

THE PEACH PRESS

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



Important Reminders

*NAE4-HYDP Conference
in Boise, ID*

October 15-17, 2024

*GAE4-HYDP Conference
Rock Eagle 4-H Center*

May 14-16, 2025

*NAE4-HYDP Conference
in Atlanta, GA*

October 28-30, 2025

A Message from President Megan

Earlier this year, our annual conference theme was “Rooted in Excellence” and I am proud to be amongst a group of such excellence throughout our organization. Being “Rooted in Excellence” means that we continue to strive for the highest standards in everything we do. We do an outstanding job of that in Georgia 4-H and our strength is in the quality and dedication of our professionals.

Each of you plays a vital role in creating an environment for our youth to thrive and experience 4-H excellence. We are very intentional about providing opportunities for growth in our 4-H members, but we must also stay vigilant on opportunities for ourselves as well. GAE4-HYDP has many outlets for professional development, peer sharing, leadership, and celebrating accomplishments throughout the year. I encourage you to engage in our association and take advantage of the opportunities to learn, grow, and flourish.

Fall is always such a busy time of year for 4-H professionals, so I also encourage you to be intentional about recharging yourself so that we are able to give our best to the youth and communities we serve. Even though our calendars are full and our to-do lists are long, take a moment to soak in the excitement of the new year and all of the impactful moments you have with your 4-H'ers. Although they may not tell you, your 4-H'ers recognize the hard work you are putting in to make your 4-H program excellent for them.

As we kick off this new year, I encourage each of you to lean into the theme of excellence in all that you do. Our dedication to excellence anchors us as we are making the best better every day.



GAE4-HYDP Friend of 4-H Award



Since 1974, the Georgia Association of Extension 4-H Youth Development Professionals has recognized the outstanding support and personal involvement in Georgia 4-H programming efforts with the Friend of 4-H Award. Given to an individual, group of people, or business/organization, this award signifies important contributions in helping to fulfill the Georgia 4-H vision and mission. This year's recipient is no stranger to 4-H and Extension.

This year, the GAE4HYDP Friend of Extension Award was presented to the University of Georgia Warnell School of Forestry and Natural Resources. The faculty and staff of Warnell have been instrumental in educating 4-H youth in the areas of conservation and environmental education for more than 30 years. Their specialists orchestrate our Forestry and Wildlife judging contests, facilitate trainings for adult leaders, host students for visits to campus labs, and co-administer the newly established 4-H Natural Resources Exploration Camp. Dr. Nick Fuhrman, Associate Dean for Outreach, accepted this award on behalf of Warnell during State Congress.

Congratulations!

Charlton County 4-H Receives Satilla River Soil and Water Conservation Environmental Mini Grant

By: Madison Sands, Charlton County 4-H Agent

In a vibrant display of community spirit and environmental stewardship, Charlton County 4-H successfully secured the Satilla River Soil and Water Conservation Environmental Mini Grant for the spring of 2024. This funding enabled them to transform a vision into reality by creating a stunning pollinator garden at the local public library. With the support of the Community Clovers Club, the project flourished as 4-H members meticulously selected and planted four types of pollinator perennial plants, ensuring a thriving habitat for local wildlife. The garden, completed in May 2024, features two hand-crafted bird baths and intricately hand-painted flower pots, all designed by enthusiastic 4-H students. Additionally, the Community Clovers Club contributed a custom-built bench, adding both functionality and charm to the space. Together, Charlton County 4-H and the public library are committed to maintaining this picturesque garden, providing a year-round haven for pollinators and a delightful retreat for the community.



Oceans of Fun Makes Waves on Jekyll Island

By: Lauryn Gilmer, McIntosh County CEC/4-H Agent, Oceans of Fun Committee Chair

The Georgia Association of Extension 4-H Youth Development Professionals (GAE4-HYDP) once again offered Oceans of Fun (OOF) during the Summer Georgia Association of Educational Leaders (GAEL) Conference on Jekyll Island on July 14-16, 2024. What is Oceans of Fun? "OOF" offers workshops and activities for the children of GAEL Summer Conference attendees! We provide transportation to and from these activities which are taught and supervised by UGA Extension 4-H staff and faculty members. Workshops and activities may include Seining, Canoeing, Bikes and Ice Cream, a Dolphin Cruise, an Amazing Race Scavenger Hunt, Kayaking, a Sea Turtle Center visit, Summer Waves, and more - every year looks a little different!

GAE4-HYDP and Georgia 4-H are also proud to partner and host the Continental Breakfast on Monday morning! In total, Oceans of Fun offered 8 educational/class opportunities over 2 days with 173 participating over those 2 days (97 on Monday and 76 on Tuesday - some were duplicates). The total profit was a little over \$2500 for our organization! Overall, this event is an awesome marketing and relationship-building opportunity for our Georgia 4-H program and county school systems, and we look forward to hosting the event again next year from July 13-15, 2025.

Thank you to our 2024 OOF Team: Ashley Harman, Lauryn Gilmer, Becky Griffin, Donna Harris, Cindy Meadows, Shawnie Sahadeo, Charlene Scott, Brittany Teets, Vicki Kubander, and Olivia O'Connor.



Youth Lead Georgia Summit Inspires Future Leaders Across the State

Submitted by: Abbie Salmon, Floyd County 4-H Agent & Rebekah Greene, Tattnall County 4-H Agent

UGA's J.W. Fanning Institute for Leadership Development, in partnership with Georgia 4-H, held the inaugural Youth LEAD Georgia Summit. During the summit, youth from approximately 110 high schools across 77 counties in Georgia developed their leadership skills through multiple breakout sessions and discussed issues in Georgia from their perspectives as potential future community and state leaders during meetings at the UGA Center for Continuing Education & Hotel. The students also had the opportunity to spend time on the UGA campus, dining in the dining halls and visiting the Ramsey Student Center.

4-H Agents were selected for this partnership due to their esteemed reputation for delivering positive youth development programs and their demonstrated commitment to service. They served as recruitment liaisons between the J.W. Fanning Institute and other 4-H professionals in their respective districts. While attending the summit, 4-H Agents also assisted with chaperoning and taught classes specific to leadership, growth, and professionalism.

The Youth LEAD Georgia Summit, which is part of the Youth LEAD Georgia program, is made possible by a \$1.5 million contribution from Chick-fil-A, Inc., and an additional charitable investment by The Same House, an Atlanta-based nonprofit organization.

Rodney Bullard, CEO of The Same House, delivered the keynote address, sharing his experience as a leader and emphasizing the importance of leadership in communities.

Youth LEAD Georgia is designed to equip youth with the skills and knowledge necessary to be the future leaders of our state and to learn how to apply those skills in action, working together to tackle challenges impacting Georgia's future vitality.

Student feedback highlights the meaningful and thought-provoking impact of the Youth LEAD Georgia Summit: "Make sure you understand and respect all sides of an issue, even if you disagree with them."

"Community is very important, and to be a good leader, or even a decent one, you have to come from a place of understanding, faith, and hard work." "To change the world, all you have to do is change the things in front of you."

The goals of the Youth LEAD Georgia program and summit include supporting youth in developing and improving leadership skills, helping youth explore opportunities and develop skills for success after high school, enhancing awareness and understanding of community challenges and opportunities in Georgia, building relationships across the state for young leaders to use as future resources, and empowering youth to become more involved in community issues.

Team members for the Youth LEAD Georgia Summit included: Jason Bedgood, Charlie Bauder, Lauren Clark, Meghan Corvin, Dolly Corbett, Adrienne Cox, Lauren Dye, Jason Edwards, Cat Elrod, Jason Estep, Rebekah Greene, Lauren Healey, Octavia Jackson, Susannah Lanier, Elizabeth McGregor, David Meyers, Jackie Nunn, Abbie Salmon, Mical St. Clair and Eva Scott.



Fired Up for Success: Jackson County Grilling Club

By: Jonathan Page, Jackson County 4-H Educator

Grilling is frequently an under-utilized area of cooking education. As part of a trial run, Jackson County held a Grilling Day as a summer program for youth to learn about using charcoal grills and how to best cook on those surfaces. Following the success of Grilling Day, the Grilling Club was formed and began meeting in early August. The club meets weekly and challenges youth with a different dish each week. Youths are responsible for setting up their grills at the start of each meeting. Once the grills are set up and heated, the members come together to learn about their dish for the week. This includes preparing it best, checking for doneness, and how it could be served. Dishes prepared by the Grilling Club include hamburgers, beef and vegetable kebabs, chicken thighs, pizza, and dessert dishes. Each week is a new adventure in what can be accomplished on a charcoal grill.

The Grilling Club also serves as a segue for participants to practice and prepare for the Food Showcase Chicken BBQ and Turkey BBQ contests at Rock Eagle. With each meeting, students gained more confidence and knowledge about how to utilize the coals for direct or indirect heat, grill utensils, meat thermometers, and seasonings to create incredible dishes for the competition. Thanks to the learning environment created by the Grilling Club, more than half of the members took part in the Georgia 4-H BBQ contests at Rock Eagle on September 21st.



Bringing Back the Magic: Atkinson County 4-H Hosts Prom for Seniors

By: Andrea Stevenson, Atkinson County 4-H Program Assistant



Late in 2023, the Atkinson County 4-H Junior and Senior members visited the Pearson Senior Center for the first time. Our goal was to learn how we could work together and develop a relationship that would benefit both groups. As we listened to the Center Manager, Dawn Garcia, we realized this was going to be a fantastic opportunity to make a difference. Towards the end of our visit, Mrs. Garcia mentioned that the seniors really wanted to have a prom. The gasp from the 4-H'ers was one of excitement! As we left the building, it was all they could talk about. Days and weeks afterward, it was still fresh in their minds.



Finally, in February 2024, the planning began. Fourteen 7th-11th graders, along with 4-H staff, volunteers, and supporters, came together to plan "A Night of the Stars," a prom for the Pearson and Willacoochee Senior Centers. The event was held on April 27th at the Pearson Civic Center, where over 100 people attended.



As the guests walked up to the building, they were able to show off their glamorous dresses and suits on the red carpet. Once inside, they were greeted by 4-H members and saw the beautifully decorated room adorned in red, gold, and black. Hints of lights were aglow, and the stage was framed as if they were attending the Oscars. There was also a station for professional prom pictures and a buffet of delicious appetizers.

We learned that a good portion of the attendees had not been able to attend their own high school prom, so this was a chance for them to relive their youth and have fun! They danced the night away to songs they had specifically chosen. Even the 4-H members strutted their dance moves with the seniors. It was a glorious moment to watch the two groups come together, to see the big smiles, and hear the laughter throughout the night.

We were so blessed to have numerous businesses and individuals support this project by donating their time, money, and/or talents. The Atkinson County community truly has the biggest heart.

Prom night



Cultivating Futures: The 4-H Science Chef Program Inspires Young Minds

By: Becky Griffin, Bacon County 4-H Agent

At the local extension office, filled with laughter and the tantalizing aroma of fresh ingredients, local youth gathered recently to embark on a transformative journey through the 4-H Science Chef program. This unique initiative, made possible by a generous grant from the Milliken Foundation, aims to blend the worlds of science and culinary arts, igniting a passion for learning and healthy living in participants in grades 5-8.

Over the course of two exhilarating days, the program unfolded in a series of six engaging science lessons followed by six hands-on cooking lessons. Participants explored the fascinating science behind the food they eat, gaining insights into nutrition, food chemistry, and the importance of sustainable practices.

From understanding the properties of different ingredients to experimenting with flavors and textures, the science lessons were designed to inspire curiosity and critical thinking. Participants learned about the nutritional value of various food groups, how to read labels, and the significance of making informed food choices.

The hands-on cooking lessons allowed participants to put their newfound knowledge into practice. Under the guidance of 4-H volunteers, Lori Squires and Camillia Ivey, they chopped, sautéed, and blended their way to delicious, healthy meals. Each lesson focused on creating dishes that were not only tasty but also packed with nutrients.

Beyond cooking and science, the program fostered a sense of community and teamwork. Participants collaborated in small groups, sharing ideas and encouraging one another as they tackled new recipes. The sense of accomplishment was palpable as they presented their finished dishes, eager to share with family and friends.

The success of the 4-H Science Chef program in Bacon County would not have been possible without the support of the Milliken Foundation. Their generous grant enabled the purchase of supplies, ingredients, and educational materials, ensuring that every participant could fully engage in this enriching experience.

As the program came to a close, participants left with more than just newfound skills and knowledge—they departed with a renewed enthusiasm for cooking and an appreciation for the science that makes it all possible. Many expressed interest in further exploring culinary arts, with aspirations of becoming chefs, nutritionists, or even food scientists.

The 4-H Science Chef program stands as a shining example of how community support and innovative education can inspire the next generation. With the continued backing of organizations like the Milliken Foundation, the future looks bright for young chefs ready to make their mark in the kitchen and beyond.

This was merely the first session of Science Chefs which will be repeated at least three more times in the coming year. This summer session consisted of nine participants while the next opportunities will be open to up to twenty for each occurrence beginning with our October 15-16 offering of the program.





Ideas at Work

This edition's theme:
"Falling into 4-H: Recruitment & Retention"

Empowering Youth: Fostering Engagement Through Ownership in County Council Clubs

By: Rachel Frisbie, Monroe County 4-H Agent

Empowering junior and senior members by giving them a sense of ownership over their County Council club has proven to be highly effective in keeping them engaged. By allowing them to choose meeting frequency, preferred days, and activities that interest them, they feel more invested in the group's success. While I provide guidance to ensure our plans align with logistical needs, their input is always prioritized, fostering a collaborative environment.

Additionally, when activities require extra funding, involving them in the planning and execution of fundraisers not only builds teamwork but also instills a sense of responsibility and accomplishment. This approach not only strengthens their commitment but also cultivates essential skills like leadership and event planning, making their experience in the club both enriching and enjoyable.





Get the Scoop on 4-H!

We want to hear what you want to do this year in 4-H!
Come tell us and enjoy some ice cream
Monday, August 26th
3:30 - 5:00pm
Monroe County Extension/4-H Office
& then Scoops
Open to 7th - 12th graders

Register here:
<https://tinyurl.com/Monroe4HReg>
or contact 4-H Office
484 Highway 83 South
(478) 994-7014
rachel.kirkland@uga.edu



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Curriculum Corner

Egg Drop Challenge

By: Madison Sands, Charlton County 4-H Agent

Physics, biology, and engineering “smash” together in this fun and educational experiment! The Egg Drop Challenge lesson plan engages students in hands-on learning about physics and engineering principles by tasking them with designing a protective structure for a raw egg, ensuring it survives a drop from a height. Students work in teams to brainstorm, plan, and build their contraptions using various materials, promoting creativity and problem-solving skills. After testing their designs, students analyze the results, discussing what worked, what didn't, and why. This activity not only reinforces concepts such as gravity, force, and impact but also fosters teamwork, critical thinking, and the engineering design process.



Edible Soil Lab

By: Madison Sands, Charlton County 4-H Agent & Billie Ann King, Pierce County 4-H Agent



The Edible Soil Lab lesson plan invites students to explore the layers of soil and their components through a hands-on, culinary activity. Students create a layered dessert that visually represents soil horizons—topsoil, subsoil, and bedrock—using ingredients like crushed cookies, chocolate pudding, and gummy worms. This engaging approach allows them to learn about soil composition, texture, and the role of organic matter while satisfying their creativity and taste buds. After constructing their edible soil models, students reflect on the importance of soil in ecosystems and discuss how various layers support plant life and contribute to environmental health, reinforcing their understanding of earth science concepts.

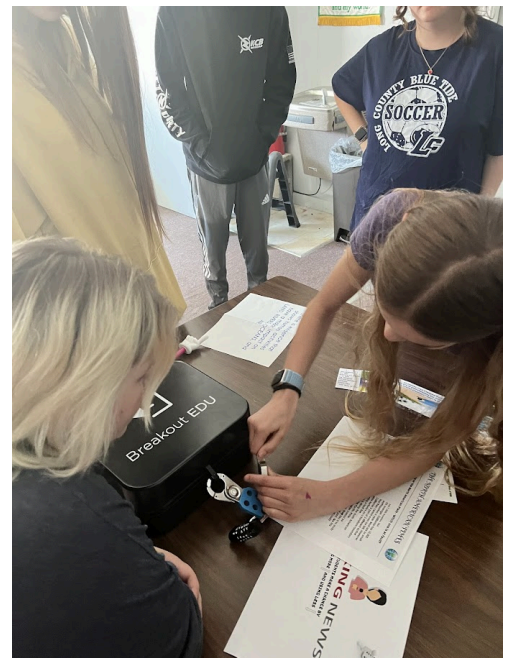
Curriculum Corner

Breakout EDU

By: Shelby Dyal, Long County 4-H Educator

Breakout EDU brings education to life for 4-H'ers with academic game-based challenges that help them engage with others and grow in knowledge. I've used this in the past for Jr./Sr. Club Meetings, but it can be implemented for any age group or align with a specific standard.

Our county program bought a 12 month Digital+ subscription with a kit that includes a full library of games for \$200. This is a great club meeting activity to blend physical and digital interactions that can inspire critical thinking, teamwork, and problem solving skills. You can check it out for your county program at breakoutedu.com and search thousands of games by grade, subject, or type!



Getting to Know You

Fort Walton Beach Florida is one of my favorite vacation spots it is where I had my dream wedding and married the love of my life. This beach is beautiful and quiet and definitely family oriented!
-Michelle Modesitt, Houston County 4-H Program Assistant



Year after year, our family beach trip brings us closer and fills our hearts with joy. Watching my son grow up with a love for the ocean makes these moments even more special. Excited to see how our yearly photo evolves next year!

-Morgan Triplett, Effingham County 4-H Agent



Meet the Member

Savannah Kennedy

Southeast District

How long have you worked in Extension? 2 years in November, as 4-H Educator and one year as Bulloch County AmeriCorps Member. Extremely blessed to have worked with some of the best in extension.

Family: My family consists of me and my parents and younger sister who all reside in Glennville, Ga

Hobbies: Every chance I get I love to cook and try my hand at a new recipes. I enjoy maintaining my herb garden and going thrift shopping. I also enjoy helping cater with Southern Flair Catering, I love prepping meals and also making sure everything is decorated and presented beautifully.

Favorite 4-H Activity: It is a toss-up between Cloverleaf DPA or SED Jr/Sr DPA totally different stress levels, but the outcome is so rewarding for kids, and I love to watch them succeed and try new things.

Favorite Book: I am not an avid reader, but I do enjoy a great cheesy romance book on the beach.

Favorite Music Genre: 90s Country and anything Taylor Swift

Favorite TV Show: Call the Midwife and Gilmore Girls

Favorite Quote: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou I would always quote this when I served as a 4-H Camp Counselor

If I didn't work for Extension, I would be: Honestly, I couldn't imagine myself working any place else. Can't wait to achieve my goal of being a 4-H agent one day. In a perfect world I would love to open up my own restaurant or a start a catering business



Professional Development



Virtual PYD Academies to be held this fall

New to 4-H? The Foundations of PYD for 4-H Professionals course is designed just for you!

Running from Sept. 30 to Dec. 4, this virtual course provides a comprehensive introduction to the science and practice of PYD in 4-H. Build your capacity in the 4-H Thriving Model, learn intentional program planning, and increase your ability to evaluate PYD programs. This course is highly recommended for those in their first three years of their 4-H careers. Start your journey with us and make a real impact! Register today! <https://events.4-h.org/foundations24>



JCEP Extension Leadership Conference (ELC)

February 19-20, 2025 | Savannah, GA

The aim of ELC is to build leadership capacity, and provide professional development and networking opportunities for state officers and members of the Extension Associations:

- ANREP
- ESP
- NACAA
- NACDEP
- NAE4-HYDP
- NAEPSPD, and
- NEAFCS.

For more information, visit



Professional Development

Youth Mental Health Lessons

We're excited to announce an upcoming youth mental health course presented by Charlene Scott and Brittany Teets. This is an excellent opportunity to equip yourself with valuable resources to support the mental well-being of youth in your community. This virtual session will include hands on lessons targeted for youth in 6th-12th grades. All lessons will be accessible for you to replicate in your community!

Course Details:


- What: Youth Mental Health Resources Workshop
- When:
 - September 24th at 11:00 AM EST
 - October 9th at 2:00 PM EST

Registration Links:

- For the session on September 24th: Register Here: tinyurl.com/4hbeams924
- For the session on October 9th: Register Here: tinyurl.com/4hbeamsoct9

Join us to gain insights and tools that you can implement right away to make a positive impact on the youth in your community. We look forward to seeing you there!

YOUTH MENTAL HEALTH LESSONS




Join two UGA 4-H Youth Development Professionals for a virtual hour all about Youth Mental Health. You will learn about hands on lessons targeted for youth in 6th-12th grade. Post training, you will have access to all lessons for you to replicate in your community!

**SEPT. 24TH AT
11:00AM EST**


Registration Link:
tinyurl.com/4hbeams924

**OCT. 9TH AT
2:00PM EST**

Registration Link:
tinyurl.com/4hbeamsoct9



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