



THE PEACH PRESS

A PUBLICATION OF THE GEORGIA ASSOCIATION OF EXTENSION 4-H AGENTS



Fall 2014 Edition

Brought to you by the
GAE4-HA Media Committee

Abbie Salmon, Editor
Media Committee Chair

A Message From the President...Greg Hickey

For those of you who know me well, the tone of my presidential message will be positive and upbeat while being focused on a couple of items to add to your professional development toolbox. As the “Head Cheese” or as tagged in Minneapolis “Big Pop-pa” of GAE4-HA, I bring you greetings.

I start with a quote from cartoonist, author, journalist, playwright, and celebrated wit, James Thurber. *“Humor is a serious thing. I like to think of it as one of our greatest earliest natural resources, which must be preserved at all cost.”* People use humor to nurture relationships between themselves and others, to bring groups together, and create a more light-hearted and enjoyable atmosphere. People also use humor to find the humorous side of life and to deal with stress or any of life’s challenges by finding the brighter side of it. Sometimes finding the funny in everyday situations allows one to cope with any adversity and not let negative emotions take over.

Your association has some great talent up and coming to give leadership. The millennial’s Kate Whiting (President Elect) and Kasey Bozeman (Vice President) get good doses of humor from me all the time as they deal with a technologically challenged baby boomer. I am growing professionally from my association work and colleagues always adding to my “toolbox,” in fact today I remembered the password for my Facebook account that a 4-H’er set up for me a couple of years ago and I went in and liked a bunch of folks. I here-to-fore have referred to the site as “Spacebook.” When I made a remark about pictures from Junior Conference getting posted to “Spacebook” one young lady thought it was a new social media site and asked me if they had they merged Myspace and Facebook! Humor is woven into the fabric of my life.

In closing, I want to thank you for the opportunity to serve in this association. Remember to look to the GAE4-HA website for membership information for new, renewing or life members. All are invited to attend the Joint Council of Extension Professionals (JCEP) Leadership Conference in Las Vegas, February 11-12, 2015 and the Public Issues Leadership Development (PILD) Conference in Washington D.C., April 12-15, 2015. The 2015 Georgia Association of Extension 4-H Agents Annual Meeting and Professional Improvement Conference is April 20 – 22 at Callaway Gardens, Pine Mountain, Georgia.

Regards,

Greg



Honey Bee Good Recipe Extravaganza

By: Emily Williamson, Walker County 4-H Program Assistant

The 3rd annual Honey Bee Good Recipe Contest, sponsored by the Northwest Georgia Beekeepers Association, gave 4-Hers the opportunity to show off their culinary skills by submitting their favorite honey based recipes. Recipes were judged for nutrition, appeal, creativity, flavor, and technique/presentation. With over 58 recipe entries from across the county, judges from the Northwest Georgia Beekeepers Association were faced with the tasty challenge of choosing their favorites.

After much consideration, three county finalists were chosen from each division. Each finalist was invited to prepare a dish of their recipe for a final competition.

Our 5th grade 1st place winner, Sarah Goins, prepared the following:

Honey Roasted Sweet Potatoes: 4 sweet potatoes cut into 1" cubes, ¼ cup of extra virgin olive oil, ¼ cup of honey, 2 teaspoons of ground cinnamon and a pinch of salt & cayenne pepper.

Directions: Pre-heat oven to 375 degrees. Place sweet potatoes in a single layer on a roasting tray. In a bowl, mix oil, honey, cinnamon, salt, and cayenne. Pour the mixture over the potatoes & roast for 25 to 30 minutes, or until tender. Remove sweet potatoes from oven and transfer to a serving platter. Recipe makes 4 servings.

Middle School first place winner, Gage Dunn, prepared an Old Fashioned Oatmeal Honey Apple Cake:

Cake ingredients: 1 cup quick cooking oats, 1 cup hot water, 1 & ½ cups of flour, 2 teaspoon ground cinnamon, 1 teaspoon baking soda, ½ teaspoon salt, 1 1/3 cups packed light brown sugar, ¾ cup chunky applesauce, 1/3 cup honey, 2 large eggs, and cooking spray.

Frosting ingredients: ¼ cup butter, 1/3 cup packed light brown sugar, ¼ cup honey, ½ cup chopped almonds.

Directions: Preheat oven to 350 degrees, combine oats, hot water and almonds in bowl and set aside. Mix flour, cinnamon, baking soda, and salt to spread. Combine sugar, applesauce, honey, eggs in bowl and beat for 1 minute. Mix in oat mixture. Coat 11x7 baking dish with cooking spray and add mixture. Bake for 50 minutes or until toothpick comes out clean.

Preparing frosting: Melt butter and mix in sugar and honey. Cook for 2 minutes or until bubbling, stirring quickly, pour mix over cake and use rubber spatula to spread. Broil cake for 1 minute. Cool cake. Serve with whipped topping & sprinkles. Recipe makes 16 servings at 255 calories each.

We would like to thank all 4-Hers and parents who participated in this fun contest, as well as the Northwest Georgia Beekeepers Association for sponsoring this contest.

4-H From The Heart

By: Laura Garrett, Henry County

NAE4-HA is ready for *More 4-H Stories From The Heart*. Hopefully, so are you! Who do you know that can attribute their life success to their 4-H career . . . or someone who simply has a special 4-H story to tell? Stories may come from staff, volunteers, youth or anyone willing to share.

We want stories of 1,000 words or less that are inspiring, funny, "tear jerkers," and more. We want heartfelt stories that document 4-H's positive impact. Submitting a story is easy. Just follow these simple guidelines:

Download the 4-H Story Summary Form from the NAE4-HA website - click on Document Library - then click on Forms. Scroll down almost to the bottom of the page to click on the form.

Write down some general points about your story, a title, something about the setting and your contact information.

Please e-mail this information to Dan Tabler at dantabler2@gmail.com.

A member of the 4-H Stories Task Force will follow up with you for a full story.

Thanks for considering this. We look forward to reading more stories.

If you've not read the original *4-H Stories From The Heart*, it's as easy as downloading a digital copy on your

The M.A.G.I.C. of Relationships

By: Rebecca Thomas, Chattooga County

Early on in my Extension career one of my mentors told me “Don’t burn bridges you may have to re-cross.” This statement has been one that I have used a lot in conflict management situations, raising children, and in building relations in the community. I would say that 75% of our job as an Extension Agent is our ability to relate to people and build relationships’. Relationship building is easy within our social circle or in target groups where we feel the most comfortable. However, outside those areas it can become difficult and challenging, but I would say that is where the MAGIC happens.

If you are like me, I have to be reminded to get out of my comfort zone from time to time. However, I have found the same habits of building relationships within our comfort zone and outside that zone are the same. So here’s to a little **MAGIC!**

M-MESSENGER - Value the message by always valuing the messenger

When someone speaks from a position of power or authority or fame it’s tempting to place greater emphasis on their input, advice, and ideas. However, some of the greatest tips or ideas have come from someone who was not of power, authority, or fame. In fact, I pack for camp by tips presented in a 5th grade demonstration, by a 4-H’er whose mother was a flight attendant. She was one of my 4-Hers from almost 20 years ago. From that moment on, I try to encounter every person as they have something to teach and I have something to learn.

As we build great relationships never automatically discount the message simply because we may discount the messenger.

A-ACTION – Step in without being asked

It’s easy to help when you’re asked; most of us do this willingly. Very few people offer help before they have been asked, even though most of the time that is when a little help makes the greatest impact. Many times we are not focused on our surroundings. We miss opportunities to provide a helping hand, the chance to meet someone who may become a volunteer, donor or even a friend and an opportunity to make a difference in another person’s life.

G-GIVE– Give consistently, receive occasionally

As Extension Agents we all **MUST HAVE** servant hearts and realize that relationships are mutually beneficial. However, when we step out of our comfort zone we have to look at relationship building as opportunities for us to practice our listening skills and opportunities for us to give of our time. It may not be the best time to start off by asking for something. Establish something in common and add value to a conversation. This is the first step in all relationships.

The investment of time is the greatest gift one can give. This is apparent when I think of the many volunteers and coaches who provide value to our programs each day.

I-IMPRESSIONS – Be aware of your attitude and know when to dial it back

Outgoing and charismatic people are usually a lot of fun... until they aren’t. When a major challenge pops up or a situation gets stressful, still, some people can’t stop “expressing their individuality.” We all can think of at least one person so in love with his or her personality he can never dial it back. People who build great relationships know when to have fun and when to be serious, when to be over the top and when to be invisible, and when to take charge and when to follow. That is a tall order, when we are outside of our comfort zone. As Extension Agents we must be multifaceted people, willing to adapt to the situation--and to the people in that situation.

C-CONSCIENCE – Conscience of our responsibility

Responsibility is a key building block of a great relationship. We have the responsibility of our actions and our words, so we must choose them wisely. What do people say about you? If someone asks you to select three words that depict you, what would you say? And then what three words would others pick for you? The answer to the last questions will be based on our actions with our community or social circle. Do we always portray someone who is responsible? As Extension Agents we must, because of the value which we are entrusted with, as educators.

Building relationships is an important part of our jobs, one that should not be taken lightly. It is the part of our job that doesn’t come with a lesson plan or an evaluation rubric. However, it should be a goal, a goal that we can continually invest in.

When a large donation of canned and dry goods was delivered to the Bryan County Family Connection’s food bank, Bryan County 4-H’ers volunteered their time and strength to help unpack, organize and stock shelves in their community. The small facility needed space to store over 1,600 pounds of donated food. 4-H’ers cleared and cleaned shelving units to make way for 1,000’s of cans of soups, vegetables, and pasta. Donations had to be separated into three categories; USDA, GMA and general goods. They learned that the food bank had to follow very specific guidelines when allocating goods to the public. They also learned about FIFO (first in first out) rules.

After unpacking and stacking all of the canned and dry goods, the 4-H’ers broke down boxes and collected plastic wrappings to be recycled. The food bank serves 118 families with over 400 people in the community depending on the donations received to help make ends meet. Knowing they helped so many of their neighbors gave the 4-H’ers a sense of well-being after an exhausting day of service learning.



Member Up-Close Profiles

Northwest District

Brittany Johnson

Rockdale County

Residence: Conyers

Years in Extension: 5.5

Family: Jeanene Johnson (mom) , Alex Johnson (dad) and Ben Johnson (brother). My brother is married to Julie Johnson and they are expecting their first child together, so I will be an aunt in 2015!

Church: Discover Point Church in Conyers

Favorite Movie: The Sound of Music

Favorite Music: 80's music, country. musicals, etc. I like pretty much everything!

Hobbies: Crafty projects, scrapbooking, baking and cooking fun new recipes, Pinterest junky, collect magnets and different greeting cards to send friends & family!

Favorite TV Show: Friends

Favorite Actor/Actress: Julia Andrews

Favorite Quote: "When God closes a door, somewhere He opens a window," Julie Andrews in The Sound of Music

If I didn't work in 4-H, I would be... an event planner who plans birthday parties, baby and wedding showers, and other events for people or make homemade cards/invitations for people.



Southeast District

Jackie Nunn

Ware County

Residence: Waycross

Years in Extension: 1

Family: Ralph Nunn (dad), Martha Simmons (mom), Nicole Nunn (sister), and John and Polly Simmons (grandparents)

Church: Baptist

Favorite Movie: The Bucket List, First Wives Club, Harry Potter, P.S. I Love You, Hocus Pocus, Star Wars, and The Little Mermaid

Music: A variety of music. Some artists on my ipod: Miranda Lambert, The Judds, Doug Stone, Adele, Beyonce, and Justin Timberlake

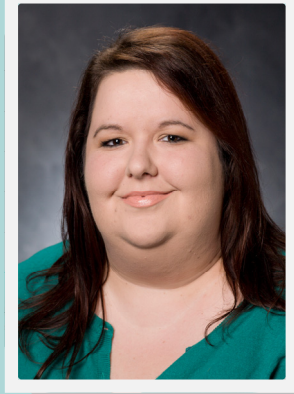
Hobbies: drawing and painting, visiting historic locations, going on trips, and nature walks

Favorite TV Show: The Big Bang Theory, Once Upon a Time, and The Walking Dead

Favorite Actor/Actress: Julia Roberts, Chris Pratt, Tyler Perry, Richard Gere, Meryl Streep, Diane Keaton, and Morgan Freeman

Pets: a 14 year old cat named Dandy

If I didn't work in 4-H, I would be... a career counselor or an artist



Northwest District

Jeremy Cheney, Douglas County

Residence: Douglas **Years in Extension:** 2.5

Family: Aushe' Cheney (wife), Mark and Cindy Cheney (parents) Samantha Jordan (sister) and Trent Cheney (brother). Yes, I am the typical Middle Child.

Favorite Movie: Silver Lining Play Book, Rent, Harry Potter!!!!

Favorite Music: Fall Out Boy, John Mayer, Maroon 5, Pentatonix, and Macklamore & Ryan Lewis

Favorite TV Show: The Big Bang Theory, Pretty Little Liars, How to Get Away With Murder, Top Chef, and anything reality

Favorite Actor/Actress: Jennifer Lawrence and Bradley Cooper

Pets: Pancake (Lab/Terrier) Harley (Lab/Pit)

If I didn't work in 4-H, I would be... a morning show radio host or a corporate event planner.



Community Service for All Ages

By: Robin Turi, Richmond County

We've all planned events for festivals, school days and fairs. For me it always seems easier to come up with an idea for a bake sale or game but not a community service project. In the case of Augusta, Richmond County our biggest challenge for community service is during the Georgia-Carolina State Fair.

Between a static display, 4-H poster contest, Health Rocks Quiz Bowl and the National Science Experiment we are pretty busy. Our students and the fair attendees have lots of fun celebrating 4-H week with us through these activities. Yes, I know that 4-H week is actually the week before the fair but we just keep celebrating the entire month of October. Having said all this, I still find the biggest challenge is to come up with a community service project that is economical, appropriate for a wide age range, and easy to carry back and forth to the fair.

I think we have found a terrific one. While older siblings are making and shooting off rockets, younger children can easily do this inexpensive community service project. This is not to say that older children and even adults can't do this, they can. We've even had grandparents participating with young grandchildren. All you need is some coloring sheets and crayons.

So what is it? The project is called "*Color a Smile.*" "Color A Smile" is a nonprofit organization that collects cheerful drawings from volunteers of all ages. Every month we distribute thousands of these colorful drawings to senior citizens, our troops overseas, and anyone in need of smiles. (www.colorasmile.org) All you have to do is to go to their website at www.colorasmile.org and download coloring pages, provide crayons and make sure to follow the directions. All pages have space for a first name only and age. They asked that no dates be put on the pictures. After the pages have been colored you send them back to "Color a Smile" headquarters in New Jersey.

This has been a great addition to all of our events at the fair. It helps to keep little ones busy without using a lot of supplies, while allowing all of us to keep encouraging even the youngest child that it is never too early for community service.



Cooking Matters is a six week, hands-on cooking and nutrition class sponsored by Tanner Health Systems. Parents and kids alike learn how to make foods that are tasty, healthy, and low cost. Each participant learned how to shop for healthy and nutritious meals, for a family of four, for ten dollars or less. They also learn how choose healthier foods at the grocery store while stretching their food dollars. They learned how to make food substitutions using healthy ingredients, safe food prep practices, and proper food storage. Portion control and distortion is another area in which participants were trained. Classes had limited spaces available, which allowed one-on-one teacher/participant instruction. Upon graduation, participants received a healthy meals cookbook featuring some of the recipes that they were familiar with from the class. "The parents enjoyed the class as much as the kids." "This was so much fun, I can't wait to offer it again!"



By: Dinah Rowe, Heard County

GAE4-HA Membership Drive-Kasey Bozeman, Chair



It's that time of year again ... we are ready for you to join or renew your GAE4-HA membership!

Why join GAE4-HA?

Being a member offers excellent opportunities for networking, professional development, and growth as an Extension employee. There are different classes of membership, but 'traditional' Extension/4-H personnel are usually going to be active members. As a GAE4-HA active, life, or affiliate member, you are automatically a member of the National Association of Extension 4-H Agents (NAE4-HA) and have the opportunity to attend state and national professional development conferences. Additionally, you have the opportunity to network, share resources and ideas, and apply for professional awards.

The membership year is January 1 thru December 31. However, you may join at any time – so please encourage new 4-H professionals to join as soon as possible!

What are the different classes of GAE4-HA membership?

Active Members: Active members are those people that are currently employed by UGA Extension and FVSU Extension in professional status or operating under an official agreement with UGA Extension in a professional status. They may vote and hold elected or appointed positions. Active member membership is \$90 each year. NAE4-HA refers to these members as "active members."

Partner Members: Subject matter specialists with UGA Extension or FVSU Extension may join GAE4-HA as an associate member at the cost of \$20.00 each year. They will be GAE4-HA members, entitling them to attend the state meeting and to present and attend workshops and exhibits. Partner members will not be allowed to hold office, vote, apply for awards, attend national meetings, or receive other benefits of GAE4-HA membership. Partner members are NOT members of NAE4-HA.

Life Members: Life membership is for people that have retired from Extension. Members enjoy all rights and privileges of an active member. Life members pay a one-time dues fee of \$250. NAE4-HA refers to these members as "life members." Life members will register through their respective districts.

Affiliate Members: Affiliate members include adult professionals employed in youth development other than Extension, former GAE4-HA dues paying members who were active members but do not currently qualify for active or life membership, or GE4-HA donors and sponsors. Membership dues for affiliate members is \$90. Affiliate members will not be allowed to hold office, vote, receive awards, attend national meetings as a Georgia delegate or receive other benefits of GAE4-HA membership. NAE4-HA refers to these members as "affiliate members."

How do you join?

Joining GAE4-HA is easy! Active and life members should visit the GAE4-HA membership page (<http://georgia4h.org/gae4-ha/membership/index.htm>) and complete the registration and submit your dues through your respective district director.

After completing the GAE4-HA membership, you should visit the NAE4-HA membership page at <http://www.nae4ha.com/membership> to create or update your NAE4-HA membership profile. Please don't forget this important step!

Partner or Affiliate members should contact the 2015 Membership Chair, Kasey Bozeman at kaseyb@uga.edu or 912-876-2133 for membership procedures.

What are the deadlines?

The membership year is January 1 thru December 31, and members may join at any time. Please note your dues fee will not be pro-rated. Members completing the GAE4-HA and NAE4-HA membership forms and submitting their dues postmarked by Dec 10 will be entered to win a free registration to the GAE4-HA Annual Professional Development Conference, held April 20-22, 2015 at Callaway Gardens in Pine Mountain, Georgia. Members wishing to submit award applications for 2015 must have their membership paperwork and payment postmarked by Dec 31.

Questions?

Contact the 2015 Membership Chair, Kasey Bozeman at kaseyb@uga.edu or 912-876-2133 for questions or concerns. We look forward to having you join GAE4-HA!

Professional Development Opportunities

By: Kasey Bozeman, Liberty County

In each edition of the *Peach Press*, the professional development committee will be sharing upcoming professional development opportunities, conferences, workshops, webinars, online classes, etc. related to Extension, 4-H, youth development, education, etc. If you know of an upcoming professional development opportunity you would like to be featured, please e-mail committee chair Elizabeth Conway at ebarber@uga.edu.

Conferences or Workshops:

Research on Teaching and Learning Summit: Feb 20-21 in Kennesaw, GA
<http://cetl.kennesaw.edu/summit>

National Youth-at-Risk Conference: March 1-4 in Savannah, GA
<http://academics.georgiasouthern.edu/ce/conferences/yar/>

North American Colleges & Teachers of Agriculture Conference: June 16-20 in Athens, GA
<http://www.nactateachers.org/annual-nacta-conference.html>

Georgia Scholarship of STEM Teaching and Learning Conference: March 5-6 in Statesboro, GA
<http://stem.georgiasouthern.edu/>

Webinars through eXtension:

Is it bullying or sexual harassment?: Nov 19 at 3:30 p.m.
<https://learn.extension.org/events/1732#.VFrcM TF800>

Educational Technology Learning Network Twitter Chat: Nov 20 at 2:00 p.m.
<https://learn.extension.org/events/1810#.VFrcuPTF800>

Don't forget there are learning courses through eXtension (<http://campus.extension.org/>) and the 4-H Online Learning Center with my4-H (<http://4h.interactyx.com/login.aspx>).



Gwinnett & Douglas 4-H Mentor Up!

By: Pamela Bloch, Gwinnett County

Mentor Up is a new way to make a difference from AARP Foundation that brings together the younger generation's energy and talents to pursue reverse mentoring and community service opportunities that help people 50 and older. In addition, **Mentor Up** is also working with organizations rooted in service and driven by social missions including 4-H, DoSomething.org, Generations United, The Intergenerational Center at Temple University, Magic Johnson Foundation and Facebook. For more information about **Mentor Up**, visit www.mentorup.org.

Senior citizens in Douglas and Gwinnett County are facing complications in terms of financial instability, seclusion and lack of technological education. Students in Douglas and Gwinnett County are eager to mentor older adults; however there is a breakdown in communication between the generations. The **Mentor Up Tech Wizards Program** was created to help youth develop a bond with senior citizens all while serving as reverse mentors. **Mentor Up** is a new take on community service. It's young people helping older adults stay connected and adjust to the many challenges they face in today's changing world. There are all kinds of ways you can help, and it doesn't have to take very long at all. **Mentor Up** was created to make it easier for young people to use what they know to help older people with what they need.

Through this program Douglas and Gwinnett County 4-H has secured \$14,000 in grant money as well as strengthened networks and increased collaborations. The program has also increased communication among 4-H agents state wide with classes being taught at Professional Organizations and curricula being shared cross county. The program has also assisted with increased in-kind support from community members who are eager to further the program and build connections with the youth instructors.

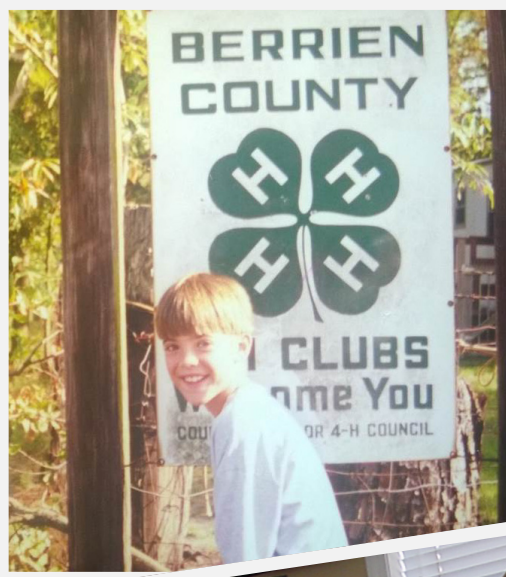
The **Mentor Up** program has grown so rapidly that the county has received a second year of grant funding totaling an additional \$14,000. The program has built a very strong relationship between the 4-H club and the Douglas and Gwinnett County Senior Centers. These partnerships have developed into many small project clubs ranging from crafts to reading groups. The members of the community are becoming more active in the senior center classes and are assisting with creating curriculum for the next series in Douglas County.

Seniors citizens who utilize the program have responded overwhelmingly positive, they enjoy having someone to share stories with and learning techniques for shopping on a budget. Through a group evaluation :

- 100% of attendees enjoyed the Mentor Up experience with their 4-H Tech Wizards from all classes.
- 84% gained a new level of confidence in using new technology.
- 90% showed a likeliness to try new technologies after participating in class.
- 97% of seniors felt more connected to the outside world than before they start-

One senior in regard to class on "Facetime" burst into tears at the fact that she could communicate with her grandchildren in another state. "This is the best invention ever, it's like they are right here!" she exclaimed.





#Throwback