

4-H Leader Line

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December 2005

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4-H Calendar

December 2005

- 1 4-H Leader Line online
- 1 Urban Expansion reports due
- 13 4-H Youth Fund board meeting
- 15 IFYE Ambassador applications due

January 2006

- 5-8 Western 4-H Roundup (Denver)
National 4-H Horse Classic Western Division (Denver)
National Western 4-H/FFA Livestock/Meats Judging (Denver)
- 6 Collegiate 4-H Scholarship applications due
- 7-22 National Western Stock Show (NWSS) (Denver)
- 10 IFYE BBQ - National Western Stock Show Parade (Denver)
- 11-16 Japanese High School Program mid-term meeting
Flex/NIS mid-term meeting
- 15 Japanese Intern applications due
- 17-19 National Western Catch-A-Calf Show (Denver)
- 18 Colorado 4-H Day - National Western Stock Show (Denver)
- 28-30 Leadership Development Conference (Denver)
- 30 Colorado 4-H Day - State Capitol (Denver)

February 2006

- 1 Barbizon Modeling Scholarship applications due
- 17-19 Youth Fest (Ponderosa Camp)

March 2006

- 1 Japanese Exchange Delegate (outgoing) applications due
- 1 4-H Leader Line copy deadline
- 1-5 Western Regional 4-H Leaders' Forum (Salt Lake City, Utah)
- 14 4-H Youth Fund board meeting
- 17 Citizenship Washington Focus applications due
- 17 Urban Expansion proposals due
- 25-30 National 4-H Conference (Washington, DC)

April 2006

- 1 4-H Leader Line on-line

A Message from the 4-H Director

The Impact of 4-H



4-H leaders can tell many stories of the impact 4-H programs have had on their lives from when they were 4-H members, as well as on the lives of young people they work with as leaders. I can't tell many stories of the impact 4-H made on me as a youth because I was only in 4-H for one year—my senior year in high school.

No, involvement with a girlfriend didn't persuade me to join 4-H. A 4-H volunteer leader was the reason for this late-blooming 4-H member. You see, one day in my senior year, a 4-H leader showed up at my door and said, "*You need to enter into the district method demonstration-illustrated talk contest.*" So I said, "*Sure.*"

That demonstration-illustrated talk contest made it to the State 4-H Roundup held at Texas A&M. I was also in the 4-H beef project that year. The project work was good, but what was memorable and made an impact on my life was the 4-H leader who coaxed me into getting involved. That same 4-H leader became a county Extension agent in my home county and was the main reference for my first, out-of-college job as a county Extension agent 22 years ago.

One 4-H leader's impact on one late-blooming 4-H member could be classified as influential and significant. Thirty-one years ago that 4-H leader urged me to get involved. If it weren't for her, a 4-H leader named Alby Peters, I wouldn't be involved with Extension and I wouldn't be the Colorado State 4-H Program Leader today.

Thanks Alby!

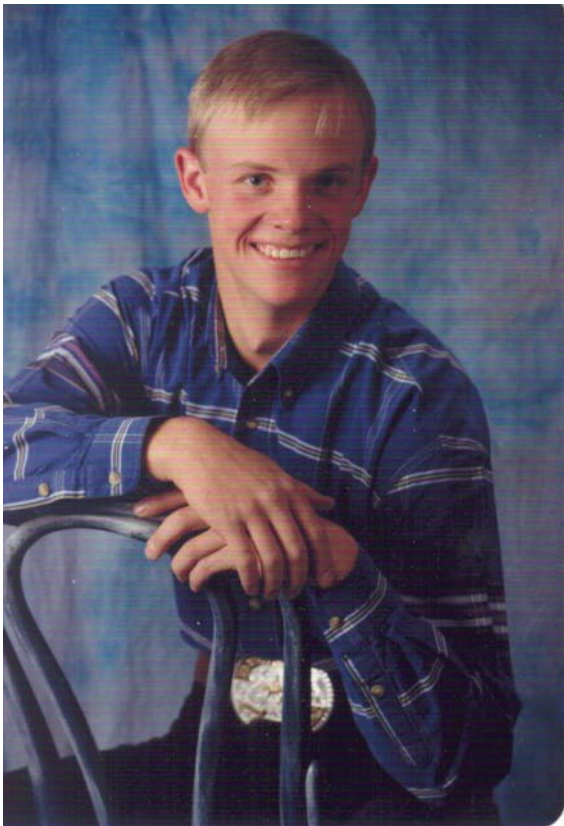
Alby Peters is now a retired 4-H agent in Amarillo, TX.

—Jeff Goodwin
Colorado State University
Cooperative Extension
4-H Youth Development Director

New Collegiate 4-H Scholar Credits his 4-H Experiences with Helping him Decide on a Career Path

4-H makes a difference! One way I believe the 4-H experience is so beneficial to Colorado youth is by helping them decide on a career path. Many youth participate in 4-H events or activities that build a sound foundation in their formative years. A few of these experiences in 4-H are serving as a 4-H Club officer, leading the 4-H Club in the Pledge of Allegiance or 4-H Pledge, working on 4-H teams and gaining recognition and awards for this hard work. Learning about their effectiveness in the world, their ability to lead people and their ability to make a difference in the world through their 4-H experiences helps youth develop the confidence to make good decisions.

A recent example of this came from our new collegiate 4-H Scholar, Matt Herrington. He commented that 4-H was responsible for helping him develop the leadership, and the presentation and communication skills that he has today. He also said his involvement in 4-H has led to his interest in agriculture and his choice of education in agricultural business at Colorado State University.



Matt, a Colorado State University freshman, will receive a scholarship and have leadership responsibilities in 4-H activities across the state. The Colorado 4-H Youth Fund, as part of Colorado State University Cooperative Extension, annually offers a \$1,500 scholarship to Colorado State students who exhibit potential and experience in the fields of agriculture, 4-H and leadership. The Colorado Farm Bureau funds the scholarship and has supported this endeavor for over a decade.

Matt has trained and shown beef, cattle and horses. He has also participated in public speaking and leadership. He served as a 4-H Club officer in his hometown of Livermore while also working as a volunteer firefighter and fund-raiser with the local fire department. In 2005, he was named “Junior Agriculturist of the Year” by the Fort Collins Rotary club.

As a collegiate 4-H Scholar, Matt will promote and explain the benefits and impact of 4-H to donors, shareholders and youth around the state. 4-H Scholars receive the \$1,500 stipend annually as long as they remain in good academic standing and all required activities are met. The 4-H Scholar is obligated to commit twenty-hours per month to activities such as meeting with stakeholders and speaking at public events. The recipient is eligible for the scholarship each year of their academic career.

The Senior 4-H Scholar is Lauren Frederiksen from Fort Lupton, the Junior 4-H Scholar is Heather Ray from Walden and our Sophomore 4-H Scholar is Kendra McConnell from Berthoud.

—Becky Fry
Colorado State University
Cooperative Extension
Colorado 4-H Youth Fund Executive Director

Welcome Darrin Goodman
4-H Technology Specialist

Will 4-H Be Around in 100 Years?

“Will 4-H be around 100 years from now?” There won’t be a yes answer to that question unless we can demonstrate the positive impact 4-H has on the lives of our youth and, in turn, on our society. This demonstrated, positive impact must be communicated to every congressman, state legislator and county commissioner. In short, if the people who fund the 4-H program at the national, state and local levels can see the difference that 4-H programs make in the lives of our young people, there is a greatly improved chance that 4-H will be around 100 years from now.

Let’s help make sure that
Colorado 4-H is alive and well
100 years from now!

We’ve taken such a step to insure the future of 4-H in Colorado. The Colorado 4-H Impact Study has just been completed. Data was collected from fifth, seventh and ninth grade students in Colorado during the spring of 2005. Fifteen randomly selected counties in the state were involved in the study. In each of the 15 counties, up to four public schools were randomly selected to survey their students. There were 1,906 surveys returned and 395 of those were completed by 4-H members. The response from the 4-H and non-4-H students were then compared.

Some of the notable results of this comparison include the fact that 4-H members were more likely to get A’s in school, hold leadership positions and volunteer to lead class activities. The study also showed that they were more likely to be involved in projects that helped others, gave money or time to charitable organizations and that other youth looked up to them as role models.

The complete research report and other documents from the study can be found online at the following address:
<http://www.4h.colostate.edu/impact/index.shtml>

Now it’s time to spread the word. If anyone has any information of state-level conferences or meetings where this data could be shared, please contact the State 4-H office at (970) 491-1152 to help facilitate that exchange. If you are connected with any state organization or group such as school board members or other school officials that would be interested in this information, we ask for your help in making the right connections.

—Jeff Goodwin
Colorado State University
Cooperative Extension
4-H Youth Development Director

E-Records are on the 4-H Website



What does this mean? It means that 4-H members and leaders will be able to download the 4-H Project E-Record from the 4-H website and complete it on the computer. E-Record means electronic record.

By making the 4-H Project E-Record accessible electronically, we hope that all 4-H members will find this new process of filling out electronic records a positive one. Record-keeping is an important life skill of 4-H projects and electronic records will make developing this life skill a straightforward and uncomplicated process.

In the 2005 4-H Impact Study results, 4-H members were more likely than non-4-H youth to engage in setting goals, planning ahead and managing money wisely. Record keeping is one of the ways that 4-H members develop skills in setting goals, planning ahead and managing money.

As 4-H leaders, it will be important for you to keep an open mind to this new process. Go to the website, download the 4-H Project E-Record, look it over and become familiar with it so you can help your 4-H members.

Another important part of the electronic records will be the 4-H Project E-Record Supplements. These e-record supplements will soon be available on the website and will also have the capability of computer completion. 4-H leaders, please be sure you are aware of all the project supplements so that you can help your 4-H members.

As we move forward in our use of technology in 4-H projects we hope that you, as leaders, will provide us with feedback on all of the above-mentioned items so that together we can create outstanding, up-to-date and relevant 4-H projects for the youth of today.

*—Connie Cecil
Colorado State University
Cooperative Extension
4-H Youth Specialist*

**Meet the New 4-H Shooting Sports and Natural Resources
Program Coordinator**



If you're looking for information and support for 4-H projects or contests targeted at 4-H shooting sports, sportfishing, the wildlife habitat evaluation or anything 4-H and outdoors related, Jim Hamilton is the person to call. Jim joined the Colorado State 4-H staff in December 2004, but he's been a member of the Colorado 4-H shooting sports leadership team for 20 years. As a half-time employee with Extension, Jim works out of his home office in Trinidad.

Jim has experience in shooting instruction as a nationally certified 4-H shooting sports instructor in muzzle loading, pistol, rifle and shotgun. The National Rifle Association has certified Jim in muzzle loading, pistol, rifle, shotgun, Master Training Counselor, Chief Range Safety Officer, Personal Protection in the Home and Personal Protection Outside the Home. He is a retired conservationist from the Natural Resource Conservation Service in southeastern Colorado and has been a 12-year Natural Resources Management instructor and firearms instructor-trainer at Trinidad State Junior College.

As stated above, Jim brings to this program position the qualifications, expertise and perspective of a 20-year 4-H volunteer leader to the Colorado 4-H program. He also brings

common sense and the ability to work well with others, so don't hesitate to contact him for any 4-H shooting sports or natural resource needs or questions. His phone number is (719) 846-7403 and email address is jham@coop.ext.colostate.edu.

Please help us in welcoming Jim to the state 4-H staff!

*—Jeff Goodwin
Colorado State University
Cooperative Extension
4-H Youth Development Director*

STATE 4-H LEADERS' COUNCIL UPDATE

The Colorado State 4-H Leaders' Council met during Fall Forum in Lamar on October 14. The following highlights are from that meeting.

State 4-H Office

Dale Leidheiser gave a slide program on “*4-H Volunteer Competencies: A National Study.*” He also handed out a draft of the new E-Record from Connie Cecil.

2005 Colorado State Fair 4-H Display

Mike Grett and Shardy Paul reported that the 2005 Colorado State Fair 4-H display setup went well. There were many volunteers and the final outcome drew many compliments from the public, 4-H members and 4-H staff.

Silent Auction

Donations to the silent auction were excellent. The proceeds from the auction will help fund first-time Western Regional Leaders' Forum attendees.

2006 Western Regional Leaders' Forum (WRLF)

The 2006 WRLF will be held March 1-5 in Salt Lake City. For further information you can go to the website at <http://www.utah4h.org>.

2009 Western Regional Leaders' Forum (WRLF)

The 2009 WRLF will be held February 25-March 1 at the Denver Marriott Center Downtown. The room rate will be \$119 per night. If you want to help contact Shardy Paul at schardelle@aol.com or Mike Grett at grettgrouch2@doci.net. They can also provide you with a job description. We need your help with this event. The theme will be “*Roundup in the Rockies.*”

Elections

Dawn James was elected to the position of Colorado State 4-H Leaders' Council chair-elect.

2006 Colorado Fall Forum

District 1 will host the 2006 Colorado Fall Forum.

District Presidents

Please submit the name of district presidents or contacts for your area to Lois Helgeland at lhelgeland@aol.com.

The Colorado 4-H Leaders' Council meeting will be held in January during the Leadership Development Conference in Denver. Please remember to bring silent auction donations.

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

Partners In Parenting - Disaster

The Facts

A disaster is an event that causes serious loss, destruction, hardship, unhappiness or death. Disasters are at most times unpredictable, yet not totally unexpected. Once a disaster happens, the time to prepare is gone and all you can do is cope. During the first few hours or days following a disaster, essential services may not be obtainable. People must be ready for anything and to act on their own. Being prepared for a disaster is everyone's job. Every business, organization, association, agency, neighborhood and citizen should be prepared for any possible disaster.

The unpredictable can happen at any time and at any place. For example, you could be shopping, working out, on vacation or at school. Most of the time you will be at or near either your work, home or car. Expect the unpredictable by preparing a supplies kit for each location.

How to Create a Disaster Supplies Kit

Food

- Canned goods: ready to eat soups, meats, veggies and fruit
- Staples: sugar, salt and pepper
- Freeze dried or dehydrated foods
- Vitamins
- Pet foods (if needed)

Water

- One gallon per person per day (two quarters for drinking and two quarts for food preparation/sanitation)
- Keep at least a three-day supply of water for each person (store water in plastic containers such as soft drink bottles)

Sanitation

- Toilet paper and moistened towlettes
- Soap and/or liquid detergent
- Disinfectant
- Feminine hygiene items
- Garbage bags (can be used as toilet liners or as protective wear)
- Toothbrush, tooth paste and disposable razor
- Household chlorine bleach

First aid supplies

- Aspirin and/or ibuprofen, anti-diarrhea medication, antacid and laxative
- Sterile adhesive bandages, gauze pads, roller bandages and adhesive tape
- Scissors, tweezers, needles and safety pins
- Latex gloves
- Thermometer
- Antiseptic and soap

Tools and other supplies

- Multi-function pocket tool or knife, pliers and a shut-off wrench
- Fire extinguisher (small canister, ABC type)
- Plastic tarp and a nylon rope
- Duct tape
- Battery-operated radio (extra batteries)
- Flashlight (extra batteries), waterproof matches or lighter
- Compass, whistle and map of the area

- Needles and thread
- Pencil and note pad
- Blankets and sleeping bags

Don't forget to rotate food and water items every six months.

Prepare a family disaster plan.

Contact your local Red Cross. Find out what types of disasters are most likely to occur in your community and how to prepare for them.

Hold a family meeting.

This is an opportunity for all family members to discuss the types of disasters that could occur, how you should prepare for them and how to respond.

Practice and maintain your family disaster plan.

This will allow for all family members to remember what to do if and when a disaster strikes.

(800) 457-2736



Leader Line Online!

Since August 2003, all *Leader Line* publications have been posted on the 4-H website. When new issues are published online, we would like to send an e-mail reminder to anyone interested. 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. Now there is access to all volunteers, leaders and members who'd like to view *Leader Line* electronically. Thanks for your help with this effort!

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

4-H International Exchanges - 2006

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 - 21. Japanese teens from the Labo and Lex organizations will arrive in Colorado on July 25 and join host families on July 27 after orientation by 4-H staff. Teens from the Utrek program arrive in Colorado on July 25, joining their host families on July 29 after orientation and a camp in the mountains. Both groups return to Denver on August 22 and depart for Japan on August 23.

4-H/Japanese Exchange Programs — High School Exchange — Colorado will also host ten Labo, Lex and Utrek Japanese high school exchange students, ages 16 - 18. These participants stay with host families and attend Colorado high schools from July 2006 through mid-June 2007. 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. FLEX participants come from Armenia, Azerbaijan, Belarus, Georgia, Kazakhstan, Kyrgyzstan, Moldova, Russia, Tajikistan, Turkmenistan, Ukraine and Uzbekistan. Colorado will host ten participants ages 15 - 18 who will stay with host families and attend high school August 2006 through mid-June 2007.

International 4-H Youth Exchange — Incoming — International 4-H Youth Exchange (IFYE) delegates, ages 19 - 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 delegate lives and works with host families and gains 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 15 - 19. 2006 Ambassador trips are scheduled for Australia (four weeks), Finland (six weeks) and Mexico (four weeks). Delegates leave in late June (Australia and Finland) or mid-July (Mexico). Ambassadors travel to the host country as a group, accompanied by adult group leaders. After arrival they stay with a host family. The traveler is responsible for all program expenses.

Contact the Colorado State 4-H office for information: International 4-H Programs
Cooperative Extension
Colorado State University
132 Aylesworth Hall NW
Fort Collins, CO 80523-4050

Phone: (970) 491-2711
Fax: (970) 491-5108
Email address: cloflin@coop.ext.colostate.

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

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 online three times a year, articles or letters that contain time-dated information will not be used.

4-H Leader Line Editorial Board:

Editor-in-Chief Jeff Goodwin
Managing Editor Susan Cuckler
Opportunities and Resources Dale Leidheiser

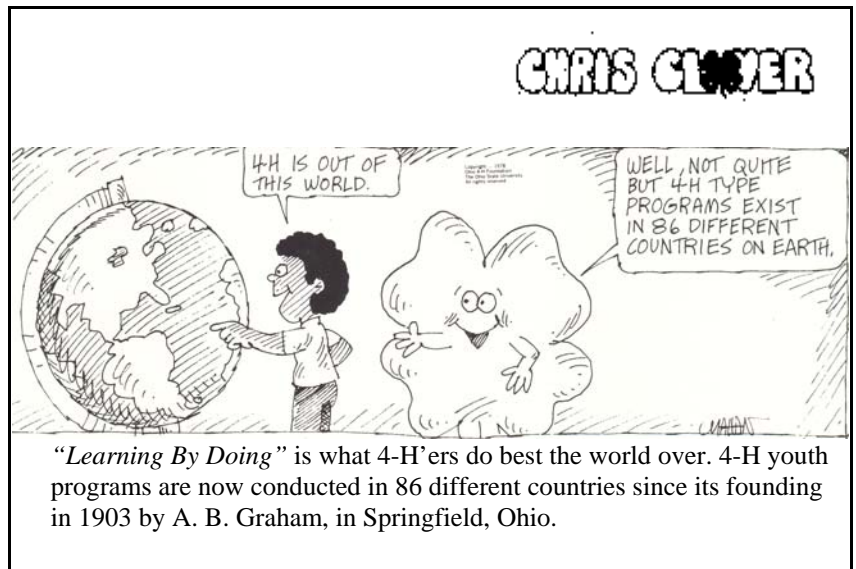
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