



Leaders Corner

A publication of the Idaho State Leaders Association.

www.4h.uidaho.edu

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August 2012

President's Corner

The birthday celebrations for Idaho's 100 years of 4-H continue! It is exciting to hear about how the counties are commemorating the birthday with activities and events.

Many clubs have already achieved 100 (or more) hours of community service!

When we all meet in November for the State Leaders' Forum, be prepared to share how your club or county contributed during the 100 year celebration. Your ideas and results are an inspiration to us all. During our Forum we will also have an opportunity to meet and get to know our new State 4-H Director. See you In November.

Respectfully,
Tass Heim, President

UPCOMING DEADLINES

Coming in September

State 4-H Livestock Judging
Intermountain Livestock Judging School
Contact Scott Nash at snash@uidaho.edu

October 1, 2012

Salute to Excellence Nominations Due

Contact the State 4-H Office for Application

October 5, 2012

Early Bird Registration

for State Leaders Forum

November 1, 2012

Advisory Board Support Applications Due

Contact the State 4-H Office for request form

November 2 - 4, 2012

State Leaders' Forum

Burley, Idaho

Know Your Government Applications

Contact your local extension office for your local county deadline

November 26, 2012

Articles for the next Leaders Corner are due

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Bobbi Flowers

Jana Kemp

Layout:

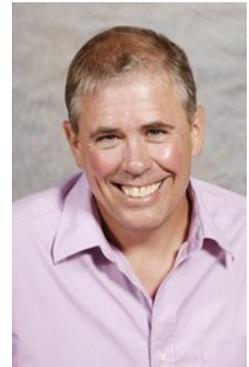
Bobbi Flowers

Introducing Dr. Jim Lindstrom

Submitted by: Dr. Charlotte Eberlein, Extension Director

University of Idaho Extension is pleased to announce that Dr. Jim Lindstrom has accepted the position of 4-H Youth Development Director, effective October 1, 2012. Dr. Lindstrom will replace Dr. Arlinda Nauman, who retired in June.

Dr. Lindstrom has an excellent background with both Extension and 4-H at three land grant universities: Montana State University where he started his career in 1982; University of Arizona; and, Washington State University. Dr. Lindstrom has served as a 4-H Extension Educator in both Montana and Arizona, as Director of the Spokane County office and 4-H Educator at WSU, and most recently, as Director of Professional Development for WSU Extension. In addition to his experience, he brings both enthusiasm for the 4-H program and a passion for positive youth development to his new position. He will work with faculty and staff from all UI colleges to enrich the 4-H program, and is looking forward to meeting the volunteers, youth, and UI Extension and county personnel that are the heart and soul of the 4-H program.



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University of Idaho Extension

Farewell and Thanks for the Memories

Submitted by: **Dr. Arlinda Nauman, Retired Idaho State 4-H Director**



Dr. Arlinda Nauman, Retired
Idaho State 4-H Director

Retiring from my role as Idaho State 4-H Director brings many bitter sweet emotions. I think Kelci Dhuyvetter, 4-H member from Boise County, described it best during the Sharing at the Friday Morning Teen Conference Assembly with the words “don’t frown because it ended, smile because it happened,” that sums up my feelings about my 40 year career in Extension very well. I began my 4-H journey as a 9-year-old youth in Oklahoma and ended it as the State 4-H Director in Idaho and in between I was a 4-H Agent in Creek County, Sapulpa, Oklahoma, a Human Development Specialist and a 4-H Youth Development Specialist at South Dakota State University in Brookings, South Dakota, and I began my role as Idaho State 4-H Director in June 1988. As I reflect back on this journey, I have much to thank all of you for. I can honestly say I have enjoyed my work and never wished for a single day that I had chosen another career. I can’t imagine any other field where I could have felt my time was better spent than watching 4-H members and 4-H volunteers grow and develop while “making the best better “ through the 4-H program. I still hear from many youth and

adult volunteers I have worked with through the years and they tell me about their careers, their children, and their grandchildren and how the 4-H program has continued to impact their families from one generation to another—few experiences have that kind of lasting value—and it makes me proud to know I have been a small part of the experience they are talking about.

Idaho has a strong 4-H Youth Development Program with many things to be thankful for. It is exciting to be a part of celebrating Idaho 4-H’s 100th birthday and to know Idaho has remained committed to its 4-H roots by keeping the Community Club Program strong and serving so many youth. Some states have taken the easy way of reaching a lot of youth quickly, but Idaho has treasured the long-term involvement with caring adults offered through the 4-H Club experience. At the same time, I am very proud of Idaho for the innovations implemented to make 4-H a part of the lives of more Idaho youth. Idaho 4-H has played a critical role in making 4-H Out-of-School Programs available to families since 1990 and that important niche has become even stronger as some schools moved to the four day school week to save dollars. Idaho has also been a leader in adopting Robotics Programs to help our youth improve their science, math, and technology skills. Day camps have been utilized effectively in many areas to reach youth not otherwise participating in 4-H, and our overnight camping program is still highly valued. Idaho 4-H Youth Development faculty and staff are to be highly commended for their exceptional efforts to make a wide range of 4-H programs available to local youth.

The strong 4-H Programs in Idaho would have never been possible without our caring and relentless high energy volunteers, who have given so much to help youth, parents, other volunteers, and paid staff. The volunteer network is very strong and a real asset to our state. Many times I have been a part of conversations intended to decide what we would drop from the Idaho 4-H Youth Development Program to make our workloads more manageable and almost without exception it is the volunteers who speak up and say they are willing to take on even more responsibilities to keep the 4-H Programs, they value, available to our youth. While Idaho is known as the “Gem State” I believe the most long lasting gems of our state are our outstanding volunteers—I salute you for your enormous effort to make the Idaho 4-H Program the positive experience it is for so many.

As I move on to the next phase of my life, I plan to spend more time with my husband, our three children and their families, which just happen to include four absolutely darling, at least according to Grandma, grandchildren, along with several adored pets. I leave my role with great confidence that the 4-H Youth Development Program in Idaho will continue to flourish as it will be in the capable hands of those of you I have had the privilege of working with over the last 24 years. I know how committed and capable you are. I look forward to hearing of the many exciting things that happen in the Idaho 4-H Youth Development Program during the next century!

IDAHO 4-H DAY

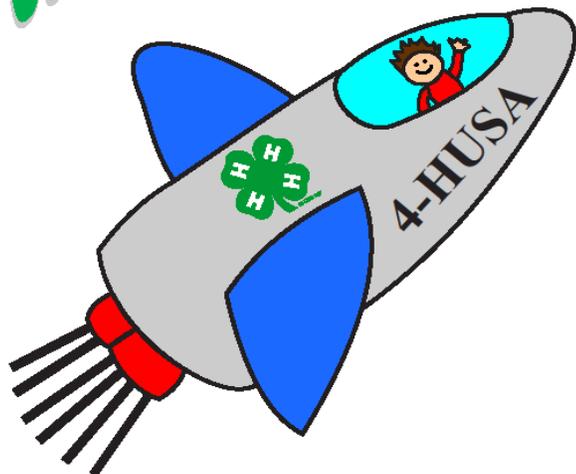
Wednesday, August 22, 2012

On Wednesday, August 22, you and your 4-H members are invited to proudly wear **4-H** t-shirts or celebratory **green** shirts. Also feel free to join the centennial birthday party at the Lemhi County Fair, the birthplace of Idaho 4-H.



November 2-4, 2012

State Leader's Forum 2012



4-H and Beyond... the next 100 years!

Hotel Accommodations

(Registrants are responsible for their own reservations)

**Best Western
Burley Inn & Convention Center
800 North Overland Ave
Burley, ID 83318
(208) 678-3501**

Mention State 4-H Leaders' Forum to qualify for the special group rate.

**Room Rate (plus state & local taxes) good until 10/19/12
2 beds, free breakfast, wireless internet, lounge and
fitness center**

Burley Inn \$74.99 per night

Budget Inn \$62.92 per night

www.burleyinn.com

Silent & Live Auctions

Don't Forget your Items for the Auctions!

Proceeds from both auctions will benefit the
State Leaders' Association

Friday—November 2

9:00 am — 5:00 pm
10:00 am — 12:00 noon
10:00 am—12 noon
12:00 noon - 2:00 pm
2:00 pm — 4:00 pm
2:00 pm — 4:00 pm
1:00 pm — 5:00 pm
1:00 pm — 5:00 pm
6:30 pm — 8:30 pm
9:00 pm — 11:00 pm

Shooting Sports Training
Gathering Place Tour/Seminar
State Leaders' Association
Idaho Friends of 4-H
Idaho 4-H Advisory Board
Historical/Idaho Youth Ranch Tour
Livestock Judges Coaches' Training
Ranch Horse Clinic
Opening Gala Wilson Theater, Rupert
Albion Campus Retreat Haunted Tour
(Teens and Adults invited)

Saturday — November 3

8:00 am — 9:00 am
9:00 am — 9:50 am
9:00 am—10:50 am
9:00 am—11:50 am
10:00 am — 8:30 pm
10:00 am — 8:30 pm
10:00 am—10:50 am
10:00 am—11:50 am
11:00 am—11:50 am
12:00 noon — 1:20 pm
1:30 pm — 2:20 pm
1:30 pm — 3:20 pm
2:30 pm — 3:20 pm
2:30 pm — 4:20 pm
3:30 pm — 4:20 pm
6:00 pm —8:30 pm
9:00 pm
9:00 pm

Welcome & Keynote Speaker
Workshop Session 1
Workshop Session 2
Workshop Session 3
Silent Auction open
Displays Available to View
Workshop Session 4
Workshop Session 5
Workshop Session 6
Lunch, Live Auction & Wool Awards
Workshop Session 7
Workshop Session 8
Workshop Session 9
Workshop Session 10
Workshop Session 11
DSA/4-H Centennial Awards Dinner
Dance—Split Second
Teen Activity

Sunday — November 4

8:00—9:00 am
8:00— 12:00 am
9:00 am — 12 noon

Share Fair
Displays Available to View
Cap Note Speaker
2013 Forum Invitation
SLA Officer Installation

Registration Desk

Friday—November 2

11:00 am — 5:00 pm
8:30 pm — 10:00 pm

Saturday — November 3

7:00 am — 12 noon
1:30 pm—5:00 pm

Sunday — November 4

8:00 am — 10:00 am

Hospitality Room

Friday—November 2

11:00 am — 10:00 pm

Saturday — November 3

6:00 am — 8:00 am
9:00 am — 12 noon
1:30 pm — 5:30 pm
8:00 pm — 10:00 pm

Sunday — November 4

6:00 am — 10:00 am
12 noon Cleanup

Friday Evening Activities

Opening Gala at the Wilson Theatre



The 1920 Wilson Theatre was once the cornerstone of Rupert and featured vaudeville and silent movies. It was purchased by the City of Rupert in December 1999 and in January was taken over by the Renaissance Arts Center, Inc., when work began to return the facility back to its original glory. To date more than \$1.4 million has been raised in grants, donations and fund raisers. The board can document more than 300,000 hours of in-kind labor and materials. The Wilson Building & Theatre was listed on the National Register of Historic Places on January 17, 2001.

Our Opening Gala will be held at the beautiful Wilson Theatre. You will be amazed at the work progressing on this majestic building, the original stained glass windows and the theatre's history. While enjoying a full buffet dinner you will be entertained by several local residents who will sing, clog, and play for your enjoyment. This will be the perfect time to visit with old and new 4-H friends from across Idaho while appreciating and celebrating history.

Round trip bus transportation available from hotel, full dinner buffet including drink and dessert and great entertainment. Cost \$15.00

Albion Campus Retreat Haunted Tour

(Teens and Adults Invited)

Albion Campus Retreat (formerly named Campus Grove) is the perfect location for a large group or family reunion. Historically known as the Albion State Normal School, this campus is rich in history. Discover the haunted past during the *Historic and Adventurous Tour of College Buildings* which will require good shoes and flashlights. We may also participate in *Murder Mystery*, an impromptu funny melodrama acted out by our own talented thespians! Includes set up and organization of play, along with costumes and a tour of "Big Daddy Sugar Baker's" Grand Estate (historic campus buildings). Many "murders" and a lot of laughs. www.albioncampusretreat.com

Bus transportation available from hotel, round trip (if you return). Cost \$10.00



Idaho 4-H Counties...LET THE COLLECTION BEGIN!!!

Collecting pop tabs is a great way to teach children about philanthropy and the importance of recycling while raising funds to help children and their families at the same time. The Ronald McDonald Houses across the United States collect pop tabs that are recycled to help fund their houses.

The 2012 State 4-H Leaders' Forum planning committee is sending a challenge out to all forum participants to bring their pop tabs and help support this worthy cause. Please share this challenge with your county leaders council's, clubs, etc. and let's see who can bring in the most pop tabs.

Please bundle and tag the pop tabs with your county name, they will then be weighed during forum and the top collecting county will be announced!





Leaders' Forum Registration Form

Registration fees are listed on the workshop selection form. Additional fees for workshops, activities, and meals are clearly marked beside each item with an extra charge. Forum shirts are available at an additional cost.

Fill out the Registration Form and mail to:

Minidoka County Extension
85 East Baseline
Rupert, ID 83350
(208) 436-7184

Cancellation Policy: Full refund 1 week before, less \$20.00 handling fee. Cancellations after this date will be at the discretion of the committee. Refunds will be issued after forum.

Please Print: Name as you want it on name tag: _____

First Name _____ Last Name _____

Address _____ City _____ State & Zip _____

E-mail _____ Phone _____

County _____ District _____ Check one: * Teen Parent Leader Staff 4-H Alumni

Teens, name of your chaperone _____

See page 9 for the list of the 30 Idaho State Leaders' Forums. How many have you attended? _____

REGISTRATION

Registration includes Saturday Lunch, Dinner and Breaks
(Friday Opening Gala—\$15.00)

Early Bird — postmarked by 10/5/12

_____ Adult \$85.00 _____ Teen \$75.00

Regular — postmarked by 10/25/12

_____ Adult \$100.00 _____ Teen \$90.00

Late — postmarked after 10/25/12 or on-site

_____ Adult/Teen \$115.00

- Opening Gala — \$15.00 (Friday evening)
- Campus Haunted Tour — \$10.00 (Friday evening)
- Special Dietary Needs _____

Guest Meals:

Friday Gala Dinner only \$15.00

Saturday Lunch only \$15.00

Saturday DSA/Centennial Dinner only \$20.00

FORUM SHIRT

Must be ordered by Early Bird date 10/5/12

Button Shirts stone color (Port Authority 50/50)

Men's — \$20 .00 short sleeve long sleeve

Women's — \$20 .00 short sleeve long sleeve

(add \$1.00/2X; \$2.00/3X; \$3.00/4X)

Circle Size

S M L XL XXL XXXL XXXXL

REGISTRATION RECAP

Early Bird Registration \$ _____

Regular Registration \$ _____

Late Registration \$ _____

Additions to REGISTRATION

Shooting Sports Training Fee \$ _____

(Must be enrolled by 10/5/12)

Quilting Seminar Fee \$ _____

Historical/IYR Tour Fee \$ _____

Livestock Judges Coach Training Fee \$ _____

Ranch Horse Clinic Fee \$ _____

Opening Gala Dinner Fee (Leader) \$ _____

Opening Gala Dinner Fee (Guest) \$ _____

Campus Retreat Haunted Tour Fee \$ _____

Saturday Lunch (Guest) \$ _____

Saturday DSA Dinner (Guest) \$ _____

Forum Shirt(s) order by 10/5/12 \$ _____

Workshop Fees \$ _____

Total Due \$ _____

Please make check payable to:

District III Leaders' Association

The University of Idaho is an equal opportunity/affirmative action employer and educational institution. In compliance with the Americans with Disabilities Act of 1990, those requesting reasonable accommodations need to contact Donna R. Gillespie by October 15, 2012 at 436-7184.



Leaders' Forum Workshop Selection Form

Indicate 1st choice for each session with "1", indicate your 2nd choice with a "2"

Pre-Forum Activities

Friday 9 :00—5:00 pm

_____ Shooting Sports Training
(\$45.00—lunch and snacks provided)

Friday, 10:00—12:00 noon

_____ Gathering Place/Tour
(\$10.00—transportation and snacks provided)

Friday, 1:00—5:00 pm

_____ Livestock Judging Coaches' Training
(\$10.00—transportation and snacks provided)

_____ Ranch Horse Clinic—\$10.00
(\$10.00—transportation and snacks provided)

Friday, 2:00—4:00 pm

_____ Historical/Idaho Youth Ranch Tour
(\$10.00—transportation and snacks provided)

Workshops

Workshop 1 - Saturday, 9:00—9:50 am

(Indicate 2 choices by numbering 1 & 2)
(time overlaps with Workshop 2 & 3)

_____ Art-Let's Make a Mess
_____ Secrets to Successful Club Organization
_____ Using iPads in 4-H Programming
_____ Intermountain Livestock Judges Training

Workshop 2 - Saturday, 9:00—10:50 am

(Indicate 2 choices by numbering 1 & 2)
(time overlaps with Workshop 1, 3, 4 & 5)

_____ Beyond Sewing, Focusing on the S.E.T—\$5.00
_____ Wild about Wildlife—\$6.00
_____ Kids and Cameras

Workshop 3 - Saturday, 9:00—11:50 am

(time overlaps with Workshop 1, 2, 4, 5 & 6)

_____ Culinary Delights—\$10.00

Workshop 4 - 10:00—10:50— am

(Indicate 2 choices by numbering 1 & 2)
(time overlaps with Workshop 2, 3 & 5)

_____ Clover buds—More than rainbow ribbon

Workshop 5 - Saturday, 10:00—11:50 am

(Indicate 2 choices by numbering 1 & 2)
(time overlaps with Workshop 2, 3, 4 & 6)

_____ Mini Scrapbooks—\$4.00
_____ How to Use the Junk Drawer Robotics Curriculum
_____ Animal Science or Fiction?? - \$10.00

Workshop 6 - Saturday, 11:00—11:50 am

(Indicate 2 choices by numbering 1 & 2)
(time overlaps with Workshop 3 & 5)

Workshop 6 - Saturday, 11:00—11:50 am (cont.)

_____ Garden Zips—\$5.00
_____ "I Love 4-H" Policies/Procedures Game
_____ Building a Leadership Portfolio
_____ Woodworking for Wildlife

Workshop 7 - Saturday, 1:30—2:20 pm

(Indicate 2 choices by numbering 1 & 2)
(time overlaps with Workshop 8)

_____ Fondant Flowers— \$3.00
_____ Rag Bag Totes—\$10.00
_____ Fun with Money
_____ Noodle Mania 101
_____ Rabbit Showing

Workshop 8 - Saturday, 1:30—3:20 pm

(Indicate 2 choices by numbering 1 & 2)
(time overlaps with Workshop 7, 9 & 10)

_____ Celebrating the "Flavors" that make you who you are
_____ How to build, program and conduct activities using the LEGO WeDo Robotics

Workshop 9 - Saturday, 2:30—3:20 pm

(Indicate 2 choices by numbering 1 & 2)
(time overlaps with Workshop 8 & 10)

_____ Sizzling Science—\$5.00
_____ Loans for Youth=Success
_____ Scholarships-Where, How, Why?
_____ Carcass Contest

Workshop 10 - Saturday, 2:30—4:20 pm

(Indicate 2 choices by numbering 1 & 2)
(time overlaps with Workshop 8, 9 & 11)

_____ Reversible Tops and Flowers

Workshop 11 - Saturday, 3:30—4:20 pm

(Indicate 2 choices by numbering 1 & 2)
(time overlaps with Workshop 10)

_____ Creative Crafts For Clover buds—\$3.00
_____ Working with Special Needs Members
_____ Developing "Super" Superintendents
_____ Coaching LEGO Robotics
_____ Goat Care and Showmanship

I plan to bring:

- Display Item
- Share fair Item
- Silent/Live Auction Item

Pre-Conference Activities

Subject to participant enrollment, if cancelled fees will be refunded.

4-H Shooting Sports Leader Certification Training

Friday, 9:00 - 5:00 pm

Must be enrolled by Early Bird 10/5/12

Minidoka County Extension Office

A 4-H shooting sports training will be held in conjunction with the State 4-H Leaders' Forum. Shotgun, rifle, handgun & archery disciplines are tentatively scheduled. There are also on-line components to complete before the training. Enrolled 4-H leaders must complete a shooting sports certificate training in specific shooting discipline to lead the project or activity in 4-H. For more information please contact Donna R. Gillespie at (208) 436-7184.

E:mail- donna@uidaho.edu before 10/5/12

Lunch, snacks, resource book, hands-on shooting, and completion certificate. Cost \$45.00

Gathering Place Quilting Tour & Seminar

Friday, 10:00 - 12:00 noon

The Gathering Place, Rupert, Idaho

Come visit the largest quilt shop in Idaho with over 10,000 bolts of fabric, full notions, and thousands of patterns and books.

This seminar will include a tour of their beautiful store and a class about color and fabric selection. Come learn helpful tips from their professional staff.

www.gatheringplacequilts.com

Round trip bus transportation available from hotel, snacks provided. Cost \$10.00

Historical/Idaho Youth Ranch Tour

Friday, 2:00 - 4:00 pm

Minidoka County Extension Office

The tour will start with a visit to the Idaho Youth Ranch. Minidoka County 4-H has enjoyed a successful partnership with The Ranch north of Rupert for many years. www.youthranch.org Learn more at www.extension.uidaho.edu/impacts/Pdf_09/6-09dgillespie-ranch.pdf. From there we will travel to the Minidoka National Wildlife Refuge, Lake Walcott and the Minidoka Dam. For information visit

www.parksandrecreation.idaho.gov/parks/lakewalcott.aspx. Then welcome to the City of Rupert, recognized as Christmas City USA. We will tour the Historical Rupert Square including many buildings on the National Historical Register and learn about the last Homestead Act land draw.

Round trip bus transportation available from hotel, snacks provided. Cost \$10.00

Livestock Judging Coaches' Training

Friday, 1:00 - 5:00 pm

Minidoka County Extension Office

Looking for an opportunity to learn about teaching livestock judging to your youth? Here is your chance to attend a pre-forum workshop that will help you use livestock judging as a part of your 4-H youth development program. This workshop will include:

- What livestock judging teaches youth
- Teach youth to judge beef, swine, sheep & goats
- Teaching youth to give oral reasons
- Becoming an oral reason judge
- What resources are available for you
- Practice judging and oral reason giving
- How to set up a livestock judging contest

This workshop will be taught by Extension Educators Cindy Kinder, Joel Packham and Scott Nash.

Round trip bus transportation available from hotel, manual and snacks. Cost \$10.00

Ranch Horse Clinic

Friday, 1:00 - 5:00 pm

Minidoka County Extension Office

Participants in this clinic will learn how to teach youth about the art of ranch horsemanship, horsemanship skills and ranch trail knowledge. Age level appropriate skills will be covered as well as several horse science topics such as health, feeds and nutrition.

This workshop will be taught by 4-H Leader Liz McCammon and Extension Educator Cindy Kinder, with other youth and adult helpers.

Round trip bus transportation available from hotel, snacks provided. Cost \$10.00

Saturday Workshops

Workshop 1 - 9:00 — 9:50 am

Art-Let's Make A Mess—*Dana Miller*—**No Cost.** Let your creativity go, through various art methods. These activities can be used in all aspects of a 4-H club or day camp or just to have fun. Be ready to make a mess and get your hands dirty.

Secrets to Successful Club Organization—*Boo Hooker & Connie Studer*—**No Cost.** Boo and Connie have been a 4-H leaders for combined 49 years! In this workshop they will share their ideas on club organization. Come learn how to track members, their projects, demonstrations and other club activities. Boo will provide copies of the Excel worksheets she has developed for club management. Connie will also share organizational experiences from her club.

Trending Now— Using iPads in 4-H Programming—*Maureen Toomey, Erica Thiel and Grace Wittman*—**No Cost.** Keeping with the trends, 4-H is using iPads apps to enhance afterschool programs. Children show increased engagement when they have a device in-hand. See how iPads are being used in Idaho and other states. iPads will be used to sample apps that support a variety of 4-H project and learning.

Intermountain Livestock Judges Training—What's in it for me? - *Joel Packam and Scott Nash*—**No Cost.** This is a workshop to help people realize the value and use of the Intermountain Livestock Judges Training. This training has been held for 8 years—we need more involvement—there is so much a person can learn at the training. This presentation will cover many of the ideas of the training and help people realize there is more to the training than just judging.

Workshop 2 - 9:00 — 10:50 am

Beyond Sewing, Focusing on the S.E.T. in a 4-H Clothing Project—*Sharlene Woffinden*—**Cost \$5.00.** Today 4-H youth are encouraged to reach beyond what has been done in the past. To help our youth move into the next 100 years of 4-H clothing projects, leaders need to teach how science, engineering and technology (S.E.T.) is involved in creating fabric to make a wearable piece of clothing. Here's your chance to get hands-on with the new extra activities in the revised Idaho 4-H Clothing Project "Ready, Set, Sew". Those in attendance will have their name added to help pilot the project in the spring of 2013.

Oh Deer! I'm WILD about Wildlife! - *Tina Holmquist*—**Cost \$6.00.** Project WILD is a national wildlife focused conservation program for educators. Participants will learn hands-on, interactive and fun activities from Project WILD which can be incorporated into many 4-H project areas or day camp programs. Sign up and let's get WILD!!

Kids & Cameras—*Lorna Irwin*—**No Cost.** Cameras and other imaging devices are everywhere! Learn some tips and tricks for use with your digital camera and for helping 4-H members with photography projects. We'll be looking mostly at the first year photography project, with some material about adjustable cameras and video making. Participants are strongly encouraged to bring a digital camera with them.

Workshop 3 - 9:00 — 11:50 am

Culinary Delights—*Culinary leaders & teens from Cassia & Twin Falls*—**Cost \$10.00.** You will be taught hands-on

activities, skills and safety from all three levels of the Culinary Arts Program. Classes will be taught by the youth with help from the culinary leaders. Lots of yummy food to make and try.

Workshop 4 - 10:00 — 10:50 am

Cloverbuds—More than just a Rainbow Ribbon—*Minidoka County Teen Association & Minidoka County Cloverbuds*—**No Cost.** The Minidoka County 4-H Cloverbud program is a fun partnership with the Minidoka County 4-H Teen Association. Teens review the Cloverbud Memory Books and projects, writing encouraging comments and attaching fun stickers. Cloverbuds have their own booth for displays and all receive ribbons and awards. A very popular activity is the cloverbud stick horse event held at the fair each year—teens help the little 4-Her's through several classes and the activity concludes with a piñata breaking. Come learn from the teens how to encourage and have fun with 4-H Cloverbud kids.

Workshop 5 - 10:00 — 11:50 am

Mini Scrapbooks—*Nancy Shelstad*—**Cost \$4.00.** Create a mini scrapbook that you can take home and teach your club members. Workshop will include all the supplies to complete the mini scrapbook, handouts of instructions and resources to teach the elements and principles of art.

How to Use the Junk Drawer Robotics (JDR) Curriculum—*Tim Ewers and Erik Brynstad*—**No Cost.** As it suggests, Junk Drawer Robotics is one of the easiest and inexpensive ways to get into robotics. Participants in this workshop will explore the curriculum, conduct at least two of the activities, and learn about inquiry-based instructions using the engineering design process.

Animal Science or Fiction?? - *Cindy Kinder and Shannon Williams*—**Cost \$10.00.** Teaching science skills to our youth will provide workforce skills. Participants will learn; what are science skills for this century, and how to teach science skills with livestock projects. They will also learn about, and how to apply, inquiry based teaching and learning. Best of all, participants will get their very own animal science kit.

Workshop 6 - 11:00 — 11:50 am

Garden Zips—*Debbie Lowber*—**Cost \$5.00.** Create a delightful flower or a garden friend from zippers. Participants will make a charming brooch that will add a little "zip" to their wardrobes. (Note: Hot glue guns will be used.)

The "I Love 4-H" game on Policies and Procedures Handbook—*Ashley Tolman and Tam Riley*—**No Cost.** An interactive game to review the policies and procedures for the 4-H program.

Building a Leadership Portfolio—*Kathi Kimball and Harli Kimball*—**No Cost.** Teens and parents will be shown how to compile a leadership portfolio to track volunteer hours and work experiences. Two methods, binder and electronic, will be demonstrated. This hands on workshop will help teens assemble information needed for resumes and scholarships.

Woodworking for Wildlife - *Kent Gillespie*—**No Cost.** Participants will learn how to make a simple bird house that is inexpensive and fun for youth. Suggestions for summer and day camp activities will be discussed. Everyone will make a bird house to take home and patterns and building instructions will be shared.

Saturday Workshops continued

Workshop 7 - 1:30 — 2:20 pm

Fondant Flowers—*Trish Hurst*—**Cost \$3.00.** You will learn how to make at least three different flowers out of fondant—the popular cake decorating medium.

Rag Bag Totes—*Mary Davidson*—**Cost \$10.00.** Learn how to make this!! It's a fast and useful tote bag made out of old jeans and scrap fabric. All the supplies are furnished.

Fun with Money for 4-H—*Lyle J. Hansen*—**No Cost.** This workshop will cover a variety of personal, youth financial literacy programs and activities that a 4-H member or leader can use with their clubs and groups. There will be lots of hands on activities and lots of materials will be provided.

Noodle Mania 101—*Maryanne Stevens and Lisa Barfuss*—**No Cost.** Who thought pool noodles were only good for fun at the pool? Class participants will use pool noodles and hands on learning to experience a variety of icebreakers, energizing games, and problem solving activities. The activities are for a very broad range of ages and can be easily modified or tweaked.

Rabbit Showing—*Shelley Morgan*—**No Cost.** There will be three parts to this class: 1) rabbit showmanship, 2) rabbit judging/showing and 3) meat pens.

Workshop 8 - 1:30 — 3:20 pm

Celebrating the “Flavors” that make you who you are—*Roxanne Berheim, Shaylee Berheim and Matthew Berheim*—**No Cost.** The target of this workshop is to get the participants to see the growth potential inside them, to see the assets that they already possess, and to see the positive and negative effects that some characteristics can have on the ability to develop a positive leader. This workshop provides hands-on and social interaction. The participants are moved around into several groups causing them to have to mingle with others outside their social group.

How to build, program, and conduct activities using the LEGO WeDo Robotics System for youth ages 6-9—*Tim Ewers and Erik Brynestad*—**No Cost.** WeDo Robotics is one of the most fun and easy-to-use robotics systems for youth ages 6-9. It is also a great way for leaders to learn more and get more involved in conducting robotics programs. Participants in the workshop will learn to build and program using the LEGO WeDo System and then learn about many of the activities that they can conduct with their youth.

Workshop 9 - 2:30 — 3:20 pm

Sizzling Science—*Makaya Holt and Kortni Wells, Cassia County 4-H teens*—**Cost \$5.00.** Fun and educational hands-on science experiments you can take home and do with your 4-Her's of all ages and abilities.

Loans for Youth=Success—*April Bryngelson*—**No Cost.** Farm Service Agency provides youth, ages 10-20 the opportunity to borrow money to fund small ag related projects. It doesn't matter if youth are looking to start their own herd or farm or just take an ag related project to the fair, FSA can help. Come and find out how these loans can benefit the youth in your area.

Scholarships, Where, How and Why—*Cindy Kinder, Sarah Butler and Donna R. Gillespie*—**No Cost.** Youth are not applying for scholarships or the quality of the application is poor. This relates to the workforce skills of applying for a job. We need to better prepare youth so they can be “on top of the pile” and receive a scholarship. Youth and adult participants will learn how to fill out most scholarships. Adults will learn how to give teens leadership opportunities to build their resume. This is a must attend! Higher education is achievable!

Tips for Conducting a Carcass Contest in Your County—*Sarah D. Baker*—**No Cost.** Many county livestock programs desire to obtain carcass data on market animals following the County Fair, but do not have access to, or knowledge of, proper procedures, guidelines or equipment to conduct a carcass contest. This workshop will discuss how to properly collect carcass data, as well as different programs and methods used to interpret the data collected.

Workshop 10 - 2:30 — 4:20 pm

Reversible Top and Fabric and/or crocheted flower—*Trish Hurst*—**No Cost.** This easy-to-make reversible top is the perfect project for a second year sewer (or even a first year sewer, if you don't add the ruffle). The fabric flower can be made from scraps of fabrics. The crocheted flower is an added project for those with a little crochet experience. Participants will need to bring 3/4 yards each of two coordinating fabrics and matching thread. Fabric should be preshrunk.

Workshop 11 - 3:30 — 4:20 pm

Creative Crafts for your Cloverbuds—*Kortni Wells, Makaya Holt and Cassia County 4-H Teens*—**Cost \$3.00.** New fun craft and educational ideas to do with your cloverbuds. Keeps cloverbuds excited to enter the real world of the 4-H program.

Looking for the Special Ability in Special Needs Youth?—*Mary Davidson*—**No Cost.** Learn different ways to work with special needs 4-H members and how to help them get the most from 4-H using their own talents and abilities from a leader with 30 years of experience working with special needs youth.

Developing “Super” Superintendents—*Donna R. Gillespie & Jeni Bywater*—**No Cost.** Participant will learn how to become (or encourage volunteers to become) successful superintendents by developing Superintendent Position Descriptions and Superintendent Duty Lists. Come create a position for “Cinderella's Fairy Godmother”. “Buzz Light year” or “Tater” and see how this fun activity can help your county have effective and valuable 4-H department superintendents.

Coaching LEGO Robotics—*Amy Anderson*—**No Cost.** LEGO Robotics asks the 4-Her to develop something of their own to perform a given task, as well as work as a team. It takes time, practice and project “know how” to move the teams forward in the process of teaching them without telling them what to do. We will be holding a typical “robot club meeting”

Goat Care and Showmanship—*Judy Novak*—**No Cost.** To educate about the care and feeding of goats and to also instruct how to prepare animals for show. Will discuss what a judge is looking for. Will give help in choosing structurally correct animals.



Happy Birthday!!

In celebration of Idaho 4-H's 100th birthday we will be recognizing Idaho's 4-H Century Families and 4-H Clubs who have completed 100 hours of service this year at the banquet Saturday night.

SILENT & LIVE AUCTION

There will be a district challenge to see which district can bring in the most \$ for the Idaho State Leaders Association with their auction donations! Donations can be theme baskets or single items...Be Creative! Check the box on page 4 if you plan to bring an item.

Live Auction: Saturday during lunch

Silent Auction: Saturday 10am-8:30pm

SHARE FAIR

Think your 4-H program has the neatest ideas, projects, or programs? We invite you to share your successes at our Share Fair. Share fairs offer everyone an opportunity to share ideas. Check the box on page 4, you will be contacted about setup.

OPEN: Sunday 8:00-9:00 am

DISPLAYS AND EXHIBITS

Plan to bring displays that showcase historical 4-H events, special county projects, educational displays or materials for National 4-H Week and other fun events. Have displays set up by 10:00 am Saturday. Check the box on page 4, you will be contacted about setup.

OPEN: Saturday 10:00-8:30 pm

Sunday 8:00-12:00 noon

Idaho 4-H Wool Contest

Awards presented at Saturday lunch

The Promotion Division of the Idaho Wool Growers Association offers awards to Idaho 4-H members who make garments from wool fabric or yarn at the Basic and Advanced levels. Contestants have participated in judging at the county level on construction and fit (style revue or interview) and at the state level on construction and their Wool Contest Portfolio. Participants will be asked to model their garment at lunch on Saturday.



Thank You!!

For sponsoring the 2012
State Leaders' Forum

30 Years of State Leaders' Forums!!

How many have you attended? Enter on your registration.

<u>Year</u>	<u>Dist</u>	<u>Location</u>	<u>Attended</u>
1982	2	Boise, Downtowner	_____
1983	3	Twin Falls, Holiday Inn	_____
1984	4	Pocatello, Quality Inn	_____
1985	2	McCall, Shorelodge	_____
1986	3	Sun Valley, Sun Valley Inn	_____
1987	4	Idaho Falls, University Place	_____
1988	1	Moscow, University Inn	_____
1989	2	Boise, Owyhee Plaza	_____
1990	3	Burley, Burley Inn	_____
1991	4	Pocatello, Quality Inn	_____
1992	1	Post Falls, Templins	_____
1993	2	Boise, Holiday Inn Vista	_____
1994	3	Twin Falls, Weston Plaza	_____
1995		Western Regional Leaders' Forum, Boise, Red Lion	_____
1996	4	Salmon, Stagecoach Inn	_____
1997	1	Lewiston, The Helm	_____
1998	2	Nampa, Nampa Civic Center	_____
1999	3	Burley, Burley Inn	_____
2000	4	Idaho Falls, West Coast	_____
2001	1	Post Falls, Templins	_____
2002	2	Boise, Double Tree	_____
2003	3	Twin Falls, Red Lion	_____
2004	4	Pocatello, Red Lion	_____
2005	1	Post Falls, Templins	_____
2006	2	Boise, Red Lion	_____
2008		Western Regional Leaders' Forum Boise, Double Tree	_____
2008	3	Salmon, Salmon High School	_____
2009	4	Idaho Falls, Red Lion	_____
2010	1	Spokane, WA, Mirabeau Park	_____
2011	2	Boise, Riverside	_____
2012	3	Burley, Burley Inn	_____

Keynote Speaker

Susan Jenkins, PhD.
Pocatello, ID

Dr. Jenkins has been a faculty member at Idaho State University since 1988. Her dual-appointment is the Assistant Dean and the Associate Director of the Intermountain Center for Education Effectiveness in the College of Education. Her positions include development of the College website and faculty research database, building collaborative relationships in teaching, research and service and recruitment and retention of faculty and students.

Dr. Jenkins' current work focuses on implementing the new Common Core State Standards in Idaho classrooms, increased student achievement and enhancing the career readiness of student interns. Her hobbies include walking, gardening and being a "pony mom."



Capnote Speaker

Tim Perrigot, PhD.
Rupert, ID

Dr. Perrigot has been the head football coach at Minico High School since 1996 and is currently the Principal at West Minco Middle School. He has been honored as District IV Football Coach of the Year, 5A Athletic Director of the Year, and State of Idaho Distinguished Football Coach. Tim and his wife Keri have a 14 year old daughter and 12 year old son.

Dr. Perrigot recently completed his Doctorate in Educational Leadership from the University of Idaho and is currently the only football coach in Idaho with a doctorate degree.

Coach Perrigot is an energetic and entertaining speaker who will share his research on the academic benefits associated with athletics and other extracurricular participation.

Go Team!



Know Your Government Opportunities

Submitted by: Kortni Wells, 2013 KYG Reporter News Editor

Do you want to learn more about government and have an awesome experience? Are you looking to meet new people and make lasting friendships? Well, then I think I have the perfect thing just for you! It is called the Know Your Government (KYG) Conference.

So some of you may be asking, what exactly is the Know Your Government Conference? The Know Your Government Conference is a fun-filled conference held in Boise every President's Day weekend. Delegates must be currently in the 8th and 9th grades to participate.



Third year planning committee member from Benewah County.



Planning committee members.

The legislative track is all about committee meetings, mock legislative sessions, and debating bills. The judicial track involves a mock trial, involvement in court cases, and the chance to work with real attorneys! Each year, depending on the track, delegates also get to tour such buildings as the Capitol, Supreme Court, and the Ada County courthouse. You also have the chance to have a special President's Day breakfast with your legislators, judges, and those who represent your county in Boise.

If you will be in 9th grade, will be attending the 2013 conference, and are on the lookout for more exciting adventures, why not apply to be a Planning Committee Member or Reporter? The opportunities are endless! Start marking your calendars for February 16-18, 2013, and begin preparing for the great experiences that await you!

Any questions? Please contact your local 4-H/Extension office today for more details and how to register!



You can join 4-H Know Your Government on Facebook at:

www.facebook.com/groups/96971868445



**2013 Western Regional
4-H Leader Forum**
Registrations now being taken.

March 21-24, 2013
For more information visit
<http://www.ctahr.hawaii.edu/wrf/>

State Leaders Association
Find us on Facebook
At
www.facebook.com/pages/Idaho-4-H-State-Leaders-Association/200590213319599

Idaho 4-H Centennial Continues....

Submitted by: Dr. Carrie Stark, State 4-H Youth Development Specialist

There are three major events that are planned as a finale to the Idaho 4-H Centennial.

1. In conjunction with the Idaho 4-H Day, there will be a birthday party held at the Lemhi County Fair on August 22nd from 6 p.m. to 8 p.m. At this event, there will be a birthday cake, we will be recognizing donors who attend the event, honoring 4-H century families who are from the immediate area, as well as celebrating the 100th Year of Idaho 4-H where it all began!
2. University of Idaho Ag Days on October 6th, there will be a celebration event taking place during the 2012 UI College of Agricultural and Life Sciences (CALs) Ag Days. Plans are still coming together for this event but it will be a time to recognize our donors, celebrate those clubs who donated 100 hours or more of service to their communities, and many of our 4-H Century Families.

In addition, the CALs-sponsored Corn Maze in Lewiston will be featuring the Idaho 4-H Centennial Logo. I saw a picture of it with the corn about a foot tall and it looks amazing! On Saturdays, 4-H clubs from Northern Idaho will be doing family activities at the maze. Come out to the maze any Friday or Saturday in October to see the wonderful things that are going on. During Ag Days, we will be working on a special deal for 4-H Friends and Alumni to go to the maze on Saturday evening. Watch for more information!



3. The 4-H Centennial celebration will conclude at the 2012 State Leaders' Forum in Burley. On Saturday night during the banquet, all 4-H clubs who completed 100 hours or more of service to their community, donated \$100 (or more) to the Idaho Friends of 4-H, and the century families will be recognized. The family with the most years of participation in the 4-H program will receive a special recognition. So far, I have one family with 401 years of service—let's see if someone can beat that!

If your club or county have been doing special events for the 4-H Centennial, please share any pictures with the State 4-H Office. We would like to archive the pictures for future use and to show what a great time we had during the centennial year!



Educational Livestock Showmanship DVDs are Available

by Scott Nash, Extension Educator, Bingham County

The showmanship contest in the livestock project is one of the key events that build upon the eight elements of youth development. The youth market animal program is one of the oldest 4-H projects offered, yet its popularity continues to grow. With community growth and the decrease in "farm youth," finding experienced showmen to teach or lead youth interested in showing livestock is becoming more difficult.

To provide an educational show-ring experience and to introduce youth to top show persons in an actual livestock show, a team of University of Idaho Extension Educators collected video footage from livestock shows in the West. The youth livestock shows that were filmed include the National Western Stock Show in Denver, Colorado; Arizona National Livestock Show in Phoenix, Arizona; Wyoming State Fair in Douglas, Wyoming; Eastern Idaho State Fair in Blackfoot, Idaho; and the Uintah Basin Junior Livestock Show in Vernal, Utah.

These educational DVDs have been professionally narrated, peer reviewed, and accepted as numbered, scholarly publications by the University of Idaho. The set of three DVDs includes Swine Showmanship, Sheep Showmanship, and Beef Showmanship. The information contained on each DVD is a great resource for youth and adults to learn and apply current livestock showing techniques. A copy of each DVD is located in each county extension office in Idaho. To order additional DVDs, visit the Bingham County 4-H web page at: www.uidaho.edu/extension/bingham/4-hresources and then scroll down the page for order forms.



4-H Dog Showmanship

Submitted by C. Miller, Lone Star 4-H Club Leader

What makes a top handler in Dog 4-H? This can vary a bit from show to show as judges have certain preferences, but certainly, cream rises to the top, so to speak, and good handlers will be in the top placements at most fairs.

Dog showmanship is not something that is learned overnight or probably even in one season. It is an art that takes time to perfect. Some people become discouraged because of this and drop out of Dog 4-H after their initial year. Those that stay in dog 4-H and dedicate themselves to learning all they can often become top handlers when fair time rolls around.

Dog handling has a lot of aspects. Like all animal species, however, it is important to learn about body parts, typical diseases, and the particular breed (or about the predominate feature in a mixed breed). This takes study and memorization. The student must be willing to study and learn on his or her own, because no matter how well-versed the leader is; knowledge is not transmitted by osmosis! The leader can only direct the 4-H youth to where to find information; the rest is up to an eager learner to gain knowledge of!

Unlike many species, kids must learn several “patterns” when moving their dogs in the show ring. The patterns must be practiced weekly so the child can move his or her dog smoothly and at the correct pace. Some patterns require the handler to change hands, and this requires adept hand coordination as well as handling the lead in a manner that does not distract from the dog and overall picture.

Stacking (posing) a dog can be a challenge at first for many pet dogs who are becoming show dogs for the first time. Many novice dogs like to wiggle and twist and in general not cooperate with the 4-H'er. It is important that the child work with the dog until stacking becomes second nature to the team. And unlike most species, dogs are not all stacked the same. Some dogs are hand stacked, some are free stacked, others have their tail held, and others go on a table! It's important that the 4-H Leader has some show experience or can direct a child so that the stacking is done correctly.

OK, so weekly or even daily practice is making the dog and child a smooth moving team. The dog can be stacked correctly and moved smoothly. The 4-H member knows all major body parts and most serious diseases. Now it's fair time.

Dogs are judged in 4-H on proper grooming, clean teeth, and trimmed nails. The dog should have an overall look of cleanliness and care. Some kids opt to take the dog to a groomer before the fair, and though that's fine, it's best for young handlers to learn to brush, wash, trim (if necessary), cut nails, and inspect teeth and ears, as this is all part of learning how to care for a dog.

Dogs are shown on “show leads,” usually small, dainty leashes with thin collars. Again, the experience of the leader will come into play here in the selection of the proper show equipment. Not all collars and leads are the same and that is fine and even to be encouraged. What may work on one dog will not work on another dog. As a general rule, leads should be a conservative color that looks good with the dog and the handler's outfit. Black, white, and brown are all popular show lead colors. With this being said though, multi-colored leads, brightly colored leads, and beaded leads are all very popular. The show lead is a personal thing and should fit the handler's personality as well as enhance the dog. The main thing here is that the lead is

(Continued on page 15)



Photo by Shellie Klucker



Photo by Shellie Klucker



(Continued from page 14)

as thin and elegant as possible.

Another difference when showing dogs is the selection of clothing. The professional way to show a dog is traditionally dresses or neat pantsuits for girls and slacks and ties (preferable with dress coats) for boys. Colors are chosen with the dog in mind. For example, an Irish Setter would look very good against green or light blue and not so good with brown. Black is sharp with light colored dogs, but would make a black Labrador blend in too much. All clothing should be conservative and modest. Shoes should be comfortable and easy to run in – nice looking running shoes or comfortable dress shoes fill the bill. Heels for girls are discouraged for obvious reasons.

What a wonderful picture a well-trained dog and handler make at the fair! The art of showing a dog is overall smoothness, astuteness of how to show that particular dog, and general dog knowledge combined with the elegance and confidence that come with practice.



The following information compiled by Linda Gossett, Ada County Extension



Wattages & Costs of Common Kitchen Appliances

Note: These are average estimates only. Actual use will depend on size of unit, brand, special features and settings.

Item	Min Wattage	Max Wattage	Average Wattage	kWh by Cooking Time		
				15 minutes	30 minutes	1 hour
Crockpot	180	245	213	0.05	0.11	0.21
Microwave	750	1,100	925	0.23	0.46	0.93
Coffee Maker	900	1,200	1,050	0.26	0.53	1.05
Toaster	800	1,400	1,100	0.28	0.55	1.10
Toaster oven	1,225	1,225	1,225	0.31	0.61	1.23
Frying Pan	1,200	1,250	1,225	0.31	0.61	1.23
Electric Pressure Cooker	1,300	1,300	1,300	0.33	0.65	1.30
Indoor Grill, Small	850	1,800	1,325	0.33	0.66	1.33
Electric burner (1 burner, 8")	800	2,350	1,575	0.39	0.79	1.58
Deep Fryer	1400	1800	1,600	0.40	0.80	1.60
Dishwasher	1,200	2,400	1,800	0.45	0.90	1.80
Electric oven	4,400	7,500	5,950	1.49	2.98	5.95

Item	Min Wattage	Max Wattage	Average Wattage	Cost based on 8¢/kWh		
				15 minutes	30 minutes	1 hour
Crockpot	180	245	213	\$ 0.00	\$ 0.01	\$ 0.02
Microwave	750	1,100	925	\$ 0.02	\$ 0.04	\$ 0.07
Coffee Maker	900	1,200	1,050	\$ 0.02	\$ 0.04	\$ 0.08
Toaster	800	1,400	1,100	\$ 0.02	\$ 0.04	\$ 0.09
Toaster oven	1,225	1,225	1,225	\$ 0.02	\$ 0.05	\$ 0.10
Frying Pan	1,200	1,250	1,225	\$ 0.02	\$ 0.05	\$ 0.10
Electric Pressure Cooker	1,300	1,300	1,300	\$ 0.03	\$ 0.05	\$ 0.10
Indoor Grill, Small	850	1,800	1,325	\$ 0.03	\$ 0.05	\$ 0.11
Electric burner (1 burner, 8")	800	2,350	1,575	\$ 0.03	\$ 0.06	\$ 0.13
Deep Fryer	1400	1800	1,600	\$ 0.03	\$ 0.06	\$ 0.13
Dishwasher	1,200	2,400	1,800	\$ 0.04	\$ 0.07	\$ 0.14
Electric oven	4,400	7,500	5,950	\$ 0.12	\$ 0.24	\$ 0.48

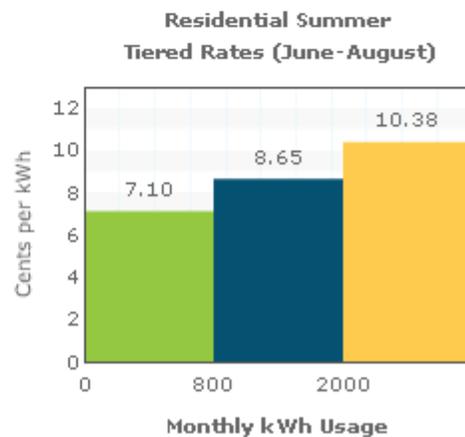
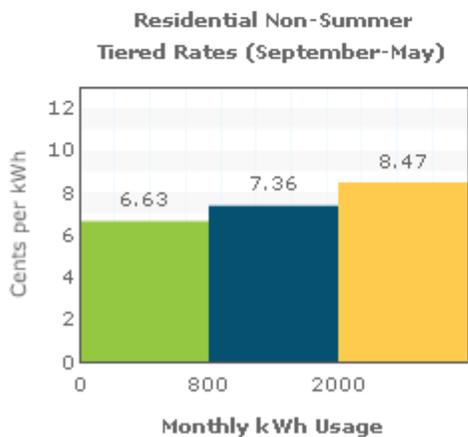


Formula to estimate an appliance's energy use:

Watts × Hours Used Per Month ÷ 1000 = Monthly Kilowatt-hour (kWh) consumption

Non-Summer (September-May)				Summer (June-August)			
	Tier 1	Tier 2	Tier 3	Tier 1	Tier 2	Tier 3	
Kilowatt-hours (kWh)	0-800	801-2,000	Over 2,000	0-800	801-2,000	Over 2,000	
Rate (cents per kWh)	6.63 ¢	7.36 ¢	8.47 ¢	7.10 ¢	8.65 ¢	10.38 ¢	

Use the graphs below to understand how the tiered rate structure will work.



What is PEAK?

On hot summer days, Idaho Power experiences its largest demand for energy. This is known as peak.

At times, customer demand comes close to exceeding what we are able to supply.

To meet this demand, Idaho Power must often purchase high-priced energy from others. This can impact customer rates.

In addition, high demand increases the need to build new power plants and transmission lines.

By acting to reduce peak, we delay the need for new generation resources, keep rates in-check, and ensure a reliable source of energy for Idaho's future.

Can you think of ways to reduce energy use during peak times, typically 4 to 8 p.m. in June, July & August?

Courtesy of Idaho Power Company

Teens Still TALK-ing!

Submitted by: Donna R. Gillespie, Minidoka County Extension Educator

No surprise that after four successful years the teens who attend the Teen TALK Retreat know how to TALK and TALK a lot! The 2012 retreat was held March 23-25 at historic Campus Grove in Albion, ID. Youth from Gem, Boise, Minidoka, Jefferson, Jerome, Gooding, Bannock, Lincoln, Twin Falls, Canyon, Ada, Oneida, Fremont, and Payette counties attended. Two adult volunteers from Gem/Boise County 4-H attended as chaperones. Planning committee members were Donna R.



Gillespie and Jeni Bywater, Minidoka County, Kathi Kimball, Blaine County, and Lisa Barfuss, Oneida County. Nicole Reed, Lincoln County and Missy Cummins, Bannock County also attended to chaperone and teach workshops. Guest speakers included Roxan Ottman, Mary Kay Regional Director and Diane Newman, Sales Director for the Burley Inn.

Teen Ambassador Leadership Kit, (TALK), is an annual weekend retreat designed for teens interested in promoting and marketing 4-H in their communities. TALK organizers felt teens would benefit from an intensive weekend retreat focused on communication. TALK produces a network of educated and excited 4-H teens that are available to help with 4-H promotion and marketing. Participants arrive on Friday evening for team building activities, on Saturday they participate in one of the workshops offered and on Sunday morning each workshop group has the opportunity to share their completed projects and what they learned. At the end of the retreat teens are designated "County 4-H Ambassadors" and certificates of completion, professional business cards and polo shirts are presented. The TALK teen participants return home to share what they learned with their local county 4-H staff and help promote and market 4-H in their communities.

TALK information is shared each year at the Statewide 4-H Training and Know Your Government Conference. Donna R. Gillespie and Jeni Bywater taught a workshop at the 2011 State Leaders Forum and a Journal of Youth Development article has been submitted based on the information collected using Survey Monkey and yearly participant evaluations. Teens may attend TALK for two years. The first year curriculum focuses on workshops around writing press releases, creating posters and a personality awareness session. Teens who participate the second year attend workshops on event planning, goal setting and interviewing skills. At the end of two years, the teens have a completed binder of information called the Teen Ambassador Leadership Kit (TALK). This kit also includes information about photography, basic 4-H information and other materials from workshops or guest speakers for the current year. This "kit" provides the tools teens need to solve some of the problems they face when promoting and marketing 4-H.

Participants are asked to complete evaluations at the end of the retreat each year. In addition, information was gathered using the online tool, Survey Monkey, from both TALK participants and their local county 4-H professionals. The teens were asked about their experience and how they have used the information and the 4-H professionals were asked to determine the ways teens are using the communication skills they learned and the effectiveness of the TALK retreat. Evaluations strongly indicated a need for this type of training and TALK appeared to be successfully meeting that need. Funding for this training has been provided in part by the Idaho Friends of 4-H. Because the results have shown the program to be beneficial to youth in the state, funding has continued each year for the past four years.

Twenty-nine teens, representing seven counties throughout Idaho registered for the 2009 TALK retreat. In 2010, forty-eight teens (the retreat maximum) representing thirteen counties attended and in 2011, forty-eight teens from fifteen counties participated. 2012 saw forty-two teens from fourteen counties attend.

The evaluation results indicated youth who attended TALK returned home to help promote 4-H locally and were prepared with the training and materials they received to successfully do so. The local 4-H staff working with the TALK teens is appreciative of the training and felt the teens have gained skills such as confidence, willingness to participate, better knowledge of the 4-H program and the ability to speak in front of people.

The 2013 4-H Teen TALK Retreat is scheduled for March 22-24, 2013. Planning committee members anticipate strong attendance again and suggest teens register early to assure attendance. Registration information will be available at the 2012 State Leaders' Forum, TALK alumni will staff a display and be available to answer questions about the retreat. Further information is always available from Donna R. Gillespie at donna@uidaho.edu.

Plan now to TALK in 2013!



Juvenile Offenders Learn Life Skills Through 4-H

Submitted by: Missy Cummins, Bannock County Extension Educator

When people across the country think of a 4-H member, some think of youth living on farms raising livestock, others think of youth sitting at sewing machines or trying out recipes in the kitchen or youth participating in robotics competition. Seldom do people think of youth in orange jumpsuits with tattoos and ankle monitoring devices as the typical 4-H member.

Youth in the juvenile probation system may not be the norm in the 4-H world but they definitely can benefit from the life skill development provided by Idaho 4-H.

It currently costs the State of Idaho, \$79,000 per juvenile to be in State's Custody. The Bannock County Intensive Supervision Program (ISP) works with the most high-risk youth. For many of these youth, this life skill 4-H program is an alternative to State's custody. For others it is a transition from State's custody back into the community.

Program One: Intensive Supervision Program and Idaho 4-H

In coordination with the Bannock County Juvenile Intensive Supervision Program Office, the Bannock County 4-H Extension Educator has worked with the youth in the Intensive Supervision Program an average of twice a month for an hour and a half each time. To date, approximately 50 high-risk youth have participated in 4-H activities designed to develop life skills.

The topics covered by the Bannock County 4-H Extension Educator vary from basic household management such as preparing meals, washing dishes and doing laundry to setting goals, clarifying personal values, gardening, and food preservation.

Program Two: Obesity Prevention with Blue Cross and Idaho 4-H

In January 2012, three counties were awarded \$20,000 by Blue Cross of Idaho to conduct obesity prevention programming for at risk teens. The primary focus of this program is to increase fresh fruit and vegetable consumption. Missy Cummins (Bannock County), Rosie Davids (Cassia County), and Lance Ellis (Fremont County) are teaching high-risk teens to make healthy food choices by eating fruit and vegetables. Topics taught include gardening, food preservation, kitchen safety, reducing sugary snacks, and meal preparation. There are approximately 80 youth participating in this program. Maureen Toomey (Extension Associate) is the administrator of this grant.



For more information on becoming involved with juvenile offenders in your county, contact Missy Cummins at mcummins@uidaho.edu.

4-H Advisory Curriculum/Educational Support Applications

Submitted by: Bobbi Flowers, Clearwater County Volunteer

The funding for the 4-H Advisory Curriculum/Educational Support for counties, districts, and state programming needs comes directly from an identified percentage of the participation fees which were implemented two years ago. The amount awarded in this category receives the largest percentage amount of the participation fees annually collected.

Over the past two years needs for archery equipment, hand washing educational systems, robotics, livestock DVDs, Ohio Learning Laboratory Kits, sewing machines, digestive system models, and many other items have been met through the use of the participation fees.

To be able to meet a need in your county, simply complete the Idaho 4-H Advisory Board Curriculum/Educational Support Application and have it turned in on or before the **November 1, 2012** deadline. Applications will be reviewed by a committee appointed by the Advisory Board consisting of a volunteer and a faculty/staff member from each of the four 4-H districts.

If you have any questions, contact the State 4-H Office at 208-885-6321.

Essential Elements of Youth Development

Submitted by: Nancy Shelstad, Canyon County Extension Educator

When you think about 4-H, hopefully there is no doubt why you volunteer – to help youth learn and grow and become confident, contributing young adults. But what exactly is it about 4-H that accomplishes this? How does learning about animal nutrition accomplish this? What about learning how to decorate a cake – really, how does this lead to becoming a confident, contributing young adult?

Because 4-H focuses on teaching life skills (such as communication, critical thinking, self-discipline, responsible citizenship, etc.) and emphasizing Essential Elements of Youth Development, youth gain so much more than the ability to raise animals and decorate a cake. The National 4-H Impact Design Implementation Team determined eight essential elements critical to the 4-H experience, which have sense been generalized into four key concepts.

Belonging <ul style="list-style-type: none">• Positive relationship with a caring adult• An inclusive environment• A safe environment	Mastery <ul style="list-style-type: none">• Engagement in learning• Opportunity for Mastery
Independence <ul style="list-style-type: none">• Opportunity to see oneself as an active participant in the future• Opportunity for self-determination	Generosity <ul style="list-style-type: none">• Opportunity to value and practice service for others

Source: Kress, C. (2004) Essential Elements of 4-H youth Development. National 4-H headquarters, CSREES USDA, www.national4-hheadquarters.gov/library/Essential_Elements-Satellite.ppt

Providing the Essential Elements in the course of 4-H programming is key to the effectiveness of the program for the youth involved. Belonging, Independence, Mastery and Generosity (BIG M) are the four general key concepts of the more specific eight Essential Elements.

The concept of **Belonging** includes three of the Essential Elements:

- A positive relationship with a caring adult
- An inclusive environment
- A safe emotional and physical environment

Positive relationships with caring adults in addition to their parents provide youth with additional support and sources of advice and guidance. Adults who set boundaries for youth and make expectations clear serve to provide a consistent framework for youth to make good decisions and strive to do their best.

Providing an inclusive environment for youth allows them to feel that they belong in the group and are welcome. An inclusive environment also includes celebrating the successes of the group and individuals in the group with positive, specific feedback. By celebrating the successes, a sense of pride will develop from being a part of the group.

A safe emotional and physical environment provides security for youth to experiment and learn. Setting a safe emotional and physical environment involves everyone – adult volunteers, all of the participants, and all spectators that may be present. To know that they will not be made fun of or harmed allows for an open learning environment for youth to participate.

The concept of **Independence** includes two of the more specific Essential Elements:

- Opportunity to see oneself as an active participant in the future
- Opportunity for self-determination

The opportunity to see oneself as an active participant in the future equates to helping youth set future goals for themselves, and to have something to strive for. In the course of project work, we can direct youth to see hope for themselves in the future and guide them to make good choices that will lead to positive outcomes and desired results. With a positive, forward looking sense, youth are more likely to become contributing citizens. We need to help youth see that they can make things happen, not just have things happen to them.

The opportunity for self-determination gives youth the knowledge that they have an influence over their future, that their choices DO matter. Self-determination promotes that youth are responsible for their own lives, actions and future. To give youth the insight that their fate is not pre-determined, but can be self-determined is very empowering.

The concept of **Generosity** includes one of the specific essential elements:

- Opportunity to value and practice service to others

The opportunity to value and practice service to others helps youth to gain a different perspective on their community and world. Many times, when youth can understand and experience the needs of others, they gain a greater appreciation for their own circumstances or discover ways to make the best of their own circumstances. The act of putting others first or serving a greater cause before themselves, helps youth to see the value of their contributions to others and to see the value of their skills. Service to others can be extremely rewarding and fulfilling.

The concept of **Mastery** includes:

- Opportunity for mastery
- Engagement in learning

The opportunity for mastery includes providing the time and other resources for youth to gain knowledge, skills, and attitudes, along with a platform to demonstrate what they have learned. Mastery does not necessarily mean that the youth have achieved perfection in their skill acquisition. Mastery occurs when a young person has achieved a higher level of understanding or skill than where they started. The level of achievement will vary depending on each individual youth's developmental ability; the key is that they had an opportunity to learn.

Engagement in learning is the opportunity for youth to be involved in their own learning, setting goals for themselves, and taking self-directed, conscious steps to develop their own learning. A young person's motivation and creativity is key to their engagement in learning.

We may be tempted to measure Mastery by what award or placing a young person receives at fair. The Essential Element of Mastery is measured more by the opportunities and experiences that we offer youth each time we meet with them or interact with them, than by the end award or level of achievement.

By providing these eight Essential Elements, youth in the 4-H program will have every opportunity to learn and grow into productive, caring, contributing citizens.



Idaho 4-H Centennial is a Good Time to Start a County Endowment

Submitted by: Linda Webb, Friends of 4-H President

One hundred years of 4-H in Idaho is a major milestone to honor and celebrate. It is a time when many of our dedicated donors will give an extra gift to celebrate and support the ongoing efforts of Idaho 4-H programs. That is why the Friends of 4-H is offering its support to Idaho counties who may want to set up an endowment. An endowment can help ensure long-term continuity and sustainability of funds. It can also be comforting to donors, because they know their gift keeps on giving into the future and the money stays local.

An endowment is a fund that is restricted. Only the interest from the fund can be spent, not the principal that anchors the endowment. Usually, only a portion of the interest or earnings from the endowment (typically 5%) are spent on an annual basis in order to assure that the original funds will grow over time. The Friends of 4-H endowment is invested with the University of Idaho Foundation, which oversees the funds. This gives the great advantage of being a part of a larger fund which is invested in stocks, bonds, and other instruments. The University of Idaho Foundation has an ongoing record of high returns, currently averaging over 10%.

Why Set Up a County Endowment?

To assure that funds are continually available (i.e. travel scholarships, leadership training, local projects/programs)

Funds grow at a greater rate (compare 2% to over 10%)

Donor gifts increase over time; not only a tax write-off, but the value of the gift increases each year

How Friends of 4-H Will Help

Board members will personally visit with county faculty and volunteers to provide more detailed information on how endowments work

Testimonies and contacts will be made available from counties with current endowments

Provide assistance on developing fundraising plan for county

Develop a county donor prospect plan; assistance with College of Ag development staff for major donor contacts

Provide promotional printed materials for Centennial fundraising

If a County Endowment sounds like a good option for your county and you want more information, you can email or call one of the following:

Linda Webb, Friends of 4-H President, linda9918@gmail.com 208-412-6526

Kim O'Neill, Director, Development, kimoneill@uidaho.edu 208-885-4038



Steve Johnson, Canyon County
2011 Western Region
Volunteer of the Year

Salute to Excellence

Nominations being Sought

For 2013



Carma Sheer, Gooding County
2012 Western Region
Outstanding Lifetime Volunteer

~ Due to the 4-H State Office by October 1, 2012 ~

The 4-H Salute to Excellence Awards were created by Gene and Sharon Swackhamer to highlight the important work of 4-H volunteers across the nation. When Gene looked back on a gratifying career uniquely shaped by 4-H, he wanted to ensure the positive impact of 4-H volunteers on future generations. From this commitment, 4-H Salute to Excellence was born. Monsanto is the presenting corporate sponsor. For more information and nomination forms, go to the following website, and scroll down the page to locate the forms:

www.4-h.org/resource-library/grants-awards/opportunities/salute-to-excellence-awards

Regional winners will be announced March 23 at the 2013 Western Regional Leaders Forum in Waikiki, Hawaii. The nomination directions and forms may be found on pages 22-24 of this newsletter.

Volunteer's 4-H Pledge

Author unknown – original found in a Washington 4-H Volunteer's Leadership Handbook

I pledge my Head

to giving children the information I can, to help them see things clearly and to make wise decisions.

I pledge my Heart

to encouraging and supporting children no matter whether they have success or disappointments.

I pledge my Hands

to helping children's groups; if I cannot be a leader, I can help in many equally important ways.

I pledge my Health

to keeping children strong and willing to work for a better world through 4-H,
for children's groups, our community, our country, and our world.





NATIONAL 4-H

SALUTE TO EXCELLENCE 2013

VOLUNTEER RECOGNITION AWARDS

NOMINATION FORM

The National 4-H Salute to Excellence Volunteer Recognition Award recognizes 4-H volunteers who demonstrate exemplary service to 4-H, while promoting service through volunteerism as both an opportunity and a privilege.

In 2013, eight regional honorees will be selected. Each region will have its own *Outstanding Lifetime Volunteer* and *Volunteer of the Year*. The eight regional winners become nominees for the national award, and one volunteer in each category will be named the national winner.

I. Selection Criteria

1. The *Volunteer of the Year Award* is for individuals who have served as 4-H volunteers for **less than 10 years** at the local, county, district or state level.
2. The *Outstanding Lifetime Volunteer Award* is for individuals who have served **10 or more years** at the local, county, district or state level.
3. **A completed nomination will consist of an overview resume of the applicant's 4-H and relevant community volunteer experiences and three (3) letters of recommendation. A template for the resume is provided and should be followed in developing the nomination packet. A packet missing any of the four components is eliminated (resume & 3 letters).**
4. Nominations/letters of recommendation must address the following selection criteria:
 - Positive impact the nominee has had on 4-H and on 4-H youth
 - Nominee's ability to work with young people on projects and activities in a way that promotes decision-making, problem-solving, meeting challenges, mastery and youth/adult partnerships (Positive Youth Development opportunities)
 - Nominee's innovative approaches to engaging youth and increasing diversity among participants
 - How nominee exemplifies a "mentor-learner" relationship with participants
 - Dedication to a safe and inclusive environment
 - How nominee models character and professional behavior when interacting with participants, families, and community partners
 - Nominee's innovative approaches to performing volunteer service
 - Increased funding/resources/new initiatives generated by nominee
 - Recruitment of additional 4-H volunteers
 - Personal growth from being a 4-H volunteer (that you have observed)
 - Letter writers should be aware of the scorecard and address the relevant points in developing their documents.

II. Application Guidelines

1. Application materials must be submitted by a nominator to the nominee's State 4-H Office. Each State 4-H Office will select one nominee for each category from its pool of nominations, to be submitted for the regional award. Two recipients will be selected from each region; one for each category mentioned above. From the eight regional winners, one person from each category will be named the national award recipient.

2. Each completed application must be accompanied by **three letters of recommendation**. Letters of recommendation can be written by a 4-H staff member, 4-H youth participant, another volunteer, or a parent/guardian but must include one youth.. **Letters should be no longer than 2 pages in length, in 12-point font with 1-inch margins.**
3. **A resume of 4-H experiences and community service must be included and should follow the template provided. It is limited to 2 pages in length, in 12-font with a one-inch margin.**

III. Award Information

1. Nominations are due no later than November 2, 2012.
2. Regional winners will be announced by December 2, 2012.
3. Regional winners will be recognized at their 2013 Regional Volunteer Leaders Forum. **The state 4-H volunteer specialist will work with National 4-H Council to determine another award venue if a regional forum is not scheduled for 2013.**
4. Each regional winner will receive a personalized plaque, and \$200 cash award to be donated to a local 4-H program of their choice.
5. National winners will be announced in April, 2013, National Volunteer Month
6. National winners will be recognized at the 2013 NAE4-HA Awards Program at Galaxy in Pittsburg, PA. Each will receive a plaque and \$1,000 cash award to be donated to a local 4-H program of their choice.
7. Awardees should be prepared to provide information in subsequent years regarding the impact of their awards on their community

IV. Instructions for State 4-H Offices

State 4-H Officials must fill in items at the end of the nomination form.

Only the State 4-H Office can officially designate a volunteer as a state nominee. Nominations submitted through State 4-H Office must be received through Council's Web Grants system at <http://grants.4-h.org/index.do> no later than **11:59 PM EST on November 2, 2012**. The Web Grant system will be able to receive nominations between September 4 and November 2, 2012. Attachments (i.e. resume and letters of recommendation) should be in Word format. **Faxed submissions will not be accepted.**

If your nominee is selected, you agree to the criteria set forth in this application and also agree to utilize the 4-H name and emblem when implementing and publicizing the program.

INCOMPLETE APPLICATIONS WILL BE DISQUALIFIED

Thank you for your interest in the 2013 4-H Salute to Excellence Volunteer Recognition Awards!

4-H VOLUNTEER RESUME

(Limited to two pages, front only, 12-point font with 1 inch margins)

Name

Street Address

Post Office, State (Abbreviated) Zip Code

Email

Name of County/ State

4-H Youth Experience: (years as a member, projects, very brief highlights of leadership or exemplary awards—informational purposes not considered for receiving STE)

-
-

Community 4-H Club or Other Local 4-H Roles: (Summary of years, roles & organizations)

-
-

County 4-H Leadership Roles: (Summary of years, roles & organizations)

-
-

State/District 4-H Leadership Roles: (Summary of years, roles & organizations)

-
-

4-H Resource/Fundraising/New Initiatives Roles:

-
-

Other Community Service Projects/Volunteer Roles (non 4-H):

-
-

Current Professional Position/Homemaker/ (if retired, use last job information)(informational purposes only)



4-H Alumni Survey for All 4-Hers

The University of Idaho Extension 4-H Youth Development program is celebrating its centennial in 2012. Since 1912, Idaho 4-H has provided opportunities for young people across our great state. As part of the 100th birthday celebration of 4-H, we are developing a comprehensive list of former 4-H members. Whether you were active on the county level or were a state 4-H officer, please provide the requested information to help us update our 4-H Alumni records.

Name (First, Middle or Maiden, Last): _____

Address (Street, City, State, Zip): _____

Phone (Home, Office, Cell): _____

E-mail Address: _____

What years were you a 4-H club member? _____

County of 4-H Involvement: _____ Current County: _____

4-H Projects: _____

Fondest Memories: _____

Form can be mailed to:

University of Idaho 4-H Youth Development
Attn: Alumni Survey
P.O. Box 443015
Moscow, ID 83844-3015

or

Emailed to cstark@uidaho.edu or Faxed to 208-885-4637.

Check out the University of Idaho 4-H Alumni Facebook page

