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Upcoming

Jan 15
International Programs
Applications Due

Jan 15
Counties send Know Your
Government delegate selec-
tions to District Coordinator

Jan 18
National 4-H Center summer
CWF Internship employment

March 5, 2010
Articles for the
Leader's Corner are due

Editors:

Arlinda Nauman

Bobbi Flowers

Monika Riegel

Nickie Bell



4-H Teen Mania Provides Essential Elements

BY Nancy Shelstad

Teen Mania is returning to the Southern District the end of January! Teen Mania is a one day program open to all youth in the 6th – 12th grade and will be held January 30, 2010 in Caldwell. Youth attending will have a choice of 18 workshops to choose from, will be provided lunch and have time to get to know other 4-H youth from the surrounding area.

Research has shown that there are four general Essential Elements for positive youth development – Belonging, Independence, Generosity, and Mastery – and that's what we're about in 4-H, positive youth development. Teen Mania targets youth in the 6th – 12th grade, which is a vulnerable age group for leaving the 4-H program. The program helps

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Falling for 4-H

Leaders from across the state were "Falling for 4-H" at this year's State Leader's Forum held in Idaho Falls. District IV volunteers and 4-H staff organized the three day event attended by 123 people. People laughed, played, ate and learned all about a variety of programs from across the state.

Highlights of the Forum include a dutch oven dinner sponsored by the Bonneville County HEM committee, inspiring words from Martha Couch and Kirk Astroth, amazing workshops and a curriculum showcase. One attendee said, "I thought we had a great meeting, good location, and great mix of workshops, something for all in attendance."

The variety of workshop topics covered everything from arts and crafts to computer skills and livestock management. Leaders updated their crafting skills as they made 3-D Explosion boxes, Iris Folding Cards, and quilled. Some have more control over their lives after attending the Stress Management and Time Management workshops. There was truly something for everyone!

This year's State Leader's Forum was remarkable. Don't forget to mark your calendars now for next year's combined leader's forum in the Spokane area.



State Leaders Board Members

President:	Bonnie Caywood	Bear Lake County
President Elect:	Debbie Lowber	Canyon County
Secretary:	Samantha Anderson	Twin Falls County
Treasurer:	JoAnne Fortier	Kootenai County

2010 TALK Retreat

“Teen Ambassador Leadership Kit”

By Donna Gillespie

The second annual Teen TALK is being held March 26-28, 2010 at Campus Grove in Albion, Idaho. Go to <http://www.extension.uidaho.edu/minidoka/talk.pdf> for more information about what is being planned. The retreat is open to all 4-H youth ages 13-18 (as on January 1, 2010). This year will feature workshops about Event Planning, Goal Setting, Job/Interview Skills and the very popular Photography Scavenger Hunt. The retreat is sponsored in part through funding from the Idaho Friends of 4-H Endowment.

Participants will arrive on Friday evening for registration and team building activities; including a late night tour of the historic Albion State Normal School, which is now Campus Grove. More information about this facility is available at <http://albioncampusgrove.com>. On Saturday, teens have the opportunity to hear about the three communication workshops and listen to an invited speaker discuss the importance of promoting your organization and yourself. Teens will attend the two-hour workshops they selected in the afternoon. Saturday night's dinner is an opportunity to dress up and practice the etiquette tips learned earlier from another quest speaker. On Sunday morning each workshop group will share their completed projects and what they learned with the other participants. Professional business cards and polo shirts will be presented.



The first Teen Ambassador Leadership Kit (TALK) retreat was held on March 6-8, 2009 with twenty-nine teens, representing seven counties, from District III and District IV attending. Five Idaho 4-H Teen Ambassadors helped nine adult volunteers and staff with the workshops and other activities. The Idaho Ambassadors also served as team leaders for the kitchen and cleaning groups. Adults served as workshop instructors, cooks and chaperones. To read more about TALK 2009 go to http://www.extension.uidaho.edu/impacts/Pdf_09/5-09dgillespie-TALK.pdf.

Letter from the President

Of the Idaho State Leaders Association

I would like to express my gratitude for the opportunity to represent the volunteers of Idaho as the 2009 SLA president. It has been a busy year with the issues that we have at hand regarding budget cuts, staff cuts, and an increasing need by those who our 4H program is for.

I also would like to thank my fellow officers for their support and service in 2009, Past President Mary Davidson, President-Elect Bonnie Caywood, Secretary Samantha Anderson and Treasurer Maurine Johnson. These dedicated individuals represented all volunteers well, and exemplified the 4H Motto of “Making the Best Better.” I would like to introduce to you the 2010 officers, President Bonnie Caywood, President-Elect Debbie Lowber, Secretary Samantha Anderson, Treasurer JoAnne Fortier, and Past President Bobbi Flowers.

As we are into our 2010 4H calendar year we are facing still some difficult times ahead. I encourage everyone to pull together in support of our State 4H Office as they provide tremendous support to the program that each of us volunteers believe in.

May each of you have a very Merry Christmas and a most prosperous New Year.

Sincerely,

Bobbi Flowers

2009 SLA President

Lego Robotics

As I sit here and stare at this box of 500 pieces of Legos I ponder what I got myself into here. When Dr. Timothy G. Ewers, Extension 4-H Youth Development Specialist University of Idaho contacted a couple of us leaders in Clearwater County last year he said that he had a new thing to show us. Lego Robotics.

What is Lego Robotics you ask? Well first of all it's not like the Legos that we all grew up with. Sure the "Clunk Clunks" are still the same along with some of the other pieces but most of all the big change is now there is a brain in each kit. The brain is actually a box called the NXT Intelligent Brick (RCX for the older style). This block is the computer to the robot which will control the motors, sensors, lights and whatever else you can plug into this thing.

So now I'm half way through counting my 700 pieces and I wonder what I do now. Well first I need some kids who want to learn to build then program the units. Besides this being a 4-H project we can go to state competitions where we actually compete with other groups of kids. These competitions are all part of the FLL league. What is FLL you ask? FIRST LEGO League (FLL) is an exciting and fun global robotics program that ignites an enthusiasm for discovery, science, and technology in kids ages 9 to 14.

Now this is getting totally cool.. Well it would be if I had kids to participate. So I put my box of 1300 pieces away and start recruiting kids with an imagination. One thing I need to mention is that these robots are a good educational tool, but it comes with a price. So you'll soon need to do some fundraising as well. This is where the parents come into play and can help out. So far our group has received two Lego Mindstorm kits via donations and we were able to raise the money for another. First, you will need to build a table to practice on which you can get the information on the official table size from the FLL website. Then you will also need to register with FLL with a team name and purchase a field kit for competing which will ship later in the season. (C.A.R. – Clearwater Atomic Robotics is our team name.)

So now I have the kids and my box of 1500 pieces. Now what? Well I start running the scenarios from last years competition and let the kids learn from that. We also have other learning tools that can be downloaded from the FLL site along with building instructions from Lego's site as well. Another great source of information is YouTube. Several groups have uploaded their robots and how they work through their problems as well. Other issues that you may encounter are storage and meeting places. You'll need someone's basement or garage with room for a 4'X 8' table and computer set up.

When you register you'll receive a DVD with FLL information on it. I'm using mine to show various groups who have heard about the robotics and want more information. These groups are also future donors and supporters. You'll receive a coach's manual with information from fundraising to group meetings and ideas. This book is a very good source of information. I also found plans and the program on the internet that allows a Lego robot to solve the Rubik's cube.

For the FLL competitions you will need to first qualify. The qualifying rounds start about 2 to 3 months after you receive the field kits and are located in different regions across the state. If you qualify well then you can go to state. Remember this is a 4-H project as well so record books and a display will have to be completed for fair. We hope to compete with our neighboring communities who have a Lego program someday.

So now the kids are programming and building robots, we are purchasing team shirts and also fundraising. A team logo has been designed for the table and once the field kits arrive then we get extremely busy! I hope this helps anybody interested in starting a 4-H Robotic team and I will be more than happy to help with any information that I may have. You can email me at kenhengen@yahoo.com.

Oh... You are still trying to figure out what "Clunk Clunks" are? Well that's a term that I came up with a long time ago and the kids use today, especially during clean up time after we meet. They just do not make vacuum cleaners like those old Kirby's any more!

Ken Hengen

CAR – Clearwater Atomic Robotics Coach

Clearwater County 4-H Leader

APPLY FOR SUMMER 2010 4-H OVERSEAS TRIPS NOW

By Claudine Zender

Last summer four Idaho teens traveled to Japan and Finland for summer homestays with host families in those countries. They made new friends, sampled new foods, shared America's language and culture, and helped their parents handle homesickness (the kind where the parents miss the kid, but the kid is too busy to even think about missing family).

During summer 2010 families in Costa Rica, Norway, Australia, and Japan have volunteered to host American teens for four-week visits, and Idaho teens are invited to apply now for these cultural exchanges. Since 1972 more than 7,000 American youths and adults have enjoyed homestays with families in other countries, while U.S. families have hosted more than 40,000 youths in their homes.

Applications for outbound travel to these four countries are due January 15, 2010. Information about the outbound travel program and application forms have been posted on the International Programs page of the state 4-H website: www.4h.uidaho.edu.

Idaho teens ages 14-18 interested in applying to participate in this exchange program should check the website for more information, or contact Claudine Zender, Idaho 4-H International Programs Coordinator, by email at 4hinternational@uidaho.edu, by telephone at 208-885-7700, or through the mail at University of Idaho Extension, 4-H Youth Development, PO Box 443015, Moscow, ID 83844-3015.

A Host Exchange Story

By Allen Rowan

I had a really good experience with Temma Fukaya. Temma was from Akita city, Japan. Some of the things we did together were; played with Lego's, went to a weeklong soccer camp, and we went to the Asotin water park. We also watched many movies. My family and Temma went to many horse shows, since my sister and I are a part of the Clearwater Wranglers 4-H horse club. We went to the University of Idaho's Entomology museum. My mom took Temma, my sister and myself on a



combine ride. Thanks to Doug Huffman a local farmer in the Clearwater area. We had dog meetings and many other 4-H meetings. He also got to see our animals which consisted of 2 horses, 2cats, 3 dogs, 3 fish, 4 goats, 3 sheep, 3 rabbits, 2 hens and 1 rooster and how we take care of them. Temma also got to see a vet doctor treat a choked horse. Temma's favorite thing out of all of the activities was the combine ride.

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them to feel connected to other youth and build friendships in 4-H (Belonging), giving them a reason to stay in 4-H. While Teen Mania has a structured schedule for the day, youth can choose from a wide variety of workshops to explore areas of 4-H that they can experience some hands-on activities and learn more about (Independence and Mastery). Youth also experience generosity, not that it's a workshop title or something that is a required lunch time discussion topic. Generosity is experienced by youth, both from the receiving point of view and from giving to others. Youth Ambassadors, volunteers, and Extension staff give of their time and expertise to plan, organize and deliver the program. Included in the program is a service learning component for youth to participate in an activity that will benefit the community. Last year, youth made fleece blankets that were donated to Hope's Door, a shelter for women and their children who are victims of domestic abuse. This year will feature a new project.

Registration information for Teen Mania will be available before the end of the year. For more information, contact Nancy Shelstad at the Canyon County Extension Office (shelstad@uidaho.edu or 459-6003) All youth in the Southern District are invited!

Technology and Operation: Military Kids



4-H Operation: Military Kids (O:MK) Update

Reserve the O:MK fifteen computer Mobile Technology Lab, schedule a Photography Workshop and cameras, or host a day-long (or afterschool series) Babysitting Training in your community. O:MK staff are available to help train or lead these programs. Plan now for winter and spring! O:MK also has Hero Packs available for community and club groups to stuff and to help distribute to military children in local communities state-wide.

The 116th Brigade has been put on Alert recently. In order to help prepare our Idaho Soldiers and Families, the Family Programs section of the National Guard is hosting several "Family Readiness Workshops" at Yellow Ribbon Events throughout the State of Idaho. 4-H teens (individually or in small groups or clubs) are invited to participate in community service opportunities at Military Yellow Ribbon events this year. Teens can help with children's activities, babysitting, or offer to lead a specific fun game or craft activity for children.

For more information, please contact 4-H Operation: Military Kids by fax 208-334-2332 or email sphilley@uidaho.edu or phone 208-340-9540.

Please send me information on the following _____
Name _____ Adult ___ Youth ___ Age ___ Club _____
Address _____
Email _____ Home phone _____ Cell _____
I prefer to volunteer these dates _____/hours: All Day ___ Morning ___ Afternoon ___
Please return this to Operation: Military Kids by fax 208-334-2332 or email sphilley@uidaho.edu or
phone 208-340-9540.