



The Prairie Professional

A Newsletter for KAE4-HA Members

Winter 2013

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A Word From Our President:

Welcome to 2013! As some of you know, I am a bit of a photography buff. One person I admire for his photographs and attitudes about life is DeWitt Jones and his passion to “Celebrate What’s Right with the World!” I am going to focus on this and use it as my theme for my term as KAE4-HA President this year. I hope throughout the coming year I will be able to help you celebrate all that you are doing for the people of the state of Kansas. You truly do make a difference to youth, parents, volunteers, co-workers, and many others! If you are interested in learning more about DeWitt Jones and his “Celebrate What’s Right with the World!” campaign, check out this website: <http://www.celebratewhatsright.com/>. I thought I would also share a few quotes about celebration to get you to start thinking about this and making it a priority in your life.

“The more you praise and celebrate your life, the more there is in life to celebrate.” – Oprah Winfrey

“A true friend finds a way to celebrate – even in the worst moments of life – and forces it upon you.” – Rionna Morgan

“What do we lose by another’s good fortune? Let us celebrate with them, or strive to emulate them, that should be our desire and determination.” – Sri Sathya Sai Baba

“Celebration is a kind of food we all need in our lives, and each individual brings a special recipe or offering, so that together we will make a great feast. Celebration is a human need that we must not, and cannot, deny. It is richer and fuller when many work and then celebrate together.” - Corita Kent and Jan Steward

And speaking of celebration...don’t forget to celebrate one or more of your co-workers by nominating them for a KAE4-HA award this year. I wish you all the best as we head into the season of 4-H Club Days and other great 4-H learning experiences!

Ginger Kopfer, KAE4-HA President

Meet the Members:

It was suggested with so many new faces in KAE4-HA that we focus on a few of our members each month, so my goal will be four per newsletter. I know this will not cover everyone but it will get us started.

Kylie Dicket, Frontier District



I was born and raised in Clinton, MO where I was a 10 year member of the Clinton Cougars 4-H Club. I received my BS degree in Agriculture Business from the University of Central Missouri and am currently working on my masters degree in Youth Development through K-State. I worked for University of Missouri Extension for almost 4 years as a 4-H Youth Program Assistant in Henry County and also Johnson County at Whiteman Air Force Base doing programs and specialty camps for military youth. I also served as the Assistant Superintendent of the 4-H building at the Missouri State Fair.

I love most parts of the job but I particularly enjoy fairs, which is probably good since we have 6 in the Frontier District! I'm pretty partial to the Missouri State Fair, but Kansas is growing on me. I also like camp and planning specialty camps.

I love to cook, craft, read, play cards and spend time with friends and family when I have time.

When I'm not working, I'm usually working on school work. And I also make as much time as possible for my hobbies and to just relax.

DVRs are great inventions! I like to catch up on Grey's Anatomy, Law & Order SVU, and Duck Dynasty and I love any Nicholas Sparks book!



Molly Trausch, Ford County



I was born and raised in Minden, Nebraska on our family farm, and I have one younger brother who is a Junior at the University of Nebraska-Kearney. I was a 10 year 4-H'er in Kearney County where I did everything from cake decorating to showing rabbits. I attended the University of Nebraska-Lincoln and majored in Horticulture-Entrepreneurship. I may be a K-State fan now; however, Husker Red still runs deep in me!

I love working with the kids! They are so inspiring and creative it blows my mind some days

Some can say I am a Pinterest addict. I love to craft, bake and organize.

I used to take work home in the beginning and found that all I did was work. Now, I keep work and home separate as much as possible. Having that time to yourself to do the things you enjoy is priceless.

I'm a bit of a hopeless romantic. My favorite movie is between Sweet Home Alabama and Pride & Prejudice. TV Show: I have been watching Greys Anatomy since it premiered but Big Bang Theory is always a good laugh! I always try to think positive and to live by this quote: 'People say you see your life flash before your eyes when you die, so make yours worth watching.™

I do have to say that Kansas 4-H kicks Nebraska 4-H any day! There are so many unique and fun opportunities for the youth to experience that I wish I grew up in the Kansas 4-H Program. I am thankful for where life has taken me so far!

Ginger Kopfer, Geary County



I was born in Clay Center, Kansas and grew up in the county just South of there within a mile of my mom's entire family. It was a great way to grow up surrounded by family and farm life. I was a Clay County 4-H member for 12 years and also participated in FFA during high school. My mom and dad still live in the same house I grew up in, still surrounded by the family. I have two older brothers, two sister-in-laws, two nieces, and a nephew.

My favorite part of my job is going to 4-H Camp. I really enjoy spending time with the campers and counselors and getting to know them. We always have fun evening activities and get to be outside and enjoy the beauty of Rock Springs with some great co-workers.

I love to travel and am super excited to be planning a trip to Europe this summer. I also like to take pictures which goes well with my travel habit. Reading fiction books and spending time with my nieces and nephew are also at the top of my list.

One of my ways to balance is to make sure I use my vacation time and take off at least a solid week once a year in addition to other days. During that week I try to disconnect from work and have some actual time off.

My favorite TV show is The Big Bang Theory, it literally makes me laugh out loud.

A quote that I like is "Wherever you are - be all there." - Jim Elliot

I think it's great that we have so many new members in KAE4-HA and look forward to all that they will bring to the organization!



Aliesa Woods, Post Rock District



I was born and raised on a farm outside of Barnard, Kansas. I was the 2nd of four children and the only girl. Growing up my mom was a 4-H Club leader and all of us kids were in 4-H. I went to Kansas State University and obtained my BS in Agriculture and MS in Adult, Occupational and Continuing Education. My husband Scott and I live just a couple miles from where I grew up. I have two brothers who live within ten miles from us and my parents live in Tescott. I started my career with K-State Research and Extension in 2000.

The best feature of this job is everyday brings a new opportunity or challenge. I enjoy working with other youth and adults and being able to serve the public. I feel fortunate to be able to deliver relevant educational programs that meet the needs of my local constituents.

I enjoy helping Scott on the farm with our cow/calf operation. We are both NASCAR fans and enjoy following our favorite drivers. I like to be outside walking and getting fresh air. I also take great pleasure in spending time with my two nephews and niece who live close to us.

I post my monthly calendar on the refrigerator at home and include work and personal items so my husband knows my schedule. I also have established limits and boundaries for myself and stick within those parameters, try to keep organized and flexible, create time for myself, and most importantly I try to keep things in perspective.

I do enjoy reading in the winter as I am not outside as much. I just recently re-read "Catch A Fishmonger's Guide to Greatness" and here are a couple quotes I liked.

- # The past does not determine who you are now the opportunities that await you do.
- # The bigger the problem, the greater the opportunity for transformation.



A Few Words from the Diversity Committee:

When members of a group need help to appreciate each others' skills and talents the article below can be used as an icebreaker or discussion starter. It is designed to encourage youth and adults to think critically about the meaning of diversity and give thoughtful consideration to the lives and perspectives of people who are different from themselves.

The article is taken from a Pennsylvania State University publication called "Diversity Discussion Starters", which is available online at <http://pubs.cas.psu.edu/freepubs/pdfs/ui377.pdf>

A Cat & A Mouse

Dr. J. Norris & Dr. C. Whetten, Texas A&M University, Reprinted with permission ©1999

The setting is a typical dockside scene in a foreign port somewhere in the world. The cat, rather than being a typical, scrawny, underfed specimen, is well fed and powerful. The mouse is the typical, small, meek, desperate creature we would expect. The cat is chasing the mouse.

The mouse is just about finished when he spies a hole in the wall. In a last, desperate attempt he sprints and dives into the hole just ahead of the cat. With pounding heart and heaving lungs, he cannot believe that he is safe. As he begins to regain his composure, he begins to worry about his immediate future. He quickly sees that the hole does not have another exit and he will have to go back out of the entrance. But he knows that the cat will be waiting for him.

Suddenly, he hears a dog barking just outside the hole . . . "Ruff!! Ruff!! Ruff!!" Now, the mouse begins to reason that dogs hate cats, and that cats are frightened of dogs, and if there is a dog, then the cat must be gone. Feeling extreme elation at his good fortune, the mouse saunters forth out of the hole only to be grabbed up by the cat.

As the cat dangles the beaten mouse by his tail in preparation for a tasty morsel, the mouse in a plaintive, dejected voice says, "But I don't understand. I know I heard a dog barking." And the cat, with a sly grin spreading across his face, replies, "To be successful in today's world, one must be bilingual."

Discussion

This story provides a vivid picture that will allow participants to imagine how the mouse feels before he is swallowed up by the cat. As businesses in the U.S. become more globally focused, the need to prepare youth to be competitive in the marketplace is even more prevalent along with the need to teach sensitivity. Use this story to discuss the importance of gaining marketable skills such as learning another language, other than a native tongue.

Questions

- * Did the ending of the story surprise you? Why or why not?
- * Describe the cat's special skill. How did she use it?
- * What does it mean to be bilingual?
- * What analogy does the "bilingual cat" apply to the real world today?
- * What are the benefits of being bilingual?
- * How important is open-mindedness to experiencing other cultures and languages?
- * Do you think students should be required to learn another language in school? Why or why not?
- * What other skills are useful to have when interacting with people who speak another language?
- * Do people's abilities to speak multiple languages increase their marketability in the workplace?

* Explain why you agree or disagree that you have to be bilingual to succeed in today's world.

A Cat & A Mouse Discussion Questions (continued)

- * Have you ever been faced with an unusual problem or situation that required you to use a specific skill?
- * What was the situation and what skill(s) did you use?
- * Write about a time when you've been in a situation similar to one of the characters. How did you get through it? What did you learn as a result?
- * How important is it to learn other languages? Does it increase your chances of communicating with others? Explain. Do you find it to be a useful communication tool or skill?
- * If you could rewrite the ending of this story, how would you change it?
- * Who do you think the cat and the mouse represent in our society?
- * If the mouse in the story was deaf, how would this story differ? What challenges would the mouse face?

4-H Science Trunks Ready – Check them OUT!

The Kansas 4-H Science Ready team has been working on practical tools to help you incorporate inquiry based science into your 4-H programs. One of the new cool tools that you may have seen a preview for is the set of 4-H Science / Tech Trunks that are available for check out from your area office.

There are 5 trunks in each area – each focuses on a different 4-H project or projects . . . Animal Science, Entomology, Food Science, Robotics and Rocketry / GPS/GIS. The kits each include 4-H curriculum materials that are written with inquiry science in woven into them.

The kits come with all of the supplies needed to conduct 3 – 5 activities. (*The exception is perishable items.*) With all the items in place, you won't need to spend much time ahead of the workshop gathering supplies. What you will need to do is replenish the consumables you use so that the kit is ready for the next person to run with it.

Volunteers and teen leaders can put these to use as they plan for day camps, themed workshops and club meetings. You will soon find a listing of the contents of each kit on the Kansas 4-H web page under the Resources tab to assist you in check out and planning for their use.

We received grants from the Kansas 4-H Foundation, the NW 4-H Advisory and Midwest Energy to create these kits. Please put them to good use – Check them OUT!





Club Days Helpful Hints



5 Tips for building youth's leadership skills

Posted on December 31, 2012 by Sara Keinath,
Michigan State University Extension inShare

Any project or interest area for youth development programs can benefit from adding layers of leadership skills to the experience. Many volunteers with 4-H or other youth development organizations have experience or confidence in certain areas, such as outdoor education or shooting sports, but might not always know how to prepare youth to take on more responsibilities and leadership roles.

Here are a few ways any volunteer can enhance the public speaking skills of their participants:

- ▶ Give youth lots of opportunities to practice speaking in front of their small group to gain confidence. Start small, like giving everyone a chance to speak about their favorite movie or what kind of business they would like to operate one day.
- ▶ Have the youth create an advertisement or media campaign about their club, their project or an issue that they feel strongly about.
- ▶ Even in informal settings, encourage youth to speak clearly, organize their thoughts and stand up tall when speaking.
- ▶ Involve youth with real-world issues. Many city and county board meetings have time for public comment, and this is a great opportunity for youth to both learn about civic involvement as well as practice their public speaking skills.
- ▶ Organize a club exchange with another 4-H club in your area, and give each student 3-5 minutes to demonstrate something in their project area. The youth will have a chance to organize and practice their speech, as well as learn new information from other project areas.

This article was published by Michigan State University Extension. For more information, visit <http://www.msue.msu.edu>.

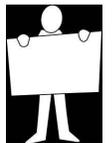
Catchy Titles:

A title should catch the audience attention, can be a play on words, leaves the audience wanting to hear what you have to talk about.

You should ALWAYS have a Title Poster!

- Where's the Beef?** (Beef cuts, body parts, etc)
- And The Winner Is...** (reading awards- Caldecott, William Allen White)
- What's Bugging You?** (entomology)
- Here a tree, There a tree** (forestry)
- Right on target** (Shooting Sports)
- The Catch of the Day** (Sports fishing)
- Buttons, Buttons, Buttons** (Clothing or Computer Technology)
- Birds of a Feather Flock Together** (Wildlife - birds)
- Got Milk?** (Nutrition)
- Got Grout?** (Crafts- mosaic project)
- The Purrr-fect Pet** (Cat)
- 'Tis the Season** (foods, holiday craft, gardening)

Posters with Pizzaz!



- ★ **Plan them out before you make them.**
- ★ **Keep posters Simple, Not to much to read.**
- ★ **Make posters NEAT!!!!**
- ★ **The more senses you can touch on, the better the poster.**
- ★ **Posters are used to draw attention to you presentation!**
- ★ **Be Consistent!**

Ideas to consider to give posters PIZZAZ!

- ◆ **Think about 3-D posters that will add excitement.**
- ◆ **Think of color scheme, theme to use.**
- ◆ **Think about interactive posters.**
- ◆ **Think about borders.**
- ◆ **Different Textures (burlap, feathers, etc)**
- ◆ **Use different Font style (be careful not to use to many)**

Becoming a Better Person (insert from Becoming a Better Person, by Rebecca Jackman, Rhode Island, as part of “4-H Stories from the Heart”)

This year brought me a new level of understanding of the four “H’s” in the Pledge.

Heart: I learned more about sharing this year because of a pony I started riding when I was seven, but sadly had outgrown. Last year I let a younger 4-Her ride my pony J.R., and she did very well. She even received champion at most of the shows. My next door neighbor had been looking for a horse or pony for her daughter to ride in the shows and I offered to let her ride J.R. She has been doing very well with my spunky pony.

I also learned to have more concern for others when my 4-H leader had hip replacement surgery. I wanted to help her and return some of the many special favors she had done for me over the years. My mom and I organized a program called “Friends of Beth” with each of our club’s families providing meals for Beth’s family during her recuperation. I not only helped Beth, but also learned to be a better organizer.

Through my 4-H activities I have become a better person. I plan to attend a college close to home and major in equine business management with a minor in equine massage. 4-H has really made a difference in my life and I want to thank everyone that helped me. The four “H’s” are the foundation for our future leaders, as they become the role models for younger members. I have learned so much from all the wonderful 4-H people who have taught and supported me. I cannot imagine my life without them. Thanks to my 4-H friends I have learned a lot about responsibility and what it takes to make a world a better place.

THANK YOU

*Dear KAE4-HA
members,*

I want to express my deepest gratitude to the association for the nice flowers, cards and gifts I received from my 25 year recognition and get well wishes. It is times like this that I am so blessed to have caring co-workers. I am so appreciative of all the kind words of prayer and encouragement.

*Ann Religa, 4-H Agent,
Harvey County*

Next Prairie Professional will come out in April. Help me share the ideas you want to read about. Here is my challenge to each member.

- G Share your favorite initiative with me.
 - G Share an new or innovative way that you do the same things we do every year (Officers Training, Club Days, Achievement Celebration, etc)
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Tip for Trainers: (written by Holly McDermott, borrowed from Michelle Cummings', Wheel of a Deal Wednesday)

Minimizing and Managing Chaos in the Work Place

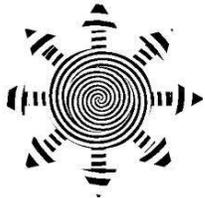
At some point, most of us will experience chaos at work. We were inspired by a the response to a question posted on the Chicago chapter of American Society for Training & Development (CCASTD) in which the question was posed for suggestions toward the managing the madness when chaos strikes in the office.

The following response was posted by Wayne Turmel:

One of the wisest things I ever heard was from one of my workshop participants. We were talking about "putting out fires" and everyone kept using the term. One guy finally put up his hand and said, "you know, I was a Chicago fireman for 10 years, and the first thing they teach you in Fire School is that there are 7 things you do at the scene of a fire, and number 5 is fight the fire". That wisdom has stuck with me ever since. Take the time to stop, breathe and really understand what's going on before tackling your action items.



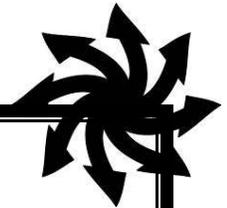
With that advice in mind, following are some actions that may help you avoid chaos:



- Communication - actively provide inclusive, honest, timely communication; be specific and minimize information overload; provide effective feedback; immediately and directly address personnel issues while listening to any underlying reasons for the problem.
- Attitude - demonstrate a dedicated and positive attitude; encourage needed changes by sharing the vision rather than making threats; center yourself as chaos arises and mitigate immediately.
- Empowerment- encourage decision making and allow others to demonstrate their abilities; provide support; enable each other to build trust and loyalty.
- Stress - encourage breaks; provide clear and realistic priorities; avoid distractive environments; do not require immediate responses to emails so that the frequency of interrupting one's focus to check emails can be reduced



We encourage you to reflect on the steps you're taking to reduce the occurrence of office chaos. May you avoid interrupting your time and dealing with the after effect of fighting fires. What other steps are being done to mitigate and manage chaos in your workplace?



Attitude 101 : What Every Leader Needs to Know by John C. Maxwell
Attitude can make or break you and the people you lead.

Good attitudes on a team do not guarantee its success, but bad attitudes guarantee its ruin. So says New York Times best-selling author and leadership expert John C. Maxwell in this highly practical primer, Attitude 101. Anyone who has tried to lead people with bad attitudes knows the frustration it can bring.

With this concise and reader-friendly guidebook, you can master attitude issues. Learn to:

- Recognize how individuals' attitudes impact their performance
- Pinpoint problem feelings, behaviors, and thinking in yourself and others
- Identify six common attitude problems that undermine teamwork

KAE4-HA AWARDS



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/p.aspx?tabid=55

Return applications by March 1st to:
Berny Unruh
KAE4-HA Awards Committee Chair
bunruh@ksu.edu

Due March 1, 2013
Nominate yourself or
a coworker now!

