Welcome Back to 4H Online! Kansas 4-H welcomes you to another year of convenient online enrollment!

Visit: https://ks.4honline.com
Please enroll by November 30, 2019

**Enrollment will stay open through-out the winter but after November 30th points will no longer be earned for your clubs

Standard of Excellence.

4-H ACHIEVEMENT NIGHT will be Sunday, November 18th, at 6:00 p.m. We will have a potluck supper. Please bring at least two dishes. Table service and drinks will be provided.

Achievement Night Club Duties:
Set Up & Table Decorations—Wathena
Supper Set Up - Midway Meadowlarks & Troy Triangle
Drinks - Highland Cloverpatch & Doniphan Star
Clean Up –Circle B & Bendena

FUN, FUN, FUN!

ANNUAL ICE SKATING PARTY
The 14th Annual

4-H County-wide Ice Skating Party will be on
FRIDAY, December 27th at Bode Ice Arena in St. Joseph, MO. We will have the skating rink from 8:15 - 10:00 p.m. The 4-H Council will pay for the rink and the $2 skate rental for those skating.

We will be having a snack and drink table:

DRINKS- Doniphan Star, Bendena and Circle B Highland Clover Patch

SNACKS- Troy Triangle, Wathena Sunflower and Midway Meadowlarks.

All 4-H families are welcome at this event.

Please Remember - all 4-H children skating must have completed the online enrollment, that includes participation forms.

*If they bring a guest, the parent must be in attendance or a participation form filled out and signed by the guests parent.

2020 4-H COUNCIL OFFICERS

President - Isaac Houghton
Vice-President - Lauren Gatz
Secretary - Lilly Juhl
Treasurer - Broc Leatherman
Parliamentarian - Brody Jeschke
Reporter - Caitlin Johnson
Historian - Cayley Grable

Congratulations! We are proud of you for stepping up and being 4-H Youth Leaders!

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
LOOKING AHEAD TO 2020 4-H:
* 4-H Day
* Council fund-raisers
* CIA
* Regional 4-H Day
* FCS Judging Schools
* County Camps
* State Discovery Days

There are many fun and exciting 4-H Events to take part in. I hope each of you reaches out with both hands to be a part of these events. These are the opportunities that make 4-H a unique and special youth organization. Personal growth within each child comes with: FIRST - active participation (not sitting in the corner and watching); SECOND - develop/using new skills to grow the mind and spirit; and THIRD - sharing your new skills with other people.

To sum up - Take time to Participate and be a part of 4-H events and special days. You’re worth it!

HOLIDAY OFFICE SCHEDULE:
The Extension office will be closed:
November 11th, 28th & 29th
December 24th and 25th and January 1st.

CIA - CITIZENSHIP IN ACTION!
Would you like to have more influence in laws and rules that affect your life? Then you’ll want to go to Kansas 4-H Citizenship in Action! This two day event sponsored by the State 4-H Youth Leadership Council, will be held Sunday, February 16th through Monday, February 17th, 2020 at the State Capitol in Topeka.

All youth 13 to 18 years old by January 1st of the current year are eligible to attend. The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

Cost- approx. $170 (council will pay half) includes hotel, banquet, lunch.
Registration is due on-line by January 15th at http://www.Kansas4-H.org

* CIA event is a Favorite with Many of our 4-H Doniphan County Teenagers!

4-H DAY WITH THE WILDCAT WOMEN BB TEAM!
At the time of this newsletter the details for the 12th Annual 4-H BB with the Lady Wildcats will be March 8th, KSU vs KU!! Details will follow by the end of the year. You may also check the state 4-H website for further notices: www.kansas4h.org

*Note: Travel to the game is a personal responsibility - take time to ask fellow 4-H families to see if they are going - perhaps you can car pool.
Setting 4-H Project Goals

Now that you have selected your 4-H projects for the year, it is important to plan out what you would like to learn and accomplish. What new skills would you like to gain? Who is going to help you along the way? Setting measurable goals will help guide you through positive 4-H project learning experiences.

WHAT IS A GOAL?

A GOAL is... Deciding what you want to do and learn in a 4-H project. A road map. It helps you get where you want to go.

Your goals should have three parts that will allow you to measure and check your progress. The three parts of a good goal, include:

1. ACTION — How are you going to do something.
2. RESULT — What are you going to do. Be specific!
3. TIMETABLE — When are you going to do it.

This worksheet is designed to help you set your 4-H project goals. Below are some examples of well-written goals:

<table>
<thead>
<tr>
<th>Action</th>
<th>Result</th>
<th>Timetable</th>
<th>Who Will Help Me</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to learn</td>
<td>about my bucket calf’s nutritional needs</td>
<td>before county weigh-in.</td>
<td>Dad</td>
</tr>
<tr>
<td>I want to make</td>
<td>three nutritious snacks for the nursing home residents</td>
<td>by our June club meeting.</td>
<td>my project leader</td>
</tr>
<tr>
<td>I want to learn</td>
<td>about the aerodynamics of my rocket</td>
<td>before the spring launch.</td>
<td>Mom</td>
</tr>
<tr>
<td>I want to lead</td>
<td>a horse project meeting</td>
<td>by February.</td>
<td>my extension agent</td>
</tr>
<tr>
<td>I want to keep</td>
<td>accurate records of my photography project experiences and expenses</td>
<td>monthly.</td>
<td>my project leader &amp; parents</td>
</tr>
</tbody>
</table>

CONTROL TEST: Do your goals pass the control test? Do you have control over all parts of what happens? If you can answer “yes,” then you are ready to begin record keeping. For example, “I want to win grand champion with my cookies at the county fair,” does not pass the control test. A 4-H member doesn’t have control over ribbon placing.

Now it is your turn. Practice writing three goals that you would like to accomplish this 4-H year. If you need help, ask an adult to assist.

<table>
<thead>
<tr>
<th>Action</th>
<th>Result</th>
<th>Timetable</th>
<th>Who Will Help Me</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I want to</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I want to</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Time to begin. In the spaces provided on the next page, set your goals for each project you are enrolled in this year. Attach additional pages as necessary.

Please keep in mind that younger 4-H members will have fewer, less complex goals than older, more advanced 4-H members. A good rule of thumb is three to five goals per project for ages 7 to 10, four to eight goals per project for ages 11 to 13, and seven to 12 goals per project for ages 14 to 18.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service