



# Around the State in 4-H

College of Agricultural Sciences

March 2005

4-H and Youth Development



## 4-H ANNUAL FUND – *Michael Martin*

You recently received our 4-H annual fund appeal letter from Charles Brosius asking you to consider making a gift of \$100 - or an amount appropriate for you to - to benefit 4-H. Penn State employees can contribute through payroll deduction or a one-time gift by check or credit card. We are in the process of creating a sustaining source of private funds for 4-H. The annual fund appeal is one step in our 4-H fund development initiative. Last year we received \$247,906 in charitable contributions. This year we are on track to bring in even more. If you would prefer to support a particular 4-H activity or endowment other than the annual fund, please contact me for the appropriate allocation code.

For more information about how to support your favorite 4-H program, please contact Michael Martin at 507 Keller Building, University Park, PA 16802; 814-863-2754; or email [mmartin@psu.edu](mailto:mmartin@psu.edu).

## 4-H FORESTRY FIELD DAY HAS NEW TWIST – *Sanford Smith*

Pennsylvania's 4-H Forestry Field Day is May 14, 2005, from 9:30 am - 3 pm at Laurel Haven Conservation Education Center, Julian, PA. This event is open to all 4-Hers who have taken, or are planning to undertake any 4-H forestry project. The event has two options. There is a "Beginners Option" for younger 4-Hers (ages 8-11) and an "Invitational Option" for older youth (ages 12-18). All adults and 4-H volunteers are welcome to attend.

Participants signing up for the Beginners Option will explore tree identification, compass use, and tree measurement--all components of the *Trees + Me = Forestry* 4-H project. This is non-competitive, educational, and fun. No advance study is required for the Beginners Option. Four-Hers in the Invitational Option will participate in a forestry knowledge and judging contest.

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A handbook with everything one needs to know for this Invitational Option is available through your Cooperative Extension Office or as a download at the web site listed below. The top four teens will go on to participate in the National 4-H Forestry Invitational.

Additionally, this year there's a new twist to the event. There will be a special afternoon performance by a local folk singer and historian, Van Wagner. His program on Pennsylvania's forest heritage is called "Tall Timber," and it should be great fun for all!

There is no fee for this event, but all youth and adults planning to attend should sign up through their County Cooperative Extension Office. Participants must bring their own sack lunch and drink, and everyone is encouraged to dress for field conditions. Additional information, directions to the event and a downloadable version of the Invitational Option project book can be found on the event web site:

<http://pa4h.cas.psu.edu/forestryfd.html> The sign-up deadline is May 6, 2005.

## OUTSTANDING 4-H LEADERS NOMINATED - *Robert Lewis*

Again this year, Pennsylvania will honor 4-H Leaders from eight different counties through the Salute to Excellence Program. This summer, thirteen outstanding 4-H leaders will be recognized at State Achievement Days. This year's Salute to Excellence nominees are:

### Lifetime Volunteer Award

Ethel Coleman, Indiana  
Gary Dean, Lancaster  
Debbie Deeter, Venango  
Emma Dunmire, Westmoreland  
Frances Shoop, Dauphin  
Jeannie Snover, Northumberland  
Connie Tenney, Warren

### Volunteer of the Year

Debbie Beisel, Indiana  
Anne Lail, Westmoreland  
Sherry Moore, Warren  
Rick Perry, Venango  
Carol Weaver, Butler  
Lori Whitehaus, Dauphin

## RUFFED GROUSE SOCIETY "GROUSE CAMP" SEEKS YOUTH – *Sanford Smith*

The 4<sup>th</sup> Annual RGS Grouse Camp for kids ages 12-16 will be held at Stone Valley Recreation Area, Huntingdon County, on July 28-31, 2005. RGS Grouse Camp has provided intensive wildlife management, shooting and hunting instruction to 90 boys and girls from across Pennsylvania since its inception in 2002. The Grouse Camp is sponsored by the R.K. Mellon Family Foundation of Ligonier, PA.

This year, the Camp will once again include professional forest and wildlife management instruction, extensive shooting opportunities and instruction by professional wingshooters, a bird dog training demonstration, canoeing, and a whole lot more.

Interested youngsters or parents should contact Mark Banker, RGS Regional Biologist, at [rgsbank@adelphia.net](mailto:rgsbank@adelphia.net) or 814-867-7946. Registration for the camp is \$100.

## CHILDREN, ANGER AND OTHER FEELINGS – *Anne Heinsohn*

News accounts of violent behavior often report the individuals--youth or adults--were angry. Anger can stem from current or past slights, frustrations or disappointments. As children grow and develop they engage in a number of necessary tasks. One of these is learning to recognize and deal with feelings or emotions. There is a full range of them to deal with.

Happiness and other pleasant feelings are comparatively easy to deal with. However, life presents difficult or painful situations causing other emotions to come into play. These can include disappointment, frustration and hurt feelings. Very young children can become confused by their feelings. They notice how adults deal with their emotions. If they witness angry outbursts on a regular basis they see such a response as appropriate. Parents, teachers and others need to control their own emotions so they can help children develop self-control in a variety of situations. Over time and with increased maturity they learn to cope without lashing out in anger.

Being angry is a normal reaction in some situations, but it doesn't have to lead to violence. Children need help in sorting out feelings and their response to them. Individuals who deal effectively with life's frustrations and disappointments, who cope and move on, are less likely to engage in uncontrolled outbursts.

BALANCE YOUR TIME BUDGET - *Robert H. Schuller*

An Anonymous Irishman once wrote:

Take time for work, it is the price of success.  
Take time to think, it is the source of power.  
Take time to play, it is the secret of youth.  
Take time to read, it is the foundation of wisdom.  
Take time to be friendly, it is the road to happiness.  
Take time to dream, it's hitching your wagon to a star.  
Take time to love, it is the highest joy of life.  
Take time to laugh, it is the music of the soul.

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The 2005 4-H calendar can be found at <http://pa4h.cas.psu.edu>

*Robert B. Lewis*

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

This publication is available in alternative media on request.

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Robert Lewis (814-865-6551) in advance of your participation or visit.

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