CHANGES TO THE UPDATE

After informal meetings with several groups of agents on the effectiveness of the 4-H Updates, we have decided to switch to six 4-H Updates a year covering two months. This will begin with our July/August edition that will be sent out at the end of June. Additionally, we are going to be using the updates as an “archive” of information that is important, but has a longer life span. We will continue to send out emails to 4-H agents continuing information that needs to be acted upon in a timely fashion. These are both important pieces of information and should be reviewed. The Kentucky 4-H Updates will be archived at the State 4-H Leader’s Blog (https://4-h.ca.uky.edu/4-H_Blog).

BRANDING

Kentucky 4-H relies on the recognition and goodwill of its two primary “brands”. These are the University of Kentucky and 4-H. It’s important that we adhere to the branding guidelines established for both these entities. I have recently seen many social media posts, email posts, and other print where the “4-H” is being written incorrectly. **It is not acceptable to write “4H”, “HHHH”, or other forms of this organizational identity.** The only correct ways to do this are “4-H” and “4-H Youth Development”. County agents with 4-H responsibilities are responsible for the correct use of the name and emblem. These guidelines can be found at: [https://nifa.usda.gov/4-h-name-and-emblem](https://nifa.usda.gov/4-h-name-and-emblem). Marketing guidelines for the use of the UK/CAFE Logos and UK/KSU logos can be found at: [https://marketing.ca.uky.edu/logos](https://marketing.ca.uky.edu/logos). Thank you for helping to keep our brand strong by following these guidelines.

~ Mark Mains, Assistant Director for 4-H Youth Development.

General Updates

PERSONNEL: 4-H Youth Development Agent Positions

Lawrence Caudle, Jefferson County: Lawrence started out in Kentucky Extension as an agriculture agent-at-large in Powell County so central Kentucky agents may already know him. He grew up in Arkansas. After high school, he participated in a “bridge” program that introduced him to careers in agriculture and resulted in his pursuing a college degree. He completed a bachelor's degree in Agriculture Business at the University of Pine Bluff and a master's degree in Agriculture Education from Iowa State. Lawrence looks forward to working with youth in the areas of teen programming, American Private Enterprise Program, natural resources and communication.

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

Position Changes:

Robert Tashjian moved from McCracken Co. 4-H YD to County Coordinator.
Matt Futrell moved from Christian Co. 4-H/ANR to ANR.

~Martha Welch, Extension Specialist for 4-H Youth Development
Time to Report Youth who Cross-County Lines
Near the end of the program year, agents are asked to report youth who have transferred membership to a county other than the county where they live or go to school. Go to the Resource Guide. Click on “program management,” then “Cross County Lines.” Look under “Agent Responsibilities for specifics about the reporting process. Forms are due July 1.
~Martha Welch, Extension Specialist for 4-H Youth Development

Fund-Raising
It does not happen often but occasionally an agent becomes aware of an individual or group raising funds in the name of 4-H who are not actually associated with 4-H. This is fraud. Funds raised in the name of 4-H must be used for 4-H educational purposes.
~Martha Welch, Extension Specialist for 4-H Youth Development

Club Finances
It is important for all volunteer-led groups associated with Extension to handle finances according to Extension procedures. That includes 4-H clubs. Tools are available on the KY 4-H public website. KY 4-H Club Leader Handbook: see pages 43-53: Here are highlights:
- Funds raised in the name of 4-H MUST be used for educational purposes.
- These tools give volunteers context and content for handling funds appropriately
- The role of the treasurer is outlined
- These templates are provided: club financial plan (p. 47); club budget (p. 48); and club fundraising proposal (pp. 52-53)
Financial Guidelines for CES Volunteer-Led Groups: Required reading for every agent!
~Martha Welch, Extension Specialist for 4-H Youth Development

Professional Development

Monthly Skype Sessions
Join us for a one-hour Skype session each month. We will have information and idea sharing on opportunities in 4-H. We encourage 2-way communication so think about questions you want to ask and ideas you want to share. A few days before the session, watch for an email announcement giving the link and topic for the next session. Participation is open to all agents but required for all first year agents. Recordings of past sessions are available in the Resource Guide under Program Management, “New Agent Resources.” Ideas for future topics are welcome.
- June 18, 2018, 9:30am ET/8:30am CT
- July 16, 2018, 9:30am ET/8:30am CT
- August 20, 2018, 9:30am ET/8:30am CT
- September 17, 2018, 9:30am ET/8:30am CT
- October 15, 2018, 9:30am ET/8:30am CT
- November 19, 2018, 9:30am ET/8:30am CT
- December 17, 2018, 9:30am ET/8:30am CT
~Martha Welch, Extension Specialist for 4-H Youth Development
Signing up for In-Services after the Deadline

If you want to sign up for an in-service after the registration deadline has passed, be sure to call the contact to make sure that you can still participate in the in-service before you register.

~Martha Welch, Extension Specialist for 4-H Youth

Journal Article of the Month

Volunteering 2 hours per week reduces loneliness in widowed older adults

The study examined whether becoming a volunteer at the time of widowhood is associated with reducing the risks of loneliness, which is a significant public health concern, particularly for those who have lost a spouse, linked to poorer physical health, depression and even earlier mortality. The findings are published in The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences.

"Becoming a widow is one of the most difficult transitions that people face later in life," said Dr. Ben Lennox Kail, co-author of the study and assistant professor of sociology at Georgia State University. "We found that for people in general, widowhood was associated with increased loneliness over time. Among people who became widowed, if they started volunteering 100 hours per year, which is about two hours per week, this reduced loneliness to an extent that they almost look exactly like those people who never became widowed at all."

The researchers analyzed data from 5,882 married adults, ages 51 and older, who were married and either remained continuously married or became widowed. The researchers determined the relationship between loneliness and becoming widowed and whether the loneliness from losing a spouse was reduced by volunteering.

The survey asked questions about volunteer status and how much time was spent volunteering for an organization during the previous year. Participants could choose from three categories: one to 99 hours per year, 100 to 199 hours per year and 200 or more hours per year.

The study found loneliness was significantly higher in those who become widowed compared to those who stay continuously married. However, starting to volunteer two or more hours per week resulted in decreased loneliness, with levels of loneliness similar to those of continuously married individuals.
volunteering at the same intensity. The findings suggest higher intensity volunteering (about two hours per week) as a potential intervention for alleviating loneliness in older adults who have recently become widowed.

"Volunteering only matters for people's loneliness when they've experienced the loss of social integration that results from widowhood," Kail said. "It also suggests something that I think is particularly interesting. When you experience loneliness that is because of some kind of loss, even if you're robustly integrated, that loss is meaningful to you. So if you have this robust social network, and you then experience some loss, what you need to do is begin something new. It's the new social integration that can make up for loss."


~Ken Culp, III, Principle Specialist for 4-H Youth Development

Volunteer Development/Youth Development

Volunteer Administration Academy (VAA) and Volunteer Administration Institute (VAI)

VAA and VAI will be offered during the upcoming program year, September, 2018 through May 2019. VAA will meet monthly for two consecutive days. VAI will meet concurrently with VAA on the odd-numbered months (September, November, January, March, and May.) Both groups will participate in a travel seminar; the National Extension Conference on Volunteerism (NECV) which will be held May 14 – 16, 2019, in Billings, Montana.

What’s the difference between VAA and VAI? The same content is presented in both. Both series are designed to increase the level of volunteer involvement in the county and to assist the agent in becoming a competent volunteer administrator. However, during the even-numbered months (October, December, February, and April) specific activities are conducted that will be replicated in the agent’s home county, and are designed to exponentially increase the level of volunteer involvement in the county program. Comparatively, VAI is similar to a “lecture-only” course, while VAA has both a lecture as well as a lab. Information presented during the odd-numbered months is applied to the agent’s own county program during the even-numbered months.

VAA is offered for both graduate (academic) credit or in-service credit while VAI is offered only for in-service credit. If you have not been accepted into a graduate program, you are allowed to complete up to nine (9) hours post-baccalaureate prior to acceptance. If you have been selected into a graduate program, either at UK or any other university, I will work with you and your advisor to make VAA fit into your graduate program and count towards your master’s degree.

Classes are tentatively scheduled as follows:
September 4 & 5, 2018
October 2 & 3, 2018
November (meets October 30 & 31, 2018)
December (meets November 27 & 28, 2018)
January 7 & 8, 2019
February 4 & 5, 2019
March 5 & 6, 2019
April 2 & 3, 2019
May 14 – 16, 2019

Please contact Ken Culp, III for additional details or information at kculp@uky.edu.

~Ken Culp, III, Principle Specialist for 4-H Youth Development
4-H Avian Bowl
Narrated power points are now available to help train your 4-H avian bowl teams. These are available on the agent resource guide. For more information, contact Dr. Jacquie Jacob (jacquie.jacob@uky.edu).
~Jacquie Jacob, Poultry Specialist

4-H Livestock, Horse, and Dog Volunteer Certification Workshops for 2018 - - Save the Date!
November 17, 2018 at Lake Cumberland State Park, Jamestown, KY
December 1, 2018 at General Butler State Park, Carrolton, KY
~Ashley Osborne, Extension Specialist for 4-H Youth Development

Kentucky State 4-H Dairy Cow Camp Results
4-H Dairy Cow Camp was held on April 21 at the Shelby County Fairgrounds in Shelbyville, Kentucky. This annual event is hosted by a different county each year and provides an opportunity for youth ages 9 to 18 to learn more about judging dairy cattle.

Novice Individual
1st Lilly Phillips - Shelby County
2nd Harley Dempsey - Shelby County
3rd Jace Briggs - Taylor County

Junior Reasons
1st Jackson Baird - Spencer County
2nd Faith Hitch - Bracken County
3rd Hope Hitch - Bracken County

Junior Placing Individual
1st Faith Hitch - Bracken County
2nd Jackson Powers - Mercer County
3rd Hope Hitch - Bracken County

Senior Reasons
1st Madison Goodlett - Spencer County
2nd Sydney Warren - Spencer County
3rd Evan Stoltz - Spencer County

Senior Placings
1st Colton Todd - Spencer County
2nd Shelby Harris - Spencer County
3rd Marcus Stephens - Shelby County

Senior Overall
1st Sydney Warren - Spencer County
2nd Jackson Shelley - Spencer County
3rd Shelby Harris - Spencer County
~Larissa Tucker, Extension Specialist for 4-H and Youth Dairy Programs
4-H Senior Forestry State Contest Results

The 4-H Senior Forestry State Contest was held on April 23 at Bernheim Arboretum and Research Forest in Clermont, Kentucky. Senior 4-H youth competed for the opportunity to send a four-person team to the National 4-H Forestry Invitational held in West Virginia. This year the Nelson County 4-H Forestry Team will represent Kentucky at the National 4-H Forestry Invitational.

Compass and Pacing Contest
1. McCreary  Cede Winchester
1. Nelson    Dylan Parrish
1. Magoffin  Elijah Rudd
2. Henry     Thomas Garrison
2. Nelson    Natalie Bolin
3. Nelson    Anne Adams
4. McCreary  Elisha Shepherd

Topographic Maps Contest
1. McCreary  Dalton Daugherty
2. Nelson    Gloria Bolin
3. Nelson    Natalie Bolin
4. McCreary  Cede Winchester
4. Nelson    Anne Adams

Tree ID Contest
1. McCreary  Jessica Tucker
2. McCreary  Seara Coffey
3. McCreary  Tracie Jones
4. McCreary  Cede Winchester

Tree Measurement Contest
1. McCreary  Dalton Daugherty
1. Nelson    Anne Adams
2. McCreary  Cede Winchester
3. Nelson    Natalie Bolin
4. McCreary  Jessica Tucker

Tree Diseases and Health Contest
1. Nelson    Anne Adams
1. Henry     Emma Noe
2. Nelson    Gloria Bolin
3. McCreary  Jonah Starrett
4. Nelson    Natalie Bolin

Individual High Score
1. Nelson    Natalie Bolin
2. Nelson    Anne Adams
3. McCreary  Cede Winchester
4. McCreary  Dalton Daugherty

Team High Score
1. Nelson
2. McCreary
3. Henry

~Laurie Thomas, Extension Specialist for Forestry Programs
Camp Canine 2018 – Camp Dog Show

**Dog Trick Class**
Red Ribbon:
Jackson Barnett, Anderson Co

Blue Ribbon:
Raecy Adair, Scott Co
Katrin Wilson, Adair Co
Gracyn Hatfield, Fayette Co
Kate Friedman, Breckinridge Co
Beth Huffman, Oldman Co
Skyelar Williams, Scott Co

Overall Class Champion:
Carlyn Sharp, Jessamine Co

**Costume (Dog Only) Class**
Overall Class Champion: Jackson Marsh, Carroll Co
Blue Ribbon: Bryan Soto, Christian Co

**Costume (Dog and 4-H'er) Class**
Overall Class Champions (tied for overall winner): Caryln Sharp, Fayette Co and Tanner Williams, Scott Co

**Freestyle Class**
Overall Class Champion: Tanner Williams, Scott Co

~Ashley Osborne, Extension Specialist for 4-H Youth Development
Save the Date – KAEE Conference
Save the date for the 2018 KAEE Conference on September 6-8, 2018 in Berea, KY.

4-H Livestock, Horse, and Dog Volunteer Certification Workshops for 2018 - - Save the Date!
November 17, 2018 at Lake Cumberland State Park, Jamestown, KY
December 1, 2018 at General Butler State Park, Carrolton, KY
Join the Kentucky 4-H Livestock and Horse Volunteer Certification Program Facebook Group! We post upcoming events for youth and opportunities for certified leaders to gain continuing educational hours.
~Ashley Osborne, Extension Specialist for 4-H Youth Development

Family & Consumer Sciences/Health

Staff Update – Jennifer Tackett & NEP/SNAP
We are excited to announce that Jennifer Tackett will now be working with the Nutrition Education Program to the support the efforts of the SNAP education program in regards to Kentucky 4-H! She will be attending trainings in the coming months in order to better assist you in getting your hours and determining how your existing program can include hours.
~Jennifer Tackett, Extension Specialist for 4-H Youth Development

Kentucky 4-H Performing Arts Troupe Culminating Trip
The Kentucky 4-H Performing Arts Troupe traveled to East Kentucky on their yearly careers focused culminating trip. The trip began with a trip to the Beacon of Hope Homeless Shelter to share some songs and some paper products they purchased for the shelter. They then traveled to the Appalshop to learn about its mission to enlist the power of education, media, theater, music and other arts to tell the stories of Appalachia. The next day they met with the Folk Arts Educator from the Hindman Settlement School, toured Loretta Lynn’s homeplace and toured the Mountain Arts Center. While at the MAC, they met with local recording artists and a speech pathologist that covered how to take care of your vocal chords. They also recorded a song! The trip was capped off with a performance at the U.S. 23 Country Music Highway Museum at their Front Porch Picking Event. This was a great trip that not only gave them opportunities to meet with people working in the arts, but also it introduced a lot of our members to the rich culture and wonderful people of Appalachia.
~Jennifer Tackett, Extension Specialist for 4-H Youth Development
4-H Yoga
The 4-H Yoga for Kids training conducted by University of Arkansas Extension was a great success. Twenty-five agent became certified to offer this program in their counties. We are excited to welcome this program to Kentucky 4-H! Please understand that this can only be implemented by the agents that were in attendance at the training.
~Jennifer Tackett, Extension Specialist for 4-H Youth Development

Kentucky 4-H Culinary Challenge, Saturday, August 4
The 2018 Kentucky 4-H Culinary Challenge is set for Saturday, August 4, at the Boone Co. Extension Enrichment Center, 1955 Burlington Pike, Burlington, KY. Each district may send one team of 3 to 5 teens. Teens must be senior 4-H members (4-H age 14-18) and all from one county. The deadline to register the district team in the state contest is July 6, 2018. Information is available on the public site and in the Resource Guide under “Culinary Challenge.” Plans are underway for an optional educational activity on Friday night and/or Saturday afternoon. Note: “4-H age” is the age of the member on Jan. 1, 2018. For youth born on Jan. 1, use age on Dec. 31, 2017.
Qualifying events: Districts should be getting ready for qualifying events to determine which county team will represent the district in the state event in August. Since hosting a district event will take money, the challenge contact agent may request up to $100 to be used for groceries and supplies needed to host the district event. For more information on the funds, go to the Resource Guide. Click on “Family and Consumer Sciences, then “Culinary Challenge.” To request funding, send an email message to Martha Welch along with the date for the district challenge.

The following agents are serving as contact agents (and also serve as the state planning committee) are: D1: Sherrill Bentley; D2: Kim Whitson and Alissa Ackerman; D3: Denise Donahue; D5: Elijah Wilson and Meagan Klee; D6: Catherine Webster and Wade Raymer; D7: Kendriana Price. D4 needs to name a replacement for Lisa Adams.

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

Leadership/Citizenship

New 4-H Public Value Handouts
Two new 4-H public value handouts have been prepared. They are “4-H Prepares Youth to Pursue Professional Careers” and “4-H Conducts International Exchange Program”. Copies of these are attached but feel free to download them and others at the Extension Public Values website: https://extension.ca.uky.edu/ekcl-groups.
~Mark Mains, Assistant Director for 4-H Youth Development

State 4-H Officer Candidates
Join me in congratulating the eight individuals who were slated to run for office at 4-H Teen Conference: President: Jonna Woodson, Muhlenberg County; Leslie Stewart, Powell County; Vice-President: Walter Steely, Webster County; Catherine Drysdale, Carlisle County; Secretary: Delaney Simpson, Boyle County; Laura Flannery, Montgomery County; Treasurer: Dylan Gentry, Green County; Luke Jacobs, Butler County.
~Rachel Noble, Extension Specialist for 4-H Youth Development

UK Ag Field Day
Thank you to all those who attended UK Ag Field day. This year there were close to 2,000 individuals who joined us on campus for the annual event.
~Rachel Noble, Extension Specialist for 4-H Youth Development

4-H Summit Dates
There have been many questions regarding dates for 4-H Summit: March 7-9, March 14-16, March 21-23. Information regarding sign-ups will come out in late July/early August.
~Rachel Noble, Extension Specialist for 4-H Youth Development

4-H is a community of young people across America who are learning leadership, citizenship and life skills.
Name Change for National 4-H Citizenship Program

In the fall of 2017, the 4-H Program Leadership Working Group (PLWG) chartered a study group to review the name of the 4-H Citizenship mission area. Dr. Chuck Stamper, KY 4-H State Office was a member of the study group.

On February 26, 2018 the PLWG approved three recommendations of the study group. They are as follows:

**Recommendation 1:**
Change the name of the 4-H Citizenship mission area to 4-H Civic Engagement

**Recommendation 2:**
Within the current citizenship framework, switch the Civic Engagement box to be titled 4-H Community Engagement

**Recommendation 3:**
Recommend that the PLWG leads a process to refresh the current framework for this program area.

As of May 1, this mission area will be referred to as Civic Engagement. In the coming weeks we will be posting an updated framework on the 4-H NIFA, 4-H.org, and KY 4-H websites.

What does this mean for local 4-H programs? The name change was initiated to begin using a more universal term for the work 4-H programs do at all levels. In KY, we will be implementing the changes when they are fully established.

For more information, contact Chuck Stamper, Extension Special Projects Coordinator/4-H Youth Development (cstamper@uky.edu)

~Chuck Stamper, Extension Special Projects Coordinator for 4-H Youth Development

Save the Dates for the 2018 Kentucky 4-H Issues Conference!
The dates for the 2018 KY 4-H Issues Conference are set! Start advertising for the 4-HIC now!

Dates: November 15-18, 2018
Location: KY 4-H Leadership Center
Audience: Teens in Grades 9-11 are eligible to attend
Registration: Will be online in August

To ensure the conference achieves its goals, the planning team must be strong, engaged, and dedicated. We are pleased to announce this year’s planning team members:

Conference Co-Chair, Matt Futrell, Christian County Extension Agent for 4-H Youth Development
Conference Co-Chair, Madison Dodgen, Fleming County
Conference Assistant Chair, Catherine Drysdale, Carlisle County
Member, Breanna Burkhead, Garrard County
Member, Carlee Franklin, Clark County
Member, Bo Langley, Hardin County
Member, Justice White, Lincoln County
Member, Landry Woodrum, Boyle County

This excellent group of 4-H Youth Leaders will work alongside the District Contact 4-H Agents to plan an engaging 2018 4-H Issues Conference! Save the Date now to attend!!
~Chuck Stamper, Extension Special Projects Coordinator for 4-H Youth Development

CTO: Interesting TedTalks on Innovative Thinking
Over the past year, I have been involved with a project to integrate a culture of innovation into the KY Cooperative Extension System. Below are some online resources I think you would be interested in viewing. Be watching for more information to come!

Steven Johnson: Where do ideas come from?  (https://www.ted.com/talks/steven_johnson_where_good_ideas_come_from)

Seth Godin: How to get your good idea to spread.  (https://www.ted.com/talks/seth_godin_on_sliced_bread)

Rocio Lorenzo: How diversity makes teams more innovative. (https://www.ted.com/talks/rocio_lorenzo_want_a_more_innovative_company_hire_more_women#t-39083)

Joi Ito: Want to innovate? Become a "now-ist"  (https://www.ted.com/talks/joi_ito_want_to_innovate_become_a_now_ist)


~Chuck Stamper, Extension Special Projects Coordinator for 4-H Youth Development
$5 for Camp Gear for your Community!
As promised at the January 2018 in-service, Kentucky 4-H Camping is providing agents with a promotional code that is good for $5 off to the online camp store (www.4hcampstore.com). Use this promo code to make YOU look awesome/great at orientations. I want you to have the moment of awesomeness/pride with your community that you (the agent) are giving everyone $5 for free to use at the camp store. Play this up! Do not simply plaster this code on a form and call it done. I want you to make this a moment of customer service that you appreciate the parents and youth for signing up for camp and here is a small gift of appreciation. If played up correctly, parents will talk positively about this moment to all of their parent friends about how awesome your county is, and this will become an easy recruitment tool for you for the future (word of mouth)! The code parents are to use is #4-hcamp18 and is good for $5 off through July 31st.
~Darrell Stillwell, Principal Specialist for 4-H Youth Development, Camping

Summer Camp Is Here!
As you continue to work on summer camp you are bound to face those tricky registration questions. The Camp Leadership Team is fielding numerous questions, and are happy to continue to do so. From youth who live in different counties for the summer to background checks, we are happy to help! Contact your Camp Director (first) with all of you camp registration needs.
~Darrell Stillwell, Principal Specialist for 4-H Youth Development, Camping

Summer Waiting Lists!
We are very excited to hear that so many of you have filled your camping quotas for this year and already have waiting lists! I’m thrilled that camp is so popular in your county! Our goal in the Kentucky 4-H Camping program is to allow as many youth as possible to experience 4-H camp. Through this experience they make friends, learn important life lessons, and develop their sense of independence. Our goal is that no individual interested in 4-H camp is left behind! For those of you that have waiting lists, I encourage you to reach out to your neighboring counties to see if they have the space and interest to take some of these excited youth so they don’t miss out on 4-H camp! This is allowed at the discretion of the 4-H agents in the counties involved. This helps all of us as it allows more youth to go to camp and benefits both of the counties involved in the program.
~Darrell Stillwell, Principal Specialist for 4-H Youth Development, Camping

4-H’ers are...

- 4X more likely to give back to their communities
- 2X more likely to make healthier choices
- 2X more likely to participate in STEM activities
When you support Extension, Kentucky 4-H opens the world to youth and families by sharing culture, language and heritage.

Contact:
4-H Youth Development
212 Scovell Hall
Lexington, KY 40546-0064
859-257-5961
http://4-h.ca.uky.edu/

Kentucky families have a chance to share their summer activities with their exchange student.

4-H Conducts International Exchange Program with Japanese Family-Oriented Youth Organization

In 2018, Kentucky 4-H celebrates 40 years of International Exchange Programs fostering global citizenship within Kentucky families.
As American society becomes more globalized, it is imperative that as a community serving organization, 4-H provide opportunities for youth to engage in activities that will expand their worldview. Kentucky 4-H works with the States’ 4-H International Program to place youth in homes for both the Inbound Short-Term Program and the Academic Year Long Program. In 2017, Kentucky 4-H hosted fourteen youth and one adult from Japan for four weeks in the summer.

For the Inbound Short-Term Program, Japanese youth are paired with an American youth to spend four-weeks immersed in American culture. In 2017, at the end of the all the Japanese youth reported that they learned about American customs and practicing their English-speaking skills. In return, the American youth had the opportunity to learn about the Japanese culture.

American youth reported learning words in Japanese, trying Japanese food, learning Japanese games, and making origami. The American host parents noted the exposure to a different culture was a positive experience for their children. Also incorporating a family member from a different culture for four weeks family developed skills in adapting to differences in values and behaviors. Families and youth had the opportunity to make lasting connections with a child from a different culture. Families reported that their desires to travel and experience another culture increased due to the hosting experience, and the hosting experience. One parent commented that the experience, “surpassed their expectations and they would recommend the program to other families!”

The Kentucky youth and Japanese youth have a chance to create friendships that last a lifetime.

Japanese youth share their culture with Kentucky families.

“Participating in the 4-H exchange program was a great experience for our family. My son and our exchange student became instant friends. The cultural experience that both shared will last a lifetime.”

4-H Host Mother
When you support Extension, youth with special needs practice essential life skills to increase independence.

Contact:
Boone County Cooperative Extension
6028 Camp Ernst Road
Burlington, KY 41005-0876
(859) 586-6101
http://boone.ca.uky.edu/

Boone County School District Incorporates Extension Programing into Individual Education Plans (IEP) of Special Needs Students

Monthly programs at the Boone County Extension Office incorporate basic life skills, fine and gross motor skills, and academic skills.
In Kentucky, over 44,000 school children receiving special education services must have an Individual Education Plan (IEP). (KDE, 2017) This legal document is an education plan that addresses the specific needs of each student with disabilities. One aspect of the IEP is community education through strategic experiences. The Boone County Cooperative Extension Service (CES) collaborated with the Walton Verona School District and the Boone County School District to provide classes for the community educational experience. Students from one high school class, two middle school classes and two elementary school classes attend monthly Extension programs.

Classes held at the Boone County Enrichment Center allow for a broad range of activities that would normally be difficult in the school classroom. Basic life skills presented include dental health, nutrition, food safety, personal hygiene, and physical fitness.

Other aspects of the IEP included by CES and teachers focused on gross motor skills, math, and social skills. Session objectives included gaining independent living skills such as basic food preparation, reading comprehension, math skills, and food and kitchen safety. Parents receive additional Extension educational materials.

In addition to progressing toward their individual academic goals, teachers reported that students were more active, exhibited improved social behavior and personal hygiene. Parents reported using the information provided by Extension and commented on how their children look forward to visiting the Extension Enrichment Center.

Boone County 4-H adapted educational materials and programs to serve over 900 special needs student over the past thirteen years.

4-H activities incorporate occupational therapy skills as youth work toward independence.

Students learn to identify and categorize food. The food preparation activities introduce them to a variety of healthy food options.
When you support Extension, youth use career building skills to access post-secondary education and professional careers.

Contact:
4-H Youth Development
212 Scovell Hall
Lexington, KY 40546-0064
859-257-5961
http://4-h.ca.uky.edu/

Breckinridge County 4-H members learn about U.S. Geological Survey (USGS) careers. They measured local water levels with a USGS Ground Water Specialist.

4-H Prepares Youth to Pursue Professional Careers

The 4-H Career Shadowing program enables youth to research educational requirements and professional demands in a variety of workplaces.
Workforce preparation is a major concern in our global economy. Employers are reporting that young workers lack communication, leadership, teamwork, and problem-solving skills necessary in today's workplace. The University of Kentucky Cooperative Extension Service has addressed these concerns by providing intentional workforce preparation experiences including education, experience, and reflection. In the 2016-2017 program year, youth in 5th to 12th grades participated in a variety of 4-H career awareness programs. The focus included distinguishing career clusters, recognizing types of jobs within the cluster, completing a job application, creating resumes and improving communication skills.

**Boone County** 4-H conducts Employment 101 with 8th grade students at two middle schools. Of the over 340 youth who participated in 2016, six have contacted their teacher to report being hired in their first job using the skills they learned from 4-H.

In **Warren County**, over 120 youth, in middle and high school, participated in the 2017 4-H Career Shadowing Day. Youth shadowed professionals in a variety of fields including engineering and technology, health care, education, law, agriculture, and communications. **Warren County** students have the opportunity to investigate up to eight different careers before graduating from high school. During the 4-H Career Shadowing Day, youth observed activities and responsibilities, investigated educational requirements for the career, and questioned the professionals. As a result, 68% of the youth reported that the job shadowing experience changed their opinion of future career choices. Others reported being more confident in the career choices they plan to pursue. Ninety-seven percent reported becoming more focused on schoolwork to in order to achieve career goals. **Warren County** 4-H Career Shadowing Day alumni have acquired employment at veterinarian clinics, as teachers, and been accepted to the Air Force Academy. Each credits their career pursuits to their 4-H experiences.

The **Breckinridge County** 4-H Career Club toured five Kentucky universities and multiple companies exploring engineering, kinesiology, broadcasting, pharmacy, culinary arts, medicine, business, agriculture, and fine arts. In addition to career skills, youth investigated higher education financial aid options.

These are a few of the specific workforce preparation programs offered by Kentucky 4-H. 4-H develops communication, teamwork, and leadership skills in all program areas. During 2017, over 46,000 youth improved their communication skills, 7,430 members led a project group or project club, and 4,248 served as mentors to younger youth.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.
The Journey of the Kentucky 4-H State Officers

Johnny Cash, President Jimmy Carter, U.S. Secretary of Agriculture Sonny Purdue, Martha Layne Collins, Luke Bryan, Commissioner of Agriculture Dr. Ryan Quarles, First Lady Jackie Kennedy, and Governor Matt Bevin—what do these individuals have in common? They were 4-H members, just like 288,801 Kentucky youth. Although, I will most likely never be President or win an Academy Award, I am proud to be 4-H grown, just like our famous 4-H alumni. 4-H has transformed my fellow State 4-H Officers and I into the leaders we are today and empowered us to serve Kentucky 4-H. Our journey as the State 4-H Officer Team has abounded in opportunities and experiences we will treasure for a lifetime. From the State Fair, county visits, the Florida 4-H exchange, State Teen Council, the Volunteer Forum, and more, we are grateful to represent and invest in Kentucky 4-H. Our year of service has forever impacted and further equipped each of us to enact positive change in our communities, country, and world. Thank you for supporting the State 4-H Officers and enabling us to empower the next generation of Kentucky leaders.

2017-2018 Retrospect | Date: June 6, 2018

96 Officer Visits

29,733 Individuals Reached through officer county visits, conferences, meetings, etc.

13 Non-KY 4-H Collaborations

37 Counties Reached