

THE PRAIRIE PROFESSIONAL

KAE4-HA NEWSLETTER

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"LIFE STARTS ALL OVER
AGAIN WHEN IT GETS
CRISP IN THE FALL"

- F. SCOTT FITZGERALD

K-STATE
Research and Extension



A Message from our President Message, Kaitlyn Peine



The shorter days and cooler temperatures are a gateway to the fall season. Fall also brings us the new 4-H year and our new programming year. This time of year, is an opportunity to reflect on successes from the previous year and set goals for the new year. I hope you take the time to celebrate your program's victories while also setting your sights on making the new year the best one yet.

Your role as a 4-H youth development professional is one that requires continual adapting and problem solving. Successful extension agents become masterful at building relationships and providing positive solutions to challenges big and small. Think about your role as you look at a glass jar with rocks inside. The rocks resemble the boulders in your program, things that you know will happen. Boulders can be the annual 4-H achievement celebration, officer training, 4-H club day, and county fair. In between each boulder there is space. The space represents opportunity to grow and expand your program.

As you look ahead to the new year, I challenge you to plan for the big boulders and leave space for growth within your program. Growth can look different for each of us. Growth can mean collaborating with a new community partner to reach a new youth audience. Growth can look like improving your efforts with volunteers. I hope you plan to grow in your role as a 4-H youth development agent or program assistant. Growing is how we continue "To make the best better."

Our annual conference is just a few days away. I am looking forward to the opportunity to connect with old friends and meet new ones. It's likely you have a new agent in a neighboring county. Please encourage our new colleagues to get involved in a professional development association. Joining KAE4-HA was one of the best things I did as a new 4-H youth development agent almost 14 years ago. Being a member has given me the opportunity to collaborate with some of the most talented agents in our organization.

The KAE4-HA membership experience is like being a member of a 4-H community club. The more time and energy you put into the organization, the more you get out of your experience. I am confident folks who are serving in leadership roles will tell you the more you are involved the more you grow as a professional. Whether it's serving as an officer or leading a committee, each leadership role gives our members the opportunity to give back and share their passion and talent with others.

As my term as your president comes to an end, I am thankful for the opportunity to help guide our association. I hope you will find the new year to be a year of change and opportunity. Don't forget to look for the space between the rocks. Best wishes!

Kaitlyn Peine
KAE4-HA President

Annual Conference KAE4-HA Fall Meeting

KAE4-HA will meet in the Flint Hills Room at 1:15pm on Tuesday, October 18th. Bring a new agent along with you!

Committee Meetings Prior to Fall Meeting

As many of you have seen, the KAE4-HA Committees of Wildcat Women Basketball Committee (Room 209) and Professional Development Committee (Room 226) will meet from 11am - 12pm. If you are curious about all of the standing committees that are offered within KAE4-HA, please check out the information that can be found within this newsletter.

KAE4-HA Bylaws and Resources

As a member of KAE4-HA, it is important to know and understand our bylaws, current officer list, area directors, and committees. They can be found on our section of the KSRE website at: https://www.ksre.k-state.edu/agent_association/4-h-agents/officers-committees/index.html

2022 KAE4-HA Membership Registration



Step 1 – Complete the membership form via Qualtrics:

https://kstate.qualtrics.com/jfe/form/SV_cD4FvXulH8eBiiq

Step 2 – Pay dues

***Option 1 (preferred)** – Bring check to KAE4-HA Meeting at Annual Conference or send check to KAE4-HA, Geary County Extension, PO Box 28, Junction City, KS 66441

***Option 2** – Pay with a credit card via PayPal (links available in the email from Ginger)

Membership Options:

Full Membership - \$110, Provides membership in KAE4-HA, NAE4-HYDP, and KS-JCEP

New Membership - First Year NAE4-HYDP Members - \$50, Provides membership in KAE4-HA, NAE4-HYDP, and KS-JCEP

Associate Membership - \$25, Provides KAE4-HA membership only. Open to Extension staff who already belong to another association, 4-H program assistants, and 4-H Foundation staff

Life Membership - \$330, This option is for past NAE4-HYDP Presidents and retired staff only, dues are three times the current full membership

Step 3 – Full, New and Life Members. Visit: <https://www.nae4hydp.org/login.aspx> to create a new profile or update your current information for NAE4-HYDP. Select Bill Me (Invoice) option if you are asked to pay online.

All payment and forms received by November 1st will be included in a drawing for a free full membership and a free membership for a new member. Receipts will be sent out via email after payment is received.

After December 1st full membership dues will increase to \$125.

Questions? Contact Ginger Kopfer, KAE4-HA Treasurer

Scholarships & Awards - What you need to know!



Association Awards are the to agent equivalent of a 4-H Record Book. It is a chance to look back on our accomplishments, document historically what we have done and consider what we could change to make our programs better in the future. There are four categories of awards: KAE4-HA awards, Service Awards, Specialty Awards and Communicator Awards. Look through the list and see what might apply to you and your co-workers. All award applications are due March 1st.

KAE4-HA Awards

***Koons Scholarship** – Must have 2 years of Extension Experience. Must be a current KSRE Employee. Applicant may only receive one time. Funds must be used towards professional development.

***Day with the Wildcat Women Scholarship** – Must be a KAE4-HA member. Funds are to be used towards attending NAE4-HYDP Meeting. Up to two \$500 scholarships are awarded each year.

***Clover Award** – Not a member of KAE4-HA. Nominee has made a significant contribution to the 4-H program. This award may only be given to a person once. There can be up to two awards given each year.

Service Awards

***Achievement of Service Award** – Current NAE4-HYDP member. Have served more than three years and less than seven years.

***Distinguished Service Award** – Current NAE4-HYDP member. Have served more than seven years.

***Achievement of Service Award** – Current NAE4-HYDP member. Have served more than 15 years. Have previously received the DSA.

***25 Years of Service** – Current NAE4-HYDP member. Have completed 25 years of service to 4-H programs. Have been a dues paying member for the immediate four consecutive years.

Scholarships & Awards Continued

Specialty Awards

4-H Military Partnership Award
 Beyond Youth Leadership Award
 Citizenship in 4-H Youth Development Award
 Denise Miller National 4-H Innovator Award
 Diversity & Inclusion Award
 Excellence in (17 different awards): Educational Technology Award, 4-H Club Support Award, 4-H Volunteerism Award, After School Programing Award, Ag Literacy Programming Award, Animal Science Award, Camping Award, Communication and Expressive Arts Award, Geospatial Programs Award, Global Citizenship Programming Award, Healthy Living Award, Natural Resources/Environmental Education Award, Science, Technology, Engineering and Mathematics Award, Teamwork Award, Teen Programming Award, Urban 4-H Programming Award, Workforce Development Programming Award
 Greg Yost Memorial Youth in Leadership Award
 NAE4-HYDP Life Member Award
 Susan Barkman Award for Research and Evaluation

Communicator Awards

Educational Package-Individual and Team Options
 Educational Piece-Individual and Team Options
 Exhibit
 Feature Story
 Media Presentation
 News Story
 Periodical Publication-Individual and Team Options
 Personal Column
 Promotional Package-Individual and Team Options
 Promotional Piece-Individual and Team Options
 Published Photo
 Raido/Audio Program
 Video Program

Join a Standing Committee Today!

The Executive Team discussed how important it is for members to be a part of the standing committees, so we are highlighting them in this issue! If you want to join one of these committees, use the QR Code!



Diversity

1. Encourage members to become more aware and sensitive of clientele's needs.
2. Provide leadership for membership to incorporate diversity in programs.
3. Further education of diversity to membership through newsletters and activities.

Policy and Resolutions

1. Serve as a study and research committee to the Association Executive Committee on all major policy decisions and thrusts of KAE4-HA.
2. Solicit, receive, and review resolutions from the membership. Develop and present resolutions to the Executive Committee for further action.
3. Discuss and prepare recommendations on long-range objectives and proposals for action by the Executive Committee.
4. Review By-Laws and operational policy annually and revise bi-annually.
5. Undertake specific responsibilities as designated by the President.

Professional Development

1. Keep membership aware of professional improvement opportunities, including study tours, summer school, exchange programs, scholarships, etc.
2. Take the leadership in providing strong professional improvement programs for Association members, especially at Association meetings, Annual Extension Conference, etc.
3. Develop a liaison relationship with the Professional Development Committees of KACAA, KEAFCS, KACDEP, and Epsilon Sigma Phi.

Standing Committees Continued

Professional Development Continued...

4. Encourage membership to subscribe to, submit articles to, and utilize information from the JOURNAL OF EXTENSION and Journal of Youth Development.
5. Encourage institutions of higher learning to develop the kinds of courses, study tours, etc. which will increase the competency of the Extension 4-H Youth Development professional.
6. Work with Annual Extension Conference Planning Committee to ensure development of strong professional improvement opportunities at the conference.

Program

1. This committee is responsible for analyzing and sharing educational materials, techniques, and methods to assist membership in the performance of their jobs as professionals in 4-H programming. The concept of this committee does not include the development of 4-H programs nor program materials.
2. This committee has the responsibility for Association social activities, including Clover Night at Annual Extension Conference and State's Night Out at NAE4-HYDP Conference. Take leadership in organizing State Delegation for NAE4-HYDP Conference. Work with Recognition Committee in planning social for honored delegates including any mementos, cards, etc.

Recognition

1. Solicit nominations for Distinguished Service Award (DSA), Achievement in Service Award (ASA), Meritorious (MSA), team awards, other national awards, and any other appropriate professional awards. See that appropriate awards and recognition are extended at state events.
2. Organize, facilitate, select and recognize the Communications Awards division for the Association. Provide publicity via the Tuesday Letter and other methods as appropriate.
3. Solicit nomination for KAE4-HA Awards - Koons Memorial Scholarship and the Clover Award. These awards are presented at the fall annual meeting.
4. In coordination with current President, prepare awards of appreciation and administer recognition of outgoing Association officers.

4-H Day with Wildcat Women's Basketball

1. Be responsible for all planning, promotion and conducting of the 4-H Day with the Wildcat Women's Basketball team.
2. Coordinate receiving of income and paying expenses with KAE4-HA Treasurer.
3. Recommend how proceeds from the event will be utilized by KAE4-HA.

Research and Evaluation Committee

1. Serves as the study and research committee for KAE4-HA on all major research and evaluation decisions and priorities of NAE4-HYDP.
2. Solicit members to provide feedback on research and evaluation needs and current practices for further action.
3. Provide progressive levels of professional development, specifically to research and evaluation.
4. Elevate the quality of youth development work through scholarship, research and practice.
5. Advocate for the 4-H youth development profession.
6. Facilitate networking throughout the association and youth development profession.

How You Can Make an Impact in 30 Seconds Without Knowing It

Understanding the power of kindness and how we often underestimate its effect.
By: Beth Kurland Ph.D. (Posted September 21, 2022 on psychologytoday.com)

On the day of my mother's funeral, I remember sitting in the back seat of our car, pulling into the parking lot where the service was going to be held, and seeing two old friends of mine from elementary school walking inside. I was 15 at the time. It had never occurred to me that they would miss school to be there for me. This simple act of support meant more to me than they will ever know.

Fast-forward about 20 or so years to the day my daughter got sent home from school with head lice. My friend showed up at my door unexpectedly and spent hours with me, helping to wash all the sheets and clothing, and keeping me tethered in my then-frantic state. These acts of kindness are indelible in my mind, and their power is immeasurable.

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The power of kindness. It turns out that the value of small and random acts of kindness is greatly underestimated by the one doing the kind act, and in fact, the person receiving the kindness is far more positively impacted than the doer imagines. This was explored in a series of research studies reported in the *Journal of Experimental Psychology*. In one study, participants at an ice-skating rink who were given hot chocolate had the opportunity to give away their cups to a stranger. When asked to rate what they thought the impact of this would be on the recipient, it turned out to be far lower than what the recipient actually reported.

In another study involving some participants receiving cupcakes for being part of the research study, those given the opportunity to give away their cupcakes again far underestimated the positive effect this would have on the recipient. Interestingly, when recipients of the cupcake knew it was coming from a stranger as a random act of kindness, this had a stronger positive impact than those who simply received the cupcake as a thank-you for being part of the study. The researchers suggest that there may be many missed opportunities for kindness that occur because people are undervaluing the positive impact of their behavior.

How 30 seconds can change lives. Recently, my husband came across a tiny paper book he had been given called *Split-Second Kindness: Making a Difference When Time is Limited*. The author, Susan Keane Baker, has practical suggestions for health care workers, all of which take between 10 seconds and two minutes to make a difference for the patient. For example, from the book:

“One minute: Compliment the patients’ courage, follow-through, willingness to ask questions, etc.”

“Thirty seconds: Please don’t hesitate to call me for anything you need.”

“Ten seconds: To increase the perception of time spent, sit down while you speak with a person who is sitting or lying down.”

It turns out that showing compassion in these ways not only feels good for the patient but can actually improve health outcomes, such as helping patients heal faster. This comes as no surprise to me. I know that I am greatly impacted by small acts of care given by my providers.

When I had to go through a medical procedure that I was anxious about, it made a huge difference to me that my doctor sat down with me, looked me in the eyes with kindness and presence, and said, “Tell me all the questions you have and let me see if I can answer them.” Feeling confident that this doctor cared helped to turn down my fight-or-flight response during and after the procedure. When our autonomic nervous system is in a state of calm, safety, and connection, our bodies can best restore, heal, and repair.

How you can make an impact in 30 seconds. Small expressions of kindness and compassion can make a profound difference in people’s lives, no matter what we do for a living or what our relationship is with that person. And we don’t need large amounts of time to do it. All we need to do is take action.

1. Think about a time you were the recipient of an act of kindness. It could be something small, such as a stranger saying a kind word to you in the check-out line at a grocery store, or perhaps letting you go in front of them if they noticed you were in a big hurry. Whatever you are thinking about, make this moment as vivid in your mind as possible. Remember what it felt like to receive this kindness.

Notice how this feels in your body now. Be curious about the area around your heart center (center of your chest) and note any openness, warmth, or expansion.

2. Think about one kind thing that you could do for someone else in the next day or so. It could be simple and small, something that only takes 30 seconds, such as scrawling a kind note to your server on the receipt you sign at the restaurant, buying ice cream for the person behind you in line, or telling one of your employees or co-workers how much you appreciate them. As you think of doing this thing, picture the positivity that the recipient will feel. Now double or triple this, knowing you are likely underestimating its impact.

3. Don’t hold back—have some fun doing an activity of your choice or anything else that presents itself. As a fun exercise, you might take a few minutes to brainstorm as many things as you can think of that you might do in the course of your week to bring some kindness to someone around you, things that might only take 30 seconds or a minute. Here are a few I came up with: text my neighbor that I have extra room in my recycling bin this week if she has overflow; reach out to someone I know who recently had surgery to see how they are doing; tell my kids how proud of them I am; make a point of offering a heartfelt thank-you to the cashier at the store today; sending a note to the creator of this online course I’m taking, letting them know how well put together it is and how much I’m getting from it.

Don’t underestimate the value of these small moments. They may seem minor to you, but you never know how much it boosts someone else and makes a difference in their life.