



# KAE4-HA

# THE PRAIRIE PROFESSIONAL

## A Note from the President...



**Sarah Maass**  
KAE4-HA President

I had the privilege of chaperoning six of our Kansas 4-H youth to the Buckeye Leadership Workshop in Ohio. We had quite the experience getting to Ohio with a flight delay and having to reschedule our flights. I assured them that even though we were having some minor problems getting to Ohio, it would be well worth it once we got there.

The theme for this year's workshop was "It only takes a spark" with each evening centering around the creation of a fire.

**Gathering the Kindling** – Before you can have a campfire, you need to gather up the materials or "kindling" to start the fire. What is it that we do to help youth gather a "kindling" desire to be involved in the 4-H Youth Development Program?

**Igniting the Fire** – Once the kindling is gathered and strategically arranged, it is time to ignite the fire. It doesn't matter how big or small the fire, as long as it serves its purpose (i.e., warmth, perfect for making s'mores, etc.). How do we ignite the fire of our current 4-H members to continue their exploration of the opportunities Kansas 4-H provides?

**Roaring Fire** – Once the fire is started, you have to keep it going. It will eventually reach its peak as a roaring fire. Once a 4-H member reaches the peak in their 4-H career, how do we keep them motivated?

**Basking in the Firelight Glow** – Eventually, the fire will begin to settle down and provide a nice firelight glow. It provides not only light, but warmth. Do you take time to step back and enjoy your accomplishments as an Extension Professional? Do you step back and enjoy watching the youth of your programs grow and develop life skills?

This all comes back to "it only takes a spark." Just one SPARK. The things mentioned above focus on our work as Youth Development Professionals as we work with youth. But as a Youth Development Professional, what is your SPARK? What is your SPARK for professional development? What SPARKS your motivation for working with youth, their parents and volunteers? We have our own SPARKS that we contribute to Kansas 4-H and our local programs. Those SPARKS may be: watching a youth succeed with their project work, attending National Meeting and gathering some new ideas you want to implement in your local program, and the successful recruitment of volunteers for a specific program. Build on what puts that SPARK in you!

Remember how I mentioned we had some minor problems getting to Ohio? Well, we almost had some minor issues getting home. I'm glad we were not the only ones having problems getting to Detroit on time to make our connecting flight back to Kansas City. They held the plane for us and a few others too! Regardless of the travel problems, those that attended the Buckeye Leadership Workshop had a fantastic time. A lot of ideas and resources were gathered. Now the hard part....back to reality and trying to implement everything gathered.

If you ever have the opportunity to attend the Buckeye Leadership Workshop, I strongly encourage you to do so. It is a one of a kind experience that you will remember for a lifetime! The dates for next year are April 3-7. Think about putting it on your professional development plan for 2013. For more information, go to <http://www.buckeyeleadership.com>.

Regardless of our travel issues to and from Ohio, our delegation will be bringing back a SPARK to Kansas 4-H and implement it in our own special way.

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## KAE4-HA News

# 2012 KAE4-HA Award Recipients

### *Achievement in Service Award*

Amy Sollock  
Jill Martinson

### *Distinguished Service Award*

Ginger Kopfer  
Aliesa Woods

### *Meritorious Service Award*

Jo Ellen Arnold

### *25 Years of Service*

Ann Religa  
Diane Mack  
Susan Schlichting

### *Communicator Awards*

#### *Promotional Package - Team*

Kansas 4-H Marketing Action Team – Diane Mack, Andrea Feldkamp, Amy Sollock, Aliesa Woods, Lori Bower, Kelly Terrell

#### *Promotional Package- Individual*

Robyn R. Deines

#### *Periodical Publication - Team*

Golden Prairie District – R.Scott (Bronc) Barrows, Julie Niehage, Amy Lorenzen, Jen Schoenfeld

#### *Periodical Publication - Individual*

Jodi Besthorn

#### *Promotional Piece - Team*

Sarah Maass & Beth Hinshaw

#### *Promotional Piece- Individual*

Ginger Kopfer

#### *Personal Column*

R. Scott (Bronc) Barrows

#### *Educational Piece (Individual)*

Nancy Pihl

### *Specialty Awards*

#### *Excellence in 4-H Club Support (Individual)*

Jodi Besthorn

### *KAE4-HA Lady Cats Scholarships to NAE4-HA Conference:*

Lindsey Friesen and Andrea Feldkamp



## KAE4-HA Officer Candidates



### President-Elect Candidate

**Jill Martinson**, Dickinson County 4-H Youth Development Agent

I have appreciated the collegiality and support of KAE4-HA and its members during my almost five years with K-State Research and Extension – Dickinson County. Our association allows us to share the work we are passionate about through both professional development and social opportunities. KAE4-HA is a vital part of K-State Research and Extension; I'll work to build upon the strong foundation we've established.



### Secretary Candidates

**Lindsey Friesen**, Butler County 4-H Youth Development Agent

Lindsey is originally from Newton, Kansas and started in Extension as the Central Kansas District Intern in Summer of 2010. She later was hired back as a Full Time Program Assistant and in May 2011 moved to El Dorado as the Butler County 4-H Youth Development Agent. Lindsey enjoys spending time with her family, singing and her horses. She has continued as the Newton Saddle Club Secretary which she has held for 4 years and sings with the Wichita Symphony Chorus. Lindsey has already learned a lot from KAE4-HA and events and looks forward to continuing to learn and give to the Association.



**Amy Sollock**, Edwards County Family and Consumer Sciences/4-H Agent

Amy has been with KSRE since 2004, minus a brief stint in Oklahoma to get her master's degree. Since joining KAE4HA, she has served as the chair of the Program committee and the Public Relations committee. Amy has attended 4 NAE4HA conferences, and look forward to many more professional development opportunities. She is running for the office of secretary because I feel that it is my time to serve KAE4HA in a larger role and feel as though my organization skills would be an asset.

### Newsletter Editor Candidates

**Robyn Deines**, Walnut Creek District 4-H Youth Development Agent

I have been with KSRE since December of 2000, employed in the Walnut Creek Extension District as the 4-H Agent. My passions are camping and volunteer development. I enjoy participating in National Camping Institute, hosting daycamps of various themes, and taking youth to 4-H Camp. I have been a KAE4-HA member for 12 years, I have served as NW Area Director, Programs Committee Chair, and Secretary in the past.

**Kaitlyn Peine**, Johnson County 4-H Youth Development Agent

Kaitlyn just wants you all to vote for Robyn.

### KEAA At-Large Representative Candidates



**Corinne Patterson**, Lyon County 4-H Youth Development Agent

Corinne Patterson joined K-State Research and Extension - Lyon County in January 2010 as the 4-H Extension Agent. She has been actively involved with the State 4-H Science team and also serves on the state Ambassador Action Team. She has been a member of KAE4-HA and attended the 2011 national conference in Omaha last fall.

**Nancy Pihl**, Marion County Family and Consumer Sciences/4-H Agent

For the past 14 years, Nancy has been the FCS & 4-H agent in Marion County. She has benefited from been a member of KAE4-HA for the past 4 1/2 years, including several years on the Professional Development and Women's Basketball committees. Nancy's current goal is to serve the association in a new role.

## Join my4-H.org Today! Webinar

On Friday, April 20, 9:30 a.m., a my4-H.org webinar will be offered for KAE4-HA members. Discover how this socially-enabled, online community is being developed specifically to help 4-H professionals and volunteers build their capacity and capability to deliver high-quality 4-H positive youth development programs. Learn how my4-H can enhance your professional development as well as learn to create your own my4-H communities for your local programming.

To join the webinar, go to:

[http://nationalfourhcouncil.adobeconnect.com/my4-h\\_stateassociationorientation/](http://nationalfourhcouncil.adobeconnect.com/my4-h_stateassociationorientation/)

And call conference number: 1-866-910-4857; enter participant code: 254448

Within the next couple weeks you will receive an email from my4-H inviting you to the newly formed KAE4-HA my4-H community. Follow the email instructions to register (if applicable) and join. Prior to the webinar, be sure to have registered and logged into my4-H.org. On April 20 at 9:30 a.m. enter the webinar room and call the conference number. Look forward to talking to you! Questions? Contact Beth Hecht, [bhecht@4-H.org](mailto:bhecht@4-H.org)

## The Change Formula

Sarah Maass and I attended the Joint Council of Extension Professionals Leadership Conference in San Antonio in February. During the conference, we were privileged to hear Kevin Eikenberry as the keynote speaker. Kevin talked about multiple topics, including change. He presented the following change formula which I found to be very interesting and wanted to share with the KAE4-HA membership.

### The Change Formula

The Drive for Change  $f D * V * F_s > C_p$

D = Dissatisfaction with the present situation

V = Vision of a better future

F<sub>s</sub> = Clarity of the first steps

C<sub>p</sub> = Perceived costs of change

What Does This Mean?

This equation helps us understand conceptually why people (including ourselves) voluntarily change. It also helps us understand how we can influence change, by understanding the contributing factors. It essentially says that the possibilities have to exceed the perceived cost to the individual to make that change. Each person computes the formula for themselves and if any of the elements are near or equal to zero, no change will occur.

To help people want to change, we can create a vision of something better and make sure that the first steps to making the change are clear. This formula may be something to pull out and review the next time we want to make a change in our 4-H program!

Submitted by Ginger Kopfer

## 2012 Extension Professional Survey

The final phase of our research effort will seek input from Extension 4-H Professionals. This is a critical component of Council's strategic plan and our focus on increasing the capacity and capabilities of 4-H professionals and volunteers. This survey will provide us with insights into resource needs, as well as set a baseline for use of and satisfaction with Council-produced resources. Council will utilize this data to ensure we are focused on the things that will make your jobs easier.

Below is a link to the 4-H Extension Professional survey. We will send this link directly to local staff next week. We would like you to complete the survey yourself, as well as encourage local and state staff to participate. Simply click on the link or cut and paste it into your web browser. It should take approximately 15 to 20 minutes to complete, and your responses will remain strictly confidential. All respondents will be offered \$10 off merchandise at the 4-H Mall for their participation.

<http://dimensions.edgeresearch.com/e.asp?p=FH1202&S=C&id=ran>

Thank you for your time and attention. Your opinions and ideas will shape Council's future investments in professional and volunteer resources. If you have any questions, please feel free to contact me, Andy Ferrin, SVP, Chief Marketing Officer, National 4-H Council, 301-961-2972 office, 301-792-2139 cell.