Kentucky 4-H Youth Development Update

January 2015

As 2015 begins, I think about the many partners that have contributed to the success of Kentucky 4-H. These partners range from volunteers, schools, local and state agencies, community groups, corporations, businesses, local, state, and national government entities, and colleagues within the college and university. Each person and group plays a specific role in the 4-H program. As we begin a new year, look for those continued opportunities to develop partnerships with individuals and groups that will expand opportunities and resources for the 4-H Youth Development program.

4-H Cloverville Country Ham Exhibit-A Winner
The Kentucky State Fair received first place in the competitive exhibits awards division for the 4-H Cloverville Country Ham Exhibit at the International Association of Fairs and Expositions Convention in Las Vegas. Congratulations to all and thank you for your efforts in this shared success!!

New Extension Associate for Youth Livestock Programs Selected
Kentucky 4-H welcomes Steve Austin as the new Extension Associate for Youth Livestock Programs in the Department of Animal and Food Sciences. He will be working with the 4-H/Youth livestock programs and will also provide oversight to the Collegiate Livestock Judging Team and supervision of the Collegiate Livestock Judging Team Coach. He holds a Bachelor’s Degree in Agricultural Education from Western Illinois University, and a Master’s of Science in Education from Eastern Illinois University. Steve has an extensive background in livestock judging and skillathons. We look forward to his support and leadership in the future.

2014 Series of In-Services
We hope that you gained valuable training at the 2014 Series. I want to thank all of the presenters for sharing their knowledge and skills. To tell us what you plan to implement in your county and give input for next year’s in-services, go to: https://uky.az1.qualtrics.com/SE/?SID=SV_3KSBcYQ0VpLXwHz. Please respond to the survey by Jan. 9.

If you attended a session at the Series for which you did not register in advance, you must go into KERS and register no later than noon CT on January 9. After that time, the window of opportunity to register is closed.

Charlene Jacobs, Assistant Director for 4-H Youth Development
PERSONNEL: 4-H YOUTH DEVELOPMENT AGENT POSITIONS

New Agents:

- **Ryan Farley, Woodford County:**
  Ryan is no stranger to many agents. He has served in several Extension positions—nature instructor at North Central 4-H Camp; intern and program assistant in Madison County; and intern in the State 4-H Department. He earned a BA in Psychology with a minor in Religion at Georgetown and a master’s in Recreation and Park Administration from EKU. Before returning to Extension, he worked as an environmental educator for Bluegrass Greensource, Lexington.

- **Mary McCarty, Menifee 4-H/ANR**
  Mary has served as ANR agent in Elliott County for over 7 years. During that time, she realized that she really enjoyed planning programs for youth. In Menifee County, she will have the opportunity to work with both adult and youth audiences. Mary has a master’s degree in Career and Technical Education with an emphasis in Agriculture and BS in Animal Science from Morehead State University.

- **Kendyl Whaley, Menifee 4-H/FCS**
  Kendyl earned a bachelor’s degree in dietetics at the University of Kentucky. Some of you may have met her last summer as she taught nutrition and food preparation skills to limited resource families as a nutrition education program paraprofessional. Kendyl came to Extension with prior experience as a cupcake decorator at Gigi’s Cupcakes and sales associate at The Limited in Lexington.

- **Madeline Ruhl, Crittenden County**
  Madeline has a BS in Wildlife Management from Eastern Kentucky University and expects to complete an MS in Recreation, Parks, and Tourism Administration in August 2015 from Western Illinois University. She has had previous experience in working with youth as a conservation educator for the Kentucky Department of Fish and Wildlife.

**Martha Welch, Extension Specialist for 4-H Youth Development**

UPCOMING EVENTS AND PROGRAM INFORMATION

**4-H Camp:**

- The meeting of the State Camp Advisory Committee will be held by Lync on January 8th beginning at 10 am EST.

- Remember to register at KERS for the annual camp updates January 20 and 28. You are required to register for one of the two sessions. The sessions are by Lync beginning at 10 am EST each day.
• **New agents**, remember to register on KERS for the Camp Basics for New Agents in-service February 5th. This is a mandatory training and is from 9:30 to 4:30 for the one day at the Fayette Co. Extension Office.

  *Donna Fox, Extension Specialist for 4-H Youth Development*

**Shooting Sports:**
The next State Shooting Sports Committee meeting is Saturday, January 10th at the Hardin Co. Extension Office, Elizabethtown beginning at 1 pm. The session will be available by Lync. Election of new officers will be held at this meeting.

  *Donna Fox, Extension Specialist for 4-H Youth Development*

**February is 4-H Health Month!**
“Take a Break for Health” during your February programs. Please share this with all of your volunteers! Following are ways you can "Take a Break for Health"

• Prepare a healthy snack
• Have a hula hoop contest
• Make a stress ball
• Vow to be drug free
• Have a dance party
• Stretch it out before your meeting
• Have a Jump rope contest
• Create fitness stages
• Teach younger 4-Hers about MyPlate
• Plan a healthy meal
• Play parachute games
• Set up an obstacle course
• Learn a new camp dance
• Play twister
• Learn the signs of stress
• Discuss ways to end bullying
• Make posters about healthy living

Like us on Facebook and learn about other ways to “Take a Break for Health”

[https://www.facebook.com/4HHealthMonth](https://www.facebook.com/4HHealthMonth)

*Jennifer Tackett, Extension Specialist for 4-H Youth Development*

**Need Ideas for In-Services to be held July 2015-June 2016**
We strive to offer a wide variety of in-services each year that will be of interest to 4-H agents. In order to do that, we need to hear from you. When you submit an idea, include the
overall topic, and list specific sub-topics that you would like covered in the in-service. If you do that, the resulting in-service is more likely to be what you want and need. If subtopics are not listed, the presenters are left to come up with subtopics which may or may not align with your intentions. The idea submission form was emailed to you on 12-15-14 or you may go to the resource guide, “Professional Development,” then scroll down to “In-Service Idea Submission Form.” The deadline to submit ideas is February 23, 2015.

Martha Welch, Extension Specialist for 4-H Youth Development

Questions about Credit for In-Service Attendance
Since in-service training participation is a part of the Career Ladder, hours of credit are given for in-service completed. Since the Extension guideline is that partial credit is not given, the presenter cannot give credit when participants miss a significant portion of the session. A participant may sign-in as being present but if he/she leaves early, arrives late or is out of the room a significant portion of the session, credit may not be given. All program areas are following these guidelines.

Martha Welch, Extension Specialist for 4-H Youth Development

Civic Engagement
Kentucky 4-H promotes community service and civic engagement in all aspects of its program. Encourage club leaders, classroom teachers and others to thoughtfully incorporate this aspect into their programming. Here are some ideas to get you started in January 2015!

• Volunteer at an animal shelter. Help clean up, play with the animals, or do whatever’s needed to make the shelter a nicer “temporary” home for the animals.
• Become a foster parent. Some shelters have temporary foster care programs. You take care of a pet until they can find a permanent home for it.
• Find out about raising a dog for persons with disabilities.
• Raise money for pet causes by organizing a pet photo session.
• Organize a pet show for a local nursing home.
• With the support of a vet clinic, organize a neuter and spay campaign to get animals neutered and spayed at a reduced rate.
• Set up donation centers for animal products to be donated to needy.
• Learn about pet therapy and do pet therapy with your animal at nursing homes and day care centers.

Mark Mains, Extension Specialist for 4-H Youth Development

UPCOMING IN-SERVICES FOR 2015
The array of in-services for 2014-15 is available for pre-registration through the In-service Training Catalog in KERS. Volunteers are welcome to participate in many of the in-services. Here’s a quick list of sessions specifically planned for 4-H agents but refer to the catalog in KERS for additional sessions targeted to all Extension agents.
- **Home Energy Detectives**: offered via Lync—Jan. 15; Feb. 19; Mar. 26; Apr. 16; May 21; June 18 (part of FCS—Home Env. Core)
- **Horse Contact Agents Training**: Dec. 19, Fayette CES
- **Annual Camp Update**: offered via Lync—Jan. 20 or 28 (all agents going to 4-H camp are required to attend one of the two sessions.)
- **Be the “E”**: Jan. 20, Hardin CES; Jan. 22, Clark CES
- **Biotechnology—Investigation, Discovery, and Inquiry**: Jan. 27, Ohio CES; Feb. 17, Good Barn, Lexington
- **Needlework Early Bird Session**: Jan. 29, Lake Cumberland 4-H Education Center, Jabez
- **Needlework Training**: Jan. 29-30, Lake Cumberland 4-H Education Center, Jabez
- **4-H Dairy Update**: offered via Lync—Jan. 30
- **Camp Basics for New Agents**: Feb. 5, TBA
- **It’s Your Reality**: Feb. 18, Madison CES
- **The Art of 4-H and More**: Feb. 26, Scott CES
- **Basic Training for New 4-H Agents**: Mar. 18-19, Weldon Suite, Lexington
- **Robotics—Incorporating 4-H into Science Classrooms**: Mar. 24-25, Hopkins CES; Mar. 30-31, Madison CES
- **Healthy Adventures for Teens**: April 27, Hiking, Pennyrile State Resort Park; April 29, Kayaking, Franklin County; April 30, Bicycling, Johnson CES
- **Environmental Certification over the River and through the Woods**: FULL, May 7-8, Kentucky River and KSU Environmental Education Center in Henry Co.

*Martha Welch, Extension Specialist for 4-H Youth Development*