

Walnut Creek Extension District #2



**4-H**  
**NEW MEMBER**  
**HANDBOOK**



## Walnut Creek Extension District #2

Walnut Creek Extension District #2 is made up of K-State Research and Extension offices in Lane, Rush, and Ness County. Below is the contact information for each County office.

Our three counties share four agents. Each agent has a “home office” that they spend a majority of their time at, and then spend one day per week at the other counties.



Dighton Office  
PO Box 487 / 144 S. Lane  
Dighton, KS 67839  
(620) 397-2806 or  
(866) 755-1654

LaCrosse Office  
PO Box 70 / 702 Main  
LaCrosse, KS 67548  
(785) 222-2710 or  
(800) 460-9079

Ness City Office  
503 S. Pennsylvania Ave.  
Ness City, KS 67560  
(785) 798-3921 or  
(877) 798-3921

The staff at Walnut Creek Extension District is made up of four agents that cover the core area of Extension Education, One 4-H Program Assistants that help across the district with youth events and three Office Professionals.

**Robyn Trussel**

4-H Youth Development Agent

**Lacey Noterman**

Agriculture and Natural Resource Agent  
(Horticulture and Crops)

**Kristen Schmidt**

Family and Consumer Science Agent

**Jared Petersilie**

Agriculture and Natural Resource Agent  
(Animal Science and Agriculture Economics)

**Chelsey Shapland**

4-H Program Assistant - Dighton office

**Kendyl Wells**

Office Professional - Dighton office

**Berny Unruh**

Office Professional - LaCrosse office

**Randae Rufenacht**

Office Professional - Ness City office

## 4-H Pledge

I pledge...

my **head** to clearer thinking,  
my **heart** to greater loyalty,  
my **hands** to larger service, and  
my **health** to better living for  
my **club**, my **community**,  
my **country**, and my **world**.

## 4-H Motto



## What is 4-H?

4-H is a free out of school, volunteer led program.

4-H involves the entire family.

4-H is for boys and girls 7 to 18 years old.

4-H is for everyone, regardless of race, color, national origin, sex or handicap.

4-H is for rural and city youth.

4-H is an international organization that promotes hands-on learning.

## Purpose of the 4-H program

To provide educational strategies and opportunities for youth and adults to work in partnership as they develop life skills to become healthy self-directing, contributing members of society.

## 4-H focuses on the Following Five Life Skills

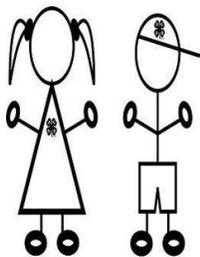
- ◆ A positive self-concept
- ◆ An inquiring mind
- ◆ A concern for the community
- ◆ Healthy interpersonal relationships
- ◆ Sound decision making

## Who can be a 4-H member?

4-H membership is open to boys and girls who are 7 years old and have not passed their 19th birthday by January 1 of the current 4-H year. Some events require age limits. 4-H age is determined as of January 1 of the current 4-H year, unless stated otherwise.

## 4-H Cloverbud (Tag-Along) Program

A Cloverbud is any child that is between the ages of 5 and 7 years old, whose brother or sister is enrolled in 4-H or their parents are involved in the 4-H program. The Cloverbud program is activity based instead of project based. When a Cloverbud turns seven, they are eligible to become an official 4-H member if they choose, or they may remain a Cloverbud for the remainder of the 4-H year and then join as an official 4-H'er the following 4-H year.



## What is a 4-H Club?

A 4-H club typically has a structured business meeting and emphasizes community service, recreational activities, and improving communication skills. The club is a group of boys and girls organized with officers. The club is organized within a neighborhood, a school, a church, a business, or social unit. This type of club is called a community 4-H club.

Members may also be involved in project clubs which have similar meetings and community activities, and are conducted with a focus on specific projects. Also, youth may be members by taking part in special interest groups, school enrichment programs and other Extension sponsored programs and day camps. Parents are encouraged to attend meetings with their 4-H'ers . Most clubs hold their meetings monthly.



## 4-H Clubs

### Lane County

#### *Eager Beavers*

Meet the second Sunday of the month at the 4-H building  
Leaders: Nick Noterman and Katie Riffle



#### *Shields Jayhawks*

Meet the second Monday of the month at Shields Firehouse  
Leaders: Ella Roberts and Rene' Roberts



### Ness County

#### *Busy Beavers*

Meet the second Sunday of the month at the fairgrounds  
Leaders: Darin & Amanda Wittman and Brittany Nichepor



#### *Clever Clover*

Meet the third Monday of the month at the fairgrounds  
Leaders: Laurie Petersilie

### Rush County

#### *Lone Star Rangers*

Meet the third Sunday of the month at the Bison Community Building  
Leaders: Paula Shaw



#### *Otis Go Getters*

Meet the third Wednesday of the month at Otis Bison High School  
Leaders: Stephanie Maier, Kathryn George and Lynn Seppanen



#### *Rush County Road Runners*

Meet the first Monday of the month at the LaCrosse City Auditorium  
Leaders: Jared and Erin Petersilie

### Walnut City

Meeting location TBA  
Leader: Heather Ross and Sandy Showalter



## WHO'S WHO IN 4-H CLUB LEVEL

**4-H MEMBER** - Any child 7-19 years of age who fills out an enrollment on 4-H online

An enrollment is the form used to provide member information and it gives a complete list of the projects that are offered through the K-State Extension 4-H Program. These are due by the end of October, and **due to the Extension Office by November 1<sup>st</sup>.**

**COMMUNITY CLUB LEADER** - A volunteer who is responsible for the organizational part of the club.

- \* Be aware of county wide activities and information.
- \* Be at the meetings 15 minutes ahead of time to discuss the nights agenda with the club president.
- \* Have dates organized.
- \* Provide support, recognition.
- \* Guide the club to develop goals and activities based upon the interests of the club.
- \* Enroll new members and re-enroll former members.
- \* Attend leader training sessions to update and enrich skills in working with parents & youth.

**PROJECT LEADERS** - A volunteer who helps to teach youngsters about individual projects. This person may or may not be a 4-H parent who agrees to help with a project. It may also be a Jr. Leader or a person from the community who has knowledge in a particular subject matter area.

- \* Makes an attempt to learn and keep current in the project material
- \* Takes time to plan and have meetings.
- \* Assists with project records.
- \* Encourages project talks, demonstrations and completion of the project.

**JR. LEADER** - A 4-H member who is 12 years old as of January 1<sup>st</sup> of the current year. They take an active part in helping the younger members in the club. By doing this, they grow, mature and learn leadership skills.

**AMBASSADORS** - A 4-H ambassador is 8<sup>th</sup> grade or older and helps with promotion of 4-H. The WCD Ambassador team consists of 9 members preferably 3 from each county that serve a three year term and must attend state training 2 of 3 years.

**CLUB OFFICERS** – Club officers will vary some from club to club.

Most clubs will have a

**President:** Member who resides over the club meeting

**Vice President:** Member who resides over the program part of the meeting and fills in when the president is absent.

**Secretary:** The member who keeps roll and minutes for the club.

**Treasurer:** The member responsible for the club financials.

Other officers that a club may have are:

**Reporter:** A member who writes reports for the local newspaper to tell 4-H news.

**Historian:** A member who keeps a 4-H scrapbook of the history of their club, keeping ribbons, comment sheets, photos, etc.

**Recreation:** A member that leads the club in recreation each month.

**Song Leader:** A member that shares some type of Music appreciation with the group each meeting.

**Parliamentarian:** A member who helps the club learn parliamentary law.

## WHO CONDUCTS THE CLUB MEETING?

Each club normally elects officers at the beginning of the 4-H year. Officers elected may include president, vice-president, secretary, treasurer, reporter, recreation leader and song leader. Other officers may be elected, depending on the club.

### BUSINESS MEETING FORMAT

1. Call to Order
2. Roll Call
3. Reading and Approval of Minutes
4. Reading of Communications
5. Reports of officers, council members or leaders
6. Reports of committees
  - Standing
  - Special
7. Unfinished Business
8. Initiation of new members, installation of officers or other ceremony
9. New Business
10. PROGRAM
11. Announcements
  - a. Project work
  - b. Announce place, date, hour, and tentative program for next meeting.
12. Adjournment



## **TYPES OF PRESENTATIONS FOR MEETING PROGRAMS**

4-H members are expected to give project talks, illustrated talks or demonstrations after they have completed their first year. As 4-H'ers get older they may give a public speech.

**SHOW & TELL** is for first or second year members in grades 1 to 4. They bring something that they have made or done in 4-H and talk about it for no more than 3 minutes.

**PROJECT TALK** tells about a specific project and the 4-H'ers experience in that project.

**ILLUSTRATED TALK** tells how to do something using posters or visual aids and a finished product may or may not be available.

**DEMONSTRATION** shows how to do something by actually doing it and a finished product should be available.

**PUBLIC SPEECH** is intended to assist older, more experienced members to further develop confidence and skill in speaking before an audience. In public speaking, members may speak on any topic of their interest. Visuals may be used.

Talking about your steer would be a project talk. Telling how to select a steer using a chart and identifying the points to consider would be an illustrated talk. Making a show halter would be a demonstration. Talking about the total beef industry would be a public speech.

**MUSIC APPRECIATION** sharing of a musical number, through vocal or instrumental performance. Sharing of a genre of music (jazz, classical, bagpipes etc.) by listening to a CD or Tape.

## 4-H PROJECTS

From Rabbits to rockets.....From Cooking to Crafts..... 4-H has over 50 projects in a wide variety of topics. Choose what you are interested in and “Just Do It”. And if you don’t find your favorite hobby in the project selection list then you can enroll in the “Self-Determined” project and do anything you wish. ( See the Project Selection Guide at the back of the folder.) **Your imagination is your only limit.**

4-H members should take at least one project each year and complete the records for that project. If there is a project leader for that particular project they will notify members about when and where the project meetings will be held. Project meetings are generally held throughout the year. Most projects require approximately 4 project meetings and often times more are held.

### PROJECT SELECTION

In choosing, a project, a member will consult with his/her parents and 4-H leader(s). After considering all the projects available and the requirements of each, he/she should select one based on:

1. Their interests and capabilities.
2. Their family situation.
3. Suitability of the area in which they live.

Members enrolling for the first time are encouraged to take only ONE project. As a member gains in knowledge and experience, the size of the project may be increased and additional projects selected. This is an individual decisions. Members may want to ask the project leader, if there is one, about the project and requirements for it.

Early in a member’s 4-H career, a member should consider developing a tentative project plan to guide them until they are past the 4-H age. When enrolling in additional projects, a 4-H member should try to include those projects which are related to their other project work. For example an electric project member may enroll in home improvement, woodworking, safety, or automotive projects. An older member may consider expanding project work to develop a completed farm, ranch, business or home management program.

The project is the core of the 4-H member’s experience. It is the center of many activities and experiences in which members should be encouraged to participate. The experienced member will find satisfaction in expanding their project work, in learning experiences of greater depth, in a career or a vocational possibility, in learning “why” behind the “how to do it.” Each of these relates to the project the member selected.

### HOW ARE PROJECTS CONDUCTED?

Project work is conducted through various activities and events such as:

1. Project meetings at the local club or county-wide
2. Demonstrations and talks at regular club meetings
3. Tours
4. Family activities or work at home
5. Exhibiting at shows and fairs
6. Record keeping

**4-H enrollment is done online. To enroll, go to [www.walnutcreek.k-state.edu](http://www.walnutcreek.k-state.edu) and click on 4-H online.**

**Enrollment needs to be completed by November 1st of each year.**

Or go to your local Extension Office for help with enrollment.

# Kansas 4-H Projects

## **Animal Science**

Beef  
Dairy Cattle  
Dairy Goats  
Dog  
Horse  
Meat Goats  
Pets  
Poultry  
Rabbits  
Sheep  
Swine  
Veterinary Science

## **Communication & Expressive Arts**

Communications  
Interior Design & Architecture  
Performing Arts  
Photography  
Visual Arts

## **Consumer & Family Science**

Family Studies  
Fiber Arts  
Foods & Nutrition  
Health & Wellness  
Sewing & Textile Science  
Shopping in Style

## **Natural Resources**

Environmental Science  
Geology  
Shooting Sports  
Wildlife

## **Leadership & Personal Development**

Civic Engagement  
Entrepreneurship  
Leadership  
Reading Adventures  
Self-Determined

## **Plant Sciences**

Agronomy  
Entomology  
Forestry  
Horticulture & Landscape Design

## **Engineering & Technology**

Aerospace/Rocketry  
Ag Mechanics Welding  
Astronomy  
Building Block Engineering  
Computer Science  
Electric & Renewable Energy  
Robotics  
Small Engines  
Uncrewed Aircraft Systems  
Woodworking