Dear Delaware 4-H Leader:

With the Christmas holiday, start of the New Year and the blizzard of the decade 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 2018 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 the University of Delaware in Newark! Coach bus transportation will be provided from Sussex and Kent counties! 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 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. Again, there will be coach bus transportation roundtrip from Kent and Sussex counties. 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 Monday, January 29. We look forward to seeing you in Newark on February 3!

Yours in 4-H,

Ernie López
Extension Specialist, 4-H Youth Development
University of Delaware
**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 Fair Share  
Annual Meeting of Delaware 4-H Foundation Board of Directors

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!!**

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**Salute to Excellence**

Honoring a Delaware Tradition of Excellence

- **2017**  
  Wayne Moore, Lifetime Volunteer  
  Tammy LeCates, Volunteer of the Year

- **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

*NE Regional Winner  
**National Winner
Workshop I  10:00 a.m. to 10:50 a.m.  *Recommended for New Leaders

**15 Minute Leadership Activities** ~ Presented by Jill Jackson, 4-H Extension Educator and Kaleb Scott, 4-H Program Assistant, Sussex County

Leaders will learn a variety of leadership lessons that are fun and challenging. The lessons discussed will help leaders take back new opportunities for youth to develop skills in club activities. Come learn how to share in leadership skills!

**4-H Marketing and Branding** ~ Presented by Michele Walfred, Communications Specialist, Sussex County

Review use of 4-H name and emblem, current media campaigns and hashtags. Techniques will be shared so clubs use social media to safely and effectively communicate with their members and externally with the public.

**Be SAFE:Safe, Affirming and Fair Environments** ~ Presented by Rene Diaz, 4-H Extension Educator and Afterschool Director, Sussex County

The Be SAFE: Safe, Affirming and Fair Environments curriculum is designed for adults to use with adolescents‘ ages 11 to 14 in a variety of out-of-school settings.

Every day across our communities, many young people are faced with feeling unsafe, disconnected, unsupported and harmed because of bullying, harassment and other forms of violence. Be SAFE: Safe, Affirming and Fair Environments is a Michigan State University Extension initiative designed to help communities learn about and address these issues.

**4-H Project Work** ~ Presented by Doug Crouse, 4-H State 4-H Program Leader

The 4-H Project is a key source of knowledge-based learning in 4-H. A project is “semi-structured educational experiences in an interesting area chosen by the 4-H member.” The 4-H project experience should follow a “learn by doing” concept which is the motto of 4-H. 4-H members would work directly with an adult leader, volunteer, staff member or community individual to learn and do various activities in a specific project area. Through 4-H project work, a member develops knowledge of a subject area, positive attitudes toward self and others and life skills for daily living.

**Taking a Clear Stand on Drugs** ~ Presented by Lindsay Hughes, 4-H Extension Educator, Sussex County and Karen Johnston, State 4-H Extension Educator, New Castle County

As parents and volunteer leaders we engage and mentor youth teaching them to resist negative behaviors. Join us for this interactive session and take away proven resources and tools to steer youth away from negative behaviors including drugs and alcohol. You will learn how to communicate and enforce a clear position, helping you as both leader and parent.
**Video Basics** ~ Presented by Michele Walfred, Communications Specialist, Sussex County

This workshop will teach strategies on how to interview a subject, block a shot and all you need to know before turning a near-completed video to an editor. This will be a hands-on workshop. While editing will not be discussed, we will learn about music use, model releases and copyright.

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**Wasted Food** ~ Presented by Jean Kutcher, UD Master Food Educator and Sally Reiss, UD Master Food Educator, New Castle County

40 percent of the food produced in the United States today goes uneaten. Learn more from Master Food Educators about how food is wasted all along its journey from the farm to food distributors to food retailers to your own kitchen. Then learn how you can be a Food Waste Warrior by reducing the waste that happens in your own home, school, favorite grocery store or restaurant. We will explore ideas that can be translated into group activities, service projects, or State Fair presentations.

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**College Readiness** ~ Presented by Katy Daly, UD Academic Program Coordinator, and Kaitlyn Klair, 4-H Agent, New Castle County

Getting your child or 4-H’er prepared for college is hard work. It takes time, patience and energy but it shouldn’t be stressful. This workshop will give you insight on how to make the college application process go smoothly and in the best interest of the prospective student.

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**Health Talk Hints** ~ Presented by Sarah Bercaw, Extension Agent, Family and Consumer Studies, New Castle County

This workshop will help you have a successful visit with you healthcare provider! In this session, you will learn and practice how to prepare for and communicate during and after a health care appointment. Using scenarios to problem solve and group discussion, you will leave this session as a confident advocate for your health and that of your loved ones.

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**What is so Essential about the Essential Elements** ~ Presented by Ernie López, Extension Specialist, Sussex County

Join this discussion and learn about a curriculum that has become a foundation of the 4-H program: Generosity, Independence, Mastery and Belonging. With this base, 4-H instruction can grow into the lifelong learning and sharing we promote in our club work.
Moo Moo Tour ~ Presented by UD Creamery Employees and Staff, Newark

Have you ever wanted to see ice cream being made and even make some yourself? Join this session for a hands on, fun and flavorful tour of the world famous, UD Creamery. Creamery staff will share the ins and outs of the business as you learn how some of Delaware’s best ice cream is made!

Mindfulness ~ Presented by Breanna Banks, 4-H Extension Educator and Sarah Bercaw, Extension Agent Family Consumer Studies, New Castle County

In a fast paced world full of stress, noise and busy schedules, come to this workshop and learn how to mindfully listen and communicate thoughts and feelings. We all need peace and clarity in our life. This session will guide you to a reaching a more centered and peaceful place.

Recipe REDO for Favorite Foods ~ Presented by Kathleen Splane, Program Leader, Family and Consumer Studies, Kent County

The Special Diets category for Favorite Foods can be an opportunity for 4-Hers to learn about some dietary challenges that individuals face. This workshop will provide ideas on recipe modifications for people with diabetes, heart disease and celiac disease.

* Recruiting Volunteers to Strengthen Your Club ~ Presented by Kristin Cook, 4-H Extension Educator and Elaine Webb, 4-H Volunteer, Kent County

Are you a leader that has ideas or activities you would like to implement, but can’t do it alone? Have you ever been offered help with your 4-H club but honestly didn’t know what you were doing, so you weren’t in a position to explain it to someone offering help? Have you ever asked parents about leading a project group, only to get blank stares in return? Sign up for this informative session on strengthening your club and your confidence!

University of Delaware Dairy Barn Tour ~ Presented by Joe Anderson, Farm Assistant, 4-H Alumni, University of Delaware College of Agriculture and Natural Resources, Newark

Have you ever been inside an operating dairy barn? Join us on this tour of one of the best kept secrets at the University of Delaware: Our Dairy Barn. The tour will highlight the operations and work done by faculty and students at one of the most active and busiest places on campus.
What goes on at a 4-H Leader Forum?
- New Experiences!
- Fellowship!
- Great Workshops!
- Life Skills!
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.________________________________________

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, 2018.

Please join Us!

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

From Georgetown, DE

US-113 N (Dupont Blvd), Exit on DE-1 Milford Bypass, Continue to Follow DE-1 N (Partial toll road), Take Exit 152 for DE 72 toward DE-7/Delaware City/Newark, keep left at fork, follow signs for DE 896, turn left on DE 72-N/Wrangle Hill Rd, continue to follow DE-72N, turn left on DE-4W/E Chestnut Hill Rd/Christian Pkwy, turn right onto S. College Ave. Townsend Hall will be on right with parking in rear of building.

If you are taking the free bus transportation from Sussex & Kent counties—details will be e-mailed to you before the event.

See you in Newark on the 3rd