



# Arkansas Association of Extension 4-H Agents

December 2017

## President's Notes

By Shea Wilson



December is finally here – a month many of us look forward to all year! I'm not sure about you, but I try my hardest not to overschedule myself in December. Many clients are busy with holiday plans, so the office often turns into a calm oasis of interruption-free time to play catch-up, which is rare. It's a good month for me to not only catch up, but to also revisit program priorities and set goals for the new year. Then once January rolls around, I know exactly what direction I'm headed and can stay focused....well, for

the most part!

It's easy to feel pulled in a million directions, lose sight of our priorities, and think to ourselves at the end of the year, "I didn't accomplish half of what I intended," so it's really important to take the time to set specific goals.

A few years ago, I began developing a list of professional and program goals for the year. I start by recording the top 5 program goals from subcommittees and then I list a few personal goals (ex: apply for an award, attend a national conference, present a poster, etc.). I then flip through my calendar and mark off specific things to tackle each month. Once I finish, I print the list on bright paper and post it on a bulletin board in my office so it's easily visible, and I can refer back to it often. The first year I did this, I couldn't believe how much more I accomplished.

My hope in sharing this with y'all is that before you leave for holiday break, you'll take a few moments to set yourself up for success in 2018. I hope you all have a wonderful holiday with your families and will come back rested and ready for a great new year!

Thank you for everything you do to impact the lives of the youth you serve! If you need anything from me, please don't hesitate to contact me.

*Shea*

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*"I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."*

- Gandhi

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## 4-H Members Get Hands On At Arkansas' First Makerspace

By Sara Beth Johnson



Did you know there is a makerspace in central Arkansas that is perfect for 4-H groups?

Lonoke and Prairie County 4-H members recently visited Arkansas' first makerspace – the Arkansas Regional Innovation Hub in North Little Rock, for a fun-filled day of hands-on STEM (science, technology, engineering, mathematics) education. The Hub provides an environment where students can make, create, explore, invent and design under the guidance of experienced mentors. 4-H

members were exposed to a variety of creative possibilities within the makerspace.

During a coding workshop, 4-H youth learned to use Arduino microcontrollers, which are printed circuit boards designed for a versatile platform. Students learned how to write code in C++ for motors, sensors, lights and buzzers; all of which can come together on an Arduino to form a fully functioning robot. Youth also attended a session on engineering. Through problem solving and hands on activities, they learned their creativity is just as important as their knowledge. From building bridges and towers, to changing the way paper behaves as a material, the goals and concepts of engineering were made approachable.

Other STEM field trip options include video and 3D design, laser cutting, flight, and electricity. The Innovation Hub also offers Art & Design field trips in the areas of screen-printing, printmaking, ceramics, and image transfers. Each field trip cost ranges from \$6-\$12 per student, and lasts about 2 hours.

This is a great STEM resource for those close to central Arkansas. If you have any questions about this experience, please contact Sara Beth Johnson (Lonoke County) or Shea Wilson (Prairie County).

## AAE4-HA Announcements

*I always wondered  
why somebody  
didn't do something  
about that.*

*Then I realized I  
was somebody.*

- Lily Tomlin

2018 NAE4-HA membership fee is due by January 12, 2018!

Dues paid after this date will not be eligible for state or national awards.

All payments should be sent to:  
Sara Beth Johnson  
(Lonoke County)

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The Member Services Committee will host a state and national awards info Zoom meeting on January 30<sup>th</sup>. During this meeting association members will learn more about the state and national awards submission process. Members will also receive tips on submitting applications for the various awards categories.



## Learning from the Past...Racing to the Future

By Shannon Caldwell



AAE4-HA was well represented at this year's National Association of Extension 4-H Agents conference in Indianapolis, Indiana. Sixteen current AAE4-HA members and 1 life-member attended the conference.

Creenna Bocksnick, in cooperation with professionals from Florida and Michigan, led a panel discussion on Cloverbud Camps. The session was well attended and some great ideas came out of the discussion. If you are interested in the resources that came out of this session, contact

Creenna Bocksnick at [cbocksnick@uaex.edu](mailto:cbocksnick@uaex.edu).

Dr. Lisa Washburn, Jessica Vincent, and Lauren Copeland presented "Strengthening Social Health Muscles w/ Yoga for Kids." Professionals from across the nation received instruction on some of the poses and techniques used in Yoga for Kids. They also learned about the many benefits of the program and how they can implement Yoga for Kids in their state.



Jackson Alexander, Sara Beth Johnson, and Shea Wilson received the Citizenship in 4-H Youth Development award for the Southern Region.





Hope Bragg received the Denise Miller National 4-H Innovator Award and also received an Achievement in Service Award. “The Denise Miller National 4-H Innovator Award is intended to be awarded annually to a program that meets the highest standard of quality and innovation.” Congratulations, Hope!



Pia Woods and Noah Washburn were each awarded the Distinguished Service Award.

Jesse Bocksnick was installed as Southern Region Director. Jesse will be one of three Southern Region Directors, representing our region on the national level. We're proud to have an Arkansan serving in this important role.

Congratulations to all of our presenters and award winners! Thank you for representing our association on the national level.

You, too, can be a presenter and an award winner. Join us next year, in Columbus, Ohio, October 7-11, 2018.

<https://nae4a.memberclicks.net/2018-annual-conference>





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