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A Message from the President...Kate Whiting

Greetings, my fellow GAE4-HA members! April is such an amazing time of the year. We have all survived DPA, the weather is beautiful, Spring Breaks are everywhere and summer is just around the corner. But, my favorite part about April is the opportunity to spend a few days with my 4-H Family at the GAE4-HA Annual Conference. It is our chance to come together, learn from each other, have some fellowship, and celebrate each other's successes!



This year's conference theme is "Navigating the Way" and I would like to challenge everyone to use the conference as a time to reset your compass, study your maps, and prepare for new waters. It is so easy for us to become caught up in all of our events and activities that we lose focus on why we do them, our 4-H'ers. They need to serve as our compass and guide us in the direction of their needs. Once you know your direction, a well mapped course is the strongest plan of action. Through careful planning and constant learning, we can easily map excellent programs. Many times, we can use the maps others have made to help us create our own. Knowing that we can help each other and learn from each other strengthens everything we do. Seek out new opportunities and challenges for yourself and your programs. Finding new waters and charting a new course may be intimidating but can be revitalizing as well.

I encourage you to spend time with fellow association members, learn about what others are doing, share your successes to help others, and challenge yourself to find new waters. When we as individuals have strong programs, Georgia 4-H in turn has strong programs, and that is what we are here for! Thank you for all you do to make Georgia 4-H amazing!

Kate Whiting
GAE4-HA President



Oglethorpe County 4-H Cooking to Share Project Club

By Marcus Eason



Approximately half of reported foodborne illness cases occur in children under the age of 15 years. There are more than 2 million children under age 15 in Georgia. The risk of foodborne illness in children is higher due to lower body weight and underdeveloped immune systems. Children have a higher risk of developing serious complications from pathogens, such as E. coli and Salmonella, than do adults. In the U.S., per year, foodborne disease results in an estimated 48 million persons with gastrointestinal foodborne illnesses, 128,000 hospitalizations, and 3,000 deaths. Georgia ranks 9th in the U.S. in the number of cases of foodborne illness. In addition, every year, over 100,000 people are injured in a kitchen related accident. Children are all too often the victims of kitchen-related accidents in the home. Kitchen-related accidents consist of: fires, cuts, burns, falls and poisonings.

An Oglethorpe County 4-H Agent implemented a food preparation and safety education program with youth to teach safe food handling practices and kitchen safety. 'Cooking to Share' is a monthly afterschool 4-H program coordinated by the 4-H Agent and Program Assistant that allow youth the hands-on opportunity to prepare a well-balanced meal and even learn healthy dessert options to include in a meal plan. Assisted by Oglethorpe County Action Inc. a needy family is identified and contacted, a menu is developed, and food is purchased using donated funds from church congregations and local citizens. 4-H'ers wash, cut, mix and cook the meal under the direction and watchful eyes of Senior 4-H'ers and adult volunteers. The prepared meal is then given to the identified family in need.

Since the first 'Cooking to Share' was held in February 2013 approximately 405 youth have participated, \$1,100 has been donated to purchase supplies and ingredients and 13 local families have benefitted. The 'Cooking to Share' Project Club has impacted the lives of Oglethorpe families in their time of need. 4-H'ers learned how to create and serve nutritious meals instead of cheap non-nutritious meals such as hot dogs. The families involved are always very appreciative and thankful for our efforts. After administering a pre/post test on the 'Cooking to Share' Project Club 4-H'ers were found to have significantly increased their knowledge of: Understanding foodborne illness, how to prepare and cook food properly, how to work safely in the kitchen, how to avoid kitchen-related accidents, how to prepare nutritious meals and understanding the need to help those less fortunate than themselves. 4-H parents state that their child gains confidence in the kitchen by participating in the 'Cooking to Share' program and want to begin helping cook family meals.



The 'Cooking to Share' Project Club is a win-win for everyone, families in need are receiving healthy meals, youth are gaining confidence in the kitchen and learning to cook, teenagers are building on their leadership abilities and the Oglethorpe County 4-H Club is supporting the community.



Floyd County 4-H'ers "Learn By Doing"

By Abbie Salmon



Floyd County 4-H cleaned up Floyd County, but probably not in the way you are thinking. They did not host a car wash or pick up trash along the river bank, but they did help senior citizens get their laundry washed. Floyd County 4-H provided homemade laundry detergent to senior citizens of Renaissance Senior Living. The 4-Hers followed easy to use instructions involving measuring, mixing and packaging to make this project a success. Not only did the seniors enjoy being able to use a product of the 4-Her's hard work, but they were also appreciative of the consumer skills learned in this "learn by doing" activity.



LIFE MEMBERS/RETIREEES



WANTED!

How To Join...

Hope you will join us if you're not already a member. Membership drive is held during the fall – however, Life Member dues may be submitted at any time. Life Member fee is 3 times the regular renewal membership fee. Currently, Life Membership dues are \$220. Application for membership is the same as any new or renewal members. On the membership application, simply check off the "life member" option. Please visit the [GAE4-HA website](#), and/or, contact your District Association Director or the Vice-President for application information.

Royce James

Keys to Successful 4-H Livestock Programming

Deron Rehberg, Grady Co. CEC/4-H & Ag
Lindsey Hayes, Decatur Co. CEC/4-H

I have had the pleasure of serving as an Extension 4-H Agent in Grady County for almost 28 years now and Lindsey has worked in Decatur County for 9 years. It has been an enjoyable ride as Extension has allowed us to share our knowledge of livestock and showing with our 4-H youth. But with that being said, over the years Extension has lost most of its experienced livestock agents, especially those with “showing” experience. It is almost as if we are a dying breed that’s quickly becoming extinct.



According to Melinda Miller, Southwest District PDC, since economic recovery began in the state of Georgia in 2012, UGA Cooperative Extension has filled many 4-H and Agriculture agent positions. While the candidates are exceptional in their educational fields, very few new hires have youth livestock program experience. Many county 4-H programs have strong livestock programs and clientele demand support. As agent positions are re-filled, clientele expect new hires to start work ready, willing and able to provide hands-on support and training for their 4-H youth who are involved in livestock show projects.

As Agents, who have over 67+ years of combined livestock show experience, we would like to offer a few suggestions on how you can start or maintain a strong livestock show program. It all starts with a positive attitude and a willingness to work. A successful livestock show program requires a lot of hands-on effort by the Agent. From managing paperwork to attending shows, the view your clientele will have of you as an Agent will depend on your willingness to learn and work side-by-side with them during their show career.

The most important role an Extension Agent plays in a successful livestock show program is that of “information provider”. It is our job to pass along all livestock related information to our show families. Especially information related to the Georgia 4-H/FFA State Livestock Shows, the Georgia National Fair, and your local livestock show. Your clientele will also need for you to pass along information on other multi-county, regional, and statewide shows as you receive it. A couple of easy ways to accomplish this task is to create an email distribution list of all your livestock exhibitors and each time you receive information on a show, simply forward it on to your show families.

A second way of providing them with the information they need is to create a livestock show section on your county’s 4-H webpage. There you can place links to shows you receive information on as well as links to other livestock show related websites such as [Georgia 4-H’s livestock page](#), the [Georgia Junior Swine Boosters](#), the [Georgia Club Calf Producers Association](#), the [Georgia Club Lamb Producers Association](#), and the [Georgia National Fair](#). Thanks to Heather Shultz, 4-H Livestock Program Coordinator, the Georgia 4-H webpage contains calendars that provide links to show related information exhibitors and their families need.

You will not only need to pass along show information, but you will need to be familiar with the rules, entry deadlines, and animal identification requirements for the major shows and your local show if you have one. The two major shows we are referring to are the Georgia National Fair and the Georgia 4-H/FFA State Livestock Shows. The exhibitor’s family is responsible for entering their own animals online for the Georgia National Fair. You, the Extension Agent, are required to enter animals online for the Georgia 4-H/FFA State Market Goat and Lamb shows held in October and the State Market Hog, Steer, and Breeding Heifer, Doe, and Ewe shows held in February. Contact Heather Shultz if you have specific questions regarding these shows.

The most sincere way you can support your 4-H show exhibitors is to attend a few shows. When a 4-H'er sees their 4-H or Ag Agent at the show ringside watching them and taking pictures, it gives them a true sense that you care about what they are doing. At minimum, we believe agents should attend the Georgia National Fair and the Georgia 4-H/FFA State Livestock Show with their show families. As for the many other shows they have the opportunity to attend, we suggest providing them with a letter at the beginning of the show season and list the shows that you plan to attend. That way they know what to expect from you before the show season ever starts.

Many of you may not have the technical expertise to help your exhibitors clip or fit their animals, however there are other ways you can assist your families while at the show. Once you arrive at the show, go to the office to get their stalling or pen assignment. You can help unload all the show equipment and set-up the tack area. Finally, when the show is over you can help in the tear-down and loading process. But most importantly, take a camera or your cell phone and get pictures of your exhibitors!

Before they depart for their first show, remind your exhibitors to double check their tattoos and tag numbers to confirm everything is readable and correct. Also, they will need to have health papers to attend most shows in Georgia. New requirements are coming out from the State Veterinarian's Office for all species for the 2016-17 show season, so look for those requirements sometime this spring. If 4-H'ers are showing purebred heifers, they must have the original registration paper in the 4-H'ers name and not in the farm name. It is most important that youth and families read and understand the drug testing policy if a show has one!

A final suggestion we would like to make is for you to periodically take time to make a personal visit to your exhibitor's home to check on their show project. Although you may not be familiar with the exact process, this would give the exhibitor the perfect opportunity to show you what they are doing with their animals as it relates to feeding, grooming, and health care. It's very important to visit the projects to ensure the animals are on the premises and properly identified.

As you prepare for a successful livestock show program, there is one more key ingredient you can't leave out - volunteers. If you are not a strong, livestock oriented agent, find a volunteer who is willing to guide you through the process and assist you with managing your program. A volunteer who is passionate about livestock and loves working with young people can be the secret to a successful show program.

A county livestock show program can bring you many joys during your Extension career, but it can also cause you a lot of headaches if not managed correctly. We hope some of the suggestions we have made will help ensure your program's success. If we can ever be of assistance or a sounding board, please don't hesitate to give Deron a call at 229-377-1312 or Lindsey a call at 229-248-3033. We will not promise to have all the answers, but we'll certainly listen and offer any suggestions we may have. Heather Shultz is always available to help with rules and regulations regarding the Georgia Junior National Livestock Shows and Melinda Miller will be glad to discuss a Program Development Coordinator's perspective regarding this life-changing pastime.





Cultivating Creativity and Transforming the Teen Leadership Summits – One Can of SPAM at a Time



By: Casey Mull & Kasey Bozeman

If you would have asked us a year ago if we would have been presenting at the American Camp Association (ACA) National Conference about SPAM carving, we are confident our answer would have been no. But after the success of The Ultimate, Spectacular Great Wahsega Challenge during the 2015 Teen Leadership Summit, we knew we couldn't just keep our knowledge to ourselves! What started as a two hour activity full of fun team challenges, such as SPAM carving, finger painting, fire building, and puzzle solving, transformed our idea of traditional military camping activities and created memories for both teens and adults that will last a lifetime. Stemming from Maxine Greene's thought regarding being "obsessive about imagination and the link from imagination to the sense of possibility," we literally let our imaginations create the possibilities of this activity. Take a simple idea and elevate it – providing the best possible programming that's effective, allows young people to develop a plethora of life skills, and to put it simply, is just plain ol' fun!



The Teen Leadership Summits unite military youth from around the country, allowing them to learn and grow in a safe, inclusive environment. During the planning stages last summer, we decided we needed a camp-wide activity for the teens to complete; thus, The Ultimate, Spectacular Great Wahsega Challenge was born. Teens divided into groups, and each team received colored crepe paper and plastic table cloths to create costumes and team decorations. An extra \$20 goes a long way for extra team spirit and fun! Every team had the same mission – to complete the ten challenges around Wahsega 4-H Center. Some challenges were physical – like untying 70 feet of knotted rope. Some were mental – like putting together a jigsaw puzzle of a word search and then solving. Some were icky and gross – like a pool full of spaghetti noodles where teens had to retrieve marbles. Some were independent challenges and some required all members of the team – like Taboo. What started as a fun activity transformed the ways kids thought about themselves and others, how they communicated, and how they worked as a team.



But it also transformed our ideas on how sharing knowledge of any kind can be important and that our learning may have been as much as the kids and just as hidden in fun. After some rest and critical reflection, we decided to apply and present our work at the national American Camp Association conference, held just a few months ago. Quite frankly, we are sure it was the first time the reviewers read about creativity, imagination, potatoes, and baby oil all in the same proposal. During our workshop, we met camping professionals from across the

country, discussed the concepts of creativity, imagination, play, and innovation, and had our workshop participants carve cans of SPAM with us! Scholarly work grows out of experiences ... so look for the knowledge creation where you are creating—even in spam and noodles!



What did we learn?

1. Learning can occur in the most unlikely places.
2. Playing fosters crucial social emotional cognitive skills and cultivates creativity and imagination. Don't be afraid to play.
3. We create a thousand teachable moments that sneak up on us – even while teens are finger painting the Preamble to the constitution.
4. Don't be afraid to push the envelope. Usually the best ideas are initially thought of as crazy.
5. Start with the fun – sometimes you don't need fancy measurable objectives or defined concrete outputs and outcomes. Start with the fun and everything else works out.



4-H Exchange Program: Interstate Collaboration with Experiential Learning

Sonya R. Jones and Jason P. Smith

Summary

Georgia 4-H is an organization that is deeply rooted in the tradition of helping youth "learn by doing," thoughtfully guiding them to "make the best better" through life skill development, and creating youth reflection upon their experiences and creates tremendous potential for positive youth development and growth. 4-H focuses on teaching youth how to become productive and contributing citizens. Positive youth education and development is enhanced by experiential learning that allows youth to experience learning through hands-on activities. Georgia 4-H and Kentucky 4-H engaged in a multi-state exchange program that afforded opportunities to youth through experiential learning.

Situation

In early 2015, the University of Georgia announced a 2016 requirement for all undergraduate students to engage in experiential learning. Experiential learning is important enough that UGA mandates that all undergraduate college students will be required to have hands-on experience. It resonated with Pulaski 4-H. Due to the poverty stricken area of Pulaski County, resources are limited for experiential learning opportunities beyond the county and especially out of state. Less than five opportunities have risen during the agent's tenure for youth in Pulaski County to learn through 4-H experiences outside of Georgia.

Response

Experiential learning is at the heart of Georgia 4-H programming; however, Pulaski 4-H wanted to make sure that it was providing opportunities for youth to learn and experience outside of our community and outside of state too. Having experiential learning opportunities allows students to succeed in the 21st century by being able to tackle real-world problems and utilize critical thinking and problem solving skills to solve multifaceted problems that do not have simple solutions. Experiential learning enhances that in classroom or afterschool programming done by Pulaski 4-H and provides a real world opportunity for youth to experience 4-H in another state, another culture, and with likeminded youth. The Pulaski County 4-H Agent had contacts in Kentucky from previous 4-H Health Rocks programming, and she contacted Fleming County, KY, about a 4-H exchange.

Impact

Funds were solicited to help pay for the worthy cause with \$1200 coming from grant funding. The local Pulaski County Officers were selected to attend the trip in August of 2015. The visit included a tour of the Kentucky State Fair in Louisville with their own "Cloverville" 4-H project, showcase of contest and entries, meeting the State Director of 4-H and the Kentucky Associate Dean of Extension, engagement in Camp Day with summer camp counselors, and roundtable discussions with State and local officers. A Pulaski County 4-H'er was quoted saying, "I gained new friendships and knowledge from the Kentucky 4-H program. By seeing how they undergo their program firsthand, I was able to visualize how we can implement new ideas in Georgia. It's amazing to see how we all share the same mission and vision with 4-H, but we now have gained more ways to pursue it." Georgia is already implementing new ideas and innovations as a direct result from the 4-H exchange with Kentucky.

Seven adults and twenty three youth visited the Georgia National Fair in October 2015 from Kentucky. The visit included a tour of the Georgia National Fairgrounds, showcase of the static 4-H exhibits in Miller Murphy Howard, eating at the Clover Café, meeting State Staff and local agents, roundtable discussions with Pulaski County 4-H staff and youth, seeing live 4-H contests happen on site, and meeting the Georgia National Fair 4-H Directors. A Kentucky 4-H Agent said, "I love having this experience myself. We can learn from each other to continue making the best better!"



The Friends That No One Wants

By Jeremy Cheney



Each May millions of Americans celebrate Mental Health Awareness Month, however for too many there is still a massive stigma that surrounds mental health. On average 1 in 5 Americans will be affected by a mental health condition in their lifetime, yet we are so quick to judge those who suffer from an illness. Anxiety and Depression are two of the most commonly diagnosed mental illnesses in the United States yet because of the lack of physical symptoms they often go as untreated or are brushed off as people simply over reacting.

As youth development professionals it is extremely important that we recognize what our youth are going through, even when they may not have the words to properly explain. What may seem like the typical angst filled teen could be a teen putting up a front because they're hiding something under the surface. It is also important to remember that as youth development professionals we are here to provide assistance and not to diagnose individuals.

This is where my story begins, when I was a teenager I was your typical awkward kid. I was shy at school but loved being the center of attention in 4-H! I had friends from all over the state and a really supportive family by all accounts I had the perfect high school life. However, I had a friend that no one ever wanted, - **Depression!** Looking back it is easy to see the signs, but it is also easy to see how far out of my way I went to cover up my depression. I had always heard that the happiest people hide the darkest secrets and I never really understood it until I had a retrospective point of view. Because of the social stigma that depressed youth tend to do anything in their power to hide how they feel, they will become the most over the top, bubbly, people in a crowd, only to break down behind closed doors. Keeping up the front of being a happy person leads to another friend, - **Anxiety**, the anxiety of being found out, the anxiety of having to put on a fake front for another day and even the anxiety of letting down the people you are closest to due to your illness.

The vicious cycle takes its toll and it becomes easier to give in than to fight it. The best analogy is to imagine is being in a sinking ship and trying to empty the boat yourself with a spoon. So you give in and stop fighting it, you withdraw from your friends and the things that you love, and count down the days until your boat sinks. As your boat starts to sink you start to think of all the negative in your life and lose sight of the positive, even the happiest memories become so distant that it's as if they never happened.

Sometimes something or someone amazing comes along and throws you a bucket, and that is where Extension comes into play in my story. In college I had resigned into slipping into the ocean and drifting away, I had given up all hope of taking the water out of my boat when I got a phone call to come and help kids with portfolios, that one call led me to working in the district office as well as becoming an agent. At the time my agent had no clue but in that moment she delivered me from the darkest point of the ocean, often times when we see people struggling we are so afraid of acknowledging it because we are not sure exactly what we should do or say. However, when working with mental illnesses in youth four simple letters make a world of difference **R U O K?** This lifeboat led me out of my sinking ship and allowed me to see the light, while it wasn't a cure for my "friends" it allowed me to see the shore line and know that I could make it.

I share my story not out of wanting sympathy but as a testament to how each of us can help end the stigma. While none of us are perfect and we all have our own “friends” that we deal with on a daily basis, I truly hope that you will take the time to realize the good each of us does in the lives of those around us, not only to the youth of our community but for each other. Everyone has struggles and at some point or another we are all going to be in a sinking ship needing help, so don't be afraid to ask if someone is ok, you never know if you could be the one who guides them back to the shore. In our profession we are able to walk a unique path, one that takes us between the line of friend and mentor. This ability puts us in the perfect place to make a difference, as long as we are able to talk without judgement and listen.

Matthew Johnstone and the World Health Organization put together a great presentation called “I had a black Dog, His Name Was Depression.” Below you will find a transcript from the presentation which is available on YouTube.

I had a black dog. His name was depression. Whenever the black dog made an appearance, I felt empty and life seemed to slow down. He could surprise me with a visit for no reason or occasion. The black dog made me look and feel older than my years. When the rest of the world seemed to be enjoying life, I could only see it through the black dog. Activities that usually brought me pleasure, suddenly ceased to. He liked to ruin my appetite. He chewed up my memory and ability to concentrate.

Doing anything or going anywhere with the black dog required super human strength. At social occasions, he would sniff out any confidence I had and chase it away. My biggest fear was being found out. I worried that people would judge me. Because of the shame and stigma of the black dog, I was constantly worried that I would be found out. So I invested vast amounts of energy into covering him up. Keeping up an emotional lie is exhausting. Black dog could make me think and say negative things. He could make me irritable and difficult to be around. He would take my love and bury my intimacy. He loved nothing more than to wake me with highly repetitive and negative thinking. He also liked to remind me how exhausted I was going to be the next day.

Having a black dog in your life isn't so much about feeling a bit down, sad or blue...at it's worst, it's about being devoid of feeling altogether. As I got older the black dog got bigger and he started hanging around all the time. I'd chase him off with whatever I thought may send him running. But more often than not he'd come out on top. Going down became easier than getting up again. So I became rather good at self-medication...which never really helped. Eventually I felt totally isolated from everything and everyone.

The black dog had finally succeeded in hijacking my life. When you lose all joy in life, you can begin to question what the point of it is. Thankfully this was the time that I sought professional help. This was my first step towards recovery and a major turning in my life. I learned that it doesn't matter who you are, the black dog affects millions and millions of people. It is an equal opportunity mongrel. I also learned that there was no silver bullet or magic pill. Medication can help some and others might need a different approach altogether. I also learned that being emotionally genuine and authentic to those who are close to you, can be an absolute game changer.

Most importantly, I learn not to be afraid of the black dog and I taught him a few tricks of my own. The more tired and stressed you are the louder he barks, so it's important to learn how to quiet your mind. It's been clinically proven that regular exercise can be as effective for treating mild to moderate depression as antidepressants. So go for a walk or a run and leave the mutt behind. Keep a mood journal, getting your thoughts on paper can be cathartic and often insightful. Also keep track of the things that you have to be grateful for.

The most important thing to remember is that no matter how bad it gets... if you take the right steps, talk to the right people, black dog days can and will pass. I wouldn't say that I'm grateful for the black dog but he has been an incredible teacher. He forced me to re-evaluate and simplify my life. I learned that rather than running away from my problems it's better to embrace them. The black dog may always be part of my life but he will never be the beast that he was. We have an understanding. I learned that through knowledge, patience, discipline and humor the worst black dog can be made to heal. If you are in difficulty, never be afraid to ask for help. There is absolutely no shame in doing so. The only shame is missing out on life. Depression. Get Help. Be Helped.



Where Are They Now?

By Royce James

Clyde Taylor – insists that 4-H has been an important part of his life and he still enjoys volunteering for activities and helping give children an opportunity to experience growth and learning through 4-H.

Clyde began his career in the UGA Extension Service in DeKalb County in 1973-1975. He moved to Newton County where he worked from 1979 -1993. He later transferred to Whitfield County in 1993 where he retired in 2001. Since 1973, Clyde says that he has attended at least one 4-H Camp almost every year. He gives his account of continuing his joy with 4-H like this – “I was fortunate to be able to retire at the tender age of 50 and I continue to volunteer for camp duty.

After 40 years, it is still fun to be with the 4-Hers at camp. Marge Kelley, a Newton County 4-H volunteer and bus driver, encouraged me to get my bus driver’s license in 1981 so I could drive the bus if she was not available. Today, I still drive for DPA and Camps. I am now taking 4-Hers to camp who are the children of previous 4-Hers of mine. I’d like to think that I was able to be a positive influence on a multi generation of 4-H’ers and with 4-H.”



4-H Stories From The Heart

By Laura Garrett

Greetings from the Task Force for More 4-H Stories From The Heart (a part of the NAE4-HA Marketing and Outreach Committee). Our group is eager to get a response to the following request from every state.

Many amazing 4-H stories are “out there” just waiting to be written up so they can be shared with future 4-H’ers and long-time supporters. The task force is eager to have ALL STATES represented in the upcoming volume of “More 4-H Stories From The Heart”.

Please share the following information with your state’s association membership. We’re asking that members respond to you that they are interested. Please forward a list of the names and e-mail addresses of those individuals to me by **Friday, April 29, 2016**. We’re hoping to get 10 names from each state. Our task force will contact interested individuals with additional details about submitting a story for consideration.

- We want stories of 1,000 words or less that are inspiring, funny, “tear jerkers”, and more. (1,000 words is about two typed pages if single-spaced. If someone is speaking, 1,000 words will fill about 10 minutes.)
- We want heartfelt stories that document 4-H’s positive impact on your life or the life of someone close to you.
- Stories written in first person are usually best.

We cannot promise all stories submitted will be used. Selected stories will be edited for “readability”, punctuation, grammar, and spelling. Authors of selected stories will be asked to review and provide written permission to use the edited version of their story.

Encourage 4-H story submissions from Extension retirees and 4-H alumni. Consider sharing this opportunity through Facebook and your association website as well to help “spread the word.”

Proceeds from eventual book sales will be used to create an endowment for the National 4-H Hall of Fame to assure this valuable recognition will continue long into the future. However, the book is not just about fundraising. We also want to document the impact 4-H has had on thousands of young people, volunteers, staff and donors. These stories “from the heart” do an excellent job of explaining why 4-H has been and continues to be the best youth development program in the world.

ALL HELP PROMOTING THIS EFFORT IS GREATLY APPRECIATED. We want entries from every state.

Please don’t hesitate to contact me.

I look forward to receiving names and contact information from you.

Laura Garrett

Phone: 770-288-8421

Fax: 770-288-8445

S.T.E.A.M.

By Teri Fullerton



Two 4-H'ers and a parent approached the 4-H office about opportunities to share home school STEAM activities.

Our home school club was combining with County 4-H Council, but we were looking for ideas for the Cloverleaf County Council meetings. They jumped at the opportunity and immediately provided a schedule of monthly lessons and supplies each 4-H'er needed.

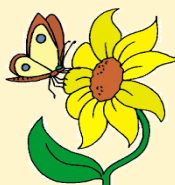
Concerned that not every child would have materials, the office purchased extras the first month. Then, a parent of a college student asked if she could help, and soon began searching her home, the internet and Radio Shack for everything from LEDs and batteries to cartoon photos and large sheets of cardboard.

Sixth graders were given the option to join the Junior-Senior activities or the Cloverleaf Club, but the youth-led STEAM club easily won out! Some Junior 4-H'ers also chose to join the Cloverleafs because the lava lamps, Operation-style games and other activities were so much fun.

Interest was so strong, a team of mostly Junior 4-H'ers are currently planning a STEAM (Science, Technology, Engineering, Arts and Mathematics) Day Camp in June. At camp, teams of 4-H'ers will have to design bridges, gliders and boats to escape the deserted island they're on, and investigate a mystery illness outbreak. The group is also working with a local summer program for at-risk children to provide weekly STEAM activities over the summer.

To see some of the activities the 4-H family planned, and additional ideas, check out their YouTube channel at <https://www.youtube.com/user/lilhomeschoolmama>

The club has allowed two 4-H'ers to build their portfolios with a project club, as well as interested additional teen leaders and new 4-H members. It also freed up 4-H staff to focus on the Junior-Senior club during County Council, and has generated service projects, summer activities and more! If you would like lesson outlines and supply lists, email Terri Fullerton at tkimble@uga.edu.



Guess Who?

As a fun way to learn and share more about each other, match these fun facts with your favorite GAE4-HA board member. Answers will be revealed in our next issue!

- I can wiggle my ears.
- My favorite actress and favorite actor both starred in different versions of the same movie: hers in 1954, his in 1995.
- I love to ride mechanical bulls.
- I raised and showed rabbits for 10 years
- My personal children's eligible 4-H involvement adds up to 26 years!
- I have been taking classes and participating in competitions in "Detroit-Style Contemporary Ballroom Dancing.
- I have been bitten by a horse, a goat, a dog, a goldfish, a cricket and a lady bug on three separate occasions
- I've never eaten meat on a bone because I am afraid I am going to bite into a tendon or ligament.
- I can recite the Cat in the Hat from memory!
- I had my head bitten by a camel
- I have a mule named Henry



Roaring About Youth Leadership in Action©

By Jenny Jordan & Lauren Healey
J.W. Fanning Institute for Leadership Development

Project Achievement is winding down, and camp is right around the corner. The end of the year has you dreaming about next year and planning activities to enhance your strategy for strengthening youth development in your community. As the month of March went out like a lamb, thirteen Extension faculty gathered at Rock Eagle to strengthen youth development in collaboration with the J.W. Fanning Institute for Leadership Development, a unit of the Office of Public Service and Outreach at the University of Georgia.

Helping young people develop leadership skills makes them better able to solve community problems and enhances civic participation (O'Brien & Kohlmeier, 2003). Young leaders also demonstrate higher career aspirations, increased self-esteem and improved high school completion rates (Bloomberg, L., Ganey, A., Alba, V., Quintero, G., & Alcantara, L.A., 2003). Add the essential elements of belonging, mastery, independence and generosity and the 4-H mission to enable youth to become self-directing, productive and contributing society members, and it is evident that youth leadership is an essential asset for successful communities.

The collaboration between the Fanning Institute and Extension began with the opportunity to train Extension faculty in Fanning's new *Youth Leadership in Action©* curriculum. The curriculum, designed to develop individual and collective leadership skills, can be effectively delivered in a variety of settings and formats. Eight lessons, with more than three hours of content per lesson are included and designed for high school age youth. As training participants, agents not only explored the curriculum but also spent time sharpening their facilitation skills. Agents noted that the session provided a "strong balance in activities" and supported "both their current knowledge and new learning."

During the two-day training, agents served as class participants and class facilitators. Participants were divided into teams to plan and conduct portions of the *Youth Leadership in Action©* modules. Agents both learned content and also served as evaluators for their peers who led sessions.

As collaborators, Extension faculty participants are able to serve as representatives of Fanning in delivering the curriculum to both develop and support local youth leadership programs. Extension faculty invested time into considering the nature of collaborations and how best to build networks, coordinating partners and collaborators to devise a strong strategy for youth leadership programs in their communities.

By supporting and engaging young leaders, adults, organizations and communities benefit from strong connections to young people. (Zeldin, McDaniel, Topitzes & Lorens, 2001). Agents participating in the Youth Leadership in Action© training are invested in the process of stronger youth leadership development to strengthen their communities and along the way have also enhanced their own leadership, facilitation, and collaborative skills. While in the midst of the endings of Project Achievement and beginnings of the summer season, March went out with this group actually roaring towards effective youth leadership strategy and how it can make their community stronger.

- Bloomberg, L., Ganey, A., Alba, V., Quintero, G., & Alcantara, L.A. (2003). Chicano-latino youth leadership institute: An asset-based program for youth. *American Journal of Health Behavior*, 27, 45-54.
- O'Brien, J., & Kohlmeier, J. (2003). Leadership: Part of the civic mission of school? *The Social Studies*, 94(4), 161.
- Zeldin, S., Petrokubi, J., & MacNeil, C. (2001). Bringing youth people to the table: Effects on adults and youth organizations. *CYD Journal*, 2(2) .20-27.



Throwbacks...



Throwbacks!...



With Your Help, Bryan County Has a New Playground!

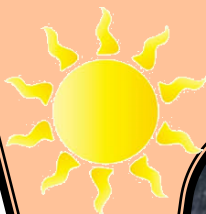
Trish West

Playground equipment was desperately needed for children in Pembroke. The City of Pembroke is a community of approximately 2,300 citizens and with an average of 46.9% of people under the age of 18 living below the poverty status. In addition, it is home to many military families serving at Fort Stewart Army Base. During the past year, the City has been required to dismantle the only playground with community access due to safety concerns, and there was no available funding to replace the equipment.

Playgrounds can play a key role in the social, cognitive, and physical well-being of children. After receiving grant information from the Georgia 4-H State Office, Bryan County 4-H immediately turned to the Bryan County 4-H Professional Development Team for advice and leadership to complete the application for the grant.

A media blast was launched, and the 4-H community responded with fervor. Receiving over 85,000 votes, the community playground was awarded \$25,000 beating out larger communities such as Atlanta and Detroit. In December, the playground was officially opened to the public, and of course it was green! The purchase of playground equipment added the much needed physical activity component to a community that strives to provide a place for families to live, work, and play. In a community of only 2,300, the votes from our extended 4-H community made this project a reality.

We thank you for all of your support!



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