinshaw and Angela Abts

"I really enjoyed the poster sessions where you could walk around and find out more about any of the things displayed and get new ideas. One particular neat resource I found was on Parliamentary Procedure from educators in Illinois and Ohio. They have information and games on the web. Here are the web addresses:

Who Wants To Be A Parliamentarian (game) <a href="http://www.urbanext.uiuc.edu/who/index.html">http://www.urbanext.uiuc.edu/who/index.html</a>

Parliamentary Procedure Jeopardy http://192.17.100.4/Portals/Portals/8ab29ed0-2da9-4b3a-84ca-3ec6a659bdbe/pp-jeopardy.ppt

4-H Parliamentary Procedure Activity Kit http://hardin.osu.edu/4h/Downloads/ParliamProc.pdf

- Ginger Kopfer



Pat McNally and Jim Adams



Robyn Swonger



Pam Van Horn



Sarah Maass and Kim Davis



Jo Ellen Arnold and Robin Eubank



Crystal Coffman and Phyllis Kriesel



Amy Taylor and Shawna Mitchell

"Being able to meet new people and catch up with those I haven't seen in a while. This was such a great networking opportunity!"

- Sarah Maass

"I would have to say the best part about OKC was the fellowship between agents"

- Kimbreley Davis

"I always learn a lot by talking with other people at workshops, lunch and at break. This year I attended a great workshop on Facilitation Skills which was presented by staff from California"

- Jodi Besthorn

"Workshops are a favorite of mine in going to any National Conference. Oklahoma City was no exception. I always like hearing what is going on in other states and sometimes I hear of something that just might work in my county. This year I especially enjoyed the tour I took. Those Oklahoma folks really treated us right!"

- Jo Ellen Arnold

"My favorite part of OKC was meeting new people and visiting with old friends from around the country. (And getting to ride the elevator with Luci Swindoll and Marilyn Meberg- Women of Faith speakers who were starting our conference the day we left.)"

- Phyllis Kriesel

"I liked that it was so close and I had a road trip with my favorite traveling agent, Phyllis!"

- Crystal Coffman

"Favorite part of OKC- meeting agents from other states and learning about what they are doing that's new and different. I always take home great new ideas!"

- Shawna Mitchell

(Photographs taken by Beth Hinshaw)

## Save The Dates!



Save the dates of May 17 & 18, 2005 for the KAE4-HA Spring Association Meeting in Hays. More information and registration materials will be available in February.

### Happy Birthday



#### KAE4-HA Members!

Jim Adams	January 7	Eric Otte	March 17
Gwen Spade	January 12	Jo Ellen Arnold	March 23
Angela Abts	January 14	Trisha Cash	March 25
Justin Wiebers	February 1	Melinda Daily	March 26
Christine McPheter	February 24	Anna Muir	March 30
Dennis Main	February 25	Robin Eubank	April 27
Phyllis Kriesel	February 27	Aliesa Woods	April 30
Berny Unruh	March 1	Jean Clarkson-Frisbie	May 15
Ginger Kopfer	March 3	Crystal Coffman	May 17
Michelle Perez	March 8	Andrea Schmidt	June 5
Pam VanHorn	March 13	Sarah Maass	June 28
		Ann Religa	June 30

#### NAE4-HA Communicator Awards

Watch your email for information and application forms for the 2005 NAE4-HA Communicator Awards.

**Deadline:** All applications must be submitted by March 1, 2005 to Michelle Perez, Butler County Extension Office, 206 N. Griffith, Suite A, El Dorado, KS 67042-2039.

**Eligibility:** All active and life members of NAE4-HA are eligible for regional and national awards.

**Application:** A separate application form must be completed for each award in which you are entering. Each submission must use the "NAE4-HA Member Recognition Application" form, be signed appropriately, include all required information, and must be typed. Rules and guidelines can be found at:

http://www.nae4ha.org/profdev/awards/awards.html