



meadowlark.k-state.edu/4-H

4-H News *for New Families*

Meadowlark District

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Who are 4-H Volunteers???



Dear New 4-H Families,

The 4-H year is half over and you have had lots of experiences with the 4-H program already. As the year has passed you have been helped by many people around you. Volunteers are the heart of 4-H and the program would not succeed without them. 4-H volunteers come in all shapes and sizes. Volunteers are club leaders, project leaders, superintendents at the fair, and committee leaders, to name a few. Without these people imagine how your club would run. Volunteers have a specific purpose, utilizing their specific talents, and we need to thank them for the work they do.

4-H Volunteers work directly with youth and their families, which is not always the easiest job in the world! If you are participating at the Fair, 4-H Club Day or at a local 4-H club event, remember that most of the people helping are volunteering their time. These individuals are trying to manage families, jobs, organizations, and 4-H responsibilities. They are doing their best to balance their lives and work with your interest and your family. Showing your appreciation for their efforts goes a long way! Be sure to thank those that have helped you, those you turned to when you had questions. A thank you doesn't have to be anything fancy, just from the heart!

Parents, this year you may not have felt comfortable or even know where to start taking on a volunteer role, since you were new, but in the future please consider it. Some volunteers in 4-H find the opportunity so rewarding they stay in their position for many years, long after their children are out of 4-H. While we do not expect every parent to take on that kind of leadership role, we hope you will consider what your strengths are and help those around you, as they helped you. There is a formal process for becoming a registered 4-H Volunteer called the Kansas Volunteer Screening Process, formally known as VIP. Inquire at the local Extension office or Meadowlark 4-H website at: <http://www.meadowlark.k-state.edu/4-h/volunteers.html>, for more information on this process to become a registered volunteer.

Clayton Roland – District Agent, 4-H and Youth

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Recipe for Volunteering

- | | | |
|--------------------------------------|-------------------------|----------------------------|
| 2 c of happiness | 1 c responsibility | 1 c of patience & laughter |
| 2 tsp of give & take | 1 Tbsp of communication | 1 Tbsp of compromise |
| 3/4 c of tolerance | 2 dashes forgiveness | 1 dash commitment |
| 2 Tbsp of appreciation of each other | | |

Method:

Combine listening, trust and kindness. Mix well. Add communication, honesty, and compromise. Blend. Cream happiness, commitment and responsibility until light and fluffy. Sift together patience, give & take and laughter. Fold together gently. Add dashes of forgiveness, to taste. Top with appreciation and tolerance.

Results:

“Remembering the essence of volunteering.” You will need to follow the instructions very carefully to end up with the results you want!

4-H Projects != Fair Exhibits: Its SO MUCH More!!!

When youth sign up for 4-H they are asked to choose 4-H projects. Choosing projects can seem like a big task and a little confusing. The projects selected will help guide your child's 4-H activities for the entire 4-H year. Selecting projects is more than simply deciding what entries you will be taking to the fair! For your first year in 4-H one or two projects is a good place to start. Enrolling in too many projects can be overwhelming and put undue pressure on the youth member and the entire 4-H family as well.

The Project Resources Page of the District website www.meadowlark.k-state.edu/4-h/project_resources.html is a good place to start in reviewing with youth what projects they are interested in taking. 4-H projects give kids the opportunity to explore activities that are of interest to them. Projects give youth the opportunity to develop life skills while participating in activities they enjoy. Parents need to realize that just because a project sounds interesting to you, it doesn't mean your kids will enjoy it as well. Parents need to talk to their kids and listen to what they are interested in learning more about.

Families also need to think about the resources they have available to participate in various projects. When picking projects families need to think about the work involved and how the youth can accomplish the project with the time, money, energy, and knowledge available to you. 4-H projects are supposed to be fun, not just work. By spending time thinking about 4-H project choices at the beginning of the year, the family can help to ensure a 4-H year full of learning, fun, and positive time spent together as a family.

Relating to exhibiting at the County Fair, youth must be enrolled in the 4-H project that the Fair class relates to. Please note that some projects have specific deadlines which have already past – Beef weigh-in as an example. This will affect Fair participation eligibility. Remember that a 4-H record sheet will need to be completed for each project a 4-H'er enrolls in as well!!!

If projects need to be adjusted, past the May 1 deadline, reach out to us in the Extension Office ASAP and we can help. PLEASE reach out and ask questions you may have!

4-H Records and Record Books

One great life skill 4-H works to teach youth is the importance of record keeping skills. Record keeping may not be the most exciting thing youth get to complete, but it is one of the most educational and important. Record books are not due until sometime in August/September but it is important to start your records early!

Some families keep a 4-H calendar and anytime you take part in an activity related to 4-H or your 4-H project they write it down. Then when you sit down to work on your record books it is easier to keep track of the work and when it was done. Project records are available in the Extension Offices and online via the Meadowlark District website: www.meadowlark.k-state.edu/4-h/project_records.html, as well as the personal page, and permanent record.

4-H Project records ask for information relevant to the project area. It may include how many project meetings youth attend, how much the project cost (*it is important to keep track of bills and receipts*), as well as how long it took you to complete a project for your records.

Parents can be a great resource for youth when filling out records, but they should remember that the youth are supposed to complete the record. Parents can help youth keep track of events, bills, and receipts, but the child should be involved and begin understanding all the resources that go into a project.

Parents can help youth spell as they fill out the record sheets, but they should be in the child's words, not that of the parents. A record book is supposed to be a reflection of what the youth member did through the 4-H year, not what mom or dad did. Starting out your first year by completing a 4-H record book is important and youth can learn a lot from the life skill of record-keeping. Please make sure that only the forms provided by the Extension office or the web link found earlier in this article are used! We now also have the option to use an online record keeping tool called ZBooks. Let us know what questions you have!



PARENTS = PARTNERS on the 4-H TEAM!

4-H parents are the most important people in a 4-H member's life. By making 4-H a **family** activity, you will be able to take an active role in your child's activities. Few other programs allow children and their parents and other adults – to work side by side, play together and watch each other develop skills and talents.

Three key points about parental 4-H involvement are:

1. Know what is expected of your children in 4-H.
2. Know what is expected of you as a parent of 4-H members.
3. Know that you as a parent play an active part in the 4-H club's leadership team.

Additionally, keep four terms in mind as you help your 4-H member grow and succeed in 4-H.

SHARE

Show interest and enthusiasm in 4-H and your child. Listen, look and offer suggestions but avoid the temptation to “take over” and do things yourself.

PREPARE

Provide encouragement and guidance in your child's project work. Help them understand what to do – but give them the responsibility to do the actual work. Familiarize yourself with project materials so you can help as needed.

BE THERE

Parents can be a part of 4-H too! Encourage your children to participate in club activities. Attend club meetings with your child. Get to know the club leader and be willing to volunteer for club activities and tasks.

CARE

Your presence shows that you consider what your child is doing, to be very important.

4-H Personal Achievement Level Pins

During one of the first 4-H meetings club leaders most likely hand-out or discuss an Achievement Pin Application. First year members will most likely be working towards the Membership pin. The application will have a list of requirements youth must accomplish during the 4-H year or 4-H career, to receive the pin at the Achievement Banquet after the completion of the current 4-H year. For the membership pin, members must attend at least half of your club meetings.

Pin applications get progressively more involved as your 4-H years increase, because as you get older we expect your goals and accomplishments to be more involved. Some requirements include attending a State 4-H event, enrolling in the Leadership project, or taking on leadership roles at the County or District level.



Achievement Pin applications are due at the same time as record books, but are typically given out or discussed at the beginning of the 4-H year so that youth can plan on how to achieve each pin. The most important part of the process is not the pin, but rather the work done to achieve the pin!

There are nine levels within the Kansas Member Achievement pin system and youth may fill out one application per year. Club leaders or parent committees review the applications to make sure youth are being truthful and decide whether to approve the application or not. Toward the end of their 4-H career teens can fill out the Kansas Key Award application. This is an extremely prestigious award that is reserved for only the top percentage of Kansas 4-Hers.

Now is a good time of year to review the current Achievement Pin Application and see if 4-H members are on track to reach personal achievement for the current year.



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Address Service Requested

Just For Fun!!!

Want to learn more about 4-H Projects?

Complete the word finds below to learn about two of the many projects available in 4-H!

Dairy products provide protein, calcium, and other vitamins and minerals, and they taste great, too! See if you can find the names of the dairy products below.

NETRUGOYMTANZZF
QSEFMHZRWBBHLGX
YEKXQAHXTKMSLHB
REUSRIMQCZJEAZE
KHJYPHNAJVOEENL
XCHLZLLBEFWCLCH
VEPAPRULQRBJRKT
PGDRDARZQRCIJRB
ZACMXUXOLJBEZVE
KTHIYVEREOTTCUS
HTGQHTHICYCXPIE
BOMILKESHXBXFQE
MCGTCLFMOHAJHEH
PHXOWMIKEEUONGC
NWKIKFPDBIIBCXQ

Cheese	Yogurt	Milk
Ice Cream	Cottage Cheese	

Entomology is a 4-H project all about insects. Did you know a spider is not an insect???. Insects have six legs and spiders have eight. Can you find the kinds of spiders listed below?

IKTJZSJALNDOGDDZ
LSSIAUYORESUFYX
CYCQOLWWRV KOJR
CMYLK CJDJENAHEN
JEKYJEDWUVTTVZR
GAGQURWVDCEAUDA
VHZSMNCTHCEGLB
LQAQPWTDLWAZDLA
TZGIIIOHELRCRABP
TWWFN RZEDBEWBOC
FEOEGBNEXIWKXC
CFNGXNNGOZ NKIDU
OJANUOYL R WBLWJ
WBCFB LACKWIDOWX



BARN
GARDEN
BLACK WIDOW
JUMPING
BROWN RECLUSE
TARANTULA