Ongoing COVID 19 Mitigation

So I’ll admit, I’m tired of typing that abbreviation, reading about it and discussing it, but COVID 19 is very much a part of our lives now. It’s become easy for some of us to let our guard down and forget some of the basic points to remember in dealing with the pandemic we find ourselves in. It has been four months since in-person 4-H experiences were allowed to resume, it might be a good point in time to give some reminders for all of us, so we can avoid a possible situation like we had last spring. Let’s all do our part to uphold the fourth “H” in 4-H – HEALTH! ~ Ross

The health and safety of all 4-H members, volunteers, parents, guests, and staff is the top priority of Kansas 4-H. To help reduce the risks associated with the spread of COVID-19, the following guidelines from the Kansas Department of Health & Environment and the Centers for Disease Control (CDC) should be followed to protect yourself and others during 4-H Club meetings and other 4-H programs:

1. Stay home when sick and avoid contact with other people unless you need medical attention.
2. Follow common-sense steps such as washing your hands often and well; covering your coughs and sneezes; and cleaning and disinfecting.
3. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
4. Avoid touching your eyes, nose, and mouth with unwashed hands.
5. Avoid close contact with people by staying at least 6 feet apart.
6. Wear face coverings in public settings where social distancing is difficult to maintain.
7. Wipe down all common surfaces as recommended by the Center for Disease Control (CDC). Common surfaces include tables, counters, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, chairs, etc.

Volunteers and professionals need to consider the needs of their audience and make reasonable adjustments to the program to best engage the needs of learners with these guidelines in mind. For example, streaming a meeting or providing virtual engagement between meeting dates. If you or your club needs help with making virtual connections, please reach out to your local Extension Office and we can talk through the options available.

48 Hours of 4-H Wrap Up

Thanks so much for encouraging your local 4-H Members to take part in 48 Hours of 4-H this year! The next step is getting a good response on the follow up reporting. Please report your 48 4-H activities by filling out the online report. Even if you did not pre-register, report activities you did so the organizers are able to quantify what happened. If you have thoughts about the event there is a place to add those in the online report. [https://www.kansas4-h.org/events-activities/conferences-events/48-hours-of-4-h/index.html](https://www.kansas4-h.org/events-activities/conferences-events/48-hours-of-4-h/index.html)
4-H Enrollment Update

By the time you receive this newsletter, the November 1st deadline for returning member re-enrollment in Kansas 4-H Online 2.0 is very near or just past. This has been covered in past newsletters, emailed to your email account and should have been discussed at Club meetings recently! We hope EVERY returning 4-H member has been able to complete re-enrollment & pay your program fee by this deadline! Keep in mind that NEW members may join at any time of year, but will have deadlines for participation in 4-H events. (example - must be enrolled in 4-H before participation in 4-H Club Day)

Your 4-H enrollment is an important link to participation in the 4-H program. We will use information in your 4-H Online account to create mailing list (including monthly 4-H Newsletter) emails, project list, reports, etc... It is extremely important that you manage your 4-H Online account, keeping information current. This is our main form of communication with our 4-H members, families and volunteers.

4-H Achievement Events

Don’t forget Achievement Events are just around the corner! Please make sure you read the local pages of the newsletter to receive all the details so you don’t miss out!
Jackson: November 1 - NEKS Heritage Building, Holton
Jefferson: November 14 - The Silos Wedding & Event Center, Meriden
Nemaha: November 24 - Community Building, Seneca

New 4-H Family Orientation

Giving new families support and direction in their first year is extremely important! New Family Orientations are planned for the months of November and January. Please visit the local pages of this newsletter for more details. Club Leaders; please consider attending these with your new families, or establishing a New Family Coordinator at the club level to assist in making new families feel welcome! One of the most disappointing things we hear from new families it that they didn’t feel welcome, informed or supported, which is not at all what we want as an image for the 4-H program!!! 2020 proved to be an especially challenging year, please don’t let new families fall through the cracks!

November 16: Community Building, Seneca – 6:30 PM
November 23: NEKS Heritage Building, Holton – 6:30 PM
January 9: Fairbuilding, Valley Falls - 4:00 PM

Officer Training Options

So many things have changed in 2020, offering 4-H Officer Training in a different format is one of those! As the October newsletter discussed, a series of Officer orientation videos have been created and can be viewed by officers, clubs or anyone interested. You may access these at: https://www.kansas4-h.org/resources/clubcorner/officer-resources/index.html supporting resources are found with each video. These are not meant to replace the full training experience, but give a short overview of each office.

A couple of other opportunities are available for club officers to receive some training. A regional effort for virtual officer training will take place the evening of November 11, via Zoom. A follow-up “check-in” session will be held on December 6 via Zoom, as a way to help answer questions youth officers may have. Details with links will be sent directly to club officers and leaders soon.

The final option is to visit with 4-H staff and we can make arrangements to visit your local club (in person or via Zoom) to offer a localized training/orientation/installation. None of these are mandatory training sessions, but are options to help youth learn their position and for clubs to meet the Club Seal requirement for officer training.
**2020 Kansas Volunteer Leader Forum—Nov. 20**

The 2020 Kansas Volunteer Leader Forum is scheduled for the evening of **November 20, 2020**. The event will be hosted virtually for 2020. We will miss the comradery of being at Rock Springs but the Kansas Association of 4-H Volunteers is excited to offer the opportunity to come together virtually to learn from each other. You can register at [https://kstate.qualtrics.com/jfe/form/SV_byGT9vSUXcRPQox](https://kstate.qualtrics.com/jfe/form/SV_byGT9vSUXcRPQox) Registration is set to close on **November 16**. After registration closes, participants will receive an email with a more detailed schedule and log-in information.

**Kansas State 4-H Crops Identification Contest Registration Open**

The 2020 Kansas State Fair in-person 4-H Crops Identification Contest was cancelled due to COVID-19. The 4-H Crops ID Contest will be offered virtually this fall **November 14-22**, to Kansas 4-H Youth 4-H ages 9-18. Registration is now open using Qualtrics until Thursday, **November 12**, by visiting: [https://kstate.qualtrics.com/jfe/form/SV_5zQiuQlFE8Hg3xX](https://kstate.qualtrics.com/jfe/form/SV_5zQiuQlFE8Hg3xX)

An email will be sent to participants on Friday, November 13 with the contest link to participate.

ONLY for 2020 - No qualifying contest is required. There is not a limit on the number of participants per county/district. Contestants may participate as an individual or on intermediate or senior teams. Participants will be given a timed 30 minutes for each of two identifying classes: 50 plant samples and 50 seed samples. Two identification classes will be the only component for all ages. Participants with slow internet connections may need to complete the contest at a different location, for example, your local Extension office, library, or school.

**Taco Bout Leadership—Virtual Kansas Youth Leadership Forum November 21-22, 2020**

Let’s Taco Bout Leadership. Log-in and build your leadership skills and potential through workshops, delegate groups, inspirational speakers and more. In addition, the 2021 State 4-H Youth Leadership Council will be elected at KYLF. Speaker/Author Mike Mattson will be with us Saturday and an awesome set of skill building workshops are planned as well. Youth participants must be 14-18 years old before January 1, 2021. Youth do not have to be 4-H members to attend. Participation will require an internet connection and a device (computer, tablet or phone).

The registration fee (register by November 10) is $30. It will include: a conference t-shirt (mailed after the event), insurance, and program fees. Delegates should pay fees to your local Extension Office. Registration is on-line. Upon completing your registration online, you will immediately know your workshops! All online registrations are contingent upon your Extension Agent’s approval and your fee being turned in on time. If you cancel on or before November 10, you will be subject to a $25 cancellation fee. **If you cancel after November 10, you will not receive your registration fee back and will be expected to pay the entire fee.** Visit: [https://www.kansas4-h.org/events/index.html](https://www.kansas4-h.org/events/index.html) to register today!

**National Youth Summit Series**

The 4-H National Youth Summit Series brings together high school students for three days of hands-on activities and workshops, led by leaders and educators in these fields. For 2020 and 2021, these events will be held virtually. The first is: Mars Basecamp Online, **November 6-8, 2020** and registration is now open at: [https://4-h.org/parents/national-youth-summits/](https://4-h.org/parents/national-youth-summits/) Each office within Meadowlark District has a Mars Basecamp Kit available for checkout.

Your team of astronauts is stranded on Mars. Your supplies are dwindling. How will you survive, and how will you return to Earth? At the 2020 virtual STEM Summit November 6-8, students will work with peers and group leaders to solve this challenge. Each exercise will test and strengthen both the STEM skills and the teamwork and collaboration it takes to solve complex problems in the real world.

**Pioneer Trails 4-H Camp**

How many of you missed 4-H camp in 2020??? Summer sure had an empty hole without Pioneer Trails 4-H camp. Recently 2021 4-H camp dates were released, so please pencil in **June 12-15, 2021** for our camping opportunity. More detailed information will be forthcoming.
Project Spotlight

Over the last year we reserved some space here to cover some of the “little known” or low enrollment project areas of 4-H. In the coming 4-H year, this section of the newsletter will be dedicated to greater depth and understanding within or across multiple 4-H Projects. For this month, let’s take a look at project Enrollment versus project Recognition.

Many projects have multiple “phases” that have more specific details or requirements, that have created separate “enrollments” within 4-HOnline. Even though these projects have multiple enrollments, they are tied to the broader State 4-H Project award area having ONE record report and ONE project award. Here are some examples, if you are in these projects – TAKE NOTE!

- **Beef, Meat Goat, Sheep & Swine** have Breeding and Market phases, but are one project.
- Buymanship and Construction are: **Clothing & Textiles**
- **Dairy** consists of both: Dairy Cattle & Dairy Goat
- Electric/Electronics, Renewable Energy & Small Engines are: **Energy Management**
- **Environmental Science** is made up of: Exploring Your Environment and Water
- Child Development, Consumer Skills and Family are: **Family Studies**
- **Fiber Arts** contains: Crochet, Ethnic Arts, Knitting, Macramé, Needle Arts, Patchwork & Quilting, Rug Making, Spinning and Weaving.
- Bicycle, Health/Fitness, Outdoor Adventures & Recreation make up: **Health & Wellness**
- **Plant Science** involves: Field Crops, Forestry & Horticulture
- All the various disciplines found within 4-H shooting sports are: **Shooting Sports**
- **STEM** is the new “SpaceTech” and encompasses: Astronomy, Computers, Robotics, Rocketry/Aerospace, Unmanned Aerial Systems (UAS)
- Sportfishing is part of **Wildlife**

4-H Personal Achievement Goals

Start the new year off with individual goals to accomplish great things this coming year. 4-H members should take a look at the next Member Achievement Plan that you are eligible for, and establish your personal goals at this time. Goals serve as a guide to keep you on course when times get tough, and prevent you from becoming distracted by unimportant matters. Setting goals has many benefits, a few are: clearer focus, effective use of time, clearer decision making and more effective communication of the plan as well as results. So, let’s all set goals!

**Key Award**

It’s project enrollment time and if you are planning to apply for a 4-H Key Award as an older member, remember one requirement is that you must be enrolled in the Leadership project four years or more. There are lots of possibilities for leadership roles in the 4-H program, and we hope you will explore your leadership options with your club leaders.

**Why 4-H???

(Noting the IMPACT of the 4-H Program in the lives of young people, in their own words.)

4-H has taught me how to conduct a business meeting and how to get a group to cooperate and coordinate for a good cause.
Record Book Review

Volunteers
A huge THANK-YOU to those who took time out of their busy schedules to help judge the Nemaha County Record Books this year. I couldn’t of done it without you guys!

Volunteering with 4-H
Volunteers are the reason 4-H programs exist. They help youth find their spark and encourage them to pursue it. Great volunteers stay up to date on research, they evaluate how their program is doing and they have passion for our youth. If you would like to volunteer or know of someone who would, please have them contact our office.

Club Level Project Leaders Needed
What is the purpose of a project leader? Provide Leadership/Teaching in a specific subject matter area to a small group of 4-Hers and assist them to develop life skills. We have lots of resources available for project leaders, if you are interested. Please talk to your local club leader and then contact our office for more information.

Officer Training
Due to current COVID situation we will not be having a District/County wide Officer Training. However, there is officer training videos available on the Kansas 4-H Webpage https://www.kansas4-h.org/resources/clubcorner/officer-resources/index.html that we encourage all 4-Hers to take time to watch. If your club is interested in doing a Club Level Officer Training, please let Cara know and arrangements can be made to come to a club meeting to hold a training.

Meadowlark District Facebook
Are you on Facebook? If so please be sure to like our Meadowlark District 4-H Facebook page so we can help keep you informed and up to date on current 4-H happenings.

4-H Club Day
A tentative date for 4-H Club Day will be Saturday, March 6, at Northridge Church in Sabetha. We will be sharing the facility with 4-Hers from Nemaha County. Each county will be judged individually. Be thinking about what events you want to sign up for. The 4-H Club Day Guide can be found on the district website under resources for detailed information on all events.

Project Event
We will be having a project event sometime in December over Christmas break. If someone is interested in leading a project or if there is a project you would like to know more about, please let Cara know. Watch the next newsletter for more information on this event.

Cloverbud Leader Training
If your club has a Cloverbud Leader that needs to take the Leader Training, please let Cara know. We can set up a time and location that works best for you.

4-H Council Meeting
Did you know that 4-H Council has committees that you can be on? The following committees will be available to for 4-Her’s and adult volunteers to sign up for at the next 4-H Council meeting:
- Budget
- Fair Prize
- Achievement Program
- Food Auction

Important Dates

4-H Achievement Program
Don’t forget that Achievement Program will be November 1 starting at 3 pm at the NE Kansas Heritage Building. This is for those 4-Hers who worked hard on their 4-H record books. Everyone is welcome to attend. Please see last months newsletter for club duties.

November 4-H Council Meeting
The next Council Meeting will be Thursday, November 12 at 7 PM. All club Council Reps are strongly encouraged to attend. This will be officer elections so each club should have their 4 representatives attend the meeting. Club representatives must be at least 1 adult and 3 youth. Only those 4 reps. will be allowed to vote at the Council meetings.

New Family Orientation
The fall New Family Orientation will be held on Monday, November 23 at 6:30 PM at the Northeast Kansas Heritage Complex. This is open to 1st and 2nd year families and club leaders.

Annual Fairboard Meeting
This is an open public meeting. This is for the election of fairboard Directors. If anyone is interested in becoming a fairboard member, please be at this meeting. The meeting will be held December 3 at 6:30 PM at the NE Kansas Heritage Building.
News from the Oskaloosa Office

Important Dates

November 1st Deadlines
   Enrollment Online for returning members, Annual Club Financial Reports and Prize Description for 4-H Carnival Tickets are due in the office.

T-Shirts
   Each club is to submit at least one quality design to the extension office by November 16. The design and bid selection will be decided on at the November Council meeting. The council decided at the September meeting that they would like clubs to submit designs based on the 2021 theme “Red, White and Blue-4-H Is Here For You!” A $25 award will go to the member or club submitting the winning design.

4-H Council
   The next Council meeting will be November 23 at 7:30 PM in the Valley Falls Fair Building. Possible agenda items include: Model Meeting Problems, Carnival Committee Appointments, Club Day Planning, Achievement Banquet Review and Review of T-Shirt Bids and Designs.
   Congratulations to our new 2020-2021 4-H Council Officers, elected at the September meeting. They are the following:
   President: Ella Gantz
   Vice-President: Heath Allen
   Secretary: Elle Jolley
   Treasurer: Brodie Hollis
   Reporter: Lexie Welsh
   Thank you to our 2019-2020 officers for doing a job well done!

Jefferson County Fair Dates
   July 26-29, 2021

National 4-H Week
   4-H has so much to offer-thanks to each club who helped share the many benefits of 4-H during 4-H Week. Keep it up and keep inviting others to join you in our 4-H program!

Record Book Judging and Record Books
   THANK YOU to the adults and youth who took time to help judge record books on October 8. We were done much earlier than normal, thanks to a large group of great volunteers. We hope you learned a lot from what others are doing and the skills that are being developed thru project work.
   THANK YOU to every 4-Her who completed their project record books, and to the club leaders/committee who assisted and reviewed record books at the club level. Record-keeping is an important life skill that you learn thru your project work, and we appreciate your efforts, especially with several changes this year.

Achievement Celebration
   Lots of changes this year with our annual awards program! Our celebration will be held at 4:00 PM on Saturday, November 14, at the Silos Wedding and Event Center near Meriden. By now, those members who will be recognized as award winners, or leaders/volunteers who will be recognized, will be notified via email soon. Please remember that we need your names in our office by November 2 to allow our committees time to prepare.
   If you are unable to attend, we will place your awards in the club mailboxes in our office, and leaders can hand them out at the next club meeting.
   So many great volunteers and members within our 4-H program! Thank you for your continued efforts in a challenging year.

New Families
   Welcome to our 4-H family! We hope you will get involved, ask questions and have a successful year. Don’t hesitate to contact your club leaders, or our office, if you need help. There is a lot to know and learn, and we want our member families to have the information they need.
   We would love for our first and second year families to meet at 4:00 PM on Saturday, January 9, at the fair building in Valley Falls for New Family Orientation. Your 4-Hers are invited to attend some project sessions in the north end of the building while parents meet in the south meeting room. Please register with the office (gantz@ksu.edu or 785-863-2212) no later than January 1. Watch for more details in the December/January newsletter.

4-H Club Day
   Plan to share what you are learning in your projects through a Project Talk, Illustrated Talk, Demonstration, or Public Speaking entry at 4-H Club Day. Vocal, instrumental and dance entry options are also possibilities. It’s not too early to start thinking about what you, or your 4-H club, could start preparing. Tentative date is Saturday, February 20, 2021, with snow date as March 13.

4-H Carnival
   We are hoping we can hold our annual carnival this 4-H year! Tentative date is March 27, 2021, with a snow date of April 3.

Exchange Trip
   If you are 13 or over, you are eligible to participate in the next 4-H Exchange Trip to Maryland. If interested in more information, contact the office, Brenda Lloyd or Susan Correll soon!
Record Book Reviews
A huge “THANK YOU” to those who took time out of their busy schedule to judge record books this year. Every club was represented with over 21 adults and 12 youth helping with the process. What great volunteers we have!

Cloverbud Leaders Training
Does your club have Cloverbud members? All clubs with Cloverbuds need to have a trained leader. Deb is willing to do a Cloverbud Leaders training any time that will work for you. Please contact her at dahenry@ksu.edu to set up a training time.

4-H Activity Calendar
Want a great tool for keeping track of all your family’s 4-H participation? Use the calendar we have made for you that is located on the District website at the top of the Nemaha/Seneca page https://www.meadowlark.k-state.edu/4-h/seneca.html.

4-H Council Committees
Any 4-Hers can be on the 4-H Council Committees. There are 5 different committees. 1.) Fair events - plans events held during the fair such as Barnyard Olympics; 2.) Traveling Scholarship - make recommendations for changes in the current award and then review applications; 3.) Food Stand - plan menu and assist with pre fair prep and during fair; 4.) Finance - review financial audit and present budget; 4-H promotion - initiate plans for promoting 4-H; and 5.) Food Fare - plans the Food Fare event in December.
If you would like to be on one of these committees, please contact Deb at dahenry@ksu.edu.

Food Fare Event
December 31 we will be having a Food Fare for all 4-Hers. This year’s theme is Disney Movies. A Club Food Booth is a food station organized by a club and relates to the theme. No two Food Fare booths look the same, but booths will consist of 3 homemade food samples and decorations. Tables and paper supplies are provided by the 4-H Council. This is a great opportunity for 4-H’ers to get the chance to plan and carry out a menu as well as improve their cooking skills. Food Fare participants get to visit each booth at their own leisure and taste all the delicious food! It’s free for all 4-Hers and families to attend. It’s a fun opportunity for the members to get to try tasty food and maybe get some new recipe ideas.
Be watching your next newsletter for more information.

4-H Club Day
A tentative date for 4-H Club Day will be Saturday, March 6, at Northridge Church in Sabetha. We will be sharing the facility with 4-Hers from Jackson County. Each county will be judged individually. Be thinking about what events you want to sign up for. The 4-H Club Day Guide can be found on the district website under resources for detailed information on all events.

Ambassador Community Service Project
Our 2021 Ambassadors will be having a Food Drive at the Achievement Event this year for their Community Service Project. They are asking everyone to bring a canned good item. All food will then be given to the Food Pantry’s in Seneca and Sabetha.

Important Dates

New Family Forum
New 4-H families are invited to attend an orientation session November 16 beginning at 6:30 PM at the Community Building meeting room. Anyone is welcome to attend this forum.

Achievement Night
Mark your calendars for the 2020 Nemaha County 4-H Achievement Event on Tuesday, November 24 at 7:00 PM at the Nemaha County Community Building in Seneca. The Achievement Banquet is a celebration of each and every 4-Hers accomplishments during the past 4-H year. While some 4-Hers will receive awards, each 4-Her will likely have achieved at least one goal during the year so please come to celebrate. We hope all 4-Hers, their family members and grandparents will plan to attend this event. This year we will not be having a meal or refreshments.

November Fairboard Meeting
The Nemaha County Fairboard will be having their annual meeting November 9, at 7:30 PM at the meeting room in the Community Building. Anyone is welcome to attend.

Project Event
We will be having a project event over Christmas break on December 29 at the Community Building. If anyone is interested in leading a project activity, please contact Deb at the Extension Office. At this time, we do not have the time set. Be watching for more information in the next newsletter.
Calendar of Events

Nov 1:  4-H re-enrollment deadline
        Financial Reviews Due
        JA 4-H Achievement event
Nov 2:  International Exchange apps due
Nov 6-8: Virtual State Dog Conference
        Ntl Youth Summit Series
Nov 7-8: Shooting Sports training
Nov 9:  NM Fairboard Meeting
Nov 10: Virtual KYLF reg. deadline
Nov 11: Zoom Officer Training
Nov 12: JA 4-H Council Meeting, Holton
Nov 12: Crops Ident. Contest, reg. closes
Nov 14: JF Achievement Celebration
Nov 16: JF 4-H T-Shirt Designs due
        New Family Orientation, Seneca
        Vol. Leader Forum, Reg. closes
Nov 20: Volunteer Leader Forum
Nov 21-22: Virtual KYLF

Nov 3:  JF 4-H Council Meeting, V.F.
Nov 4:  NM 4-H Achievement event
Dec 3:  Fairboard Meeting, Holton
Dec 6:  Zoom Officer Training
Dec 29: NM Project Event
Dec 31: NM Food Fare Event
Jan. 9:  New Family Orientation, V.F.
Feb 20: JF 4-H Club Day
Mar 6:  JA/NM 4-H Club Day
Mar 27: JF 4-H Carnival
June 12-15: Pioneer Trails 4-H Camp

Office Closed the following holidays:
Veteran’s Day—November 11
Thanksgiving—November 26 & 27

Last 4-H Newsletter
This will be your last 4-H newsletter IF you have NOT completed enrollment/re-enrollment for the year. Each month we review addresses in the 4HOnline database and reconcile our newsletter mailing list at K-State. If you don’t have an address in a 4HOnline account, you will be dropped from this list. Once information shows up in 4HOnline, you will begin receiving correspondence again. It is your responsibility as a member/family to maintain current contact & mailing information in your Kansas 4HOnline account. If you have any questions about 4HOnline, please visit: http://www.meadowlark.k-state.edu/4-h/enrollment.html