



Pennsylvania 4-H Leader

4-H: The Power of YOUth

This is truly a landmark year for 4-H volunteers. In 2002, 4-H celebrates 100 years of service as America's premier youth development organization. For nearly a century, 4-H programs have helped to build the character, leadership and knowledge of our young men and women. As young 4-H'ers have developed into community leaders and model citizens, they have shown the entire nation the "power of youth." But the centennial theme, "4-H: The Power of YOUth," also recognizes that 4-H is the power of YOU—the more than 10,000 4-H volunteers in Pennsylvania. You are the lifeblood of the 4-H program.

Many of you were 4-H'ers yourself, so you know how much you mean to those participating in 4-H. You are their mentors, their teachers, their coaches and their role models. I thank you on their behalf for your continued dedication as we begin the next century of success with this program.

As Penn State's vice president for Outreach and Cooperative Extension, I am also pleased to have this opportunity to share with you all of the exciting ways that new partnerships between Cooperative



Extension and other parts of the University are helping to create new opportunities for you and the 4-H'ers you serve. These partnerships are leading to new educational curricula for 4-H programs in a variety of fields. Here are some of the past year's highlights:

- Professor Jeff Schiano, College of Engineering, began designing electrical science and technology projects to interest children in the field and help them learn to build their own electronics. Jeff remembers when children built their own radios. He hopes to bring back these skills by helping 4-H'ers and volunteers learn about electrical engineering together. He has already developed a 4-H Web site of links to electric resources for youth (<http://www.cas.psu.edu/docs/pa4h/ElecRes.html>), and he is currently field-testing a number of new 4-H projects.
- New initiatives with the College of Health and Human Development are under way to design 4-H projects in nutrition.
- A partnership between Penn State Cooperative Extension and the Schreyer Honors College has placed some of the University's most promising students as interns in Cooperative Extension offices around the state. Laura Keating, a Schreyer Honors College intern, developed the 4-H Centennial Celebration packet, "When We All Come Together."

In the coming year, we hope to see many more examples of Penn State departments' involvement in developing projects and materials for your use.

I am also proud to tell you that another Penn State partnership will play an important role in commemorating the 4-H Centennial Anniversary. Penn State Public Broadcasting and Cooperative Extension will produce a documentary in honor of the centennial celebration and make your work a part of broadcast history.



4-H electric project, mid-1900s

In recognition of your role in this 100-year history, I salute you and the many thousands of volunteers who have gone before you to make the 4-H youth development program such a lasting success.

—*Jim Ryan, Vice President for Outreach and Cooperative Extension*





Best Wishes and Happy New Year

At the beginning of the new year, it is common to think about positive changes we would like to make in our work and in our life. Because you work in a program where people are important, you may put the needs of others before your own needs. Think about this: A commitment to others starts with a commitment to yourself. When you take good care of your physical, emotional and mental health, you can be there for others in a much healthier way. Learn balance and self-management, and make this year one in which you manage yourself so that you can reclaim your life and have more energy and creativity to share with your family and others. Each one of you is special and makes our 4-H Youth Development program a success. Best wishes and happy new year to you!

—**Marilyn Corbin, State Program Leader, Children, Youth and Families**

Pennsylvania Governor's School for the Agricultural Sciences

It goes without saying that 4-H leaders play an invaluable role in the future of agriculture in Pennsylvania, and beyond. Many students who participate in the state's agriculture programs go on to become influential agricultural leaders. In 1986, to support your efforts as a 4-H leader, the state established the Pennsylvania Governor's School for the Agricultural Sciences (PGSAS), as many of you know.

PGSAS is an intensive, five-week program for selected high school sophomores and juniors throughout the state. It

provides a unique blend of hands-on learning through classes and field trips, as well as research and social opportunities. Together these experiences give students an exciting chance to explore the breadth of the agricultural sciences.

This winter, 64 students will be chosen from across the state to participate in PGSAS 2002. To be chosen, a student must submit a strong academic transcript, strong teacher and counselor recommendations, and carefully written essays.

The deadline for this year's applications is February 4, 2002. Applications can be obtained through high school counselors and county extension offices, or downloaded from the Internet at www.pde.psu.edu/esgovsch.html. If you or your members have questions about the application procedure, please contact Dr. Marianne L. Fivek, PGSAS director, at 814-865-7521 or mafivek@psu.edu.

—**Ketja M. Woo, Assistant Director, Pennsylvania Governor's School for the Agricultural Sciences**



4-H Water Lion Teaches Water Conservation

Pennsylvania's new 4-H water project book, *Water Conservation with the Water Lion*, is hot off the press and ready for use by 4-H clubs, schools and individual 4-H'ers. The project promotes water conservation practices in the home. It features a cartoon version of the Nittany Lion (dubbed the "Water Lion") who takes kids through numerous fun yet educational activities. The project is targeted to 8- to 12-year-olds. It is hands-on and can be completed in less than a month. Most important, it teaches valuable water conservation skills that will last a lifetime. See your 4-H agent for more information on how this project can benefit youth in your county!

—**Sanford Smith, Natural Resources and Youth Specialist**

Pennsylvania 4-H Cloverbuds

There's something new for 5- to 8-year-old children in Pennsylvania to enjoy: Cloverbuds! This exciting 4-H program offers noncompetitive, age-appropriate activities designed to help children learn about life. Like the 4-H program for older youth, Cloverbuds can help youngsters grow into competent, caring and contributing members of their families and communities.

Because 5- to 8-year-olds have short attention spans, Cloverbud learning activities are brief, uncomplicated and hands-on. Lessons center on science, nature, animals, art and music, the environment, food, fitness and health. Children can learn about topics like the weather; recycling; staying fit and safe; good money management; producing a play; and caring for pets, plants and feathered friends—to name only a few! More than 50 different activity sessions are available to Cloverbud clubs.

Adults and children who are not involved in 4-H or who may not be familiar with it can start clubs. Kids can transition to 4-H clubs when they reach 8 years of age. Volunteers, classroom teachers, extension educators or 4-H

program assistants can teach the curriculum. Leaders who use the Cloverbuds curriculum receive support and resources from their county extension office. Clubs encourage family participation. To learn more about the Cloverbuds program, contact the 4-H youth educator at your county extension office, or visit our Web site at <http://pa4h.cas.psu.edu/> to review the curriculum.

—**Claudia Mincemoyer, 4-H Youth Curriculum Specialist**

New Fashion Revue Guide

“How do I prepare a 4-H'er to model at a fashion revue?” “Some of my 4-H members plan to host a fashion show at the mall or nursing home! What do I do?”

A new *Fashion Revue Guide* can help you answer these questions. It covers topics like good grooming and posture, dressing for the revue, modeling and modeling turns, writing a narration and planning a show. A sample judging card is included, along with a board game, “Modeling Your Garment,” which reinforces what is learned in the activity. There is also a form for recording when and where participating youth modeled garments. The guide is designed for both boys and girls and should be a helpful addition to the textile science projects. Look for the guide (brick-colored, with a spotlighted boy and girl on the cover) at your county extension office.

—**Jan Scholl, State Extension Curriculum Specialist for 4-H Family and Consumer Sciences**

Rent Event

The teenage years can be stressful for young people, what with completing high school credits, graduating and thinking about a first career. To help young people rent their first apartment, the Rent Event project was recently revised by Robert Thee and Jan Scholl to include updated information on contracts, utilities, cleaning, safety and choosing a roommate. The leader guide includes games and other activities that make learning fun. This can be an excellent club project, too. Both the

member (dark green) and the leader guide (light green) are available at your county extension office.

—**Jan Scholl**

I Pledge My Hands To Larger Service

One of the best ways to teach citizenship is through some type of service learning or community service activity. To accomplish this objective, 4-H clubs have incorporated hands-on, citizenship education efforts in their annual program. These activities have included:

- community beautification/cleanup projects,
- assisting others such as the elderly, the disabled and the underprivileged,
- raising funds for a worthy cause,
- assisting with an environmental concern,
- working closely with local government to solve a problem, and
- helping with a community educational need.

Sometimes these efforts go unrecognized; but one type of recognition, supported by the Pennsylvania State Association of Township Supervisors, is the Milton W. Delancy Youth Awards. In addition to the state award, local and county programs can have supervisors or officials be part of the county achievement

awards, the leaders recognition event or another event to recognize 4-H members, leaders and parents for their community improvement efforts.

—**Robert Lewis, State Extension Specialist, 4-H Youth Development**

Character Counts!

Edwin Louis Cole has mentored leaders in over one hundred nations. Over five million people have studied his principles in the last fifty years. In a recent book, *Treasure: Uncovering Patterns and Principles that Create Prosperity* (published by www.watercolorbooks.com), he devotes the entire fourth chapter to character development. Interesting, isn't it, that we continue to find character education in the hearts of books, programs and other creations designed to help people grow into better citizens.

—**Robert Lewis**

One Act of Generosity Touches Many Others

Rachael Wolfe, a Fayette County 4-H member, often thought about how the majority of us go to bed every night with a full belly and don't know what it's like to be hungry. For her senior project, she decided to do something to help with food in her local community.

Not surprisingly, she got an idea for the project at the Pennsylvania Farm

Words to Live By

Honesty is the best policy. ENGLISH PROVERB

Truth is the only safe ground to stand upon. ELIZABETH CADY STANTON

The naked truth is always better than the best-dressed lie. ANN LANDERS

Half the truth is often a great lie. BENJAMIN FRANKLIN

The most exhausting thing in life, I have discovered, is being insincere. ANNE MORROW LINDBERGH

Lying is done with words and also with silence. ADRIENNE RICH

Truth, like surgery, may hurt, but it cures. HAN SUYIN

Truth stands the test of time; lies are soon exposed. PROVERBS 12:19

Truth and oil always come to the surface. SPANISH PROVERB

—**Patrese D. Ingram, State Extension Specialist, Diversity**

Show, which her family attends each year and where she and her brothers exhibit market hogs or lambs in the Junior Livestock show. In the past, Bill Campbell, CEO of Hoss's Steak and Sea House, has bid on and purchased many of their animals. As she watched Bill Campbell pay \$25,000 for the farm show champion steer and graciously donate it to the Greater Harrisburg Food Bank, Rachael was moved by this act of kindness and wondered how she could help. The idea for her senior project had been conceived.

With the birth of her 2001 farm show market lamb, her senior project became a reality. Rachael decided to donate the money she received from the sale of her lamb at the Farm Show to the Brownsville soup kitchen. Ironically, the buyer turned out to be Bill Campbell, the man who inspired the idea in the first place.

In her project report Rachael wrote, "I am making this donation (\$190) in honor of Mr. Bill Campbell and the spirit that he and the many other businesses and buyers exhibit. They do this year in and year out in support of 4-H programs and then donate the animals for the many scholarship programs or charities. My donation is small compared to the huge amounts donated by these businesses every year, but it is given in that same spirit. I am sure it will help with the food bank's meals for some hungry people in Brownsville."

—**Kerry Hoffman-Richards, State FFA Foundation Secretary**

Saluting Excellence in Volunteers

A new program is being designed to recognize two volunteers nationally for their outstanding achievements. One award will be given to a volunteer who exhibits a long-term commitment of service and leadership to 4-H and one to a volunteer who has made a major impact while being in the role for less than 10 years. Counties will be invited to nominate individuals in each of the two categories. The national award will carry a \$10,000 monetary prize as well as an expenses-paid trip to Washington, D.C.

—**Robert Lewis**



Computer Mysteries Is Coming . . . Are You Ready?

An exciting new set of project books will soon be available. *Computer Mysteries* teaches youth about computers, how they work and what they can do.

Computer Mysteries opens the possibilities of the Internet to 4-H'ers as well. Guidance is provided on Internet safety and computer ethics and on setting computer-use rules with parents. The project offers a broad look at the computer and how it is used in our society. It also allows participating youth to build rudimentary computer skills.

The Pennsylvania 4-H Web site contains a resource page for those who plan to offer this project. The page contains vital information that can eliminate frustration, as well as valuable resources that can help make the project a success. For more information, you may view the page at <http://pa4h.cas.psu.edu/CompMysTips.html>.

Level 1 of the series includes an interactive CD containing activities to reinforce concepts learned in each lesson. Simple computer games are combined with instructive "mini-movies" to walk users through a practice sample of the lesson's subject. An interactive web site provides activities for levels 2 and 3. To use the web activities, leaders may need to visit the site before working with their club and download the game or movie (if they have a slow Internet connection). If you have questions, suggestions or additional tips for the resource web page, please contact Patti at paf119@psu.edu, or 814-863-7872.

—**Patti Fantaske, Curriculum Management Coordinator**



2004 NE State 4-H Leader Forum Leaders and staff representing all eight regions have met to identify other key people to assist with the program, form committees, discuss strategies and start planning the 2004 Northeast State 4-H Leader Forum. One goal is to have every county participate in planning and/or coordinating the event. The program will be held at the Lancaster Host Resort Conference Center, October 14–17, 2004.

—**Robert Lewis**

Hall of Fame

As part of the 100th anniversary celebration of 4-H, the National 4-H Hall of Fame has been established. The hall of fame will be in electronic format accessible to all on the Internet. In 2002 one hundred people will be inducted into the

hall of fame, with future inductees to be admitted in the following years. Inductees and their families are invited to participate in the hall's unveiling at the National 4-H Conference in April.

The National Association of Extension 4-H Agents is sponsoring the hall of fame program. Volunteers, 4-H members, 4-H donors and supporters and extension agents are all eligible for recognition. Nominations were due on October 1. Watch for your county's spring newsletter for more information.

—**Christy Kohler Bartley, Youth Program Coordinator**

Opportunities for Teen Leaders

CFW Conference:

July 7–13

We hope to have a successful 2002 Citizenship Washington Focus (CFW)

conference and to send a state delegation. But because of reservation policies at the 4-H center, you might want to encourage your 4-H teens to make an early commitment. Please advise your 4-H teens (ages 15–18 in 2002) to visit the CFW 2002 Web site for more information: <http://pa4h.cas.psu.edu/cwf2002.html>

—**U. B. Bakker, 4-H Youth Specialist**

NFC Conference: April 7–13

Again, we want to send a state team, including four teens and one adult leader, to represent the Pennsylvania 4-H program at the National 4-H Conference (NFC). Please advise your 4-H teens (ages 15–18 in 2002) to visit the CFW 2002 Web site and to contact their 4-H agents for more information: <http://pa4h.cas.psu.edu/NFC2002.html>

—**U. B. Bakker**

Keystone Teen Leadership Council

A new leadership opportunity, the Keystone Teen Council (KTC), is available. We need your help in identifying and inviting good people to be in on the ground floor and to help us build a long-term 4-H youth leadership program in Pennsylvania. The KTC will include 5 officers (president, vp/president elect, recording secretary, corresponding secretary and parliamentarian), county representatives (about 20–25) and adult advisors (4–6).

—U.B. Bakker

Bizworld: Teaching Youth About Business

BizWorld is a free curriculum created to encourage youth ages 8–13 to learn about business. The course is a simulation in which groups of students start their own businesses designing, manufacturing and selling friendship bracelets. BizWorld teaches business concepts while engaging students in activities that reinforce math, science, art and language arts. The curriculum is designed to be taught by a volunteer leader who has either attended a training workshop or completed a video training session.

BizWorld consists of four modules: Design Day, Manufacturing Day, Market Day and Finance Day. Each module is

The 2002 Pennsylvania State Leader Forum will be held March 15–16 at the Nittany Lion Inn.

designed to be taught during a two-hour time period during a school day. With some modifications, the modules can be used with 4-H clubs or after-school groups. Contact BizWorld for a free kit containing all the resources needed for teaching the simulation: course guide, training video and supplies. Phone: 650–368–0777; e-mail: info@bizworld.org; Web: www.bizworld.org

—Claudia Mincemoyer

Some Thoughts for 2001 and Beyond

Principles to put power in your life:

1. Dream the awesome power of a vision or dream.
2. Allow your dreams to sit in the driver's seat of your life.
3. Never surrender leadership to negative assumptions.

4. Become a good manager of positive assumptions.
5. Empower your ego (I am somebody—I know I can do it).
6. Become option-oriented (there may be another way of reaching your dream).
7. Alternative consciousness and awareness (what are the alternatives to believing in your dream?).
8. Fashion a fruitful flexibility (be accommodating).
9. Get in the habit of listening.
10. Never give up on the dream of your life.

Source: Robert Schuler, January 2001

—Robert Lewis

Ten Rules for Making Every Day a Great Day

1. Think that good things will happen.
2. Express gratitude to a loved one.
3. Put your gripes away in a box.
4. Be patient with an annoying person.
5. Do something special for yourself.
6. Reach out to someone who needs comfort.
7. Focus deeply on each moment.
8. Learn from a mistake.
9. Look closely at a flower or a tree you haven't noticed before.
10. Smile.

—Dr. Joyce Brothers in *Parade* magazine

Prepared by Robert B. Lewis, professor of 4-H youth development

Visit Penn State's College of Agricultural Sciences on the Web: <http://www.cas.psu.edu>

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