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# 4-H News

## River Valley District

**September &  
October  
2022**



*Mandy Simmons*

*Terin Rundus*

*Faith Beikman*

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## A Fulfilling Summer Comes to an End

Goodbyes never seem to be easy, no matter the circumstances that accompany them. Most of us know that saying goodbye is necessary even if we try and avoid it. Saying goodbye allows us to put our feeling into words, shape the memory of that person, and allows us to close this chapter of life. For River Valley 4-H, we are doing just that this month. It is time to send off our summer intern youth development educators.

River Valley 4-H was fortunate to have not just one, but three outstanding interns. The past 12 weeks seem to have passed by in a flash, but were full of smiling youth across Clay, Cloud, Republic, and Washington counties.

Kansas 4-H Youth Development collaborated with the Kansas Department of Education to provide hands-on summer learning opportunities that were lost as a result of COVID-19. The collaboration was carried out in over 60 counties across the state of Kansas.

Our River Valley interns carried out that mission during their time with us this summer. They provided over 60 programs in 9 local communities across the district. The summer activities were developed from research-based curriculum in areas of Aging, Food and Nutrition, S.T.E.M., Photography, Animal Science, Plant Science and much more. River Valley offered summer programs to youth participating in their school program or to youth in local and surrounding areas ages 5 to 18. These in-person summer engagements reached over 2,200 youth – simply incredible!

Now, it's time to say goodbye to Faith Beikman, Terin Rundus, and Mandy Simmons. These ladies were fun, energetic, and hardworking. They brought a lot of laughs and accomplished tremendous growth in bringing new opportunities to our district. As they close this chapter for the summer, and head to college, they leave behind an enormous impact. The River Valley staff and our local communities thank you.



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## *It's Time to Join 4-H*



With the start of a new school year, it reminds us that the new 4-H year is also upon us! Youth between the ages of 7-18 years old as of January 1<sup>ST</sup>, 2023 may enroll in 4-H. Youth who are between the ages of 5-6 years old as of January 1<sup>ST</sup>, 2023, may enroll as a Cloverbud.

As the new year begins, it is a great time to invite friends and family to join 4-H. Back to school gatherings and extra curricular events is the perfect time to invite youth and families to your 4-H Club's September meeting. It's important to welcome these families into our clubs and 4-H family. If they decide to stick around, be sure to Welcome them as a new member in October.

We look forward to a prosper year ahead full of bright 4-H'ers growing as individuals, learning life skills and achieving higher than they have before. 4-H is the largest youth development organization in America. We hope you will join us in the 2022-2023 4-H year and find your spark in one of our 47 projects. As well as joining in the fun of helping your fellow 4-H Club members serve our community. Here is to a great year of MAKING THE BEST BETTER.

For more information you can visit our website at <https://www.rivervalley.k-state.edu/4-h/> or you can contact your local Extension Office to speak to the 4-H Program Manager.

## *4-H Record Books*

A 4-H Record book is a collection of events, and activities that have been completed by the 4-H member through their 4-H career. Most Record books are split into years with dividers, with the most current year in the front of the book. Record Books will help later when completing high school and entering into college. If you are needing help in creating your yearly record book you may contact your local club leader, Extension Office, or you may visit our website at [https://www.rivervalley.k-state.edu/4-h/record\\_book\\_forms.html](https://www.rivervalley.k-state.edu/4-h/record_book_forms.html) for more information. You may purchase an official 4-H Record Book cover through <https://shop4-h.org> or you can put the forms into a three-ring binder. **Things that will be seen in a Record Book are as follows:**

**1. Personal Page:** A page that contains personal contact information; your age division, projects you're enrolled in, and the information contained within the record book that reflects the work of the individual submitting the records for evaluation.

**2. Your 4-H Story:** This story talks about 4-H as a whole, it will not be the same story that goes into your project records. Your 4-H story should introduce yourself, tell the highlights of projects and events you participated in, explain how 4-H made you a better citizen by helping your community and what you might have learned working with different clubs through 4-H. Lastly, you will want to describe any future plans or careers you may be thinking of.

**3. 4-H Permanent Record:** The permanent record is a complete list of all of the 4-H members activities 4-H and non 4-H related. The record will get longer and grow with the 4-H'er. You will continue to add on to the Permanent Record year after year, and it will help you with scholarship and award applications.

**4. Check Sheet:** A single page found at the front of the Record Book. It is used to verify that all information is complete and up to date for each stage.

All information sheets can be found and filled out online at: [https://www.rivervalley.k-state.edu/4-h/record\\_book\\_forms.html](https://www.rivervalley.k-state.edu/4-h/record_book_forms.html)

## *Thank You Volunteers!*

Our River Valley District has many volunteers who share their knowledge and talents in many aspects of 4-H. They spend numerous hours of their personal time helping our youth TO MAKE THE BEST BETTER! Our 4-H organization would not be successful without the help of each one of our awesome volunteers. They all show time and again their love for our youth and our 4-H organization. As the 2021-2022 4-H year comes to a close, the 4-H staff would like to thank each volunteer personally for all their time, energy, talents, and support they have given not just at fair time, but during the entire 4-H year. We hope all of our volunteers know how much they are appreciated, and we look forward to working with all of you in the next year to provide our 4-H'ers with the greatest experience possible!

## ***4-H Record Book Judging –Your HELP is Needed!***

We are all hoping that our 4-H members districtwide are busy putting the final touches on their project records and putting each of them in a separate binder. These are due to their club leaders by the end of September so the leaders can bring them to the Extension Office by October 1st. These binders are then exchanged with another county within our district to be judged. This is when we need YOUR HELP!

WE NEED VOLUNTEERS to look through project area books, fill out a rubric evaluation form, and write some positive encouraging comments to the youth. Adults typically find this as a way to help our 4-H members to grow and improve. Parents, Older Teens, 4-H Alumni or even a Grandparent or any willing Volunteer are encouraged to help. Following is a schedule for project record judging in your county:

Clay Co	Oct. 10	5:30pm	Extension Office
Cloud Co	Oct. 10 and 11	8:00 am—4:30 pm	Extension Office
Republic Co	Monday Oct. 10th	8:00 am— 4:00 pm/ 4:30 pm— Done	Extension office / 4-H Building
Washington Co	Monday Oct. 10th	4:30 pm – 7:00 pm	FNB Basement

## ***National 4-H Week***

Every year, millions of youth, parents, volunteers, and alumni across the United States celebrate National 4-H Week! The dates for the 2022 National 4-H Week are Sunday, October 2<sup>nd</sup> through Saturday, October 8<sup>th</sup>. Take advantage of this exciting and important week to highlight the fantastic 4-H youth in your community and showcase the awesome experiences 4-H offers our young people. National 4-H Week is a great time to promote 4-H to others!

A few ideas to showcase 4-H are:

- Place projects in local store window displays or decorate local store front windows with window paint
- Post on Social Media
- Record radio spots at a local radio station, and place ads in your local newspaper.
- Visit grade school classrooms and share projects and/or fun experiences you have had at meetings, camps, or at the fair.
- Wear 4-H shirts to school throughout the week.
- If your community has a Fall Festival, consider having a float in the parade if they have one or have a booth with information about joining 4-H if that is an option as well.

## ***48 Hours of 4-H***

On October 8<sup>th</sup>-9<sup>th</sup> thousands of Kansas 4-H'ers will be participating in 48 Hours of 4-H! Let's see how much 4-H can give back to its communities! 4-H Members, 4-H Clubs, Friends, Adult Volunteers, Parents, 4-H Alumni, Partnerships, Community Organizations, Potential 4-H Families will help improve their communities by adopting a service project that is right for them. Through one weekend of service, youth can show their communities what 4-H is all about and how 4-H strives to serve others. For more information, project ideas, and to complete the logs of volunteers and hours spent during your 48 Hours of 4-H project, go to <https://www.kansas4-h.org/events-activities/conferences-events/48-hours-of-4-h/>. Please take lots of pictures of your project and send the photos to Macy Hynek at [mhynek@ksu.edu](mailto:mhynek@ksu.edu) so they can be shared on Facebook! Whether your project is small or large, go out and make a difference! 48 Hours of 4-H is the perfect complement to **#InspireKidstoDo**.

## ***4-H Sunday***

One Sunday each year is set aside to call attention to and emphasize the spiritual “H” (heart) of 4-H.

4-H Sunday is typically the first Sunday in October and is the start of National 4-H Week. This year, 4-H Sunday is October 2, 2022. 4-H Clubs may choose to celebrate 4-H Sunday as is best suits their members and families.

Each club decides how they want to observe 4-H Sunday. Some clubs attend a member's church together, have a part in the church service, or conduct some other spiritual activity.

## State Fair Judging Teams

In January 2022, River Valley 4-H held five judging schools at District 4-H Club Day. The five judging schools included Crops, Family Consumer Science, Photography, Horticulture, and Livestock Skill-a-thon. Youth who score high at the District 4-H Club day qualify to judge at the Kansas State Fair and to represent the River Valley District. Horticulture and Livestock Sweepstakes happen prior to the Kansas State Fair. Youth participating in Crops, Photography, and Family Consumer Science are listed below.

### Crops Identification Contest – Saturday September 10<sup>th</sup> - 1:00 pm - KSF – Encampment Building

Senior Team	Intermediate Team
Mark Paillet – Cloud Co	Natalie Sleichter – Clay Co
Ella Pachta – Republic Co	Grace Demars – Cloud Co
Miles Rickard – Republic Co	Noah Demars – Cloud Co
Grace Baxter – Washington Co	Brady Childs – Republic Co

### Photography Judging Contest – Sunday, September 11<sup>th</sup> – 10:30 a.m. – KSF – Encampment Building

Senior Team #1	Senior Team #2	Senior Team #3
Megan Barr – Cloud Co	Jordi Fahey – Washington Co	Lane Musselman – Clay Co
Bricen Benyshek – Cloud Co	Amber Kolle – Washington Co	Sara Smith – Clay Co
Sheyenne Kelsey – Cloud Co	Kady Toole – Washington Co	Reese Douglas – Republic Co
Raelyn Moore – Cloud Co		Shevee Morris – Republic Co
Intermediate Team #1	Intermediate Team #2	Intermediate Team #3
Verity Elstrom – Cloud Co	Ellyn Feight – Republic Co	Slade Griffiths – Clay Co
Emily Kelsey – Cloud Co	Shaylee Morris – Republic Co	Natalie Sleichter – Clay Co
Lee Lacy – Cloud Co	Carson Struebing – Republic Co	Avery Baer – Washington Co
Hayden Sandmann – Cloud Co		Gillian Minge – Washington Co

### Family Consumer Science (FCS) – Saturday, Sept 17<sup>th</sup> – 9:00 am – KSF – Encampment Bldg.

Senior Team #1	Senior Team #2
Annie Larson – Clay Co	Juliann Begnoche – Clay Co
Megan Barr – Cloud Co	Octavien Cardenas – Washington Co
Bethany Demars – Cloud Co	Amber Kolle – Washington Co
Intermediate Team #1	Intermediate Team #2
Jenette Begnoche – Clay Co	Ellyn Feight – Republic Co
Josey Weller – Clay Co	Ruth Feight – Republic Co
Grace Demars – Cloud Co	Aubrey Rogge – Washington Co

## Kansas State Fair

Congratulations to all the 4-H youth who qualified and are sending projects to the Kansas State Fair in Hutchinson. The Kansas State Fair will be September 9–18, 2022. Youth projects will be judged throughout these two weeks. We wish all of our River Valley exhibitors the best of luck!

Consider making a trip to the Kansas State Fair to see exhibits from across the state, eat some good food, and much more. To see everything that is happening during the state fair visit <https://www.kansasstatefair.com/>. If you sent project(s) down to the Kansas State Fair don't forget that you receive two free gate tickets this year. Contact your local Extension Office to pick up your tickets today.

After the State Fair, entries will be ready at your local Extension office for pick-up on Tuesday, September 20th.

## ***Pin Applications***

Member Achievement Plans/Pin Applications are an opportunity to receive recognition for your participation and achievements in 4-H! Pin applications will get increasingly tougher as youth get older, to challenge their participation.

There are 9 pin applications to apply for throughout one's 4-H career. You may find the pin applications on our district 4-H page at <https://www.rivervalley.k-state.edu/4-h/awards.html>

You may hand-write your application or use the form-fillable versions from our website to complete the application. If you choose to do the form fillable version, remember to download it to your computer.

Here are a few guidelines for completing these applications:

- You may only receive one achievement pin a year. However, you may receive both a pin and the 4- H Key Award the same year as they are two separate award applications.
- It may take a couple of years to receive a pin, especially for the upper level pins. Make sure to take the opportunity at the beginning of the new 4-H year to look at what you need to accomplish during the next year! Set goals!!
- Make sure you are using the newest version! Pin applications should have a Reviewed September 2019 date listed on the front.
- Report ONLY 4-H participation! Do not include school, church, or other youth organization related events and/or activities.
- Activities and events should be from the current 4-H year only! Only the Gold & Gold Guard pins allow the use of prior 4-H years' work on select optional requirements.
- An event/activity can only be used one time per application.
- Check all of the optional requirements you have completed, even if you have more than required. One that you may think fulfilled a requirement, may not be accepted.
- If there is a blank line for a requirement, you must fill in the details! Be as detailed as possible!
- On some pin apps, an optional requirement is to receive recognition at your county's Achievement Celebration. Only individual recognition counts. You are not able to use your club's overall recognition for this requirement.

Most importantly, if you have a question on what application you are ready to apply for or have questions about what events may qualify for a certain requirement, please contact your local 4-H staff. We are here to help!

Remember that the application needs to be signed by your 4-H Club leader so make sure to ask them what the deadline is for your club!

## ***Northeast Leadership Event-NELE***

Mark your calendars for Saturday October 8<sup>th</sup> as this is the date set for this year's 4-H Leadership Forum for our Eastern Region. This year's theme is "Unearthing Possibilities" and it will take place at Rock Springs Ranch. This event is for youth, 4-H age 12–18-years-old by January 1, 2023. Be watching your email and our RVD 4-H Facebook page for more information when it comes out from the state 4-H office.

## ***Officer Training***

As the new 4-H year approaches, clubs are electing their new officers. Each 4-H member that is elected to an office has many responsibilities to complete for their 4-H Club. To help teach the officers their responsibilities and duties, the River Valley District holds Officer Trainings. This year we will be offering one in-person event as well as a virtual option.

It is important for each officer to attend training in one of the formats offered to learn what their duties are as an officer for their club. It is also important that each club have their officers in attendance, as it is a requirement on the club seal. Check out page 6 for the different officer positions and election procedures!

### **In-Person Officer Training**

Saturday, December 3, 2022      9:00 am—10:30 am      Location-TBD

### **Virtual Format**

Opens: November 23, 2022      Closes: Midnight on December 4, 2022

Email will come from Macy Hynek (mhynek@ksu.edu)

## ***KYLF and KVF***

November 19-20, 2022 will be the annual Kansas Youth Leadership Forum. This event is for youth ages 14-18, and will include speakers, workshops, and the election of the 2023 Kansas 4-H Youth Leadership Council. This is a fantastic opportunity for building leadership skills, collaborating with peers, and having lots of fun! Keep an eye on your email for more information. We will send out information as it becomes available from the Kansas State 4-H office.

While the 4-H'ers are having a great time with their peers at their event, there is also an opportunity for 4-H Adult Volunteers to have some fun of their own with their peers. KVF is designed to provide volunteers with tools and ideas to take back to their respective 4-H programs. KVF attendees will get to hear the Keynote Speaker that the KYLF attendees will hear, and they will have their own set of workshops. To end the first day there will be a silent auction and bingo in Leadership Lodge for KVF attendees. This is great time for visiting with other KVF attendees about the day and sharing ideas, likes and dislikes. There will be nominations for officers for the 2023 KVF Planning Board.

If you have any questions about either event, please contact your local Extension Office.

## ***Club Officer Elections***

One of the great benefits of 4-H is the skills youth learn that they will use for their entire lifetime. Leadership is one of these lifelong skills. A successful 4-H Club meeting depends on leadership from effective club officers. 4-H Club officers are elected at the beginning of the new 4-H program year. It is important to have elections completed early so that your new officers are able to attend officer trainings.

Through the election process and holding officer positions, members gain the following:

- How to participate in elections
- Establish ownership in their club meetings and how to be a responsible member of their club
- Develop Leadership skills
- Learn and practice basic Parliamentary Procedure skills

Before elections take place, a club leader or advisor or Junior leader should do the following:

- Explain the duties and responsibilities of each office
- Share any qualifications needed to run for the office, such as attendance, participation, etc.
- Discuss the need to elect members for their ability, rather than for their popularity
- Discuss the election procedures to be followed, with written ballots used when voting.

**Here is a list of officers a club typically holds elections for and a description of their office:**

**President** – Prepares an agenda and presides at all meetings. Understands and follows basic parliamentary procedure. Appoints committees. Works with leaders to ensure each meeting runs effectively.

**Vice President** – Presides over the meeting in the absence of the president. Serves as chairman of the program planning committee and introduces the program at club meetings.

**Secretary** – Keeps complete and accurate minutes of each business meeting. Writes club correspondence. Records attendance of members and advisors.

**Treasurer** – Handles club money. Maintains accurate and current financial records. Completes the yearly financial review forms for the River Valley District board.

**Council Representative** – Attends the bi-monthly county 4-H Council meetings, represents the club's wishes and relays council decisions back to the club. Two adult leaders and two 4-H members are needed for council representatives. Clubs may consider electing alternate Council Representatives to attend the Council meetings if a representative is unable to attend a meeting.

**Parliamentarians** – Assist club officers and leaders by enforcing the correct parliamentary procedures to make the meetings run smoothly.

**Reporter** – Writes interesting and accurate reports of club meetings and special activities. Sends reports of meetings and activities to local media. Photos are encouraged for events and community service activities for newspapers. Maintains the Club Reporter book.

**Historian** – Keeps items of historical significance to the club and arranges them in the Club Historian book.

**Recreation Leader** – Plans and leads recreation at each meeting. Plans special events and parties. Involves other members in leading recreational activities.

**Song Leader** – Plans and leads songs or music at each meeting.

The size of the 4-H Club and the age of the members may determine the officers to be elected for a 4-H club. In clubs with younger and older members, electing Junior Officers may be helpful. A Junior Officer should be a younger 4-H member who works with the regular Officer in the same position to learn the responsibility and duties of their specific office. This would also be helpful in the Recreation and Song Leader positions to meet the needs and interests of the different age groups. Junior Officer roles also help the younger members to gain confidence in front of a group. Junior Officers should run at least one meeting during the 4-H year. Since one of the goals of 4-H is to develop leadership skills, it is a good idea to pass officer positions around, so members gain different experiences. This means, a member should not hold the same office in consecutive years. A variety of experiences will help the member grow in leadership and develop new skills.

If you have any questions regarding the role of any officer position, please contact your local Extension Office.

## ***Junior Leader Trip***

45 high school age 4-H members across the River Valley District along with four staff sponsors hopped on a chartered bus for Nashville, TN on Tuesday August 9<sup>th</sup>. The bus was pretty quiet at the start of the trip but by the end of the four day trip, you could tell that these kids bonded by making new friendships as there was a lot of talking, singing of songs, and playing card games on the way home.

This educational trip was planned by Jr. Leaders from each county that have attended a trip in the past. A lot of planning went into making this educational trip a success. The committee wanted to go to the Grand Ole Opry, visit a few museums, and definitely wanted to go to the Adventure Park which is the largest “aerial forest rope course park” in Nashville.

Here are some of the highlights from the trip. They started the first day by visiting with a Republic Co. 4-H Alumni, Charlise (Craig) McKay, the youth toured RFD-TV and even got to hop onstage while they were LIVE on air. We visited the Cooters (Dukes of Hazzard), and Country Music Hall of Fame Museums, went to Madame Tussands, a wax museum of popular music artists and ate supper along with taking in a live show on the General Jackson Showboat. Unfortunately, we didn’t get to sail down the river as the paddleboat was having mechanical difficulties that day. The next morning, we left early for the Adventure Park, the kids got harnessed up, listened to the instructions, then became monkeys as they took to the trees. This was a go at your own pace to conquer the rope courses, bridges, ladders and ziplines. A few of the kids were brave enough to challenge themselves to the hardest trails (Black or Black-Black). They had worked up an appetite, so we then went to lunch and did some shopping before visiting the Lane Auto Museum, one of the few museums to specialize in European cars in the US. We went back to the hotel to get in some swimming and relaxing before heading out to eat dinner and taking in the Grand Ole Opry Classic finale.

These kids were all well behaved and it was enjoyable to watch them bond and explore the new places that they wouldn’t have had the chance to do without investing in this Jr. Leader trip.

Stay tuned for the next Jr. Leader Trip in 2024.

## ***River Valley Achievement Celebrations***

Every year, we have the opportunity to celebrate the accomplishments of our 4-H members throughout the River Valley District! Below are the dates for the four Achievement Celebrations in the River Valley District.

<b>Clay Co</b>	<b>Saturday, November 12 – 6:30 pm – United Methodist Church Family Life Center</b>
<b>Cloud Co</b>	<b>Sunday, November 6<sup>th</sup> – 5:00 pm – Commercial Bldg. Cloud Co Fairgrounds</b>
<b>Republic Co</b>	<b>Sunday, November 13<sup>th</sup> – 5:00 pm – 4-H Building, Belleville</b>
<b>Washington Co</b>	<b>Saturday, November 19 – 6:00pm - Washington County High School</b>



**River Valley Extension District**  
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**WE ARE HIRING!**

Please be watching for the hiring advertisement for the Washington County 4-H Program Manager in early September.

We are looking for an individual who will be a great asset to join our River Valley 4-H Team.

If you or someone you know is interested, please direct them to their local Extension office, to our River Valley 4-H Facebook page, or to the River Valley 4-H website, <https://www.rivervalley.k-state.edu/4-h/>.

**RIVER VALLEY DISTRICT 4-H STAFF CONTACT INFORMATION**

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