

# Kansas



© 2016 Kansas State University

## 4-H NEWS

### River Valley District

November/December 2016 - 80th Edition

#### **KANSAS AWARD PORTFOLIO WORKSHOPS**

Whether you have completed a handful of Kansas Award Portfolios (KAP) each year or you don't even know what a KAP is, you are welcome to attend one of our four KAP workshops we are hosting throughout the River Valley District.

This workshop is designed to help those 4-H'ers who have never completed a KAP get started and also help those more seasoned 4-H'ers improve their KAPs.

Thursday, November 3<sup>rd</sup> – 1<sup>st</sup> National Bank – Washington – 7:00 p.m. – RSVP by 11/2/16

Tuesday, November 8<sup>th</sup> – Extension Office – Clay Center – 7:00 p.m. – RSVP by 11/7/16

Sunday, November 13<sup>th</sup> – Courthouse Basement – Concordia – 7:00 p.m. – RSVP by 11/10/16

Tuesday, November 15<sup>th</sup> – 4-H Building – Belleville – 7:00 p.m. – RSVP by 11/14/16

Now is the perfect time to start working on your KAP for next year! Get a head start on your KAP by attending one of these workshops! RSVP to your local River Valley Extension Office by the date listed above for the workshop you will be attending. Workshops will be cancelled if there are no RSVPs. If you have any questions, please contact Monica Thayer at 785-527-5084.

#### **STAY UP-TO-DATE WITH RIVER VALLEY 4-H**

Make sure to stay up-to-date with what is happening in the River Valley District 4-H Program by following us on Facebook at River Valley 4-H and checking out our website at [www.rivervalley.ksu.edu/4-h](http://www.rivervalley.ksu.edu/4-h)!

#### **LAST 4-H NEWSLETTER AND NO MORE E-MAILS!**

We hope we caught your attention! If you have not re-enrolled in 4-H, this will be your last 4-H newsletter and you will no longer receive any of the e-mails regarding events, deadlines, etc. as of Tuesday, November 1st! To make sure you don't miss any important information, get re-enrolled today online at <http://ks.4honline.com>!

Need help? Check out [www.rivervalley.ksu.edu/4-h/join.htm](http://www.rivervalley.ksu.edu/4-h/join.htm)! to find brochures to help you or contact the 4-H Program Manager in your local River Valley Extension District office!

This year, we have had a great response with the majority of our 4-H families enrolling before October 15<sup>th</sup>. By the time you receive this newsletter, we will have already started the district-wide Shooting Sports project and held one safety training session! Unless the enrollment has been completed online, we won't know that your family plans to be in 4-H or which projects they are enrolling in.

As always, if you have questions, please don't hesitate to contact the 4-H Program Manager in your local RVD Extension Office. If you haven't enrolled yet, please take the time to do it now!

## SHOOTING SPORTS

The Shooting Sports project is once again going strong and growing! We offer BB Gun, Air Rifle, Archery, Small Bore (22) Rifle, and Shot Gun. All Shoots and Meetings will be held at the Cloud County Fairgrounds.

**Eligibility**—New this year: 4-H members between the 4-H age of **8 to 18** (as of January 1, 2017) are eligible to participate in Shooting Sports. Per the National and State 4-H bylaws, 4-H members age 7 are unable to participate. To be able to participate in Shooting Sports, youth must be enrolled in the project on 4-H Online. Our Shooting Sports instructors may determine if youth are developmentally able to participate in each discipline.

**Safety Meetings**—We hold two safety meetings each year and all 4-H'ers **MUST** attend one of these two safety meetings before they can participate in Shooting Sports. Parents **MUST** attend the safety meeting with their child. Plan to arrive about 15 minutes early for the Safety Meeting so you can complete your paperwork.

**Registration**—At each shoot, 4-H'ers must sign in at the Commercial Building and receive their name badge. 4-H'ers will not be able to shoot without having their name tag. Once you have completed all your disciplines, you must also sign out at the Commercial Building. Failing to sign in and/or out will result in not counting participation for that day!

**Dates**—Shooting Sports dates have been set! Make sure to get enrolled so that you will receive all the important information on Shooting Sports!

**Sunday, October 30<sup>th</sup> – Safety Meeting at 1pm – Shoot follows**

**Sunday, November 13<sup>th</sup> – FINAL Safety Meeting at 1pm – Shoot Follows**

**Sunday, January 15<sup>th</sup> – Practice Shoot at 2pm – Educational Sessions available, too!**

**Sunday, February 26<sup>th</sup> – Practice Shoot at 2pm**

**Sunday, March 12<sup>th</sup> – Practice Shoot at 2pm**

**Sunday, April 2<sup>nd</sup> – Practice Shoot at 2pm**

**Sunday, April 30<sup>th</sup> – Practice Shoot at 2pm (May complete Fair Shoot if requirements have been met!)**

**Sunday, June 4<sup>th</sup> – Fair Shoot at 2pm**



**Fair Shoot**—In order to qualify to participate in the Fair Shoot, each 4-H'er must complete four regular shoots prior to the fair Shoot. If a member is unable to attend the June 4<sup>th</sup> Fair Shoot, we are giving them the option to designate Sunday, April 30<sup>th</sup> as their fair shoot. However, once a 4-H'er has designated a Fair shoot day, they will not be able to change that date.

In order to be eligible to be a county champion, 4-Hers are required to participate in the following at the Fair Shoot:

Seniors must do four out of five disciplines.

Juniors must do three out of five disciplines.

NOTE: If a 4-Her chooses to do all disciplines at the Fair Shoot, only their top three or four scores will be used per their age division. The lowest discipline score(s) will be dropped.

**Weather**—Inclement weather can be a big problem in Kansas, so if we do have to cancel a shoot, we will put an announcement on area radio stations, send an e-mail to all Shooting Sports 4-H families, and post it on the River Valley 4-H Facebook page.

**Fees**—There is a one-time, annual charge for participating in Shooting Sports. The price varies, depending on which disciplines the 4-H'er is participating in. All fees must be paid prior to the 4-H'er participating in their first shoot.

**\$10 for Archery, BB, and Air Rifle**

**\$25 for Shotgun**

**\$10 for Small Bore Rifle**

To see the entire information sheet for Shooting Sports, head to the Project Information page on our website at [www.rivervalley.k-state.edu/4-h/project\\_information.html](http://www.rivervalley.k-state.edu/4-h/project_information.html).

If you have any questions, you may contact Monica Thayer at 785-527-5084 in our Belleville office, Denise Swenson at 785-243-8185 in our Concordia office, or contact Ronda Wilson, the River Valley District Shooting Sports Coordinator.

## ACHIEVEMENT CELEBRATIONS

Wow, last year just flew by! Now, it is time to celebrate the achievements of our 4-H members and to thank you all for your hard work, leadership and volunteerism. Without all of our 4-H families, the River Valley 4-H program wouldn't exist or continue to excel like it does!

**Cloud County** – Saturday, Oct 29 – 10:00 am  
Commercial Building at Cloud County Fairgrounds

**Clay County** – Sat, Nov 5 – 6:30 pm  
United Methodist Church Family Life Center

**Republic County** – Sunday, Nov 6 – 2:00 pm  
4-H Building – NCK Free Fairgrounds

**Washington County** – Saturday, Nov 19 – 6:30 pm  
Washington County High School

At our Achievement Celebrations, your 4-H club and 4-H members are recognized for their achievements, including receiving membership pins, achievement pins, club seals and additional awards.

Please plan to attend your local Achievement Celebration. We are PROUD of each and every one of you on your accomplishments.

## SENIOR 4-H SCHOLARSHIP INFORMATION

Attention all seniors! The State 4-H Scholarship Application is due in your local extension office Monday, January 23, 2017 by 4:30 p.m.

The scholarship application may be found on our district website at [www.rivervalley.k-state.edu/4-h](http://www.rivervalley.k-state.edu/4-h) under Forms & Resources and Scholarships. You may complete the application in either a PDF or Word version – both are form-fillable. (If using the PDF version, keep in mind that you may be unable to save the application to edit later.)

Make sure to follow the instructions on the cover sheet precisely, including required margin & font sizes! You will need your transcript, letters of recommendation, and an agent's signature to complete your application, as well as other additional written requirements.

In December, Kansas 4-H will be posting a list of the specific scholarships that will be awarded for 2017, so be sure to check back for this list using the same link. Each scholarship's requirements are unique, so be as detailed as possible on your application! (For example, some scholarships are given based on the area you will be majoring in or where you will be attending college.)

Don't delay – get started today as it will take time to gather all of the required items! If you have any questions, contact the 4-H Program Manager in your local River Valley Extension District office!

## JR LEADER TRIP

The Junior Leader Trip Planning Committee has met and chosen a location for our 2017 trip—**ALBUQUERQUE, NEW MEXICO!**

Please mark August 7th—August 11th, 2017 on your calendar! The trip is open to 4-H members who will be 14 years old and older as of August 7th, 2017!

The planning committee is now in the planning phase researching possible activities for the trip. More information will be coming out in the January/February newsletter! We will have fundraising opportunities for any youth attending the trip!

## WHAT IS A 4-H AMBASSADOR AND WHAT DO THEY DO?

What is a 4-H Ambassador? River Valley District 4-H Ambassadors are a team of 4-H members that work together under the supervision of an adult advisor to develop a public information program with a variety of events and activities to promote 4-H in each county.

Who can be an Ambassador? If you are a high school freshman through 4-H age of 18, have enthusiasm for our 4-H program, want to help with promoting the River Valley District 4-H program and have the ability to communicate with youth and adults then you should consider being an ambassador!

Why do we want you? You are a 4-H member with experience of the 4-H program. You can tell the 4-H story through personal appearances and by using media. You can help organize 4-H promotional events and activities, work with a team at scheduled meetings and activities to deliver presentations and programs promoting 4-H to your community groups.

Interested in finding out how to become a 4-H Ambassador? You will need to fill out an Ambassador application and return it to your local extension office by December 1<sup>st</sup>.

All enrolled River Valley 4-H'ers that are freshman to age 18 will receive a letter with the application in the mail. You can also find it on our website at <http://www.rivervalley.k-state.edu/4-h/ambassadors-jr-leaders.html>. Finally, you may also stop by any of the River Valley extension offices to pick up an application!

If you want more information contact one of the River Valley District Ambassador Advisors –Ronda Wilson (CD), Judy Stitt (CY), Stacia Piroutek (RP), Deb Lange (WS), Monica Thayer (River Valley District 4-H agent) or your local Program Manager.

## CITIZENSHIP WASHINGTON FOCUS

Citizenship Washington Focus is a road trip across the USA to Washington D.C.! Register today for this once-in-a-lifetime trip to be held next summer from June 15<sup>th</sup> – June 26<sup>th</sup>, 2017.

Every summer, thousands of young people participate in this program to strengthen their communication, leadership, and citizenship skills on the national level; understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders; exchange ideas, practice respect, and form friendships with other youth from diverse backgrounds; and experience hands-on learning using the historical backdrop of Washington, D.C.

CWF participants enjoy a behind the scenes look at our nation's capital and the chance to meet Members of Congress; motivational speakers, educational workshops, and assemblies that increase individual commitment to citizen involvement and build lifetime skills for success activities that encourage new and lasting friendships; and an enthusiastic staff of young adults that work indirectly with them.

This trip is open to responsible and mature youth ages 15-18 years of age by January 1, 2017. There are approximately 50 spots available, but it fills up fast and is on a first come, first serve basis. Registration is currently open and applications are accepted until January 15 or until 50 spaces are filled. Applications are reviewed as they are received.

A \$250 nonrefundable deposit will complete your application. Total cost of the trip is \$1,850 and final payment is due by April 15<sup>th</sup>, 2017. For more information about the Kansas 4-H CWF trip, go to: [www.kansas4H.org](http://www.kansas4H.org).



## EVENTS & DATE BOOK

Want to know what is happening in 4-H in the River Valley District? Check out the Events & Date Book!

The 2016-2017 River Valley District 4-H Events & Date Book can be found at [www.rivervalley.ksu.edu/4-h](http://www.rivervalley.ksu.edu/4-h) under the Join 4-H/Re-Enrollment tab. You may also get a copy at your local extension office.

This book is a very helpful tool for families to be able to map out the 4-H year as it is a calendar of 4-H deadlines, events, and activities for the current year. Be sure to refer to it often!

## LIVESTOCK QUALITY ASSURANCE

Again this year, Livestock Quality Assurance is required to show livestock at the county fairs in the River Valley District! Beef, swine, sheep, and meat goat exhibitors are required to attend the full class of one of these trainings.

Katelyn Brockus, our livestock agent, will be hosting five opportunities in the River Valley District this year. Look at your calendars now and plan which LQA your 4-H members will attend! There will be no make-up sessions!

**Monday, February 13th** — 7:00-8:00 p.m.  
1st National Bank—Washington

**Tuesday, March 21st**—2:00-3:00 p.m.  
Clay Center

**Thursday, March 23rd**— 2:00-3:00 p.m.  
Washington

**Monday, April 24th** —7:00-8:00 p.m.  
Fairgrounds—Concordia

**Saturday, May 6th**—11:30am-12:30 pm  
Fairgrounds—Belleville

## LIVESTOCK WEIGH-IN DATES

Spring will be here soon and so will weigh-in for livestock! Mark these dates on your calendar now!

Again this year, no tagging will be allowed to be completed at home for any species. All tagging must be done at one of the following dates and times! More information will be in future newsletters!

### 2017 Beef Weigh-In

**Sunday, March 5th**—2:00-4:00 p.m.  
81 Livestock—Belleville

**Sunday, March 5th**—5:30-6:00 p.m.  
Fairgrounds—Concordia

**Saturday, March 11th**—9:00-10:30 a.m.  
Animal Health Center—Washington

**Saturday, March 11th**—9:00-10:00 a.m.  
Salava Vet Clinic—Clay Center

### 2017 Sheep/Goat Weigh-In & Swine Tagging

**Monday, April 24th**—4:00-6:00 p.m.  
Fairgrounds—Concordia

**Wednesday, April 26th**—4:00-6:00 p.m.  
Fairgrounds—Washington

**Wednesday, May 3rd**—4:00-6:00 p.m.  
Fairgrounds—Clay Center

**Saturday, May 6th**—9:00-10:30 a.m.  
Fairgrounds—Belleville

## VISIT NURSING HOME RESIDENTS

With the holidays coming up, now is the perfect time to make a difference in an older person's life who lives in a nursing home and/or assisted living facility. The residents often feel isolated and lonely. 4-H'ers can share their time and talents with these older men and women. The residents have a wealth of information and history to share.

A 4-H Club could visit the facility once a year but it is even better to visit several times during the year. The residents enjoy visiting with 4-H'ers and doing activities together. It also gives 4-H'ers the opportunity to learn to interact with people different from themselves and learn responsibility because the older people depend on them. Several visits allows understanding and trust to develop between the residents and 4-H'ers.

Schedule your visit with the nursing home or assisted living facility staff. Tell them what your 4-H Club is planning to do and get their approval. Make 4-H'ers aware that many of the older men and women have a physical disability that prevents them from living at home on their own.

Remember these tips before visiting:

- 4-H'ers should speak slowly and in a moderate tone. Speak loud enough to be heard. Many residents have good hearing.
- Always knock before entering a resident's room. That is their home and show respect by knocking.
- If the resident is in bed, seated, or in a wheelchair position yourself at eye level if possible.
- Always ask the staff before giving food or drink to a resident. Some are on special diets.
- Reschedule your visit if you are sick, including a cold/cough.

There are numerous activities that 4-H'ers can do with nursing home residents. Avoid being in a hurry when visiting residents. Here are a few ideas. Some you may be already doing.

- Sing carols.
- Present 4-H demonstrations and 4-H project talks.
- Show fair exhibits and share their experiences. The residents may reminisce and talk about when they entered exhibits at the fair.
- Make and deliver May baskets.
- Do simple crafts together.
- Color together.
- Play games together such as bingo.
- Read to residents.
- 4-H'ers visit with residents sharing what they do in school, their hobbies or sports, etc.
- Do rabbit or other pet therapy.
- Come up with your own ideas that will share the 4-H'ers talents and interest the residents.
- Remember to always thank the residents for spending time with you. They need to feel appreciated.



### DISTRICT 4-H CLUB DAY

Start planning what you will be doing for District 4-H Club Day now! Will you be doing a demonstration, a dance, playing an instrument, or singing? District 4-H Club Day will be on **Saturday, February 4, 2017**, at the **Clay Center Community Middle School in Clay Center**.

Entries for District 4-H Club Day will be due to your local extension office by January 4, 2017. Entry forms and rule books will be sent to Club Leaders in November. If you have any questions, please contact the 4-H Program Manager in your local RVED office.

### REGIONAL 4-H CLUB DAY

If you achieve top placement—Top Purples (which used to be called Top Blues) at River Valley District 4-H Club Day, you may be eligible to compete at Regional 4-H Club Day. Regional 4-H Club Day will be on **Saturday, March 25<sup>th</sup>, 2017 at the Clay Center Community High School** in Clay Center.

If you are eligible to compete, you will be contacted by your local RVED office following District 4-H Club Day. Entries will due to our office by Monday, February 27th, 2017.

## BEING A REGISTERED VOLUNTEER

Volunteers are so vital to every 4-H Program! In the River Valley District, we are blessed to have many great volunteers who share their time and talents with our 4-H members and other youth in our communities! If you aren't a registered volunteer, please consider becoming one to help make our 4-H program even better!

**Who needs to be a registered volunteer?** A volunteer who has the authority to independently plan and conduct educational experiences for youth **OR** a volunteer whose position puts them in close, ongoing interaction with youth.

Examples include: Club Leader, Project Leader, Camp Counselor, Event Chaperone, Judging Coach, Etc.

If you are a project leader, you need to be having meetings with youth other than your own children. We always want to make sure that our youth are getting the best possible experience in the 4-H Program and project leaders can truly make or break a child or family's view of 4-H!

Volunteer Screening costs \$22.50 for each volunteer! The River Valley Extension Board has graciously agreed to pay for our volunteer screening at this time! Let's make sure that we are getting our money's worth and helping our 4-H'ers!

**Volunteer Screening Steps:** If you have never been approved by the River Valley Extension District Board, here are the steps that you need to complete!

### 1. Fill out Volunteer Screening application

Applications are available in each River Valley District Extension Office. A PDF version and a link to complete the application completely online are available at [www.rivervalley.ksu.edu/4-h/](http://www.rivervalley.ksu.edu/4-h/) under Forms & Resources — Volunteers.

### 2. Complete a profile on [www.4honline.com](http://www.4honline.com)

Brochures to help with 4-H Online enrollment are located on our website at [www.rivervalley.ksu.edu/4-h/](http://www.rivervalley.ksu.edu/4-h/) under Join 4-H/Re-Enrollment. If you have any questions on setting up your profile, please contact Monica at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu).

- If a member of your family already has an account, such as your child is a 4-H member, you will just add a family member to their account.
- If no one in your family has ever had a 4-H Online account, you will create a new account.

### 3. Complete Kansas 4-H Volunteer Orientation Training (Face-to-Face or on [www.4honline.com](http://www.4honline.com))

- At the top of your 4-H Online Profile, there is a "Trainings" tab. On this tab, you click "Sign up for a Training" and watch the training videos and complete all the quizzes.
- Contact the office to schedule face-to-face orientation.

### 4. Interview

Following the completion of the above, a member of the River Valley Extension District staff will set up a time for a brief interview.

### 5. Complete the Child Abuse & Neglect Registry form and National Criminal Background check.

River Valley Extension District will provide you with two forms that must be completely filled out for your final step!

### 6. Application is reviewed by River Valley Extension District Board

A letter will be mailed to each volunteer applicant informing them of placement following the application review.

We truly appreciate all the wonderful work that our volunteers have and continue to do for the youth in our District! If you have any questions regarding the Volunteer Screening process, please feel free to contact Monica Thayer at 785-527-5084 or at [mthayer@ksu.edu](mailto:mthayer@ksu.edu).

## RENEWING VOLUNTEER APPLICATION

For all of those that have been volunteers with the 4-H program, we want to thank you for your service and dedication to this amazing youth development program! 4-H would truly not be what it is without you!

Now is the time for our volunteers to complete their renewal applications!

If there has been a two year or more gap in your service or you have not stayed up to date on your volunteer application, you will need to complete the entire process as outlined in the article “Being a Registered Volunteer” on the opposite page in this newsletter. Also, if you were initially approved by the River Valley Extension Board in 2013, you will need to recomplete the entire process also as volunteers must complete the full process every three years.

To renew your volunteer profile, you will need to do two things as outlined below:

### 1. Fill out a renewal application

Renewal applications are available in each River Valley District Extension Office. A PDF version and a link to complete the application completely online are available at [www.rivervalley.ksu.edu/4-h/](http://www.rivervalley.ksu.edu/4-h/) under — Forms & Resources — Volunteers.

### 2. Complete or re-enroll your profile on [www.4honline.com](http://www.4honline.com)

Brochures to help with 4-H Online enrollment are located on our website at [www.rivervalley.ksu.edu/4-h/](http://www.rivervalley.ksu.edu/4-h/) under Join 4-H/Re-Enrollment. If you have any questions on setting up your profile, please contact Monica at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu).

- If a member of your family already has an account, such as your child is a 4-H member, you will just add a family member to their account.
- If no one in your family has ever had a 4-H Online account, you will create a new account.

Thank you again for your dedication to our 4-H youth! If you have any questions regarding the renewal process or any part of the volunteer screening process, please contact Monica Thayer at 785-527-5084 or [mthayer@ksu.edu](mailto:mthayer@ksu.edu).

## 4-H ONLINE

We are currently working on getting all youth profiles on 4-H Online approved and activated for the 2016-2017 4-H Year!

Currently, all adult profiles are still pending status. As we work through the volunteer screening process, we will be approving these. Adults should not have a profile UNLESS they are a volunteer! If you have created an adult profile and you are not listed a volunteer, your adult profile will not be activated on our end.

If you have any questions on 4-H Online, please contact the 4-H Program Manager in your local RVED Office!

## FAIR DATES

Fair dates have been set for 2017! Make sure to get these dates on your calendar! Other dates can be found in the Events & Date Book!

Washington County	July 18-22, 2017
Clay County	July 19-23, 2017
Cloud County	July 25-29, 2017
Republic County	July 31-August 5, 2017

## 48 HOURS OF 4-H

Thank you to everyone that contributed to the Districtwide 48 Hours of 4-H Food Drive that we held in conjunction with the two Officer Trainings! Our district collected **601 items** for the food banks in our district!

The winner of the friendly county competition was **Washington County!**

Thank you again for your participation in helping our communities with these donations!

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact John Forshee, Director, River Valley

**NON-PROFIT  
U.S. POSTAGE PAID  
WASHINGTON, KS  
PERMIT NO. 3**

**ADDRESS SERVICE REQUESTED**