



Around the State in 4-H

College of Agricultural Sciences

June 2004

4-H and Youth Development



RECITING THE 4-H PLEDGE – *Christy Bartley*

As you repeat the 4-H pledge with 4-H members and volunteers, with your co-workers, and with advisory board members, do you ever stop to think about what the pledge means?

Here are some things for you to consider:

- I pledge my head to clearer thinking,
 - Be open-minded.
 - Do what is right.
 - Pursue excellence.
 - Take responsibility for your own actions.

- I pledge my heart to greater loyalty,
 - Be a person of high integrity.
 - Tell the truth.
 - Keep your word.
 - Be the friend you would like to have.

- I pledge my hands to larger service,
 - Volunteer in the community.
 - Protect your neighbors, the environment, and our natural resources.
 - Promote good citizenship.

- I pledge my health to better living,
 - Show concern for others.
 - Be kind, considerate, and compassionate.
 - Treat people fairly.
 - Respect yourself and others.

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For my club, my community, my country and my world.

Others have thought about the meaning of the 4-H pledge before me, and these ideas are a compilation of a collection of 4-H sayings, poems, and essays. Most do not have citations since we all share freely when the information is pertinent. Although these are not original thoughts, I hope that you will consider them as you work with the youth, families, and volunteers in your program.

4-H MEMBERS RECOGNIZED BY COLLEGE – *Christy Bartley*

Six youth will be recognized at 4-H State Achievement Days through the College of Agricultural Sciences 4-H Member Recognition Award. Awardees are:

Brian Albany, Delaware County representing the Southeast Region
Karlee Curatola, Lawrence County representing the Northwest Region
Loren Hershey, Lancaster County representing the Capital Region
Holly Hyde, Potter County representing the North Central Region
Stephanie Lambert, Somerset County representing the South Central Region
Michael Miller, Indiana County representing the Southwest Region

Brian Albany and Karlee Curatola have also been offered scholarships if they attend the College of Agricultural Sciences at Penn State. These youth and their families have been invited to the opening ceremonies at Achievement Days. Be sure to congratulate them when you see them.

CARRY-ON SUITCASE COMMUNITY SERVICE PROJECT – *Christy Bartley*

In 1999 a 4-H club in Harrisonville, Missouri began collecting suitcases filled with personal care items for women and children visiting women's shelters. The suitcases included a new towel and wash cloth along with shampoo, toothbrush, toothpaste, coloring books, and stuffed animals. The Wal-Center 4-H Club has written a project manual to help other groups get started. The manual can be found at <http://outreach.missouri.edu/ferp/cosmanual.htm>. Not only have other local clubs been involved, but they also have worked with groups on the state level, and presented their project at the 2004 CYFAR conference. The club would really like to see the project grow. For more information you may contact Craig Nelson, junior leader in the Wal-Center 4-H Club, at HvillWildcat23@aol.com or 816-380-6610.

4-H HERB PROJECT RECORD BOOK - *Claudia Mincemoyer*

Toni Bilik, Plant Sciences Curriculum Committee Chair, developed a record book to accompany the new 4-H Herb Gardening Project. The project was developed at Michigan State; however, they no longer print the record book. Toni developed this resource in draft format so you would use and provide feedback to her. It is available on the PA 4-H Website under the Environmental and Earth Sciences curriculum area.

4-H SHOOTING SPORTS NATIONAL INVITATIONAL – *Michael Martin*

On June 29-July 2, 2004, Pennsylvania 4-H'ers will compete against 4-H shooting sports teams from across the nation. Missouri 4-H members, families, and staff invite all to come and join them in Columbia, Missouri at the 4-H Shooting Sports National Match. They are working hard to provide everyone with an outstanding experience.

Pennsylvania shooters have won numerous awards in recent years in archery and shotgun competitions. This year we will have many more participants as we sent teams to compete in air rifle, .22 rifle, air pistol and muzzle loading in addition to compound archery and shotgun. Wish our young shooters well as they prepare for the national 4-H match. Team members qualified for the national event by winning the sanctioned state event during the past year. Many of the sanctioning events occur during state 4-H achievement days each year.

We'll share results in a future issue.

MINE SAFETY MATERIALS AVAILABLE - *Christy Bartley*

The U.S. Mine Safety and Health Administration (MSHA) is making special efforts to reduce and eliminate accidents that occur on active or abandoned mine properties. This organization will be distributing materials for the *Stay Out-Stay Alive* campaign. The materials will alert children, teenagers, young adults, and parents of the dangers of exploring and playing on active and abandoned mine property. Included in the materials are brochures, hazard awareness posters, stickers, and book marks. If you would like materials to distribute in your county, please contact Lawrence R. Gazdick, Sr. at 570-826-6321.

NATIONAL 4-H SHOOTING SPORTS TRAINING WORKSHOP – *Michael Martin*

The Pennsylvania 4-H Shooting Sports Committee hosted the National 4-H Shooting Sports Workshop on May 16-21, 2004 at Camp Lutherlyn and Castlewood Rod & Gun Club in Butler County. This is the first time this national workshop has been conducted in Pennsylvania. Nearly 200 participants from 33 states were in attendance. Volunteers and extension educators attended the workshop to receive national 4-H shooting sports certification in one of several disciplines including archery, muzzleloader, coordinator, hunting, pistol, rifle, shotgun, and advanced shotgun. Individuals receiving certification are able to return to their home state and work with their state 4-H shooting sports program to certify other adults (train the trainer) to work directly and safely with youth in the 4-H shooting sports program.

Brenda Bernatowicz, regional director for cooperative extension and outreach, represented Penn State Cooperative Extension at the workshop. She later wrote, "This is one well organized and professional group. They take their charge very seriously and you can't be in the room very long with them and not pick up their enthusiasm for their discipline and commitment to youth." Our capnote speaker during the conference was Wayne Bender, Hardwood Development Specialist with the Pennsylvania Department of Agriculture. In the costumed guise of "William Penn" he shared information about the history and tradition of Pennsylvania's forest resources. Wayne also shared inspirational anecdotes about how 4-H has impacted his life. He shared stories documenting significant impact from age nine through the afternoon of his remarks. Wayne also brought the Pennsylvania Wood mobile for everyone to tour.

Congratulations to everyone from Pennsylvania who attended the workshop: Joseph Benamati, Homer City; Keith Day, Middlebury Center; Joe Fuller, Montrose; Russell Graham, Dushore; John Hannum, Erie; Larry Hardic, Montrose; Michael Kennedy, New Castle; Michael Martin, State College; Preston Morrow, Polk; Darlene Resh, Gettysburg; Chris Setzler, McVeytown; Rick Smith, Dushore; Clarence Vatter, Indiana; and Cindy Williams, Towanda. You will see many of these individuals helping with Pennsylvania 4-H Shooting Sports Training Workshops and coordinating the state competitive events at 4-H Achievement Days at University Park in August.

Many thanks to our many national and state donors who were present during the workshop, including: Federal Cartridge Company, National Rifle Association, National Wild Turkey Federation. During our donor reception, Carl and Tammy Mowry of the Pennsylvania Chapter - NWTF presented a ceremonial check for \$5,000 to the entire Pennsylvania 4-H delegation.

Feel free to contact me at 814-863-2754 or mmartin@psu.edu with questions about 4-H development. Thank you for your continuing support of the 4-H youth development program.

4-H AFTERSCHOOL UPDATES – *Claudia Mincemoyer*

Pennsylvania 4-H Afterschool Awarded JCPenney Afterschool Grant. Pennsylvania received one of fifteen \$10,000 grants awarded by National 4-H Council from the JCPenney Afterschool Fund to support after-school programming. The overall goal of the state proposal is to reach underserved youth through 4-H Afterschool. This grant will support one county and one regional after-school initiative. Nancy Stephenson, Bucks County, will receive grant funds to start a 4-H Afterschool program in an urban housing development. The development houses over 200 children, 90% of whom are minorities, and currently has no after-school program. The Capital Region will hire a part-time 4-H Afterschool coordinator to coordinate training on the use of 4-H curricula and to develop teaching resource kits to loan to providers. Youth-serving organizations that serve underrepresented youth through their programs will be targeted.

New Survey: Demand for Afterschool Overwhelming Supply. The nation's supply of afterschool programs is inadequate to meet the needs of millions of America's working parents and their children, according to the most in-depth study ever to explore how America's children spend their afternoons. The new survey found that 14.3 million kindergarten through 12th graders take care of themselves after the school day ends, including almost 4 million middle school students in grades 6-8.

The study, *America After 3 PM: A Household Survey on Afterschool in America*, was released Wednesday in Washington, DC, by the Afterschool Alliance, with support from the JCPenney Afterschool Fund. Four-H Afterschool hailed the study as significant research that underscores the crucial need for more afterschool programs to serve our children and families. 4-H Afterschool and the Afterschool Alliance both partner with the JCPenney Afterschool Fund to support and grow afterschool programs in the United States. The study was released on the eve of the Afterschool Alliance's annual "Afterschool for All Challenge," which brought nearly 400 educators, parents, students and others to D.C. Thursday to talk to congressional leaders about the benefits of afterschool programs. The "Afterschool for all Challenge" kicked off with a *Breakfast of Champions*. *America After 3 PM* found enormous unmet demand for afterschool programs. The parents of 15.3 million children not in afterschool programs say their children would participate in an afterschool program if one were available. Need is especially high for middle school children. Just 6 percent of middle schoolers are in afterschool programs, and 34 percent – nearly 4 million sixth through eighth graders—are unsupervised in the afternoons.

"While we've known for some time that the demand for afterschool far exceeds supply, this new data shows that the parents of more than 15 million kids say that their children would participate in an afterschool program if one were available in the community. This is the best evidence yet that we need more afterschool programs," said Gary L. Davis, Chairman of the JCPenney Afterschool Fund. In response, 4-H Afterschool joined with the Afterschool Alliance in announcing "Afterschool for All: Project 2010," a new united national voice in support of afterschool programs. Supported in part by the Open Society Institute, this unprecedented new initiative already has brought together almost 250 powerful groups and national leaders representing more than 20 million Americans who believe that all children and youth should have access to high-quality, safe and enriching afterschool programs by the year 2010.

Partners of Project 2010 include educators, youth, youth advocates, policy makers, faith-based leaders, parents, business leaders, law enforcement and judicial experts, and others. More information is available on the project's web site, www.afterschool2010.org *America After 3 PM*, is based on 250,000 screening interviews conducted from July to October of 2003 to determine overall participation in afterschool programs, and on more than 1,800 follow-up questionnaires completed by parents of afterschool participants and more than 16,000 parents of non-participants. More information on *America After 3 PM* is available at www.afterschoolalliance.org. Four-H Afterschool improves the quality and availability of after-school programs around the nation so children have safe places to have fun while they learn by doing after the school day ends. Visit www.4hafterschool.org for more information.

Source: Clover News, Volume 1, Issue 11

FATHERS IN THE USA – *Patreese Ingram*

On June 20 we celebrate Father's Day. Here are some facts about fathers in the USA.

In 2000, 25.8 million fathers were part of married-couple families with own children under 18. Among these:

- 22% were raising three or more of their own children.
- 9% were raising their own infants under age 1.
- 12% were under age 30.
- 1% was 65 or over.
- 2% lived in the home of a relative or a non-relative.
- 61% had an annual family income of \$50,000 or more.

<http://www.census.gov/Press-Release/www/2001/cb01-113.html>

In 2000, there were 2 million single fathers, up from 393,000 in 1970. There was roughly one single father for every five single mothers in 2000, compared with about one for every nine in 1970. Among these fathers:

- 10% were raising three or more of their own children under 18.
- 45% were divorced; 34% had never married; 17% were married with an absent spouse; and 4% were widowed.
- 10% were raising their own infants under age 1.
- 22% were under 30.
- 1% was 65 or over.
- 13% lived in the home of a relative or a non-relative.
- 24% had an annual family income of \$50,000 or more.

<http://www.census.gov/Press-Release/www/2001/cb01-113.html>

SUMMER: TIME TO BE OUTDOORS AND ACTIVE – *Anne Heinsohn*

Summer is a time for children to be outdoors and engage in vigorous physical activity. It's not uncommon for adults to recall their childhood summers as long days outdoors playing until dark. They recall ball games, hide and seek, roller skating, swimming and bike riding. Today's children may not have as many opportunities for active play or long days outdoors. One result is the alarming increase in childhood obesity.

Working parents look to summer care programs, day camps, park programs and others to provide the needed physical activity. Many programs are quite creative in getting their participants outdoors and active. Of course, electronic games and such are best left indoors or at home. Using public parks with swimming pools, ball fields, basketball courts and even running tracks can be a regularly scheduled part of summer care programs.

Programs with their own outdoor play areas can have regular supervised active play. Not all require equipment or large areas. Relay races and circle games are a possibility. When space is scarce, group runs or brisk walks around the neighborhood are fun and a change from indoor programming, add a picnic lunch followed by sack races and it's a full active day.

See www.AfterSchoolCatalog.com for resources on active programming.

4-H ADOPT-A-VILLAGE PROJECT- *Amy Bertelsen & Tsakani Ngomane (AEE Graduate Students)*

Four-H challenges all youth to pledge their hands to larger service. As part of this pledge, Pennsylvania 4-H is joining forces with others around the state to make a difference in the community of Lillydale, South Africa. Lillydale, a rural village, is one of the hardest hit by the HIV/AIDS disease. The children of Lillydale are very poor and often, because their parents are ill, do not have adults to care for them. As a result of the poverty and illness, few children attend school. On a bright note, 15 years ago a library was built in Lillydale with the financial support of donors. However, there are no children's books or computers in the building.

As part of Service with a Purpose Day, we are asking 4-H'ers to bring (one or as many as you'd like) new or gently used books to 4-H State Achievement Days. These books will be collected at registration and mailed to Lillydale so that they can start a library. This way all youth in Lillydale will be able to learn! Bring a book (e.g., children's storybooks, college textbooks) and help 4-H make a difference in the world!

The 2004 4-H calendar can be found at <http://pa4h.cas.psu.edu>

Robert B. Lewis

Robert B. Lewis, Professor
Agricultural & Extension Education

In Consultation with
4-H & Youth Development Faculty & Staff

This publication is available in alternative media on request.

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