



# Meadowlark District 4-H News

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**Meadowlark  
Extension District**

**Holton Office**

114 W. 5th  
Holton, KS.  
66436-1791

Phone: 785-364-4125  
FAX 785-364-4775

**Oskaloosa Office**

Courthouse Basement  
P.O. Box 326

Oskaloosa, KS.  
66066-0326

Phone: 785-863-2212  
FAX 785-863-3511

**Seneca Office**

1500 Community Dr.  
Seneca, KS.

66538-1921

Phone 785-336-2184  
FAX 785-336-6060



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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 those helping are volunteering their time. These individuals are trying to manage their 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 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 Kansas 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.

*Ross Mosteller – District Agent, 4-H Youth Development*

**Recipe for Volunteering**

2 c of listening	1 tsp of trust	1 ½ c of kindness	1 tsp of honesty
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	¾ c of tolerance
2 Tbsp of appreciation of each other		2 dashes forgiveness	1 dash commitment

**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

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](http://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. As stated above, we are half way through this current 4-H year, so project selection may seem like a silly topic to discuss.

We are however, approaching an important date of **May 1<sup>st</sup>**, which is the last day to "**ADD**" a project you want to try or "**DROP**" a project that may not be working out. Please contact your club leader and Extension office for help with this process. Relating to exhibiting at the County Fair, you 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!!!

## 4-H Records and Record Books

One great life skill 4-H works to teach youth is the importance of record keeping. 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 separate 4-H calendar and any time 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](http://www.meadowlark.k-state.edu/4-h/project_records.html), as well as the personal page, and permanent record. 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 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 book. 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.



## Achievement 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.



## 4-H Camp

4-H Camp is a great overnight experience for youth to take part in during their 4-H years. 4-H camp is held at the Rock Springs 4-H Center about 10 miles south of Junction City on Highway 77. Rock Springs 4-H Center is owned by the Kansas 4-H Foundation and during the summer Rock Springs is full of campers from all across the state of Kansas.

Pioneer Trails 4-H camp is the 4-H Camp group option for Meadowlark District 4-Hers. This camp is open to youth 7 through completed 7<sup>th</sup> grade, who are from the Atchison, Brown, Coffey, Doniphan, Marshall counties, Meadowlark District and River Valley District. (Clay, Cloud, Republic & Washington)

Pioneer Trails 4-H camp is three days and four nights, where campers stay on the Rock Springs 4-H grounds. Campers take part in archery, horseback riding, swimming, hiking, and many other camp activities. Pioneer Trails 4-H camp is held in June or very early July depending on the year. The April District 4-H Newsletter, discusses complete registration information, due dates & has registration forms.

4-H camp is often the first opportunity youth have to spend a few nights away from home and meet kids from across the state of Kansas. Once youth reach 16 they are eligible to return to camp as camp counselors. These youth counselors are in charge of “their group” of eight to nine young campers. Campers rely on their counselors to help them have a positive camp experience and counselors count on Extension Staff to help them be successful.

A common misconception is that 4-H camp is only for 4-H members. Pioneer Trails camp group allows any youth ages 7 through completed 7<sup>th</sup> grade to attend. While non-4-H members are welcome, we make sure everyone subscribes to the Kansas 4-H Code of Conduct. This is a great place for non-4-H friends/family to tag along and explore what the 4-H program has to offer.

Many 4-H alumni still look back on camp as one of their fondest 4-H memories and keep in contact with people they met at 4-H camp years ago. Take a look at the April 4-H newsletter or contact the Extension office for camp details.



**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!**

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?

I K T J Z S J A L N D O G D Z  
L S S I A U Y O R E S U F Y X  
C Y C Q O L W W R A V K O J R  
C M Y L K C J D J E N A H E N  
J E K Y J E D W U V T T V Z R  
G A G Q U R W V D C E A U D A  
V H Z S M N C T H C E G W L B  
L Q A Q P W T D L W A Z D L A  
T Z G I I O H E L R C R A B P  
T W W F N R Z E D B E W B O C  
F E O E G B N E X I W J K X C  
C F N G X N N G O Z N K I D U  
O J A N U O Y L R W B L W W J  
W B C F B L A C K W I D O W X

BARN  
BLACK WIDOW  
BROWN RECLUSE

GARDEN  
JUMPING  
TARANTULA



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.

N E T R U G O Y M T A N Z Z F  
Q S E F M H Z R W B B H L G X  
Y E K X Q A H X T K M S L H B  
R E U S R I M Q C Z J E A Z E  
K H J Y P H N A J V O E E N L  
X C H L Z L L B E F W C L C H  
V E P A P R U L Q R B J R K T  
P G D R D A R Z Q R C I J R B  
Z A C M X U X O L J B E Z V E  
K T H I Y V E R E O T T C U S  
H T G Q H T H I C Y C X P I E  
B O M I L K E S H X B X F Q E  
M C G T C L F M O H A J H E H  
P H X O W M I K E E U O N G C  
N W K I K F P D B I I B C X Q

Cheese  
Milk  
Cottage Cheese

Yogurt  
Ice Cream