

**2016 Delaware 4-H State Leader Forum**  
**Delaware Technical Community College—Georgetown**  
**Saturday, February 6, 2016**  
**9:00 a.m. to 3:00 p.m.**

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*Making the Best Better*



Delaware Cooperative Extension

# 2016 Delaware 4-H State Leader Forum

Dear Delaware 4-H Leader:

With the Christmas holiday and start of the New Year now past, all of us on the Delaware 4-H staff send you our best wishes during these warm times of family and fellowship!

Before February date books become filled with activities, we want to invite you to join us in bringing fellow and potential leaders together for the 2016 Delaware 4-H State Leader Forum...you won't want to miss this special day!

We are pleased and excited to be having the event on the campus of Delaware Technical Community College in Georgetown! The morning program will include a brief welcome and continental breakfast before we go to our sessions. Following the first two workshops, we will be enjoying fellowship with a special luncheon ceremony as we recognize our 2016 Salute to Excellence award winners. The afternoon program will consist of the final workshop and conclude with an evaluation. We plan to end our day at 3:00 p.m. so you'll have time to get home early and start putting all of the new ideas you learned into action!

Attached are the registration form, workshop descriptions, and schedule for the day. There will be coach bus transportation roundtrip from New Castle County. Please be sure to select three choices for each workshop in order of your preference. **Registration is available online. This is the preferred method.** Please note that the workshops will be filled on a **"first come, first serve"** basis, so the earlier you register the better chance you will have of getting your first choice. The cost of the Forum is \$15.00 which will be covered by each county's Leaders' Association or a staff purpose code. **Deadline to register is January 29.** We look forward to seeing you in Georgetown on February 6!

Yours in 4-H,

A handwritten signature in black ink that reads "Ernie B. Lopez".

Ernie López  
Extension Specialist, 4-H Youth Development  
University of Delaware

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## Forum Agenda

# WELCOME

**9:00-9:40 a.m.**

**Continental Breakfast**

**9:40-9:55 a.m.**

**Welcome** ~ Ernesto Lopez, Extension Specialist,  
4-H Youth Development

**10:00-10:50 a.m.      Workshop I**

**11:00- 11:50 a.m.      Workshop II**

**Noon**

**Lunch and browse at 4-H Mart**

**1:00-1:30 p.m.**

**Salute to Excellence Recognition**

**1:45-3:00 p.m.      Workshop III**

**3:00 p.m.              Wrap-up & Evaluation**

**Have a Safe Ride Home!**

**Thank you!!**

## Salute to Excellence



*Honoring a Delaware Tradition of Excellence*

### **2015**

Peggy Spence, Lifetime Volunteer  
Gina Anger, Volunteer of the Year

### **2014**

Sharon Anderson, Lifetime Volunteer  
Clyde Mellin, Volunteer of the Year\*

### **2013**

Connie Louder Lifetime Volunteer\*  
Heather Smith, Volunteer of the Year\*

### **2012**

Charmayne Busker, Lifetime Volunteer\*  
Caryn Pierson, Volunteer of the Year\*

### **2011**

Karen Crouse, Lifetime Volunteer\*  
Bo Waller, Volunteer of the Year

### **2010**

Robert Messick, Lifetime Volunteer  
Gail Tipton, Volunteer of the Year

### **2009**

Sylvia Walther, Lifetime Volunteer  
George "Bud" Shilling, Volunteer of the Year

### **2008**

Sandy Reynolds, Lifetime Volunteer  
Brenda Shaffer, Volunteer of the Year

### **2007**

BJ VanKavelarr, Lifetime Volunteer  
Jodie Gravenor, Volunteer of the Year

### **2006**

Cathy Martin, Lifetime Volunteer  
Linda Sullivan, Volunteer of the Year\*\*

### **2005**

Sally Moller, Lifetime Volunteer  
Tracey McCracken, Volunteer of the Year

\*NE Regional Winner

\*\*National Winner

### **Youth Fitness** ~ Presented by Karen Johnston, Extension Educator, New Castle County

Interested in club activities that include Head, Heart, Hands and Health? Join us for the newest "Youth Voice, Youth Choice: Are you up for the Challenge" curriculum session. This session will focus on fitness and nutrition and includes fun activities and recipes in preparation for the 2016 Summer Olympics! All participants will experience hands-on activities and receive copies of the curriculum.

### **Snap It & App It (Part I)** ~ Presented by Michele Walfred, Communications Specialist, Sussex County

The smartphone camera has become nearly everyone's go-to camera. No wonder, it is always with us! Learn how to optimize your smartphone photos, and use the best apps on the market to make your photos stand out. Bring your fully charged Android or iOS device with you! We'll review the best apps currently on the market and try a few!

### **Food & Healthy Living Curriculum** ~ Presented by Jill Jackson, Extension Educator, Sussex County

Come learn about the variety of new Food & Healthy Living Curriculum that 4-H has to offer. We will review each curriculum, see sample lessons and try some of the suggested recipes. These programs will help 4-H'ers work towards a healthier lifestyle in social, emotional and physical health.

### **\* The Top 10 Ways to Effectively Use 4-H Junior Leaders** ~ Presented by Doug Crouse, State 4-H Program Leader

As a Club Leader, you have a very important asset available to you right in your club. Junior Leaders can certainly assist you in many ways throughout the year and can help your work as a Leader be so much more manageable. Attend this workshop to review and discuss the top 10 effective ways you can use Junior Leaders right in your club.

### **Heart of Belonging—Creating an Inclusive Environment** ~ Presented by Rene Diaz, 4-H After School Director, Sussex County, and Jalisa Anderson, 4-H Public Ally, New Castle County

Youth need to know they are cared about by others and feel a sense of connection to others in the group. This connection is called "belonging" and is one of the four Essential Elements in 4-H. As the facilitator, it is important to provide youth the opportunity to feel physically and emotionally safe while actively participating in a group. In this training, you will learn how to create a fun, safe and inclusive environment for all youth. Explore ways to engage with members with special needs and varying abilities and backgrounds, all while providing an accommodating environment.

### **How to Interview** ~ Presented by Ernie Lopez, Extension Specialist, Sussex County

With 4-H youth doing so many amazing things both inside and outside of their clubs, it's important for them to be able to tell their story when time comes to sit for an interview be it for National 4-H Conference, National 4-H Congress or any other type of program that requires "face to face" time. Join me in learning some of the tricks of the trade in order to help our 4-H youth shine and show those inside and outside our program that the time and effort they put into their work resonates and in turn, sets them above the rest!

### **Making 4-H Fun with Science** ~ Presented by Kristin Cook, Extension Educator, Kent County

An overview of curriculum, kits and resources for 4-H Fun.

## **Workshop II 11:00 a.m. to 11:50 a.m. \* = Recommended for new Leaders**

**Tips for Guiding Youth Fitness** ~ Presented by Karen Johnston, Extension Educator, New Castle County

Today there is increasing emphasis on youth fitness and nutrition as tools for stress management and disease prevention. This session will overview the 3 main components of fitness: Aerobic, Strength and Flexibility. Participants will be provided tools and experience to teach youth how to find and reach their target heart rate, ideas for at home strength and flexibility, and tools to create a fitness plan.

**Snap It & App It (Part II)** ~ Presented by Michele Walfred, Communications Specialist, Sussex County

This is a separate session. You do not need Part I to attend. Experienced photographers can join in at this level. We'll get down deep with some cool apps. Learn how to correct a problem photo, clear blemishes and yes, even lose 10 lbs instantly! Learn some advanced artistic techniques!

**How to Coach a Horse Bowl Team** ~ Presented by Susan Garey, Extension Agent, Kent County and volunteers from the Delaware 4-H Horse Advisory Committee

Learn about how the Delaware State 4-H Horse Bowl is organized and run and how age appropriate questions are developed from resource materials. Hear from members of the horse advisory committee who will share their experiences with how to effectively engage and train youth to participate in this fast paced, knowledge based quiz bowl competition and how to have fun doing it!

**Healthy Snacks** ~ Presented by Lindsay Hughes, Extension Agent, Sussex County

Looking for some healthy ideas? Come learn some new and creative healthy snacks to use for your club meetings or at other events.

**\*Conquering the World of 4-H Club Finances** ~ Presented by Doug Crouse, State 4-H Program, Leader

Review of everything from the Treasurer's Role, Club Audits, Donations, Fundraisers, DE 4-H Foundation, DE 4-H Association, Club Closing (and where the money goes).

**Take a Walk on the Wild Side...A Workshop to Cover Delaware 4-H's Wildlife Program** ~ Presented by Kristin Cook, Extension Educator and Autumn Starcher, New Castle County 4-H Leader

This indoor training will cover the basics of the Wildlife Program including the curriculum available, contest rules and components, and youth training ideas. Information specific to the 2016 competition, such as species, foods, habitat evaluation, and management practices will also be covered. Finally, participants will have an opportunity to practice some skills learned in a mock contest type setting.

**Think Globally, Act Locally—Empowering Teens** ~ Presented by Mallory Vogl, Extension Educator, New Castle County

Be part of the movement that has YOUTH leading the way! Dive into the world of Global Citizenship through this workshop. The activities presented will help you become an outstanding Leader who approaches life with your head, heart, and hands open to new ideas, interesting people, and diverse cultures. This workshop will include an introduction to the "We Connect" curriculum from Michigan State University. You will also explore activities that will help youth become better prepared to face the ever-changing, global melting pot in which we live. All participants will receive a take-home packet with several hands-on, engaging activities that support Global Citizenship but can be presented without stepping foot out of the country.

## **Workshop III 1:45 p.m. to 3:00 p.m. \* = Recommended for new Leaders**

### **S.T.E.A.M. Clothing** ~ Presented by Carol Scott, Extension Agent, New Castle County

Interested in combining science, technology, engineering, art, and math while learning about how to sew clothing? This workshop will introduce you to new curriculum materials available that combines S.T.E.A.M. skills and sewing. Participants will make a "recycled" neck scarf using old T-shirts. Bring several T-shirts and a sharp pair of scissors.

### **iMovie for your iOS Device** ~ Presented by Michele Walfred, Communications Specialist, Sussex County

For iPhone and iPad users only. Please download the app ahead of time. Learn how to use this terrific editing tool to make your videos and photos come alive and tell a story!

### **Animals Inside and Out** ~ Presented by Susan Garey, Extension Agent, Kent County

Animals Inside & Out is a hands-on lesson series designed for 3rd – 5th grade youth. Animals provide milk, meat and fiber, as well as provide companionship and provide by-products that youth use every day. Workshop participants will leave with their own copy of the curriculum. Animals Inside & Out will help youth better understand these concepts, as well as learn more about:

- What animals need and how to care for them to keep them healthy
- Careers which are available in the animal science area
- To Categorize Order, Classify, Collect Data, & Hypothesize
- To compare the body systems of different types of animals
- How science relates to companion animals, livestock animals, and horses

Hands-on activities and games are used to enhance learning. The lessons are appropriate for youth who have animal knowledge or don't have any prior experiences. Activities cover the following topics:

- Animal Management
- Digestive System – Life Stage, Feed & Nutrition
- Skeletal System & Muscular System
- By-products • Respiratory and Circulatory Systems

### **\*Helping Youth to Learn Critical Thinking Skills through 4-H Judging Contests** ~ Presented by Doug Crouse, State 4-H Program Leader

The Delaware 4-H Program currently has 10 different 4-H judging contests available for you to participate in during the year. These competitive events offer so many opportunities for our 4-H to learn, but more importantly to develop critical thinking skills that can be useful to them for a lifetime. Join this workshop to learn how these judging contests can be an important opportunity for all youth to consider.

### **Junior Duck Stamp Program** ~ Presented by Autumn Starcher, New Castle County 4-H Leader

This Program encourages individuals in kindergarten through high school to observe, understand, and share what they have learned about waterfowl and wetland conservation. By creating a unique art entry for Delaware's Junior Duck Stamp Art Contest, the student's learning progression can be assessed. Join this fun workshop to learn more about this unique program and how to use the NEW Adopt-A-Duck curricula at your 4-H club meetings.

**Workshop III 1:45 p.m. to 3:00 p.m. \* = Recommended for new leaders**

**Effective Communication through Discovering your "True Color" Personality ~ Presented by Malory Vogl, Extension Educator, and Kaitlin Klair, 4-H Program Coordinator, New Castle County**

Have you ever tried to communicate something to someone, but it just didn't come out right? Perhaps you are still convinced that it came out correctly, but they just took it the wrong way. Sometimes communication appears to flow smoothly with some, while with others, a simple "Hello" can seem frustrating. Your mood, relationship with the person and educational background can all be influential factors in effective communication, but experts insist there is something more. Enter a world of self-discovery as you gain a deeper understanding of various personalities. In this workshop, come learn about the four "True Color" personality types and see which personality with which you most identify. Additionally, you will learn tips and strategies to effectively communicate each color personality. Discover techniques to assist with conflict resolution with all four personality types. This fun and engaging workshop will be sure to support self-discovery and improve your relationship with others including 4-H members, other volunteers and 4-H staff.



Please Join Us!



Name \_\_\_\_\_ County \_\_\_\_\_

Title/volunteer role for name tag \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

UD Staff Purpose Code \_\_\_\_\_

Please indicate your top three choices in order of preference.

Workshop 1 (10:00 am to 10:50 am)

- 1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Workshop 2 (11:00 am to 11:50 am)

- 1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Workshop 3 (1:45 pm to 3:00 pm)

- 1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Coach Bus Transportation will be available on a first come, first serve basis round-trip from New Castle County!

Please check if you will be riding the bus. \_\_\_\_\_

Please register online!! This is the preferred method! This helps us become more efficient and prevents handwriting errors. The \$15.00 registration fee is being covered by each county's Leaders Association. Thank you so much!! Please let us know if you have any special needs.

Deadline to register is January 29, 2016.



4-H Leader Forum
University of Delaware
Carvel Research and Education Center
16483 County Seat Highway
Georgetown, Delaware 19947

University of Delaware  
Sussex County  
Cooperative Extension  
Carvel Research & Education Center  
16483 County Seat Hwy.  
Georgetown, DE 19947



## Directions to Delaware Technical and Community College

From Dover

On DE-1, exit onto Milford Bypass, Continue onto US113 south to Georgetown until intersection with DE 404 where you will turn right and Delaware Tech will be on your left. Proceed to William Carter Partnership Building for registration.

If you are taking the free bus transportation from New Castle County—details will be e-mailed to you before the event.

Delaware Cooperative Extension



See you in  
Georgetown  
on the 6th

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All reasonable efforts will be used to meet the accessibility requests. Please contact the office two weeks prior to event to request assistance.