Another 4-H year is already underway! This is the time of year to select projects that you wish to enroll in, start setting goals, and make plans to gain the most from your projects. The 4-H page of our website has great resources to help you keep track of your goals and progress throughout the 4-H year. Check out the KAP Resources and Club Forms tabs of the 4-H page to get started! It sure makes completing KAP’s easier at the end of the year!

We would like to remind everyone that enrollment is a 2 step process, and should be completed by the Coffey County 4-H enrollment deadline of December 1st!

1. Enroll by creating new account or **Re-enroll using an existing 4-H Online account.**
2. Print and sign an enrollment report to turn into the Extension Office.

Detailed instructions for enrolling in 4-H are on our website at http://www.coffey.k-state.edu/4-h/enrollingin4h/.

### 2019-2020 4-H COUNCIL OFFICERS

**President:** Sarah Sergeant  
**Vice President:** Lauren Williams  
**Secretary:** Michael Lehmann  
**Treasurer:** Kaylynn Vogts

Reminder: *Fair Themes need to be submitted to Karen Sergeant by November 15th!*  
k sergeant@gmail.com
Do you want your newsletter mailed to you?

- Currently your newsletter is being emailed to you.
- Newsletter is posted on the web page.
- If you want the newsletter to arrive in your US Postal Service mail box...

CALL us at 620-364-5313 or EMAIL us at ljohnson15@ksu.edu.

We Need You!!!

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 resources available for leaders. Please contact the extension office if you are interested in being a leader.

Having a project leader makes 4-H so much more meaningful.

In order to be recognized as a leader or volunteer for awards, one must complete the volunteer process.

4-H Volunteer Certification

In accordance with KS 4-H Policy “a volunteer, adult or teen, with authority to independently plan and conduct educational experiences for youth with other adults present or in a public setting OR a volunteer whose position puts him or her in close, ongoing, one-to-one contact with youth must complete the State 4-H Volunteer Certification (VIP) process. New volunteers will need to complete and submit the application at the beginning of their first year of volunteer service.”

The volunteer screening process should be completed every 3 years. If you are unsure if you are due for re-screening, then contact Lauren in the Extension Office. All club leaders and project leaders must be certified to continue in those roles.

Detailed instructions for becoming a certified volunteer, or renewing for the new 4-H year, are provided on the “Volunteer Information” tab of the 4-H page on our website.

http://www.coffey.k-state.edu/4-h/volunteer/
**4-H Calendar**

**November 10, 2019—4-H Achievement Banquet**

4-H Achievement Banquet will be at the 4-H Building beginning at 2:00 PM.

**December 1, 2019—4-H Enrollment Due to the Extension Office.**

**January/February 2020—Women Wildcat: Women in Sports Day**

Each year the KSU women's basketball team has a special game day honoring Kansas 4-H members. Discount tickets, t-shirts, and other prizes make for an unforgettable day with the lady cats!

Information regarding this event is currently unavailable at this time. We are hoping to have more information for you later this month. Watch for an email regarding the date, ticket prices, and game day information.

For more K-State Sports offers and potential discount visit [http://www.kstatesports.com](http://www.kstatesports.com). Special offers are described on the schedule page for each sports team.

**4-H Ambassador Training—February 20-21, 2020**

The 2020 Kansas 4-H Ambassador Training will be February 20-21 at the Rock Springs 4-H Center. It is open to all county/district 4-H ambassadors, ambassador advisors and Extension staff. Full details are posted on the Kansas 4-H web site under events and activities. Registration is due February 1st. For more information, please call Deryl Waldren at 785-462-6281, or e-mail him at dwaldren@ksu.edu.

**Discovery Days—May 27-29, 2020**

Plans and activities are being made now for Discovery Days 2020 on the K-State Campus. This mini-college experience gives youth, 13 and older, the opportunity to learn from a variety of classes, seminars, and college tours. Registration costs are approximately $215.00 and the event is likely to take place May 27-29, 2020.

**Pioneer Trail Camp—June 4-7, 2020**

4-H Camp can be full of fun and adventure. Camper 9-13 years old are welcome. Registration fee required. Camp Counselors must be 16 years of age. Contact the extension office for more details.

**4-H Exchange Opportunities**

4-H has several exchange opportunities both in the US and abroad. These opportunities are once in a lifetime and you will not regret it! Your family could consider hosting an international student for a few weeks, or older 4-Her's can go abroad themselves for two to six months! Learn more about these opportunities at...

[ksass4-H.org/events-activities/global-citizenship/index.html](http://ksass4-H.org/events-activities/global-citizenship/index.html)

The application deadline for all travel options for 2020 will be November 1, 2019, for full consideration. Other arrangements must first be cleared with Mary Kay Munson. Screening interviews and the first orientation session will be held on November 24 in Junction City, KS. Specific questions may be directed to Mary Kay Munson, Kansas 4-H International Exchange Coordinator at 785-238-3631 or e-mail munson@ksbroadband.net.
KAP CORNER...SETTING GOALS

The new year is often a time of excitement and hope—so make sure you use this attitude to help you make the most of your 4-H year. Goal setting is a huge part of this! Take the time to sit down and think about what you want to learn and do in the future whether it be for next week, next month, or even a few years ahead. Dream big!

The older you get, the more important it is to incorporate leadership and citizenship activities into your 4-H Projects. Remember that leadership is often about teaching and leading others such as coordinating events, organizing volunteers and activities, etc. Citizenship is more about being a good citizen or person. This includes volunteering with different things like church, travel, helping out at your local senior center or being involved with school activities. Make sure you include project goals that are related to leadership and citizenship!

No matter what, make sure your goals are SMART! Specific-Measurable-Achievable-Relevant-Time Bound. So instead of saying, I will cook more, say “I will make one dish for Thanksgiving dinner” or “I will learn to bake a birthday cake so I can bake one for my grandma’s birthday in January”. It’s important to make goals specific so you can evaluate your progress at the end of the year.

If you have any questions about this or want to learn more, talk to your club leaders, ambassadors, or the extension office! On the KAP form section #1, each goal should be identified as a learning experience, leadership experience, or citizenship experience by placing an X in the appropriate column of the KAP. A single goal may involve multiple levels.

4-H Cloverbuds

As we begin a new 4-H year let’s take a quick review on 4-H Cloverbuds, a special activity for our 5 & 6 year olds. Activities this age group enjoy doing include: running, jumping, singing, drawing, painting and coloring. However don’t forget that when 5 & 6 year olds do these activities it’s not for very long - probably 10-15 minutes tops! So when planning 4-H Cloverbuds activities remember age appropriateness.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age Appropriate</th>
</tr>
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<tbody>
<tr>
<td>Cloverbuds meeting with 3 - 4 lessons; each lesson 10 minutes long</td>
<td>Yes - short learning opportunities matches well with 5 &amp; 6 year olds attention spans.</td>
</tr>
<tr>
<td>4-H Club Business Meeting</td>
<td>No - most club meetings average 1-1 ½ hours in length &amp; parliamentary procedures are abstract and beyond the 5 &amp; 6 year olds capabilities to understand.</td>
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<tr>
<td>Refreshments</td>
<td>Yes - healthy snacks that encourage good nutrition and well-being.</td>
</tr>
<tr>
<td>Project Meeting (See Cloverbud Meeting above)</td>
<td>No - most project meeting average 1-1 ½ hours studying one subject with limited variety and most 5 &amp; 6 year olds attention span are limited to 10-15 minutes and therefore they become bored easily.</td>
</tr>
<tr>
<td>Show and Tell</td>
<td>Yes - encourages youth to share what they are learning with others in a noncompetitive environment promoting free expression.</td>
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</tbody>
</table>

Cloverbuds will have the opportunity to do “show and tell” at the County Club Day & County Fair in 2020.
LEADER INFO

4-H Program Books

Club based program books are due to the Extension Office by December 1st, along with 4-H enrollments and the Club’s Financial Review forms.

After December 1st the Extension Office will update the 2020 4-H Program Book which will include:

- Club Duties
- Local 4-H Events
- Statewide 4-H Events
- 4-H Council Representatives
- 4-H PDC Members
- 4-H Club Information

The 4-H Program Book will be posted under the 4-H Newsletters tab of the 4-H page on our website, and will be mailed to anyone on our newsletter mailing list or upon request.

*This year please turn in one copy of your club by laws with your program book.*

Leader Meeting—December 4th @ 6:00 PM
Courthouse Basement—Topic: KAPS discussion from last meeting

Livestock Leaders Meeting—December 4th @ 7:00 PM Courthouse Basement—Topic: Spring Show and Fair Review

Southeast Area KAP Screening—Friday, Jan. 17, 2019
Eureka, KS

We need 1-3 volunteers to help with area KAP screening. Interested? Contact the Extension Office as soon as possible.

Eligible KAP winners will be revealed at the achievement banquet on November 10th and listed again in the December 4-H newsletter.

Deadline to return KAPs to the office is January 15, 2020.
48 Hours of 4-H Service Projects

Blue Ribbon

48 Hours of 4-H Worksite

Liberty
48 Hours of 4-H Service Projects

Hay Busters
48 Hours of 4-H Service Projects

Stringtown Bombers

Smilin' Thru
New teams are forming now!

Are you in 4th—12th grade and interested in electricity, alternative energy, or engineering? Are you creative? Do you like to tinker and problem-solve? If so, the KidWind Challenge might be for you!

There will be an informational meeting

Tuesday, November 5th

4:30 p.m.

at the Lebo Library

Mark your calendar!

Any interested students, teachers, or parents are welcome to attend!

Questions? Contact Mike Tweedy
mike.tweedy@4rivers.com
COFFEY COUNTY
BEEKEEPERS
MEETING
NOVEMBER 9
5:30 PM
BURLINGTON LIBRARY
TOPICS
WINTER AND SPRING PREP
FLOW HIVES
INFO
TINY JACKSON
620 481 1275
# November 2019

<table>
<thead>
<tr>
<th>Sun</th>
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<tr>
<td><strong>Remember</strong></td>
<td><strong>To</strong></td>
<td><strong>Enroll</strong></td>
<td><strong>In 4-H</strong></td>
<td><strong>Today!</strong></td>
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<tr>
<td>KidWind Challenge</td>
<td>Energy Management Project Mtg</td>
<td>4:30pm</td>
<td>Lebo Library</td>
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<td>4-H Achievement Banquet 2pm, Kelley 4-H Building</td>
<td>Veterans Day, Courthouse Closed</td>
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<td>20</td>
<td>Annual Extension Board Meeting, 6pm, Courthouse Basement</td>
<td>Fair Board, 7pm</td>
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<td>Kansas Youth Leadership Forum-Rock Springs</td>
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<td>29</td>
<td>Courthouse Closed</td>
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Coming up in December... 4-H Enrollments/Club Program Books due by December 1st! Countywide Livestock Meeting December 4th, Courthouse Closed December 25th for Christmas, Volunteer Renewals Due December 31st
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Dec 4</td>
<td>PDC/Club Leaders</td>
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<td>Meeting, 6:00pm</td>
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<td>Countywide</td>
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<td>Livestock</td>
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<td>Parents/Leaders</td>
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<td>Courthouse</td>
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<td>Basement Meeting</td>
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<td>Rooms</td>
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<td>Nov 28</td>
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*Events in December 2019 include:*  
- **Dec 1**: 4-H Enrollments Due  
- **Dec 2**: 4-H Club Books/By Laws Due  
- **Dec 18**: Fair Board Meeting, 7 pm  
- **Dec 24**: Christmas - Office Closed  
- **Dec 31**: New Year's Eve - Office Closes at 12pm  

*In January:*  
- Office Closed January 1, 4-H Council January 17, Area KAP Screening January 17, Area KAP Deadline January 15.