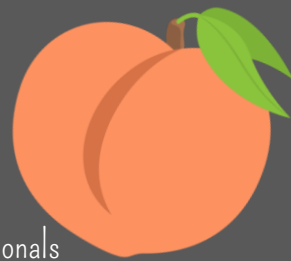


THE PEACH PRESS

The Official Publication for the Georgia Association of Extension 4-H Youth Development Professionals



Important Reminders

GAE4-HYDP award applications and NAE4-HYDP service awards are due in the GAE4-HYDP Qualtrics March 21, 2022

GAE4-HYDP Call for Poster and Presenter Proposals Begins April 1, 2022

\$4 for 4-H Day April 4, 2022

GAE4-HYDP Poster and Presenter Proposals Due June 1, 2022

GAE4-HYDP Conference in Augusta, GA August 29-31, 2022

NAE4-HYDP Conference in Madison, WI October 11-13, 2022

A Message from President Rowe

Greetings from GAE4-HYDP! I hope each of you were able to some much-needed time with your loved ones over the holidays. There's nothing like spending time with family to get your priorities in order, help you stay focused, and get re-charged. Many of us have hit the ground running returning to work, whether it be working with cloverleaves getting them competition ready, helping the juniors and seniors finish up their portfolios/demonstrations, or getting back into the groove of club meetings. None the less, our plates get full in a hurry, don't they?



Many of us are new to the organization and others might could use a refresher. Although I touched on this in the last edition of the Peach Press, I am going to go a bit more into detail about the benefits of involvement in GAE4-HYDP.

1. **Continued Education** - Members in our professional organization often offer educational meetings that provide updates on issues that affect your job.
2. **Mentoring programs** - One of the greatest benefits of joining our association is the opportunity to either **be a mentor or find one**. Mentorship offers the ability to learn the industry from someone who has been working in it for years, or you can give back by sharing your expertise with someone new to the field. These mentoring relationships sometimes develop into endearing friendships. There are so many old & new friendships!
3. **Networking opportunities** - Attending association meetings provides the chance to network with your peers, and learn about what is happening across our state and even in other states. These conferences provide a way for members to connect with local and national leaders within the organization to expand their professional networks.
4. **Access to resources** - Another benefit is the access you get to publications that can offer helpful information about other programs being offered elsewhere. These resources may also provide news about upcoming events, conferences, and meetings.
5. **New perspective** - As professionals we are often extremely busy and can get stuck in our own little bubble. Being around other industry professionals with different viewpoints will expose you to new ideas and outlooks. This can have a very positive effect not only on your personal growth & development, but impact the success of your programs as well.
6. **Professional development** - Being involved in our association will provide some form of professional development opportunities. These come in the form of workshops, online classes, or member-only functions. Your career doesn't have to depend on what is available to you within your county. These are intended for your personal and professional improvement, even if it doesn't benefit your county program right away.
7. **Getting your name (and your county's) out there** - Being a member of your professional association can be a great way to increase your own visibility, as well as that of your county. This increased visibility can be essential when trying to enhance your own professional reputation, especially in the beginning of your career, and can help your program grow. People like to do business with a familiar face and it's a great way to build relationships.
8. **Time to recharge** - Nights and weekends spent in the office are often commonplace for 4-H professionals. But being a member of a professional community will get you out of the office to connect with like-minded colleagues who share at least some of the same interests. After all, you all chose to work in the same profession. Take time to connect with others who have made the same decision and are facing the same experiences.

Join us for the 2022 GAE4-HYDP Annual Conference on August 29-31!



Registration is Now Open!

<https://site.extension.uga.edu/gae4-ha/2022-gae4-hydp-state-meeting/>

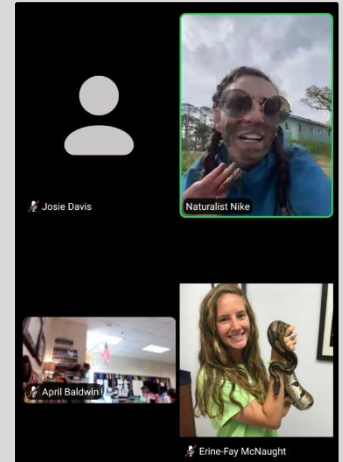
Augusta is the second oldest and the second largest city in Georgia (behind Savannah and Atlanta, respectively), and, while perhaps best known as the home to the Masters Golf Tournament, August offers a great combination of music, food, and drink, along with plenty of attractions, indoors and out. Whether you're enjoying a slice of Death by Chocolate Cheesecake from The Boll Weevil Café & Sweetery or taking a morning walk on the Riverwalk, August is a place of both charm and opportunity. Our planning committee is working hard to create a conference that not only allows for professional growth and networking, but also allows you to enjoy all the city has to offer.

Paulding County 5th Grade Clubs Enjoy Virtual 4-H Field Trips

By: Josie Davis, Paulding County 4-H Agent

With disrupted routines, school closures, event cancelations, and missed milestones, there is no doubt that students felt the strain and stress of the COVID-19 health crisis. As a special gift, Paulding County 4-H was able to offer virtual field trips to several of our 5th grade clubs. Partnering with the Georgia 4-H Centers across the state, the goal of these trips were to provide a fun, exciting, and educational distraction from a stressful year. With the generous support of Paulding Farm Bureau and the GreyStone Power Foundation, these trips were provided at no cost to the schools, teachers, or students. All 5th grade 4-H club members in Paulding County were encouraged register their club for a virtual field trip. To register, students were asked to answer three brief questions:

- Why would your classroom like a virtual 4-H field trip?
- What have you enjoyed about 4-H in your classroom?
- This virtual field trip will focus on environmental education. Why do you think it's important to learn about the environment?



Paulding's Virtual 4-H Field Trips were well received with 175 students registering their classrooms. When asked why their classroom deserved a virtual field trip, 33% of students stated that **their class had worked extra hard during the COVID-19 pandemic** while 18.4% mentioned **concerns that this may be their only class field trip during the lock down**. Another 22% of responses specified the **students' need for a moral boost or a simple break from their daily routine** and 19.5% of students also mentioned that the **virtual field trip would be a great learning opportunity for their class**. When prompted, students said that what they enjoyed most about their 4-H club meetings were their **4-H poster presentations (52.6%), science lessons and activities (16.6%), the 4-H leader (10%), and the donations and service to their communities (5%)**. Finally, students were asked why they thought it was important to learn about the environment. 45.5% of responses said it was **important to learn about the environment in order to save, improve, or protect Earth in the future**. 27% stated that **learning about the environment was generally important so you can understand the world around you better** and 21.6% said that learning about the environment would help **you develop new skills such as hiking, using a compass, or leaning about plant and animal identification**.

In total, 19 5th grade classes were able to attend these field trips with over 400 students participating. Educators had the option to select from a wide variety of outdoor and environmental topics with the most popular being *Farm to Plate*, *Herpetology* (study of reptiles and amphibians), *Stream Ecology*, *Beach Ecology*, and *Shark Dissection*. Ms. Watts, a 5th grade educator at Panter Elementary, stated that her students "...had a GREAT time on the virtual fieldtrip! This was the best and most excited the students have been on a virtual trip!"





4-H Agents are Talent Scouts

By: Bo Ryles, Clovers & Co 1981-present

In 1980, I was a new 4-H Agent when State Specialist Bill Edwards called with a special request. "Mr. Bill" needed to fill a time slot at State Council after the Army Band canceled their attendance. He asked me to work with the Performing Arts District Winners to create a performance. Their performance created the spark of an idea that became Clovers & Company. Six of us worked to transform the vision of a statewide 4-H performing arts group into reality. Fellow GAE4-HYDP members (Extension Agents) Teresa Goodard Rocco, Walter Reeves, and Monty Griffin joined me, Bill Edwards, and Ken Holder on the original C&C team. Reflecting on the early years, we were short-sighted. We thought that we were simply creating a public relations entity for 4-H. We learned that Clovers and Co was indeed an excellent asset for public relations, but so much more. 4-H'ers in Clovers & Co master skills needed to lead for a lifetime, belong to an influential group in a meaningful way, grow to understand the value of generosity better, and become confident and independent thinkers. They are not merely entertainers; they are 4-H'ers.

Through the years, many alumni have shared their story of Clovers and Co being the core reason they stayed in the club, allowing them to experience the rest of 4-H. The now nationally acclaimed group still follows the same formula used from day one when preparing a show. The show's success is built on teamwork and a partnership between adults and young people. Teachers, preachers, and 4-H leaders are among our alumni guiding the stars of tomorrow. From Broadway, the Mayo Clinic, NASA, and many prominent places, former Clovers & Co. members share their talent.

We are celebrating the 40th Anniversary of Clovers and Co. As we face a world of challenges, it is refreshing to pause and reflect on this unique program. I'm grateful that Mr. Bill had a big idea and involved me. Many volunteers through the years have given time and used their talent and experience to guide 4-H'ers. **The real secret to Clovers' success is Extension staff keeping the pipeline of talent flowing and our alumni giving back in support of the program.** Thank you, 4-H agents and leaders, for sending us great young people year after year. Through the years, several GAE4-HYDP members have served as C&C leaders, including Cheryl Varnadoe, Al Parker, Diane Smathers, Sue Chapman, Jeff Buckley, Gracie Kuyrkendall, and Leah Woodall. The 2021-22 show has a powerful message centered around the theme of Stand.

"Ladies and gentlemen, the University of Georgia, the College of Agricultural and Environmental Sciences, Cooperative Extension, and Georgia 4-H Proudly present Clovers & Co."



WANTED

LIFE MEMBERS

Life members must retire from Extension (not merely move out of a 4-H Youth position) and will enjoy all rights of an active member.

BECOME AN ACTIVE PART OF YOUR ASSOCIATION!

- ★ GAE4-HYDP Annual Conference
- ★ District Professional Days
- ★ NAE4-HYDP Conference in the fall
- ★ Support and/or volunteer with the Extension/4-H program in your respective county and/or area of residence where possible
- ★ Recognition award(s) presented at state/national meetings
- ★ Submit to the Peach Press!
- ★ Update your contact information by contacting Royce James at roycelj@uga.edu

HOW TO JOIN:

Our membership drive is held during the fall – however, Life Member dues may be submitted any time after retirement!

The Life Member fee is 3 times the regular renewal membership fee. Current Life Membership dues are a one-time payment of \$250. On your form, simply check the “life member” option. Visit the GAE4-HYDP website (<https://site.extension.uga.edu/gae4-ha/>) or, contact your District Director or Vice-President for more information.



The Importance of Mental Health and Self Care

By: Debra Cox, Mitchell County 4-H Educator

Mental health is not considered a stigma in 2022, as it has been in the news lately and one area that should be addressed with our youth and employees. When COVID-19 hit, it threw a wrench in the plans we, 4-H personnel, have to serve our youth. I saw many of our young people shut down due to not being able to do and spend time with family or friends. Many 4-H'ers were traumatized to the point they had a hard time over-coming the many battles they faced. While we have been battling with this issue of mental health all around, it basically comes down to the fact we all need to look at what we do for our mental health, including self-care. Many employees have been through the Youth and Adult Mental Health First Aid and this is a start.

In 2021, I had the opportunity to attend several trainings through our local RESA (Regional Educational Services Agencies) in Camilla which services 14 counties. One training was Hope for the Wounded Student and the presentation was given by Dr. Joe Hendershott, a retired educator. During his presentation, he talked about the difference between At Risk students versus Wounded Students. Later in the year, his wife Dardi Hendershott came to RESA and talked about Hope for the Wounded Educator. Between the presentations, I felt like I was better armed for dealing with the roller coaster issues of our youth and myself! It has been a very hard time working with our youth since the Spring of 2020. Starting in January 2022, our RESA offered an online program called Fill Your Cup Thursdays. I have been able to attend three of the presentations and it has since opened my eyes concerning the fact, we as educators of our youth need to make sure to fill our cups so we can fill the cups of our youth. Some of the presentations have included Dr. Tina Boogren, Tina Marie Conte, and The Child Mind Institute. All of them have brought something different to the table. These trainings have made me think not only about the mental health of youth, but mine as well. Life has been difficult trying to build our programs back to what they were pre-COVID-19, working short staffed, as well as getting creative outside the box of programming we do.

Here are several books that I am reading at the moment while trying to absorb and take in what I need as a 4-H Educator and they include Educator Wellness by Timothy Kanold and Tina Boogren, 7 Ways to Transform the Lives of Wounded Students by Joe Hendershott, and Supporting the Wounded Educator by Dardi and Joe Hendershott. I would say they all are an eye opener and I know that each of us have at some point struggled whether we were short of help or having to do programming differently, but one thing is for certain that we must have conversations and listen to each other to move forward. It is important to the 4-H World including youth, parents, and 4-H personnel. Take time to fill your cup before moving on to another program. It is ok to talk to someone and even rework your calendar as everyone's mental health should include self-care. Nothing will ever be the same as it was before COVID-19, so we have to move on and do the best we can for the future.

Refresh and Reconnect with Professional Development Days!

By: Ashley Carroll, Tift County 4-H Agent, SWD GAE4-HYDP Senior Director
& Christina Garner, Stewart County CEC, SWD GAE4-HYDP Junior Director

Southwest District GAE4-HYDP came together in September for a fabulous professional development event in Cordele, GA! Members enjoyed getting to know more about colleagues across the district, sharing tips for personal and professional wellbeing and spending time on Lake Blackshear! Teambuilding games encouraged participants to “juggle” their many responsibilities and not be afraid to ask for help when it’s needed. The group learned about the many perks available through the University System of Georgia’s Wellbeing program and joined HR Employee Relations Generalist/Coordinator, Sherri Gooch, by Zoom to discuss UGA benefits and retirement.

The afternoon was spent soaking up the sun on Lake Blackshear at Georgia Veterans State Park. Activities included pontoon boat rides, fishing, creating door hangers, cookie decorating and of course networking! Many of the members expressed that attending the event was just what they needed to feel refreshed and reconnected with colleagues across the district!



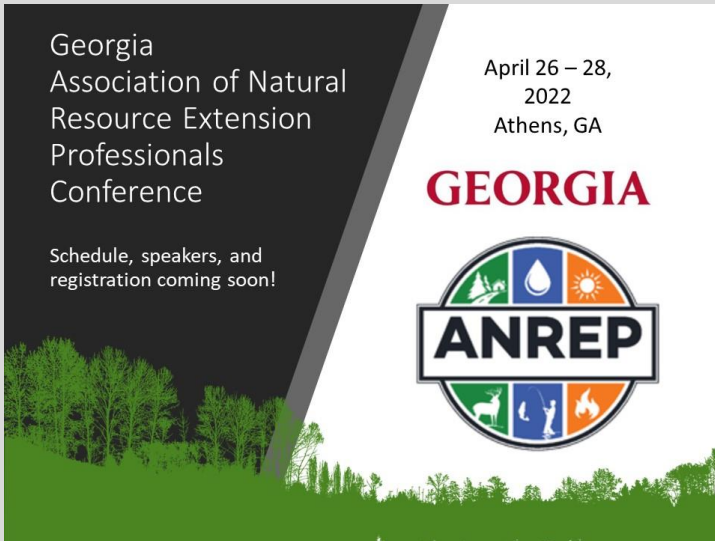
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Professional Development

ANREP Annual Conference – April 26-28, 2022



The Georgia Association of Natural Resource Extension Professionals would like to inform you of this year's professional development conference in Athens, GA, April 26 – 28, 2022.

If you are interested in becoming a member of this organization for state and national professional development opportunities, visit

<https://www.anrep.org/>. Georgia ANREP is a chapter of the national ANREP organization for Cooperative Extension Service professionals working in environmental education, fisheries, forestry, wood sciences, range, recreation, waste management, water, wildlife, energy and related disciplines.

National Extension Conference on Volunteerism April 25-28, 2022



The National Extension Conference on Volunteerism (NECV) is back to a face-to-face conference this year and is scheduled for April 25-28, 2022 in Tulsa, Oklahoma! This is an awesome (typically) biannual national conference with a focus on volunteer engagement, coordination, research findings, and best practices! Adding to the richness, it spans all program areas! Early-bird registration is currently open through April 1 for \$325. This conference is ideal for volunteer-focused professionals who are serving within all areas of Extension programs (4-H, ANR, FACS, alike)! To learn more about the conference and to register, check out the conference webpage: <https://extension.okstate.edu/events/national-extension-conference-on-volunteerism/index.html>

Professional Development

Take the Leap...Attend a National Conference!

Attending a National Conference is an excellent way to meet youth development professionals from across the nation, build connections, and expand ideas for your local program. Plus, networking on the national level has it's perks, you may even meet someone famous.... like Dolly! →

If you enjoy the state conference, the opportunities are endless at a national conference! One of my favorite sessions was "Healthy Habits for Life: Food-Tastic Youth Programs to Build Healthy Relationships with Food". Memphis was my first national conference, but I am already making plans to attend for this year! *Submitted by Christina Garner, Stewart County Extension Coordinator*



Greetings from the Public Relations and Information Committee!



Watch the national conference promotional video here!

<https://youtu.be/GNb1wp1mWLU>

We would like to highlight two special scholarships available to GAE4-HYDP members. This is a great opportunity for members who have never attended the national conference or who are attending their second conference. The "first time and second time" scholarships are located in the specialty awards category and offer applicants an opportunity to receive paid early bird registration to attend the NAE4-HYDP conference. The purpose of the scholarships are to provide a means for members to attend the annual NAE4-HYDP Conference in order to foster new and continued professional growth. **The 2022 NAE4-HYDP Conference will be held in Madison, Wisconsin from October 11 – 13, 2022.** The award applications and descriptions are located at <https://www.nae4hydp.org/page/Awards>. Log in and apply before the awards deadline. Make plans now to engage in the excellent opportunities for networking, professional development, and growth as an Extension employee through GAE4-HYDP membership.

This is the 4-H News...

By: Jonathan Page, Jackson County 4-H Educator



Technology programming is an area that is rapidly growing among the S.T.E.M. fields. In Jackson County this has become evident with the establishment of the 4-H News Network team. The inaugural team of seven Junior and Senior 4-H'ers have stepped into the limelight creating monthly news videos about 4-H events in Jackson County. Each month brings new hurdles as the 4-H'ers learn how to prepare news stories by writing scripts, rehearsing their roles, and recording each episode. With each episode the members learn more about the news production method and how to best present the information to viewers. This includes learning more about the post-production process with video editing, adding in music and graphics.

Each episode is a new opportunity for the youth to try different formats and ideas for how to create the episode. This has ranged from a typical news broadcast with news anchors and field reporters, to a talk show format, to a nightly news anchor with a brief "interruption" for a public service announcement about project achievement. Each member has an opportunity to lead the episode as its host and help to determine the direction the episode will take. Eventually the members will take over most parts of the production process with the leaders providing advice and guidance.

The News Network team also plans, produces, and records a podcast called The 4-H Scoop. The 4-H Scoop provides members with an opportunity to learn more about a growing media sector. Podcasts are a relatively recent innovation in audio production. Defined as a digital audio program that can be downloaded or streamed to a computer/mobile device, podcasts are one of the fastest growing communication fields. The podcast gives 4-H'ers an opportunity to talk about 4-H activities, history, and goals while sharing that information with a wider audience. In addition to 4-H topics, the 4-H'ers have been writing episodes focused on topics and issues that interest them and their DPA categories. The podcast program has also given youth an opportunity to further their knowledge about broadcast journalism, audio technology, and how to research, plan, and write an episode. The 4-H Scoop can be found on Spotify, Google Podcasts, and Apple Podcasts.



Sweet Science Wednesday

By: Debra Cox, Mitchell County 4-H Educator

Science curriculum has been evolving since 2020 and in Mitchell County, we have been creating science videos that are 10 minutes or less. Most of the activities simply use items found in the kitchen. As of February 9, 2022, there are 65 various science videos on my YouTube page and on the Mitchell County 4-H Facebook page. Dusty Russ, Mitchell County Extension Administrative Assistant, is the videographer for the Sweet Science Wednesday's videos. We have only gone outside one time to do an experiment and it was the one for National 4-H Week 2021 using Coke with Mentos candy and Alka Seltzer Plus tablets, so you can only imagine the mess it would have made! Here are a few of my favorite science videos listed below and we hope you enjoy sharing! Have a Sweet Science Day!

- **Creating Snow** - December 15, 2021 <https://youtu.be/NzSKCx3MDtw>
- 50th session on **Chemical Reactions** - October 6, 2021
<https://www.youtube.com/watch?v=vCDSn07vbQw&t=38s>
- **Engineering with Pipe Cleaners** - September 15, 2021
<https://www.youtube.com/watch?v=ry9GHY-KF0>
- **Mason Jar Ice Cream** - August 11, 2021 <https://www.youtube.com/watch?v=aX-6iP69LN&t=21s>
- **Creating an "Ocean in a Bottle!"** - April 7, 2021 <https://www.youtube.com/watch?v=vQVOB7j3-qk&t=28s>
- **Moon Dough** - December 2, 2020 <https://www.youtube.com/watch?v=RbQmkEEjHGk&t=91s>
- **Sugar and Creating Sugar Scrubs** - December 16, 2020
<https://www.youtube.com/watch?v=fVMewq3aeU0&t=40s>

Getting to Know You: Holiday Favorites

In each edition of the *Peach Press*, we plan to feature a collage of photos from our members focused on a specific theme.

I make cranberry sauce for our meals and gift it to many others. Easy recipe and super yummy. It's been shared with many friends over the years who make it too. It can be made to eat immediately to canning for later and gifting. Enjoy!

Adrianne's Cranberry Sauce

1 pkg. (12 oz.) fresh cranberries

1/3 cup water

1/3 cup red wine (any red)

1 Tbsp. lemon juice

2 1/2 cups sugar



Put cranberries, water, and wine in a stainless steel pot and simmer on medium heat for 10 minutes. The popping of the berries should have stopped by then. Pour sugar and lemon juice into the pot with the cranberries. Stir until all the sugar is dissolved. Bring to a hard boil and keep it going for about four minutes. Turn off the heat and move from the stove. Use it soon or preserve it for later. If you choose to can it, have your hot sterile jars ready and ladle the sauce in them. Be sure to wipe the top of the jars with a clean dry cloth. Process the jars in a roaring water bath for 10 minutes to seal. The recipe will make 3-4 half pint jars or 2 pint jars.



(Submitted by Adrianne Cox, Harris County 4-H Agent)

Caring & Sharing

Often times, people cite the importance of their Extension family support during times of celebration and times of sorrow. We encourage our members to share about their personal lives – marriages, births, deaths, accomplishments – through our Caring & Sharing page.



Morgan Triplett (Screven County 4-H Agent) and her husband Grant welcomed Brooks Michael Triplett on November 8, 2021 at 8 lbs. 15 oz. and 21.5 inches long. They can't wait for his future in 4-H!

Congratulations to Beth Walker (Glynn County 4-H Agent) on the birth of her son Arlo on January 15, 2022.



Publish in *The Pulse*!



Submit articles online at:
tinyurl.com/ThePulseSubmit

Contact:
Jeffrey Burke
NAE4-HYDP Southern Region Director
jburke@uga.edu

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Special thanks to all contributing authors and the 2021-2022 GAE4-HA Media Committee for their contributions to this newsletter.

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