For me there is several little things that do this: going to see a movie at the theater, playing hide and seek with my daughter, getting a new pair of boots, or cleaning and oiling my old roping saddle......... now I know you think that one is crazy! So what puts that bounce in your step? I think for our Past President, Kelli, it’s getting to buy a new purse, and I know for our President-Elect, Dustin, it must be any chance he can dress up his little boy in Aggie clothes..... sigh; Just kidding Dustin.

Those big “happy” moments like getting a new car don’t come around every day or winning the lottery which might never happen, so it’s important for us to recognize those little “happy” moments to help us enjoy life. Why else am I happy? I am happy that I have a great job, I have great co-workers, and I live in a great town. I hope that you all can say the same thing.

Being happy is also a choice to be made. I choose to look for the positive side of things, and not focus on the negative. This of course is not always the easy thing to do, but is important to try. In the world of Peanuts, I choose to be Charlie Brown and not Lucy. In the world of Garfield, I choose to be Odie and not Garfield. In the world of

Continued on Page 6
Any one day in your life, how many balls do you have in the air? I’m sure most of you are juggling your volunteer coordinator ball, accountant ball, event planner ball, housekeeper ball, public relations ball, teacher/trainer ball, personal health ball, friends/family ball, parent ball, etc.

At the NAE4-HA National Conference in Atlanta, Georgia this past October, I attended a fabulous workshop on balancing work and family life conducted by Heather Kent, an Extension Agent-4-H/Youth from Marianna, Florida. I’d like to share some of the things I learned with you. A large part of the workshop focused on Eat That Frog! 21 Ways to Stop Procrastinating and Get More Done in Less Time, a book by Brian Tracy.

According to Tracy, “Your ‘frog’ is your biggest, most important task, the one you are most likely to procrastinate on if you don’t do something about it. It is also the one task that can have the greatest positive impact on your life and results of the moment.” Before I get any farther with this, you need to learn the first two rules of frog eating:

• “The first rule of frog eating is this: If you have to eat two frogs, eat the ugliest one first.”
• “The second rule...: If you have to eat a live frog at all, it doesn’t pay to sit and look at it for very long.”

To begin the process: SET THE TABLE.

Set goals for yourself. Write them down. At work and at home, make a list of everything you need to do. These are also goals for you to reach. Begin to make an action plan for how you will accomplish these goals. Set deadlines for yourself.

PLAN EVERY DAY IN ADVANCE. Learn the 10/90 rule. If you take the first 10% of your time to make a plan, you could save as much as 90% of your time. Another way apply this rule is to take 10 minutes at the end of today to plan how you will spend your day tomorrow.

APPLY THE 80/20 RULE TO EVERYTHING. This rule says that 20% of your activities will produce 80% of your results. Look back at the list of things to do you made when you “Set The Table.” 20% of the things on this list are worth 5 times more than the other 80% of things on the list. An Extension example: Organizing a Task Force to plan the 4-H fund raiser event, completing your monthly reports, or writing your 4-H newsletter would fall into the 20%. Organizing the files in your drawer, reviewing a new curriculum that just arrived, or looking through the catalogs or livestock magazines that you receive in the mail would fall into the 80%.

CONSIDER THE CONSEQUENCES. Looking at your list of things to do, what are the consequences if you do not complete them? An Extension example: What are the consequences of not completing your monthly reports?

Continued on Page 4
Advice from Dr. Seaman A. Knapp

By Cheryl Newberry, Pipeline Editor

I was helping an agent clean out some file drawers at the county office recently and we had a great time looking through all of the old publications that had been rat-holed for well over 50 years! One document, in particular, was dated 1933 and was published in celebration and recognition of Dr. Seaman A. Knapp on what would have been his 100th birthday (he dies in 1911). This publication holds some quotations from Dr. Knapp and I thought you might find some of these quotes interesting.

Counsel to Agents

You can create a love of investigation and give it direction. You can enlarge the knowledge of the people in common things and thus lay the foundation of common sense. At your instance, fingers will touch the lines of deftness, mechanical skill will become universal, and thrift and alertness will transform the toilers into captains of industry....

Do not go before your people with an elaborate program. The average man like the crow cannot count more than three. Do the next thing....

Your value lies not in what you can do, but in what you can get the other people to do....

One of the foundation principles of our work is that the farmer should raise the food for the family and for the farm stock so that his principle cash crop may be all profit. If your people will take that as an axiom to live up to, I believe that it will help them.

Through the tomato plant you will get into the home garden and by means of canning you will get into the farm kitchen; it will then depend upon your tact, judgment, common sense and devotion to the work as to what you may accomplish with the women and girls in the home.....

Public opinion is brought into harmony and made forceful by the support of the press and the cooperation of the best farmers and leading merchants and bankers....

The power which transformed the humble fishermen of Galilee into mighty apostles of truth is ever present and can be used as effectively today in any good cause as when the Son of God turned his footsteps from Judea’s capital and spoke to the way-side children of poverty.

So does some of this advice still hold true in today’s Extension program? You bet it does...sometimes we have to look to our past to see what we need to do in the present and future!

Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results.

District 2 AE4-HA Program Development Highlights

Eight members of the District 2 AE4-HA traveled to Super Suppers in October for an educational event and business meeting. During the visit, the store owner discussed the start of Super Suppers and how they have grown into a large company. Participants then prepared Braided Pizza Bread and any other dish that was offered for that particular month.

While preparing these meals, participants began to discuss what a great activity this would be for our 4-H Food and Nutrition Project members. 4-H members could learn: to read a recipe, measure, and food safety procedures. They could also learn that you can prepare a healthy meal, but in a quick manner with not much waste of time or ingredients. In our day and time, many families don't have time to prepare a healthy meal, but at Super Suppers, this can be done.

According to the Super Suppers website, a statement is made that children (12 years and younger) cannot participate in meal preparation. This is a very broad statement. The Super Suppers in Lubbock was preparing to host a Girl Scout troop and said they would welcome 4-H members. Call a Super Suppers in your area for more information.
Learning To Juggle...Continued

ports? What are the consequences of not putting together your 4-H newsletter? What are the consequences of not looking through the catalogs or livestock magazines? Generally, the 20% items on your list will cost you dearly if not completed.

Use CREATIVE PROCRASTINATION. This means thoughtfully and deliberately deciding which things you are going to do now, if ever. An Extension example: reviewing the catalogs and magazines, may cause you to miss out some new item for sale, but completing your monthly reports will be more important come Performance Appraisal time!

MOTIVATE YOURSELF INTO ACTION. The more positive and motivated you feel, the more eager you are to start, and the more determined to finish. Resolve to become an optimist. Learn the Momentum Principle. It takes more energy to get something started than it does to keep it going. Many times you dread starting a project, but once you start and get into it, to becomes easier to complete.

SLICE AND DICE. Start the task by doing “just one slice.” Set deadlines and sub-deadlines on yourself for every task. Raise the bar on yourself and don’t let yourself off the hook. Once you have set a deadline, stick to it and even try to beat it.

GET OUT OF THE TECH TIME SINKS. Technology can be your friend, but it can also be your biggest time waster or sinker. Don’t become addicted to your “crack-berry.” Refuse to be a slave to technology. Continuous contact is NOT essential. If you feel it is, you are already on the road to addiction.....seek help!

Now, back to our ball juggling analogy. What are the balls your are juggling in your life? Take some time to sit down, think about them, make your to do list, and start to EAT YOUR FROGS.
On A Roll With Recreation: Active Games

Elf Defense
Supplies: 25-50 balloons of one color for team 1; 25-50 balloons of one color for team 2
Form two teams of elves. Each team must defend its treasure (a pile of balloons) while attempting to steal or destroy the other team’s treasure. Designate a time period (5 to 10 minutes) to play the game. When the time ends, each team’s un-popped balloons count 100 points each. Stolen, un-popped balloons count 200 points each.

Human Foosball
Divide into two teams and have both teams sitting down in a row (either on floor or on chairs) facing each other. If the group has arrived and is sitting in rows facing you can divide the group up and get both groups to turn their chairs to face each other. Using a balloon as a ball, teams remaining seated have keep the balloon in the air (unlimited hits each side). Points are scored when a team gets the balloon over all of the opposing team and hits the wall (indoors) or beyond a boundary (outdoors). Points also gained for when balloon lands on ground.

Grab It
Equipment: Bucket of water with bar of soap in it (outdoor game)
Divide into two equal teams sitting down facing each other and holding the hands of team members next to them. At the one end of the line put a bucket of water with a bar of soap in it. Stand at the head of the lines with a coin and flip it so only the first person in line can see the results as to whether its heads or tails. They are not to yell out how the coin landed or even look back at their team. If the coin lands on heads the persons in front are to squeeze the hand of the next team person who squeezes the hand of the next player in the team and so on communicating to the last person in the line that the coin was a heads. If the last person in line has their hand squeezed than they are to try to grab the soap out of the bucket before the last person on the other team does. The person successful in retrieving the soap gets to go to the front of the line. If there is a mistake the person in back grabs the soap when the coin was actually tails, then person in front must go to the back of the line. The first team to get their entire team forward in line (back person to front- not front to back), wins.

Alternative... Ice Grab It
Use a huge bucket of ice/slush with a marble in it instead of bucket of water with soap. Not as messy as the original but less soap in eyes and everywhere. Plus they get really cold hands!

Star Game
Equipment: Small Ball or object. Divide into any number of equal teams (4 are shown here) with each team standing in line legs apart facing the middle where the object is placed. Number each member of the team from the middle outwards so that all the ‘1’s are nearest the center. When a persons’ number is called out they have to leave their position, run around the outside of the star to the back of their team where then have to tunnel/crawl through their team members legs to reach the ball/object first.

Member Spotlight

Name Kim Miles, McLennan CEA-4-H
Where did you go to High School? Haskell High School
Funniest Extension experience: My funniest Extension experience happened within my first few months of employment. I started in July and was doing a radio spot for the HOT Fair in October. While I was on the air, the radio station got a phone call inquiring about showing Llamas at the fair. I politely answered and said that I did not know but I would do more research and they could call me at the Extension Office. When I got back to the office, I was welcomed with a room full of laughs. My co-worker at the time, Mr. Hurley Miller, thought it would be funny to “put me on the spot”. Thanks Hurley!!
Best advice you ever received: The best advice I ever received came from my loving parents. They always taught me to: “Be yourself”, “Tell the truth” and “Be accountable for your actions”
What types of 4-H programming did you do this summer? This summer I helped coordinate the very first District 8 4-H Consumer Decision Making Retreat. The kids learned all about the new study guides, participated in a mini-contest and quiz bowl and went on a Consumer Decision Making scavenger hunt. It was a lot of fun.

Name Cory Talley, Travis CEA-4-H
What high school did you go to? Bland High School in Merit, TX
Are you a 4-H alumni? Yes, Hunt County
If so, what project(s) did you participate in? Beef, Sheep, Swine, Food and Nutrition, Clothing and Textiles, Public Speaking, Poultry, Citizenship, Photography
Tell us about your last 4-H program. During the summer, I conducted an etiquette day. Topics covered included; internet etiquette (email, myspace and facebook), cell phone etiquette, dining, tipping and attire. There was an instructional session which included some hands on activities and then we went to Carrabbas for lunch. The waitstaff provided information for youth as they dined, how to order properly and how to interact with waitstaff. Afterwards I had received a couple of comments from parents about what their child had learned and had actually applied in real life.
What is your favorite quote or inspiration passage? “If you want to lift yourself up, lift up someone else”- Booker T. Washington
**President’s Address...Continued**

Winnie the Pooh, I choose to be Pooh and not Eeyore. In the world of Snow White, I choose to be Happy and not Grumpy... maybe Dopey sometimes! In all of these worlds there is always one character that tends to be a positive thinker and someone that might not be so positive.

Lastly, I am writing this right after coming back from the Winter Board Meeting in Brownwood, and I am happy that we had such a great group attend that were very involved and supportive. As we move into the new year, I hope you all had a wonderful Christmas with your friends and family, and I look forward to working with you all in 2008!

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**Netiquette Tips for Kids**

“Netiquette” is network etiquette, the do’s and don'ts of online communication. Netiquette covers both common courtesy online and the informal “rules of the road” of cyberspace. This article will focus on the core rules of netiquette as defined in the website, [http://www.albion.com/netiquette/index.html](http://www.albion.com/netiquette/index.html). Below are the key elements of the rules.

**Rule #1: Remember the Human** — When you communicate electronically, all you see is a computer screen. You can’t see facial expressions, gestures, tone of voice — just lonely written words. When holding a conversation online, it is easy to misinterpret your correspondent’s meaning. And it is frightenly easy to forget that your correspondent is a person with feelings more or less like your own. Ask yourself this question: Would you say it to the person’s face? If not, then maybe you should re-think your response, re-write it and re-read it again to be sure it is appropriate to send! Also, every e-mail or message you send will ALWAYS be out there in cyberspace...and can be used against you!!!

**Rule #2: Adhere to the same standards of behavior online that you follow in real life** — In real life, most people are fairly law-abiding, either by disposition or because we’re afraid of getting caught. In cyberspace, the chances of getting caught sometimes seem slim. Not true! Be ethical. If you encounter an ethical dilemma in cyberspace, consult the code you follow in real life.

**Rule #3: Know where you are in cyberspace** — Netiquette varies from domain to domain. What’s perfectly acceptable in one area may be dreadfully rude in another. Lurk before you leap. When you enter a domain of cyberspace that’s new to you, take a look around. Spend a while listening to he chat or reading archives. Get a sense of how people who are already there act. Then decide if you will participate.

**Rule #4: Respect other people’s time and bandwidth** — keep your messages brief and to the point...and don’t send them multiple times unless absolutely necessary. Bandwidth is the information-carrying capacity of the wires and channels that connect everyone in cyberspace. You are not the center of cyberspace. Don’t expect instance responses to all your questions, and don’t assume that all readers will agree with—or care about—your passionate arguments.

**Rule #5: Make yourself look good online** — Take advantage of your anonymity. You won’t be judged by the color of your skin, eyes, hair, your weight, your age, or your clothing if you don’t share that with others. You will, however, be judged by the quality of your writing. Spelling and grammar do count!

**Rule #6: Share expert knowledge** — The strength of cyberspace is in its numbers. Ask intelligent questions because there are a lot of knowledgeable people out there who have the correct answers. Be willing to share your expertise, provided that you are certain that it is correct information!

**Rule #7: Help keep flame wars under control** — “Flaming” is what people do when they express a strongly held opinion without holding back emotion. Flaming is not illegal on the net, but flame wars are forbidden where netiquette is concerned. A series of angry letters or e-mails among people over a period of time can dominate conversation and destroy camaraderie of a discussion group.

**Rule #8: Respect other people’s privacy** — You wouldn’t go through someone else’s personal stuff, so you shouldn’t read private e-mails or look at their computer when they step away.

**Rule #9: Don’t abuse your power** — some people in cyberspace have more power than others. This does not give you the right to take advantage of others.

**Rule #10: Be forgiving of other people’s mistakes** — not everyone has had the benefit of training on netiquette. When a mistake happens, be kind about it. If it’s a minor error, you may not need to say anything. Having good manners yourself doesn’t give you license to correct everyone else everytime you see a mistake. If you do decide to inform someone of a mistake, point it out politely, and preferably by private e-mail rather than in public.

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Here’s a great website that has lesson plans, activities, and free stuff to help you teach netiquette! Check it out! [http://www.cybersmartcurriculum.org/home/](http://www.cybersmartcurriculum.org/home/)
Professional Improvement Grants & Scholarships

Would you like to receive a grant to assist with paying for graduate school, or to attend the 2008 Galaxy Conference in Indianapolis? Would you like to have your registration paid? Then please read on.

The TAE4-HA Professional Development Committee annually presents approximately $1,200 in grants and scholarships to Association members. Approximately $650 is awarded to new County Extension Agents or Association members as “First Timer Scholarships.” This past year five scholarships were presented in the amount of $130 (the 2007 registration cost) to Nancy McDonald, Garza County; Shamaine St. Julien, Austin County; Joanna Olson, Deaf Smith County; and Roxana Tamijani, Lavaca County. To be eligible for this opportunity for next summer, participants must have less than three years of membership with TAE4-HA, be a paid member for 2008 and not have previously attended an Annual State Conference. Application information will be included in the April TAE4-HA Pipeline, and will be due July 1.

TAE4-HA also awards grants for graduate study, applied research, interstate or intrastate travel, educational conferences, workshops or other worthy projects. The Professional Development Committee awards up to $550 to individuals or groups, based on the merit of their proposal. Proposal information is also included with the April TAE4-HA Pipeline, with a due date of July 1. In August, Kayla Krebs, Fayette County received a $300 grant for the completion of her Masters Degree; and Angela Burkham, North Region RPD received a $250 grant towards her pursuit of a PhD.

Mark your calendars now to make plans to submit an application! If you have questions concerning the application information, please contact Professional Development Committee Chair, Ronda Alexander.

Resource Corner

Consumer Decision Making Lesson or Consumer Educational Presentation
About: Toy Recalls and lesson
Website: www.toyinfo.org
This resource is great to teach with consumer project 4-H members. This website is great to learn about toy recalls, how toys are made, and tips for shopping for toys as gifts! This may also be a great educational presentation for youth. This website is a great resource with videos.

Community Service for Families
About: Article to use to show how to do community service as a family.
Website: http://www.kidshealth.org/parent/positive/family/volunteer.html
This is a great article for weekly articles in your newspapers. Make sure and give credit. This article gives information on why it is important to do community service and how youth can get involved doing community service.

Mentoring Resources
The Mentoring Partnership of Minnesota has some excellent resources that can help with teaching others how to be a mentor. These publications might be helpful for County Council training, Youth Board Training, or other programs where you are using mentors. Check out these publications at this website: http://www.mentoringworks.org/Training_Institute_Tools_and_Resources.html

BioWorksU
This website introduces students to life science careers. It is set in a virtual university and uses games, experiments, and simulations to show jobs at a range of locations -- a nurse's station, ambulance bay, diagnostic lab, pathology lab, radiology department, pharmacy, physical therapy room, dentist's office, and more. Watch videos of professionals describing what they do. Play the ambulance maze game.

K-12 Energy Lesson Plans and Activities
This website offers 350 lessons on energy efficiency and renewable energy. They're organized by grade level and topic -- biomass, geothermal, fuel cells, ocean energy, solar power, transportation fuels, wind energy, and energy efficiency and conservation. Learn about passive solar buildings, advanced photovoltaics, or basic wind turbines. Take an energy awareness quiz. Estimate your carbon footprint; find ways to reduce it.

Character Education Dilemmas
Check out the website below for scenarios that can be used as starting points for discussion of a variety of character education topics. This whole website has great lesson plans and much more.
http://www.goodcharacter.com/dilemma/dilemma.html

Have you bought your clothing with the above logo to support the PR&I Committee??! If not, go to the website to get the order form and order yours today! http://tae4ha.tamu.edu/forms.htm
The members in District 5 are excited to be hosting the 2008 Conference in historic, relaxing Jefferson, Texas. Too often we spend more time concentrating on our programs and our 4-H members. So we want this year’s conference to focus on YOU, the individual. If you spend time taking better care of yourself, then you will definitely have more energy to devote to the development of your successful programs.

Our philosophy is $\text{PI}^2$ (Personal Investment = Professional Improvement).

In keeping with this theme, we encourage you to take advantage of all the bed and breakfasts in Jefferson. A complete listing of B&B’s and other lodging can be found at: http://www.jefferson-texas.com. We recommend contacting the B&B’s directly and as early as possible.

See you in Jefferson!