



Arkansas Association of Extension 4-H Agents

May 2016

President's Notes

By Diane Mashburn



Spring is finally here! We all know what that means—O-Ramas, Broiler Bar-B-Que and just the ramping up of 4-H in general! So, just to give you all an idea of how great of a job everyone has been doing in 4-H, here are a few numbers to think about:

In 2015:

- 123,802 youth in Arkansas were reached through Arkansas 4-H,
- There were over 700 4-H Clubs across the state,
- Extension as a whole had direct contact with Arkansans nearly 2 million times!

I think that's pretty impressive! These numbers, though, would not be possible without all the time and effort that each one of you put into making Arkansas 4-H and Extension as great as it is.

As we continue this year with our new AAE4-HA officers, we are all hoping to continue all that hard work that was put into our association in the last year. All committees should try to continue working on their action items and let the officers know if there is anything we can do to help.

Another thing we are going to do is find a time in June to have an AAE4-HA Association meeting. Now before you start wondering how you are going to find time to leave the county in the middle of June, this is going to be via Zoom! We are trying to bridge the gap between our Annual Meeting at Galaxy and our meeting during the 4-H In-service. Plus it gives us all a chance to make plans for New Orleans!!

Speaking of New Orleans, congratulations to all our members who had their proposals accepted for NAE4-HA! Arkansas is going to be well represented, that is for sure. Even though it is just May we need to start making plans now, so please email me if you are planning on attending the conference (October 9-13, 2016).

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*"A life is not important
except in the impact it
has on other lives."*

- Jackie Robinson

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Also, I hope you all have had a chance to read the regional newsletter we just received from NAE4-HA, if not you can check it out here: [2016 Spring NAE4-HA Newsletter](#).


There is lots of great info in there about what all is going on with NAE4-HA, which you are automatically a member of with your annual dues. There is even info on a free webinar about finding 4-H resources that will be held on May 18th.

Thank you all for everything you guys do for 4-H and our youth! If you need anything from me, don't hesitate to contact me.


Implementing STEM Curriculum in Schools

By Jeanie Rowbotham





MRS. ROWBOTHAM'S TIPS FOR IMPLEMENTING STEM CURRICULUM IN SCHOOLS



1. "GO TO" ACTIVITIES:
This is very important! Prepare a handful of "go to" STEM Activities you know well and feel comfortable conducting. Put them in kit form so they are easy to grab and go. Make sure you have your contact information and logo on them.

2. SHARE YOUR WORK:
After you create or teach an innovative STEM Activity share it via any outlet possible whether it be Social Media, Newspaper, Community Meetings, Teacher In-Services, Community Events, Galaxy Conference, or Leader Forums.

3. GET TO KNOW EDUCATION PROFESSIONALS:
This can be done a variety of ways and is vital in getting information out about what you can offer in the classroom. Being involved in your community will open a lot of doors.

4. TEACHER/AGENT PARTNERSHIP:
Be open to suggestions. Once you have gotten to know some local educators sit down and plan with them. Meet with them once a year and ask them what type of programs they need in schools and what ties to their grade level standards.

5. BE YOURSELF:
My tips for Implementing STEM into schools are simple but will NOT work unless you put yourself into it. Get out there and try different activities. Choose STEM activities you like that are relevant! I'm happy to help you by sharing ideas, finding activities or loaning out kits.

A New Comer's Perspective

By Amy Cofer



When I started with Extension, I knew that I would be working with 4-H. To what extent, I wasn't sure, but was ready for the challenge. I knew a little bit about 4-H, but wasn't involved when I was younger. Suffice it to say, I have been immersed very quickly! In my 6 months on the job, I have learned quite a few things about 4-H and myself. I thought I would share my top 5 with you.

1. My body functions on less sleep than I thought possible. Who would have known? On my first overnight camp experience, I slept as much the

whole weekend as I usually do in one night. I survived. I even had fun!

2. "You learn something new every day, whether you realize it or not."

That's definitely true working with 4-H. Things I NEVER thought I would be learning about are now topics that I discuss frequently with my members. Over the spring break week, 12 of my teens and I went on a combined county trip, focusing on Food Science. We visited various businesses in Northwest Arkansas, learning about components of food safety, packaging/labeling, protein processing, and taxidermy. Watching my teens get excited about learning about new job opportunities and technologies is one of my most rewarding moments on the job. 4-H is expanding horizons!

3. Relationships with members and their families is definitely the most important thing I've gotten from working with my county 4-Hers. I had to miss a district contest due to some training. When I told my county participants, they were so upset that I wouldn't be there with them. I felt like I had been accepted! Having parents tell me that I'm doing a great job with their kids is one of the best feelings in the world, which I do not take for granted.

4. As a naïve outsider, I believed that 4-H was all about animals. I was very wrong! I had no idea the amount of project areas you can choose in 4-H. All the members from back home that I know all show animals. That misconception is there even in those who are more familiar with 4-H. The bulk of my members here in Crawford County have some animal area as either their main or secondary project area. I also have projects from photography to health/nutrition to shooting sports.

5. I won't even pretend like my friends aren't jealous of my job. Sometimes, I can't even believe this is what I get paid to do for a living. The amount of fun I get paid to have is a little bit ridiculous. Even though some of the trainings/meetings/phone calls/emails/visits can be stressful, I wouldn't change one thing about my job. How many people can say that?!?!?

If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people.

- Chinese Proverb



Summer Isn't Summer Without 4-H

By Alicia Hugen



Can you believe we are just a few weeks away from summer? As we all know, summer is a great time to showcase what 4-H has to offer, explore the great outdoors and conduct summer camps.

Here are a few camps I plan on conducting this summer: *How To – Tuesdays*. We will focus on topics such as cooking demonstrations, illustrated talks, and photography, along with other 4-H projects. The purpose of *How To – Tuesdays* is to encourage our younger and newer 4-H members to take part in competitions, and gain an understanding of what 4-H projects entail.

Another camp that will be offered is the *Historical Sites of Conway County*. In Morrilton we are very fortunate to be the home of one of the Carnegie libraries in the state, have a Rialto Community Arts Center, a train depot and the Winthrop Rockefeller Institute. With this camp we hope to share the rich history of Conway County and expose some of these sites to 4-H'ers who may have never toured them before.

With both of these camps, I will be bringing in outside help, for example, the County Judge, Mayor, the former Mayor, retired County Extension Agents, etc. This not only helps promote our 4-H program, it keeps our city and county government involved in our programming and builds relationships between our youth and elected officials. I hope you have a fun filled summer and I look forward to seeing you at O-Rama!

Coach Touts Success of 4-H Yoga for Kids

By Pia Woods



Coach Jarret Miles, of Southwood Elementary School in Pine Bluff, asked to organize an in-school 4-H Yoga Club at the beginning of the 2015-2016 school year. His goal was to use the 4-H Yoga curriculum, which he had been trained in through a teacher in-service, to help reduce some of the behavioral issues that were occurring at school.

His plan was to recruit students who had exemplary behavior and students who were having repeated behavioral problems to form the club, with the hopes that the good behavior would "be contagious". Of course, being a P.E. teacher and coach, he also wanted the students to gain healthy living skills and increase physical activity.

We organized a 4-H Yoga Club at Southwood Elementary School in September. The club meets for an hour twice a month. Club members have now mastered basic yoga poses and have enjoyed doing some of the curriculum activities such as "Musical Yoga Mats".

After standardized testing Coach Miles had this to say about Yoga for Kids: "The students seemed to be a bit unsettled and stressed during testing, so I had them do some yoga during our break. I could see a difference in them afterwards. They seemed to be more relaxed and better able to focus on the test. So, for the rest of test week, I had everyone do yoga before we started testing. I think it really helped our kids. 4-H Yoga really works."

2016 AAE4-HA Officers

The 2016 Arkansas Association of Extension 4-H Agents officers were installed during the annual Arkansas Galaxy Conference in March.

Diane Mashburn – President	Jesse Bocksnick – Ouachita District VP
Shea Wilson – President Elect	Hope Bragg – Delta District VP
Jackson Alexander – Vice President	Priscella Scott – LRSO District VP
Cynthia Rorie - Secretary	Amy Simpson – Past President
Sara Beth Johnson – Treasurer	
Sarah Whitaker – Ozark District VP	

“Alone we can do so little. Together we can do so much.”

- Hellen Keller



2016 Officers during Arkansas Galaxy Conference. (l to r) Amy Simpson, Diane Mashburn, Shea Wilson, Jason Alexander, Cynthia Rorie, Sara Beth Johnson, Sarah Whitaker, Hope Bragg, Jesse Bocksnick and Priscella Thomas-Scott.

Mark your calendars for the annual NAE4-HA National Conference in New Orleans...
October 9-13, 2016!

Many of our states association members are making plans to attend this year's conference. Join our Facebook Group for more talk on national conference and other relevant 4-H topics and news.

Click [here](#) to join the Arkansas Association of Extension 4-H Agents Facebook group.

AAE4-HA Awards Winners

Congratulations to all of our state awards winners!

Communicator Awards

Educational Piece: Creenna Bocksnick

Exhibit: Sara Beth Johnson

News Story: Jeanie Rowbotham

Periodical Publication: Jeanie Rowbotham

Promotional Package: Shea Wilson

Specialty Awards

Search for Excellence in Teen Programming: Creenna Bocksnick

Citizenship in 4-H Youth Development: Erica Williams & Pia Woods

Excellence in Animal Science Programming: Alicia Hugen, Amy Heck, Sara Beth Johnson and Jeanie Rowbotham

Excellence in Camping: Creenna Bocksnick

Excellence in Urban 4-H Programming: Pia Woods

Denise Miller National 4-H Innovator: Hope Bragg

Greg Yost Memorial Youth in Leadership: Sara Beth Johnson & Shea Wilson

4-H Military Partnership: Creenna Bocksnick

Service Awards

Rookie of the Year: Creenna Bocksnick

Achievement of Service: Sara Beth Johnson & Amy Monk

Distinguished Service: Alicia Hugen & Jeanie Rowbotham

Meritorious Service: Shannon Caldwell



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