

# THE PRAIRIE PROFESSIONAL

KAE4-HA NEWSLETTER



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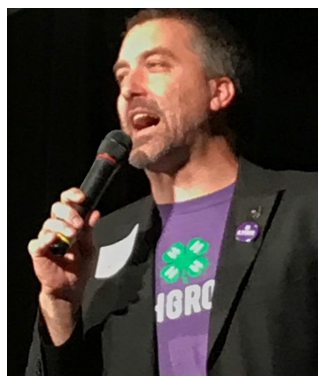
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"THE HOLIDAY SEASON IS A  
PERFECT TIME TO REFLECT ON  
OUR BLESSINGS AND SEEK OUT  
WAYS TO MAKE LIFE BETTER  
FOR THOSE AROUND US!"

- TERRI MARSHALL

**K-STATE**  
Research and Extension





## Building Together a Bright Future!

By Wade Weber

Greetings association members and best wishes to you as you start a new calendar year! It is a tremendous joy and honor to partner with you in this very important work of 4-H Youth Development in the Kansas! This past year has been full growth of the known, the new, and the changing.

### The Known

Youth learning within the context of caring adults and supportive peers is the bedrock of the 4-H experience. Project-based learning, club, community, or campus experiences, School & Community Partnerships, dynamic showcase events like fairs are likewise key components of what it means to be belong to Kansas 4-H Youth Development. As identified in our prioritization process, by enhancing our project-based learning and volunteer training & resources, the 4-H Community club experience will be strengthened. I'm so thankful for our partners at the Kansas 4-H foundation and Rock Springs. They are a strategic and intentional partner in helping achieve the Kansas 4-H Youth Development mission. Thanks to many of you who were a part of the expansion grants in the very recent past for your creativity in reaching new audiences in new ways. I look forward to the new proposals you all put forward through the innovation grants being launched in 2019. Lastly, we know the importance of quality volunteers in helping achieve our program objectives. Revisions in our volunteer development process, which includes volunteer screening, will continue into the coming year.

### The New

In 2018, I was so thankful and appreciative of the great work the youth development PFT did in streamlining our Youth Development action plans.

Their work has put us in a great position to collect very valuable data into the years to come. In 2019, we take in the next step in updating 4-H policy lead by senior state 4-H staff. Happening simultaneously I have ask Shane Potter and Sarah Keatley to give leadership to examine 4-H risk management system wide. And related to that, I have asked Amy Sollock to give leadership to an assessment of 4-H camp programming as a delivery mode system wide. I have also just recently released and updated organizational chart for our 4-H Youth Development department that I hope will provide additional clarification as to staff roles and responsibilities.

### The Changing

Thank you for the partnership the association is bringing to substantiating dynamic learning pathways in Kansas 4-H. I look forward to the ongoing work with project sheets and revising KAPs this coming year. Related staff changes include Pam Van Horn focusing attention on animal science projects while Anissa Jepsen and Chris Mullins take on STEM and Natural Science programs including Shooting Sports Education leadership in 2019. The state 4-H office is being intentional about deepening our partnership with the Kansas 4-H foundation and Kansas State University. Substantiating attractive, invitational, and progressive learning pathways in 4-H that are connected with local and University resources are a vital component of Kansas State University achieving its mission. The Science of Agriculture Challenge this past year was an illustration of this growing partnership. I look forward to growing more K-State Partnerships with various project areas as we go into the next programming year.

Please know if you have questions or ideas, please let me know anytime.

As we look to 2019 and beyond, I encourage each of you to make the best better each and every day as a 4-H Youth Development professional. We all as KSRE professionals are helping communities come together to help young people grow up!



## KAE4-HA 2018-2019 Officers and Area Directors at a Glance

### President, Anna Muir



Extension Unit: Phillips-Rooks Extension District

Years in KAE4-HA: 17

Most Rewarding Experience in Extension: Helping people achieve more than they ever dream possible!

My Inspiration: Each person in my life is very important to why I am the person I am today!

Five Things I Like: Quotes, Podcasts, Riding Horses, Laughing with friends, Traveling

Best Part of the Holidays: Spending time with family and friends!

A goal for 2019 (professional or personal): Level up!

### President-Elect, Corinne Patterson

Extension Unit: Lyon County

Years in KAE4-HA: 9

Most Rewarding Experience in Extension: Early in my career, I had the opportunity to travel to National 4-H Headquarters to expand science in Kansas 4-H with Amy Sollock, Susan Schlichting and Gary Gerhard. I learned so much while on that trip and also during our time together spent sharing information across the state. It truly was an example of let them learn, have them teach and it will be knowledge for life.

My Inspiration: My husband, Tom; our daughter, Clara; and the idea that I'm making a difference in my community by engaging the next generation.

Five Things I Like: Tom, Clara, livestock/horses, warm weather and time at home.

Best Part of the Holidays: We celebrate the reason for the season and don't really bother with all the fuss and crazies that can go with it. I simply enjoy time off with family and friends at home.

A goal for 2019 (professional or personal): My goal is to continue to expand various team 4-H challenges and learn and share through the national conferences I will attend thanks to support from KAE4-HA.



### Secretary, Kaitlyn Peine



Extension Unit: Douglas

Years in KAE4-HA: 9 years

Most Rewarding Experience in Extension: There are several that come to mind. I have a 4-H'er who recently shared her 4-H story with our County Commission during our budget hearing. She talked about how I was a mentor and role model for her. She also mentioned she one day wanted to become a 4-H agent. I am always humbled when a 4-H'er talks about the impact our 4-H program has had on their lives.

My Inspiration: To always strive for better! I love that we are in a position to influence change for the better.

Five Things I Like: 1) cookies 2) traveling with my family (and super cool coworkers!) 3) spending time with family 4) early morning spin classes 5) reading a good book

Best Part of the Holidays: Making memories with John and our little ladies.

A goal for 2019 (professional or personal): Stop eating cookies and get to more early morning spring classes :-)

## Treasurer, Lindsey Mueting



Extension Unit: McPherson County

Years in KAE4-HA: 8

Most Rewarding Experience in Extension: Chaperoning the state CWF trip over the 4th of July. 52 of us in a bus cross country and finishing our time in DC together by watching fireworks over the monuments! Experiencing the growth, friendships, leadership and learning with this group was an amazing experience.

My Inspiration: Every time I have an event with youth it immediately reminds me why I do what I do. Sometimes the "office work" starts to drown out that inspiration but all you need is an excited child who is learning, sharing and excited about doing... you remember why it's all worth it!

Five Things I Like: Family and Friends, Travel, Singing, Theatre, Horses

Best Part of the Holidays: Christmas Eve Service while taking the time to completely pause and enjoy the reason for Christmas during an all too hectic time! And the Christmas Carols!

A goal for 2019 (professional or personal): Work to figure out a happy balance between personal and professional lives

## Newsletter Editor & Southeast Area Director, Jennifer Terrell

Extension Unit: Southwind Extension District

Years in KAE4-HA: 5

Most Rewarding Experience in Extension: Working with my school enrichment students. They are always so excited for me when I walk in the door each month. It is such a good feeling.

My Inspiration: Seeing all of the great things other 4-H Agents are doing and the positive impacts. It is also nice to expose youth to 4-H opportunities outside of their community.

Five Things I Like: Family, BBQ, Music, Movies, Road Trips

Best Part of the Holidays: Spending time with family and Christmas lights

A goal for 2019 (professional or personal): Schedule time to plan for new programs and events



## Public Relations & Northeast Area Director, John Jobe



Extension Unit: Riley County

Years in KAE4-HA: Five

Most Rewarding Experience in Extension: Taking 4-H teens to Washington D.C. for the CWF experience (going again this summer)

My Inspiration: Seeing the young people we work with grow and thrive

Five Things I Like: tacos, traveling, podcast, my wife, and my dog Leon

Best Part of the Holidays: spending time with family and close friends

A goal for 2019 (professional or personal): Possibly both, but really focusing energy and efforts into making an impact on those around me.

## Kansas JCEP Representative, Jill Martinson

Extension Unit: Dickinson





## Kansas JCEP Representative, Candis Meerpohl



Extension Unit: Shawnee

Years in KAE4-HA: 6

Most Rewarding Experience in Extension: Being a trusted resource for my 4-H youth and Volunteers.

My Inspiration: My 4-H Colleagues who teach me to be a better 4-H Agent by their example.

Five Things I Like: 1.) Being a Boy Mom 2.) Knitting 3.) Running 4.)

Netflix 5.) Trying new restaurants

Best Part of the Holidays: Seeing my family

A goal for 2019 (professional or personal): Reading 10 new books

## Northwest Area Director, Michelle Beran

Extension Unit: Midway Extension District (RS and EW counties)

Years in KAE4-HA: 2

Most Rewarding Experience in Extension: having one of my 4-H counselors have a "heart to heart" with me during camp about life, goals, and communication styles!

My Inspiration: Ann Religa (Ann Kane Religa and I were first semester roommates at Clovia; she was plain-spoken and had a passion for 4-H and youth; on tough days, I think about how Annie would have handled a situation)

Five Things I Like: 1) farm life - I'm a proud ranch wife 2) crochet 3) coffee and dark chocolate (not together LOL) 4) singing the KSU Alma Mater with my kids 5) cooking - I am happiest when I am feeding people!

Best Part of the Holidays: spending time with family and friends

A goal for 2019 (professional or personal): Completion of "Achieving the Extension Mission through Volunteers" course and improving the volunteer core in the Midway District



## Southwest Area Director, Amy Sollock



Extension Unit: Southwest Research-Extension Center

Years in KAE4-HA: 11 or 12?

Most Rewarding Experience in Extension: Hmmm...that's a tough one. Too many to count. I love the camaraderie between agents in KSRE. I love watching kids interact with their peers at camp and gain a little bit of independence. I really enjoy running into former 4-H'ers and hearing how 4-H helped them land a job, find a major, or provided a social network.

My Inspiration: nothing inspires me more than my own internal desire to do things really WELL. Smarter, better, more efficient. I take a lot of pride in my profession, and I think that a lot of that comes from own 4-H experience, and the excellent adults I had a privilege to learn from.

Five Things I Like: live music, sushi, STRONG coffee, Target, cooking/baking

Best Part of the Holidays: christmas music, christmas lights, midnight mass, family gatherings, and christmas movies by the christmas tree!

A goal for 2019 (professional or personal): Live a healthier lifestyle- mentally, physically and nutritionally, so that I can be the best Christian, wife, mother and professional I possibly can be.

## State Director, Anissa Jepsen



Extension Unit: State Office

Years in KAE4-HA: 1

Most Rewarding Experience in Extension: I was able to create a Rural Safety Program that was attended by all 4-6th graders in our county in partnership with FFA and Farm Bureau. This program not only provided a valuable educational experience, but demonstrated a huge commitment from the school districts in the programming we were doing in our county.

My Inspiration: When someone tells me I can't or that is impossible, it offers me inspiration to prove them wrong. Also those who are able to accomplish the impossible with kindness and grace, offer me inspiration to keep on going!

Five Things I Like: Spending time with my family, cooking, reading, fall and shopping

Best Part of the Holidays: "The best way to spread Christmas cheer is singing loud for all to hear" Christmas music is one of my favorites!

A goal for 2019 (professional or personal): My professional goal is to learn more about the Kansas 4-H program and how I can help to support and grow the STEM and Natural Resources project areas.

## Fall KAE4-HA Outgoing and Incoming Officer Recognition



Thank you to the 2017-2018 Officers for your service! Pictured: (Back Row) Karla Hightower, Sarah Keatley, Anna Muir, Monica Thayer, Janae McNally, Lindsey Mueting, and John Jobe. (Front row) Jodi Besthorn, Patsy Maddy, Candis Meerpohl, Julie Traxson, Amy Sollock, Jill Martinson, Kaitlyn Peine, and Corinne Patterson.



2018-2019 Officers and Directors are ready to "Chip" in! Pictured: (Back Row) John Jobe, Anna Muir, Lindsey Mueting, Kaitlyn Peine, Jennifer Terrell, Michelle Beran, and Sarah Keatley. (Front row) Candis Meerpohl, Amy Sollock, and Anissa Jepsen. Not pictured is Corinne Patterson.



## Clover Night Fun

This year, KAE4-HA spent Clover Night at Uncorked Inspiration in Manhattan. It was definitely a fun night creating some artwork for our offices. Special thanks to the planning committee!



## Update your NAE4-HA Profile



Have you updated your profile for 2018-2019? If not, please log into [www.nae4ha.com](http://www.nae4ha.com) to do so. You will be prompted to update your profile after signing in. If you are asked about payment please **DO NOT PAY** online. Instead, please select "Bill me Later". The dues portion for national is paid from what you have already paid to our State Association. If you are a new member please create a member profile to join.

## New NAE4-HA Award Application Process

NAE4-HA recognizes and celebrates the efforts and work of its members through a range of awards. Starting January 15th, KAE4-HA members can begin submitting applications for awards on the State, Regional, and National Levels. All award submissions must be in the online system by March 2nd. There have been some webinars to help inform us of the process this year. In case you missed them, NAE4-HA has posted a recording and slides. Also, another webinar was just announced for January 7th - 2:00pm Eastern. Check out the NAE4-HA website for more details and see what awards you are eligible for.

## NAE4-HA Annual Conference - Mark Your Calendars



Want a great opportunity to learn from other extension agents from across the nation? Now is a good time to be thinking about attending the NAE4-HA Conference for 2019. There are several KAE4-HA members who have attended these conferences in the past, so if you have questions make sure to ask. There will be more details to come. To see a sneak peak, check this out: <https://youtu.be/sASfvfqMEyg>

# 10 Tips for Achieving and Dealing with Success

By Barton Goldsmith Ph.D.



It can be just as difficult to absorb success as to accept failure. Some people never feel that they are good enough. Here are ten tips to help you take in and create the ability to be proud of yourself.

Believe that you deserve your success. Many people who have achieved a dream feel that they don't deserve it. This can come from a lot of places, and in psychology, it is sometimes known as the impostor syndrome.

Don't undervalue yourself. Where you are could not and would not have happened if not for you. Truthfully, if you don't give yourself enough credit, it can undermine your self-esteem, and that will affect the success you are trying to build upon. Celebrate your successes. Most of the time, ambitious people just move on to the next thing without so much as a sushi dinner. You have to celebrate successes, because the celebration helps embed the success chip into your brain. And besides, you deserve it.

Forget yesterday. We have all had failures, and those who claim otherwise are lying. You can't be successful without a few missteps along the way. Own up to past failures, and then let them go.

Don't count on tomorrow. Be happy with what you have created, but don't get caught up in thinking that there will always be an elevator to the top. All successful people have ups and downs, and most of the time that isn't easy, but being content with where you are right now is a pretty simple attitude adjustment.

Forgive yourself for not being Bill Gates. Do you really want to be the richest person in the world, or is your life really nice, and you'd just like it to be a little nicer? What Bill did was decide to give away his billions to those in need, because he doesn't need all that money to have a nice life. Neither do you.

Reward those who have helped you. If you are fortunate enough to have good people supporting you in your endeavors, then it is very important that they feel valued. Money is nice, but people also want a pat on the back and to be acknowledged by their peers. See what you can do about helping them feel great about themselves and about what they are doing for and with you.

Understand that success can change how people relate to you. Most people who have become successful notice they are treated differently after acquiring fame and fortune, and it's not always better. Some people may be envious of what you've created. Being aware and getting objective advice will help you avoid those who would take advantage of you or try to take away what you have.

Accept awards and nominate yourself. Awards help you believe that you deserve your success. My staff nominated me for my first award, and I won. I usually don't think of myself in that way, but having someone honor my commitment to humanity is still deeply moving.

Share your success with those you love. I would not be where I am if not for the love of a good woman, my friends and family who support me, and the millions of people who read my words. I do my best to thank everyone in my circle. We all feel better for it.

Success is attainable for most all of us. Hard work, lucky breaks, and good ideas all help to get you there, and learning how to live with it, so you can continue to share your gifts with the world, is what it's all about.