



Pennsylvania 4-H Alumni Newsletter



Spring 2004

4-H is a community of young people across America learning leadership, citizenship, and life skills.

Dear 4-H Alumni,

Welcome to the spring 2004 issue of the Pennsylvania 4-H Alumni Newsletter. In this issue you'll find information about the programming that has been occurring over the winter months. USDA has been assisting the national 4-H organization in developing a common message that can be used when talking with collaborators and supporters. The statement at the beginning of the newsletter presents a concise declaration about the 4-H program. The article on the essential elements of 4-H builds on the statement and provides more information for those who do not have an understanding of the 4-H program. This new marketing effort by USDA will assist all Extension supporters in providing consistent information about 4-H.

Many of you have participated in the pilot survey sent out to 4-H alumni. We truly enjoyed hearing from you. You will be interested in reading the short article about some preliminary results from the survey. We plan to include more of you in future studies. There are several articles that will update you on 4-H and youth development programming including 4-H Capital Days and the intergenerational program.

The 4-H web site has been updated. We encourage you to visit us on-line at <http://pa4h.cas.psu.edu>. There is a button on the left hand side for alumni. You may visit that site to look at previous issues of the 4-H alumni newsletter. Please direct other 4-H alumni that you know to visit the site. Let us know what other types of information you would like to have there. As always, we encourage you to contact your local Penn State Cooperative Extension Office if you are not currently an active 4-H volunteer.

Enjoy the spring and summer!

Christy E. Bartley

Christy Bartley
4-H Program Leader

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2004 4-H State Capital Days

4-Hers from across Pennsylvania met in Harrisburg April 19 and 20 to gain knowledge about state government, interact with legislators, and learn about passage of legislative bills. 4-H State Capital Days has been a long-time program to build citizenship and civic awareness.

Essential Elements of 4-H

by Christy Bartley

4-H Program Leader

Through review of basic and applied research on the characteristics of effective youth development programs, eight elements have been identified as critical to youth development and central to the 4-H experience. Those elements are:

1. *A positive relationship with a caring adult*-This relationship can be built with the adult as an advisor, a guide, or a mentor. The adult assists in setting expectations and boundaries.
2. *A safe environment—physically and emotionally*-While participating in the 4-H program youth don't fear physical or emotional harm from adults, participants, spectators, or the learning environment itself.
3. *Opportunity for Mastery*-Mastery develops over time as knowledge, skills, and attitudes are built through the educational program. It is dependent on the developmental ability of the individual. Youth should be able to demonstrate the competent use of the knowledge and skills learned.
4. *Opportunity to value and practice service for others*-Service provides the opportunity for youth to learn about their community and the world while learning about themselves.
5. *Opportunity for Self-Determination*-Youth believe that they impact their own life and work to become self-directing, autonomous adults.
6. *An inclusive environment (encouragement, affirming, belonging)*-The group creates a sense of belonging and supports and encourages all members with positive feedback. Pride is developed around the efforts of all involved.
7. *Opportunity to see oneself as an active participant in the future*-Decisions of youth are made to ease their transition into participating as adults in their communities.
8. *Engagement in Learning*-Youth engaged in learning are mindful of the subject or project area in which they are working and build relationships and connections in order to develop understanding. Self-reflection leads to the ability to self-correct and learn from experiences. Self-motivation and creativity are exemplified in the engaged learner. (From "What is 4-H Youth Development," prepared by Cathann A. Dress, Direct, Youth Development, National 4-H Headquarters)

Are there ways that you can ensure Pennsylvania 4-H is including these essential elements in its programming? Are you the caring adult who will become involved in a club or after-school program? Will you help a youth develop mastery in a project area? Contact your local Penn State Cooperative Extension office today for more information on how you can be involved.

4-H Alumni are Welcome to the October 14-17, 2004 Forum

by Robert Lewis, Ph.D.

Professor, Agricultural & Extension Education



Although it may have been a while since you have been directly involved with 4-H, you are invited to be a part of this year's exciting Northeast States 4-H Leaders Forum. The 2004 program is hosted by Pennsylvania and will be held at the Lancaster Host Conference Center. The program will include a lot of good fun, educational and entertaining speakers, exhibits, and group tours to some of the neat places in Pennsylvania. Full and part time participants will have another positive 4-H experience that they will remember for many years. To obtain information about the Forum, contact Bob Lewis, 323 Agricultural Administration Building, University Park, PA 16802, call 814-865-6551, e-mail rbl3@psu.edu, or check out the Forum site at: <http://agexted.cas.psu.edu/4Hkey/>

4-H in National Agricultural Library

by Jan Scholl, Ph.D.

Associate Professor, Agricultural & Extension Education

Kate Hayes and Michael Shochet at the National Agricultural Library (Beltsville, MD) are working with Jan Scholl, Penn State 4-H Family and Consumer Science Curriculum Specialist, to catalog a special collection donated by Elsie Carper. Kate Hayes was the Pike County Extension home economist from 1969 to 1983 and was involved in 4-H activities in Pennsylvania. Her family still lives in Pennsylvania. Both Michael and Kate also helped Jan initiate a new web site for 4-H: 4-H Materials in the National Agricultural Library. It is still, "under construction" so feel free to send comments and suggestions to Jan Scholl at jscholl@psu.edu. The URL is: <http://www.nal.usda.gov/ttic/fourh/>

Pennsylvania 4-H Alumni Study

by Christy Bartley and Rama Radhakrishna,

Associate Professor, Agricultural & Extension Education

About 289 of 4-H alumni receiving this newsletter were asked to participate in a Pennsylvania 4-H alumni survey. The goal of the study was to assess the influence of 4-H programs on their later life experiences. Respondents to the survey indicated that they had participated in 4-H an average of 8.5 years. Seventy-nine percent held a 4-H officer position. Compared with other youth organizations, 4-H was better at developing subject knowledge skills, self-confidence and self-worth, communication skills, and teaching them responsibilities. It also provided more opportunities for youth to accept responsibility and participate in service learning and volunteer projects. Two-thirds of the survey participants indicated that 4-H participation influenced their later life experiences. Look for additional information about the survey in future alumni newsletters. For additional information, contact Rama Radhakrishna, Principal Investigator at brr100@psu.edu.



4-H Annual Fund

by Michael Martin
Associate Director of Development, 4-H

The 2004 4-H annual fund letter from Charles Brosius ('52 Ag Sci, Dairy Science, 4-H Alumnus) was mailed to 4-H alumni and supporters asking you to please consider making a gift of \$100 - or an amount appropriate for you - to benefit 4-H and its young participants across Pennsylvania. So far, 182 of you have contributed \$9,500. If you have not yet made your donation, you can give online at <http://pa4h.cas.psu.edu/>. Look for the clover "Give to 4-H" icon.

If you want to support a particular 4-H activity or endowment, please contact me at 814-863-2754 for the appropriate allocation code. As you may know, we currently have eight 4-H endowments at Penn State. They are:

- Allen L. Baker and Richard H. Baker Memorial 4-H Scholarship
- 4-H Camping Program Endowment
- Carroll Howes 4-H Award
- 4-H Enhancement Fund Endowment
- 4-H Livestock Judging Teams Endowment
- Pennsylvania Association of Extension 4-H Agents Enhancement Fund
- 4-H Therapeutic Horseback Riding Endowment
- 4-H Volunteer Leader and Education Endowment
- 4-H/Youth Curriculum Innovation Fund

Thank you for your support.



Farm Show 2004

by Christy Bartley
4-H Program Leader

Pennsylvania 4-H spent eight days at the 2004 Farm Show in January sharing information about current programming and how children can become involved in 4-H. We had time to talk with some volunteers and potential volunteers. We also met some of our 4-H alumni and had a chance to talk with them about their experiences. Thank you for your continued support and interest in the 4-H youth development program. If you would like to become actively involved once again, contact your local Penn State Cooperative Extension Office.



The Penn State Intergenerational Program: Innovation from Penn State Cooperative Extension

by Matt Kaplan, Ph.D., Associate Professor & Intergenerational Programs and Aging Specialist

Marc Freedman, in his book *Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America* (1999) referred to the expanding aged population as our country's *only natural resource that is growing*. Not only is the number of older adults growing in rapid fashion, they are healthier, more vigorous, and more educated than the elderly population of any other time in history. Hence, it is only natural to ask – What more can be done to draw upon the skills and resources of older adults in our efforts to enhance the lives of children and youth, and strengthen families and communities?

When this question was asked by the leadership team of Penn State Cooperative Extension, the decision was made to become the first Extension system in the country to hire a specialist devoted primarily to providing leadership and support in the areas of intergenerational programming and aging. This led to the development of the Penn State Intergenerational Program with a goal to enrich people's lives and address vital social and community issues. Program teams work to develop new program models that are piloted in various settings, including retirement communities, environmental education centers, early childcare facilities, and community-based organizations.

By promoting civic engagement, the program helps to develop young people. People of different age groups often have limited opportunities to communicate with one another and to take part in the community planning process. The "Futures Festival" is Penn State Cooperative Extension's intergenerational strategy for mobilizing community residents of all ages to take part in a community visioning process. Through locally initiated special events – called "Futures Festivals" – community residents come together to share their concerns and hopes for their community. Planning for these events is driven by a collaborative process involving local organizations and agencies. Futures Festivals have served as a useful tool for promoting an age-inclusive community participation process. (The facilitator's guide is available on-line: <http://intergenerational.cas.psu.edu/Docs/Futures.pdf>)

Watch for further information on intergenerational programming in future issues of the 4-H alumni newsletter.

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College of Agricultural Sciences

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YOUR TAX-DEDUCTIBLE CONTRIBUTION WILL HELP US MAKE THE 4-H PROGRAM STRONGER. THANK YOU!

Yes, I would like to support 4-H Programs in Pennsylvania by:

- Providing a contribution to the 4-H/Youth Development fund in the amount of: \$25 \$50 \$100 \$500 \$ _____
- Becoming a 4-H volunteer leader in _____ County.

If you would like to be contacted regarding a planned giving program, please let us know. We can help you take advantage of various tax-deductible programs. Please detach and mail to: Pennsylvania 4-H, 323 Ag Administration Bldg., University Park, PA 16802.