

4-H CALENDAR

April

- 1 *Leader Line* on line
1 Collegiate 4-H scholarship applications due
15-17 CAE4-HA Professional Improvement Conference (TBA)

May

- 1 Japanese Exchange Host Family applications due
1 IFYE Host Family applications due in state 4-H office
3 Blue Ribbon Youth Enrollment data due
11-14 CYFAR 2004 (Seattle, WA)
15 Catch-A-Calf Breakfast

June

- 1 Resumes and State Scholarship applications due
1 Outstanding Award applications due
1 National 4-H Conference and Congress applications due
4 4-H Youth Fund Golf Tournament
18-20 Shooting Sports Family Camp (Victor, CO)
6/17-7/12 Colorado-Japan Pre-Summer Exchange
22-25 State 4-H Conference
6/18-8/13 Colorado-Japan Pre-Summer Exchange (outgoing)
24 4-H Youth Fund board meeting
6/27-7/3 Citizenship Washington Focus (Washington, D.C.)

July

- 1 *Leader Line* copy deadline
7/12-8/11 Colorado/Japan Month-Long Summer Exchange (outgoing)
7/21-8/19 Japan/Colorado Month-Long Summer Exchange (incoming)

One, Two, Three: Planning For Learning

New 4-H Leaders often feel challenged when organizing a project meeting that teaches members new skills. Fortunately, there are Leader's Guides associated with 4-H projects that actually have sample lessons or give clues to organizing just such a meeting.



What are the three keys to great project meetings and how do you make sure that the members are actually learning something? The first thing you need to know is that *experience* is the best teacher — not you! That should take some pressure off! Think about yourself as a guide, advisor or facilitator. Your role is to create experiences in which children can learn.

Step One: Know Your Audience

You are working with children and depending upon their age they have different physical, social, emotional and intellectual characteristics. Younger children tend to be more messy, need adult approval, be more cooperative with others and focus on the process rather than the product. As they mature they want to challenge their physical abilities, stay in same gender groups, value fairness and have a desire to talk about beliefs and standards. Middle school and high-school-aged youth are more concerned about grooming and body image, require interaction with the opposite sex, want to make their own choice whether or not to be "on-stage," do not like to be singled out and have acquired the ability to plan and carry out activities. There are many resources in your local Extension office geared to teach you about these characteristics. Finally, learn what the 4-H members know about the project you'll be teaching. It will help you find the balance between challenging their skills or completely frustrating them!

Step Two: Plan an Activity

If you have a Leader's Guide for a project, now's the time to take a look at it! If you don't have one, look in the project selection guide to see if one is available and

ask for it. If a Leader's Guide isn't available, this is how you can approach planning a series of project meetings.

1. Look at the members' manual for the project you're working on and explore the project skills.
2. Then, think about the activities that you can plan to challenge youth development.
3. What are the best ways to teach the project skills?
4. Is the demonstration a time-proven method which can be used in a progressive sequence?
 - I do, you watch,
 - I do, you help,
 - You do, I help,
 - You do, I watch and
 - We celebrate!

Many other methods are valuable as well: field trips, tours, videos, demonstrations from members, community service projects and more! As you think about developing project skills, consider the life skills youth are learning. Don't forget that record keeping, leadership, citizenship and communication skills get developed by practice and repetition.

Step Three: Ask Questions

After a learning activity, the best way to lock in the learning is to ask some questions about what just happened in three simple steps.

1. First, ask the members to share how they felt about the activity. Was it fun? Frustrating? Exciting? Boring?
2. Follow-up with questions which help them reflect about the activity. Why is it important to . . . ? What have you done like this before . . . ? How was this different from . . . ? How will this help you . . . ?
3. Finally, ask questions which help them learn to apply what they've learned: How will this experience help you to . . . ? How will it help in other areas of your life . . . ? How will the way you . . . change as a result of knowing . . . ?

There, you've done it! Now all you have to do is learn from your own experience of teaching others.

—Dale Leidheiser
Colorado State University
Cooperative Extension
4-H Youth Specialist

Message from the Assistant Director, 4-H Youth

Farewell

As I finish my last week of work for Colorado State University Cooperative Extension, and write my last article for 4-H, several thoughts run through my mind. The last six years have certainly gone by quickly! As I try to process what I feel has been achieved during my tenure as State 4-H Leader, I feel a little bit like a 4-H member who is trying to put the finishing touches on their record book before county fair. You have your stated goals/objectives, how you did in accomplishing those goals and what you would have done differently. Then you have your income and expense report, your community service activities, your leadership experiences and finally you come to your 4-H story and photos. While it is always a daunting task to get everything put together correctly, there is a great amount of satisfaction in seeing your accomplishments at the end of the project.

At the end of my record book, what has been the most memorable and satisfying have been the relationships.

- The time spent traveling across the state to see how many “different” ways 4-H is done in Colorado, but always holding to the best principles of youth development and providing a meaningful experience.
- The time spent at state fair or National Congress to see blue ribbon projects and blue ribbon youth fill a building.
- The time spent with volunteers getting to know them on a personal level and sharing their passion for working with young people.
- The time working with Extension staff to continually review what was being accomplished, identifying where we needed to be going and trying to locate the resources needed to make 4-H available to more youth throughout the state.

Over the past six years I have had the privilege of working with many of you at many different levels. From working together to strengthen 4-H project areas; from very long days to very short nights at state fair; from the celebration of the 4-H Centennial (does anyone remember the *Grand Moment in Time?*); from doing curfew checks to make sure everyone was in the correct room at the correct time; and to events such as State Conference, Youth Fest, CLC and Leadership Development Conference, each of these activities and interactions are fond memories that will go with me to Montana. However, at the end of the day, it always comes back to “*did I make a difference today?*” To each of you I say a resounding YES! 4-H has never been about the record books, the awards or the trips; but about adults taking an interest in young people to help them grow and develop. While there may be 135,000 youth enrolled in Colorado 4-H, you continue to make a difference one young person at a time.

I want to wish you the best as you continue working with 4-H in Colorado. I hope that our paths may cross again in the future.

—Doug Steele
Colorado State University
Cooperative Extension
4-H Youth Development
Assistant Director



4-H News of Interest

- Please send articles or letters of 4-H interest or upcoming events.
- All articles or letters must be signed. Provide your full name, address and phone number.
- Articles or letters will be edited for spelling and grammar.
- Because this publication is placed on-line three times a year, articles or letters that contain time-dated information will not be used.

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CHRIS CLOVER

THE 4-H PET FAIR AND PICNIC WAS A LOT OF FUN!

HOW DID YOU DO IN THE FROG JUMPING CONTEST?

MY FROG SAID ONE MORE JUMP AND HE'D CROAK!

When 4-H'ers exhibit their vegetables, it isn't always the largest vegetable that wins. Exhibits are judged for quality and compared to a predetermined standard for each vegetable. Through the interview judging, 4-H'ers not only indicate the knowledge they've acquired, but also learn more about their project from the judge.

STATE 4-H LEADERS' COUNCIL UPDATE

The Colorado State 4-H Leaders' Council met on February 1 during the Leadership Development Conference held in Denver, Colorado. Highlights of the meeting follow:

Dale Leidheiser reported that Doug Steele resigned his position as 4-H Youth Development Assistant Director in order to accept a position as the Vice Provost and Director of Montana State University Extension Service. While the search for assistant director is conducted, Dale Leidheiser, Jan Carroll and Sue Cummings have each agreed to be responsible for one-third of the assistant director's responsibilities.

2004 Colorado State Fair

Shardy Paul reported that the state fair will remain on a 16 day schedule August 21 through September 5, 2004.

2004 WRLF

Shirley Thyne talked about Western Regional 4-H Leaders' Forum being held in Anchorage, Alaska from March 3 through March 6. There are 33 people from Colorado registered for the forum.

2004 Forum

This year's forum will be hosted by District 12. It will be held from October 7 through October 9. Lodging will be available at the Celebrity Resort, 1000 High Point Drive, Steamboat Springs, Colorado for \$75 per night with up to six people in a unit. The main focus of the 2004 Forum will be leader training. Please try to make room in your schedule for this event.

2003 Silent Auction

Pat Perue thanked everyone for once again contributing to a great silent auction. The auction closed just prior to our council meeting.

2004 Colorado State Fair Shooting Sports

Shooting sports contests are scheduled during the final two weekends of the 2004 Colorado State Fair. Muzzleloading and .22 contests will be held August 28-29. All of the other shooting sports contests will be held over the Labor Day weekend, September 4, 5 and 6.

Our next meeting will be held during State 4-H Conference, June 22-24 in Fort Collins.

—Lois Helgeland
Colorado State University
State 4-H Leaders' Council
Secretary/Treasurer

Senior 4-H Collegiate Scholar

A 4-H member for ten years, Erin Epperson is a senior studying social work at Colorado State University.

During her 4-H career, Erin participated in 15 different 4-H projects in Larimer county. The two primary projects were angora rabbits and colored wool sheep. The fiber she collected from her animals was used to complete two other projects, spinning and weaving. Dance team, rabbit judging team and junior leadership are three more activities in which she participated as a teenager.

Erin fulfilled the "learn by doing" motto by becoming a president and secretary for her 4-H club. Through 4-H, she also learned public speaking, interpersonal and leadership skills. Serving as a 4-H ambassador through the scholar's

program, Erin has made numerous public presentations.

The 4-H Collegiate Scholar's program, sponsored by the Colorado Farm Bureau, provides a stipend for four Colorado State University students to promote the state. Erin made presentations to the Colorado Farm Bureau and at the 'Grand Moment in Time' celebrating the 100th birthday of 4-H.

4-H is proud to have this bright, articulate student representing us with the many life skills she learned in 4-H.

—Katy Kohnen
Colorado State University
Cooperative Extension
4-H Program Coordinator



Erin Epperson

Success In School

The Facts

Recent studies have shown that a child's success in school depends as much on their parents as on their teachers. As a parent, you are their most important teacher. The learning process begins when your children are infants, thus providing a foundation for school learning. In the beginning stages of growth, children learn vital skills, manners and speech from you, their parent. As they grow up, they constantly look up to you for guidance and as a role model. Your role as a teacher should never end, especially when they enter school.

Encourage Learning Early On

- **Talk with your child, not at your child.** Baby talk shouldn't be in your vocabulary. Try to use full sentences when communicating with your child. Always listen to what they have to say. Overall, allow your child to freely express their feelings to you.
- **Encourage, encourage, encourage!** Making mistakes is an important part of life. We all make them. Rather than stressing the importance of failure or success, stress the importance of moving forward and trying again.



- **Give your child creative freedom.** Creativity is fun, as well as educational for both you and your child. If they like music, sing songs with them. If reading has caught their interest, ask your child to make up a story. In general, allow your child the opportunity to discover their talents.
- **Read with your child.** Read often with your child. Ask questions in regard to the story, the characters, the plot, etc. In turn, answer any questions they may have.



- **Discipline.** Rather than saying "don't do that" all the time, reinforce a positive approach to disciplining by saying "do this."

- **Treat your child as an individual.** Don't make your child feel inferior or superior by comparing their development to other children's developmental patterns. Though there are strong similarities among children of the same age, not every child develops at the same pace.

Ways Parents Can Help

1. Help them develop their goals.
2. Be available to aid them when they need you.
3. Advise them and give them your support.
4. Praise your children when they have done something well.
5. Help them visualize success and acknowledge their progress.

Students' Study Secrets

- **Set goals for yourself.** Goals should be specific. What is it that you wish to accomplish? For example, you may want to improve your grade in science. If so, set the following goal.

"I'll increase my test score in science to a letter grade B."

Write down your goals and brainstorm as to what you will need to do in order to accomplish them.

- **Manage your time.** The things you want to do are very different from the things you have to do. Plan ahead by using a calendar. Write in the things you have to do (for example: baseball practice, club meetings, etc.). Next, hand in your assignments on the day they are due. As you will see, you may have to start an assignment days before it is due in order to make baseball practice. Remember, school comes first. Fun is always second.

- **Take notes.** Most of the time teachers will tell you what's likely to be on a test. Taking notes will allow you to know ahead of time what needs to be studied. Try to review them quickly after class. This will help the information move into your brain's long-term memory.

- **Study, study, study.** Studying the night before a test is not always the best plan in order to get a good grade. Put in a little time every night for each of your subjects. The next time you have to study for a test, you will ease through the process.

- **Review your assignments.** Check for accuracy in your assignments and reports. Reviewing the assignment guidelines and proofing the actual assignment are two important steps of homework that shouldn't be overlooked.

**PARTNERS IN
PARENTING**

(800) 457-2736

2004 WESTERN REGIONAL 4-H LEADERS' FORUM LEADER OF THE YEAR AWARD NOMINEE



MIKE GRETT

Mike is truly a special leader who works well with youth of all ages. He is always willing to lend a hand, an ear or sometimes a swift verbal kick. He goes the extra mile to see that all of his “kids” (club, county or state) are treated fairly. He has submerged himself in the county, district and state 4-H arena.

This year is Mike’s 16th year as a leader, 14 of which were spent as an organizational leader for the Olathe Community 4-H Club. Not content to just lead the organization, he has had hands-on involvement as a project leader for swine, dairy and many non-animal projects, has been a dairy superintendent and fair board member of the Montrose County Fair and is in his 10th year as Montrose County Council Advisor.

In addition to his volunteer time in the county, Mike has served in District #10 leadership, been the Colorado Leaders’ Fall Forum Planning Committee Chairman and the State Leaders’ Council Chairman. He was also very active as co-organizer for the 1995 Western Regional 4-H Leaders’ Forum hosted by

Colorado. For over ten years, he has been a chaperon and chauffeur for almost all of the 4-H state events (Leadership Development Conference, State 4-H Conference, Colorado State Fair, Night Owl, Colorado Leadership Conference, and Western 4-H Roundup). His interest, involvement, discipline and love for his “kids” is obvious to anyone watching him. Their love for him is also very evident.

Mike loves to challenge youth to do their best. While serving four years as State Senate Advisor, he encouraged youth to push out of their comfort zone and make a difference in their lives. At fair, he encouraged many of the junior leaders to become judges’ assistants.

This year Mike begins his tenth year as a display superintendent for the Colorado State Fair at 4-H Camp Tobin. Each year the quality of the displays improve and more youth volunteer to assist in the setup, which is in great part due to Mike’s involvement.

All of Mike’s accomplishments don’t even begin to reflect the hundreds of hours he’s committed to 4-H. Truly, Mike is that special person who “made the best better” and encourages all leaders and youth to do the same.

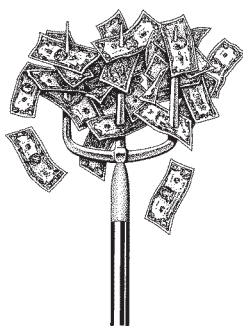
—Lois Helgeland
Colorado State University
State 4-H Leaders’ Council
Secretary/Treasurer



Consolidating Student Loans!

Question: Is this a good time for me to consolidate my student loans? What factors should I look at when I'm making this decision?

AnsWER: There are several advantages to consolidating your loans: to lower interest rates, to combine all loans and make only one monthly payment or, if you're in default on a federal student loan, to consolidate your loans if you are eligible and if certain conditions are met.



Federal student loan rates are the lowest they have ever been. Students who participate in the Direct Loan Program from the U.S. Department of Education can consolidate federal loans while in school. They might receive a lower interest rate than current loans (up to .6 percentage points). Students at schools using the Federal Family Education Loan Program, or FFEL, which is administered by the Colorado Student Loan Program, must wait until they leave school and are in the grace period or repayment period before consolidating loans.

Student loans may be consolidated through either the federal or the state guarantee programs. Direct Consolidation Loans are available from the U.S. Department of Education. FFEL Consolidation Loans are available from participating lenders such as banks, credit unions and savings and loan associations. The requirements and options are somewhat different for each program.

The U.S. Department of Education Direct Loan Consolidation Program is described at <http://loanconsolidation.ed.gov/borrower/bapply.shtml>. To qualify for a federal reconsolidation loan, you must be attending or have attended a direct lending school. Go to www.ed.gov/offices/OSFAP/DirectLoan/schools/schoolin.html to see if your school is a direct lending school. The federal Direct Consolidation Loan Program will consolidate all student loans — the federal Direct Loans and FFEL loans. Although all loans may be consolidated by FFEL lenders, some FFEL lenders do not consolidate non-FFEL loans.

Requirements and benefits for loan consolidation vary according to several conditions:

- 1) in school or out of school;
- 2) student, parent or married borrower;

- 3) type of existing school loan;
- 4) loan is current or in default; and
- 5) repayment plan choices.

Have all of this information ready when you compare various loans.

Borrowers who are still in school may benefit by consolidating loans at a lower than current interest rate. The consolidated loan interest rate will be fixed for the lifetime of the loan. Parents who have federal PLUS loans to finance their children's education are also eligible for consolidation loans.

—Judy McKenna, Ph.D., CFP
Colorado State University
Cooperative Extension
Family Economic Specialist

The Colorado State Budget and 4-H

If you read the papers, listen to the news and have experienced financial cuts in your local Cooperative Extension office, you're aware of the budget constraints of our State Legislature and its

impact on programs. The budget for 4-H Youth Development is part of Cooperative Extension, which is part of Colorado State University, which is part of the higher education budget.

Last year Cooperative Extension experienced an 18 percent budget cut which resulted in the loss of 29 positions on campus and around the state. According to Colorado State University President Penley, we are operating on 57 percent of the dollars we had in the 2000 - 2001 budget. Use of the tobacco settlement funds will offset some of the deficits expected for next year but will not address the structural budget problem associated with our constitutional amendments (Gallagher, TABOR and Amendment 23).

There are a number of bills in this legislative session which will try to provide relief. It's likely there will be ballot measures in the fall which will have an impact on our legislatures' ability to fund the programs which are important to Colorado citizens. I encourage you to read carefully, ask questions, offer informed advice to those you elect and vote your conscience in the fall.



—Dale Leidheiser
Colorado State University
Cooperative Extension
4-H Youth Specialist

4-H International Exchange - 2004



4-H/Japanese Exchange Programs

— Japanese exchange students have 100 percent medical coverage and may participate in host family vacations. Teens from hosting families in Colorado can subsequently be eligible to participate in an exchange program to Japan during any of the following summers until they are 21 years old.

Summer Exchange — Host families are needed for approximately 75 Japanese boys and girls, ages 12 to 21. Japanese teens from the Labo and Lex organizations arrive in Colorado on July 21 and join host families on July 23 after orientation by 4-H staff. Teens from the Utrek program arrive in Colorado on July 21, joining their host families on July 26 after orientation and a camp in the mountains. Both groups return to Denver on August 18 and depart for Japan on August 19.

4-H/Japanese Exchange Programs — High School Exchange

— Colorado will also host ten Labo, Lex and Utrek Japanese high school exchange students, ages 16 to 18. These participants stay with host families and will attend Colorado high schools from July 2004 through mid-June 2005. They are proficient in English and will attend an additional intensive English language class before arriving in Colorado.

Families who host a high school delegate are eligible to receive a \$1,000 scholarship toward the cost of sending their son or daughter to Japan for one month.

Future Leaders Exchange (FLEX)

— Host families are needed for FLEX students. This program is funded by the U.S. State Department to instill democratic principles in the exchange participants from the New Independent States (NIS) of the former Soviet Union. Colorado will host ten participants ages 15-18 who will stay with host families and attend high school August 2004 through mid-June 2005.

International 4-H Youth Exchange — Incoming

— International 4-H Youth Exchange (IFYE) delegates, ages 19 to 30, stay two- to three-weeks with several host families during their three-month stay in Colorado. IFYE's come from many regions of the world: Western Europe, Eastern Europe, Latin America, Australia, Asia and Africa. They share information about their country, culture and the IFYE program with various community groups subsequent to their travel throughout Colorado. IFYE's generally arrive in Colorado mid-June or mid-September.

International 4-H Youth Exchange — Outgoing

— International 4-H Youth Exchange (IFYE) delegates may participate as an ambassador or as a representative.

- Representatives ages are 19-30. They visit a foreign country for three or six months. The countries are located in Western Europe, Eastern Europe, Latin America, Australia, Asia and Africa. Six-month delegates leave the United States in late June and return in early December. Three-month delegates return in early September. The delegates live and work with host families and gain a unique perspective about another culture. When delegates return, they travel throughout Colorado sharing their experiences and broadening international awareness. **The Colorado 4-H Youth Fund, Inc., offers two full scholarships each year for IFYE representatives** (personal spending money excluded).

- Ambassadors ages are 16-26. They travel to a country located in Europe, Latin America or Asia for a six-week stay. Delegates leave in late June and return in mid-August. Ambassadors travel to the host country as a group accompanied by an adult group leader. After arrival, they stay with a host family. The traveler is responsible for all program expenses.

Contact the Colorado State 4-H office for more information:

International 4-H Programs
132 Aylesworth Hall, NW, CSU
Fort Collins, CO 80523-4050
Phone: (970) 491-2711
Fax: (970) 491-5108
Email address:
cloflin@coop.ext.colostate.edu

—Courtney Loflin
Colorado State University
Cooperative Extension
State Program Coordinator
International 4-H Programs

Leader Line On-Line!

Since August 2003, all *Leader Line* publications have been posted on the 4-H website. We would like to send out an e-mail reminder to anyone interested when new issues are published on-line. Would you encourage the 4-H leaders in your county to subscribe to an e-mail reminder at <http://4hweb.ext.colostate.edu/leaderline?>



In the past we've only had funds to send *Leader Line* to club organizational leaders. In the future we'd like all volunteers to view *Leader Line* electronically. Thanks for your help with this effort!

—Dale Leidheiser
Colorado State University
Cooperative Extension
4-H Youth Specialist

EAT TO SUPPORT COLORADO 4-H YOUTH FUND, INC.

The Colorado 4-H Youth Fund, Inc., is currently promoting the use of grocery store membership cards at Albertsons, City Market and King Soopers. And, the sweet thing about it is that it won't cost you a dime. Simply by purchasing your usual amount of groceries, you can support the Youth Fund!

City Market/King Soopers

If you use a City Market Value card or a King Soopers card, please call, fax or e-mail us the long number under the bar code on the back of your card. When you check out, simply present your King Soopers or City Market card first. The City Market Cares Program will track purchases for both King Soopers and City Market cards and distribute the accumulated donations quarterly to the Colorado 4-H Youth Fund, Inc. If you do not already have a value card, they can be picked up at any King Soopers and/or City Market.



Albertsons

Albertsons Community Partners Card is a shopper's card that is used in conjunction with the Albertsons Preferred Card. If you shop at Albertsons, simply request the number of Partner Cards you would like from the Youth Fund and you will receive them. If you don't already have an Albertsons Preferred Card, one can be obtained at any Albertsons. Just present the Partners Card along with your Albertsons Preferred Card when you first arrive at the check-out counter. The cashier will scan both cards before the order is tendered and your part is done. The amount of the purchase is automatically recorded and a percentage of credit is given to the Youth Fund. At the end of each yearly quarter, transactions are totaled, Albertsons' calculates the percentage that will be awarded and sends the Youth Fund a check.

Safeway

We are not currently involved in the Safeway program as it requires a cash outlay to get started.

Share this information with 4-H friends, volunteers, co-workers and those that might be interested in supporting our efforts. A greater number of cards out there will increase the dollars we receive and every little bit of support provided to the Colorado 4-H Youth Fund, Inc., helps us as we endeavor to keep all of our programs on track.



Please email me at the following address if you have any questions.

Colleen Flack, Executive Director
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131 Aylesworth Hall NW
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—Colleen Flack
Colorado State University
Cooperative Extension
Executive Director
Colorado 4-H Youth Fund, Inc.

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