

2017 Delaware 4-H State Leader Forum  
Polytech High School  
Saturday, February 4, 2017  
9:00 a.m. to 3:00 p.m.

---

*Making the Best Better*



Delaware Cooperative Extension

# 2017 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 2017 Delaware 4-H State Leader Forum...you won't want to miss this special day!

We are pleased and excited to be having this year's event at Polytech High School in Kent County! 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 2017 Salute to Excellence volunteer 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. 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 30. We look forward to seeing you all at Polytech on February 4!

Yours in 4-H,

A handwritten signature in black ink that reads "Ernie López".

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

---

## 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

Michelle Rodgers, UD Associate Dean, Director of Cooperative Extension

**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*

### **2016**

Brenda Shaffer, Lifetime Volunteer  
Jennifer Menard, Volunteer of the Year

### **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\*\*

\*NE Regional Winner

\*\*National Winner

## **Workshop I 10:00 a.m. to 10:50 a.m.**

---

**Quick 10-Minute Leadership Activities** ~ Presented by Kaitlin Klair, UD 4-H Extension Educator

Need quick and easy leadership activities and lessons to do with your Jr. leaders or leadership project groups. In this class you will learn about 5 ten minute leadership activities that you can take back to your junior leaders and clubs.

**Let's Go Live!** ~ Presented by Michele Walfred, UD Communications Specialist

In case you haven't noticed, live streaming is the new big thing on social media! How can live streaming help promote 4-H. We'll look at the three popular platforms, Facebook, Periscope and Instagram and weigh their pros and cons for 4-H use!

**Health Talk Hints** ~ Presented by Sarah Bercau, UD Family & Consumer Science Educator

The Health Talk Hints workshop will help you have a successful visit with your healthcare provider. During this workshop you will learn and practice how to prepare for, communicate during, and follow-up after a healthcare appointment. Using specific scenarios to problem solve and lead group discussions, you will leave this program as a confident advocate for your own health.

\* **Chaperoning 101** ~ Presented by Ernie Lopez, UD State 4-H Volunteer Specialist

Ever want to take your 4-H club on the road or participate in an exchange activity? Learn the inside and outs or how to best prepare not just yourself but your fellow club leaders in making sure your 4-H youth get the most out of all of their overnight and travel opportunities!

**Hippology 101** ~ Presented by Susan Garey, UD Extension Agent & State 4-H Animal Science Program Coordinator

This workshop will cover the basics of our new 4-H Hippology event. What is Hippology? How does it differ from other existing 4-H equine events? How can you best prepare our 4-H youth for Hippology? What resources are available to you as coaches?

\* **Keeping 4-H Project Work Front and Center** ~ Presented by Doug Crouse, 4-H State Program Leader

4-H youth working in specific 4-H project areas is very important in the 4-H Program. Attend this workshop to learn ways to structure 4-H project work in your clubs to make the 4-H experience educational and fun for your club members.

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

---

### **Boost Your Online Brand** ~ Presented by Michele Walfred, Communications Specialist

What does your online brand say about you, your children or your 4-H members? From the age of 13 on up, what we put out on social media matters! Lack of a digital brand, or one that has controversial content can affect scholarships, admissions, and job applications. Learn the tips to put your personal or professional brand in the best light!

---

### **Healthy Living** ~ Presented by Betsy Morris, UD 4-H Extension Agent, and Karen Johnston, UD 4-H Educator

Incorporating the Health H and Healthy Living into your Club meeting. This interactive workshop will cover appointing a Healthy Living Officer, Active Roll Call, Let's Move Activities and Healthy Snack Suggestions. We'll also touch on upcoming Health Activities for youth and adults to participate.

---

### **Mindfulness for Teens and Adults** ~ Presented by Sarah Bercaw, UD Family & Consumer Science Educator, and Breana Banks, UD 4-H Healthy Living Coordinator

Reduce stress and enhance overall health. The session begins with an interactive self-assessment of participant's current methods of relaxing/reducing stress. We will end with tips and techniques on how youth and adults can reduce their stress and set healthy goals around mindfulness. Participants will practice a few guided mindfulness and relaxation techniques they can do on their own. Participants will leave the session with handouts that will help them to facilitate the program at home, as well as tips on how to reduce stress in their own lives.

---

### **\*Teambuilding** ~ Presented by Kaitlin Klair, UD 4-H Extension Educator and Lindsay Hughes, UD 4-H Extension Educator

Join this workshop and learn how teambuilding and positive interaction techniques can make a success of your 4-H club!

---

### **Food Dehydration** ~ Presented by Pat Cheryba, UD Master Food Educator

Tired of boring snacks? Master Food Educator, Pat Cheryba, will teach you how dehydration can help you create nutritious snacks and save you money!

---

***“Volunteers do not necessarily have the time; they just have the heart.”***  
**~Elizabeth Andrew**

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

**VEGucate Yourself: The 5W's of Vegetarian and Vegaan Diets:** ~ Presented by Kimi Moore, UD Family & Consumer Science Coordinator

VEGucate YOURSELF: The Who, What, When, Where, & Why of Vegetarian & Vegan Diets will help participants to learn about vegetarian and vegan diets, and everything in-between. This presentation will discuss what nutrients are of concern with these diets, as well as how to build an adequate meal for each of the diets discussed.

**\* Be a 4-H Social Media Ambassador** ~ Presented by Michele Walfred, UD Communications Specialist

Learn the techniques and platforms to market 4-H in your community. We'll cover photography, branding, traditional media, popular social media platforms and review the new National 4-H Branding Guidelines and campaigns!

**Archery, The Basics and More** ~ Presented by Kristin Cook, 4-H Extension Agent & Certified Archery Instructor

This workshop will include a refresher on instructing a 4-H archery project group, including minimum standards, important components of an archery project group including equipment replacement, instructor reporting, events and opportunities for youth and volunteers, and project activities and ideas that you might consider adding to your 4-H archery group, including STEM activities. You do not have to be currently certified to participate in this class; however, this class does NOT satisfy certification requirements to oversee an archery range as a range master.

**Cloverbuds: Our Fountain of Youth** ~ Presented by Doug Crouse, State 4-H Program Leader, Jill Jackson, UD 4-H Extension Educator, and Lindsay Hughes, UD 4-H Extension Educator

4-H takes pride in beginning its work with youth starting at age 5 with our Cloverbud program. Do you have a Cloverbud club? Have you thought about starting one? Take some time to sit with three longtime 4-H professionals and learn how vital Cloverbud activities are to the 4-H program and how leaders can make a difference in the lives of our youngest members!

**4-H Online** ~ Presented by Kaitlin Klair, UD 4-H Extension Educator

Come and learn the in's and out's of 4-H Online as a leaders perspective. Different reports that can be run along with answering questions you might have about the system. Become a 4-H Online leader expert!



What goes on at a 4-H  
Leader Forum?

- New Experiences!
- Fellowship!
- Great Workshops!
- Life Skills!

#TRUELEADERS



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. \_\_\_\_\_

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

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

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

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

Register online or mail to:
4-H Leader Forum
University of Delaware
Carvel Research and Education Center
16483 County Seat Highway
Georgetown, Delaware 19947

Deadline to register is January 30, 2017

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.

Directions:

To Polytech High School from Dover:

- Take US-13 South 5.1 miles to DE-10 Alt E
-Turn left onto DE-10 Alt E .4 miles to school on left
-Follow signs to Polytech Adult Education Conference Center



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



**Directions to Polytech High School**  
**823 Walnut Shade Road**  
**Woodside, DE 19980**

Delaware Cooperative Extension



“Cooperative Extension Education in Agriculture and Home Economics, University of Delaware, Delaware State University and the United States Department of Agriculture cooperating. Distributed in furtherance of Acts of Congress of May 8 and June 30, 1914. Delaware Cooperative Extension, University of Delaware. It is the policy of the Delaware Cooperative Extension System that no person shall be subjected to discrimination on the grounds of race, color, sex, disability, age or national origin.”

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