

# The West Wire

## West Region 4-H Newsletter

### Inside this issue:

- On The Horizon 1  
America's Youth  
Grade Adults
- Shining Stars 1
- Travis Co. Foods  
Camp "Bugs Out!"
- Multi-County Water  
Camp 4
- Sutton Co. Vet  
Science Camp 4
- Under The Blazing 2  
Sun
- Supporting, Recogniz-  
ing and Challenging  
Volunteers
- The Sky's The 3  
Limit
- Texas Higher Educa-  
tion Coordinating  
Board Grants
- Building Community  
Inclusion
- 4-H Marine Science  
Teams Training
- Yea 4-H! An After-  
school Learning Ex-  
perience
- Landscapes & Ci- 4  
tyscapes
- Something to Think  
About
- Jelly Bean Personality
- Around The Bend 6
- West Region Calendar  
of Events

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### On The Horizon

#### America's Youth Grade Adults

#### The Uhlich Report Card

In its sixth year, the Uhlich Teen Report Card decided to find out where America's teens get their information from and who influences them. And to many adults, the results may be surprising.

America's teens say that television (56%) most impacts their opinions about world, national and local events. Newspapers come in a distant second (11.5%). Magazines come in last at 3% while the much vaunted internet influences 8.8% of America's teens about the news.

As for individuals to whom America's young people

turn to for perspective on the news, parents and family members lead the pack for 41% of teen respondents across America. Friends and peers come in second at 27.5% while members of the clergy lag behind with only 1.2% choosing them.

The Uhlich Report Card grades adults in 22 areas and average grades given by the teens range from B's to C-'s. There's lots of room for improvement for adults to become more in tune with the needs of youth. This survey was conducted in January/February 2004 with approximately 1,000 teens ages 12-19.

Here's a few examples of the report card and how teens scored adults. Over 50% of young people gave above average grades (A's & B's) to adults in the following categories: providing a quality educa-

tion for young people, spending quality time with their families, and creating job opportunities for the future.

Over 35% of young people consistently gave failing grades (D's & F's) to adults in the following categories: really listening and understanding young people, stopping young people from smoking, getting rid of gangs, stopping young people from using drugs and stopping young people from drinking.

Average scores (C's) show up in the following areas: preventing the outbreak of war, protecting the environment, combating prejudice and racism and how they discipline.

For more information on the Uhlich report card, go to:

[www.ucanchicago.org/  
reportcard/](http://www.ucanchicago.org/reportcard/)

### Shining Stars

#### Travis Co. Foods Camp "Bugs Out!"

The Foods & Nutrition Camp for Travis County 4-H'ers was held in July with workshops centering around nutrition, cooking methods and a host of other traditional topics. One topic, however, was a new and innovative program that really

got the attention of the participants...and the KXAN-TV Channel 36 news crew! Cory Talley, Travis CEA-4-H, collaborated with Elizabeth Brown, Travis EA-IPM, to conduct a program for Food Camp on "entomophagy" which comes from the greek, intomon, meaning "insects", and phagein, meaning "to eat." 4-H'ers

were exposed to foods that are approved by the FDA that do have insects in them. For example, figs have fig wasps in them because they are necessary to pollinate the fig and in the process become trapped in the fruit. Other delicacies which were discussed and sampled

**Continued on page 4**

*One thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.*

**Albert Schweitzer**



**“There is no ‘I’ in TEAM!”**

## Under The Blazing Sun

This segment will focus on resources to help agents in working with the people who give strength to the program and put legs under ideas to make them successful...volunteers!

Did you know...that the Texas 4-H Website has a webpage dedicated to resources for volunteer recognition? Here's the website!

<http://texas4-h.tamu.edu/agent/volunteerrecognition.htm>

### Supporting, Recognizing and Challenging Volunteers

Supporting, recognizing and challenging volunteers are all separate tasks, but together they provide a strong volunteer program with satisfied volunteers. Maintaining volunteers is one of the most difficult and integral parts of the 4-H program and one we can't afford to be without!

**Volunteer Support:** Supporting volunteers means different things to different agencies. Volunteer support involves a variety of things including:

- Communication among volunteers and between volunteers and staff
- Debriefing — talking about the work. What worked, what could be improved upon next time.
- Acknowledging and using volunteer input
- Recognizing “burnout” or when a volunteer is stressed (either from volunteering or because of personal matters)
- Keeping in touch through newsletters, meetings, celebrations and training

In some situations, some volunteers may be quite isolated from the agency or program they are working with. It is integral for coordinators of volunteers to keep constant contact — to see how things are going, to discuss any changes the volunteer is facing, and to maintain a sense of solidarity with the agency. Scheduling times to meet with volunteers shows that you value their input, are concerned about

their well-being, and that you are interested in what they are doing. Ask volunteers if they feel supported in the program. Doing an anonymous evaluation may solicit more candid reactions. Some possible questions to include in an evaluation are:

1. What do you enjoy about volunteering?
2. What are some of the strengths of the 4-H volunteer program?
3. What are some changes that would make the volunteer team better?
4. Do you receive enough support as a volunteer?
5. What are some of the ways that you feel supported as a volunteer?
6. Do you regularly debrief with other volunteers and/or the CEA's. If so, how often?
7. What recommendations do you have in terms of supporting volunteers?
8. Which support services do you find most useful and why: newsletters, training, e-mail communication, other (please specify)?

**Volunteer Recognition:** Recognizing volunteers in a unique way is a challenge for many of us. We want to show volunteers just how much they mean to us—without sounding corny, or blowing the budget. Below are some concrete ideas that have been used which won't break the budget!

- A volunteer celebration (luncheon, picnic, reception). Invite 4-H families, volunteers and staff.
- A plaque to display at the Extension Office recognizing volunteers who have been involved for a number of years. Maybe this could be your volunteer of the year!
- When a volunteer has done something really great, remember to write it down so that when you write a card or give a speech, you will be able to specify exactly how the volunteer has contributed great things to the organization.
- Create personalized “thank you” magnets with the person's name and the County. These need not be done professionally; simply laminate the message and attach a magnetic strip to the back.

*Continued on page 4*

## The Sky's The Limit

*This article will feature potential donors for County 4-H Programs, grants, scholarships or other educational resources that are available. If you come across a resource that would be great to feature in this section, please e-mail information to Cheryl Newberry.*

### **Texas Higher Education Coordinating Board Grants**

The Higher Education Coordinating Board will be sending out an RFP again in September 2004 soliciting proposals for \$500 grants. These grants are to be used to implement the "College For Texans" Curriculum which promotes encouragement of youth to earn a higher education degree and the benefits of this. Counties will be notified by their 4-H specialist when this RFP is re-

leased. To find out more about the College for Texans Campaign, go to: <http://www.collegefortexans.com/>

### **Building Community Inclusion: An Outreach Effort to Increase Diversity of Community 4-H Programs**

a grant has been received by the Texas 4-H Program and will be managed through Darlene Locke at the Texas 4-H Center. Counties received a letter to apply to participate in this grant. Deadline for the application is September 15, 2004 to Darlene Locke. A total of 8 counties will be selected to participate and will be required to attend a retreat October 8-10, 2004 at the Texas 4-H Center. This "train the trainer" format will enable counties to go back and implement an event or activity focused on inclusion. Each county selected will receive a \$400 mini-grant

to conduct their program. The culmination of the program will be an inclusion camp in May 2005. For more information, refer to your letter from Darlene Locke dated August 2, 2004 or contact her via e-mail at:

[dlocke@ag.tamu.edu](mailto:dlocke@ag.tamu.edu)

### **4-H Marine Science Teams Training**

— The Marine Science Program will host a training May 10-12, 2005 in the historic coastal village of Matagorda, Texas. Hands-on marine biology, fisheries, ecology, industries and 4-H natural sciences training will be conducted for teams of CEA's and volunteers. You're county does not have to be near water or the coast to participate! Partial scholarships will be provided for a team of one agent and one volunteer from 12 counties. More details will be forthcoming after January 1, 2005.

### **National 4-H Week Information Available Now!**

National 4-H Council has a website with information to assist counties with promotion of National 4-H Week. News releases and other tools are available at this website: <http://www.4husablogs.org/national4-hweek2004/>

### **Yea 4-H! An Afterschool Learning Experience**

— TCE is about to release a new curriculum for afterschool audiences called "YEA 4-H!" This first manual targets K-2 and is designed to enhance the afterschool experience with quality lessons in subject matter areas related to 4-H. The curriculum will be available in October 2004 and counties will receive one complimentary copy.

## Landscapes & Cityscapes...Focus on Diversity

**Something to think about...**...If we could shrink the earth's population to a village of precisely 100 people, with all the existing human ratios remaining the same, it would look something like the following:

- 57 Asians
- 21 Europeans
- 14 from the Western Hemisphere, both north and south
- 8 Africans
- 52 would be female
- 48 would be male
- 70 would be non-white
- 30 would be white
- 89 would be heterosexual
- 11 would be homosexual
- 6 people would possess 59% of the entire world's wealth and all 6 would be from the United States
- 80 would live in standard housing
- 70 would be unable to read
- 50 would suffer from malnutrition
- 1 would be near death; one would be near birth
- 1 would have a college education
- 1 would own a computer.

When one considers our own world from such a compressed perspective, the need for both acceptance, understanding and education becomes apparent.

### **Jelly Bean Personality Test**

*This is a great activity on diversity that can be used for club programs, leader trainings or other meetings!*

With a large selection of each color of jelly bean, ask each person to take one, considering the color of the jelly bean. (Gum drops may be used as well, but some colors may have to be eliminated.) Tell the group to hold the jelly bean and not eat it. The jelly bean color you have chosen tells us something about a person's personality! Here's the description for each color.

**Continued on Page 5**

*Help eliminate the debilitating disease of "perfectionism" by getting excited about mistakes as wonderful opportunities to learn. Lead children in the adventure of discovering the marvelous lessons that can be learned from each mistake.*

*The more you  
lose yourself in  
something  
bigger than  
yourself, the  
more energy  
you will have.  
Norman  
Vincent Peale*

*We often lose  
sight of the  
"big picture"  
by focusing on  
things that  
won't even  
matter ten  
years from now  
(and sometimes  
ten minutes  
from now).*

## Under The Blazing Sun...Continued

- Volunteers of the Month. This can be displayed at the office with a certificate given to the volunteer. Clubs could nominate volunteers or if you have a number of clubs, each club could take a month and select a volunteer to be recognized.
- Use votive candles and wrap them up nicely with a note stating, "You light up the lives of so many children!"
- Thank you posters made by children can be displayed in local businesses during National Volunteer Week (April).
- Take pictures of volunteers in action and create a slide show (power point) to present at the County Awards banquet in honor of volunteers.
- Submit media releases on outstanding volunteers of their contributions and successes.

- **Just say "thank you for all you do!"**

**Challenging Volunteers:** Volunteers who remain in the same positions, with no chance of change or variety, may become bored. While many volunteers are happy doing the same work, it is important to check in with individuals to see if they want to try something new, or have increased responsibility. Encourage volunteers to try new things and to be honest with you in terms of their levels of interest and desires to "move on."

Post new volunteer opportunities and challenges for individuals to try out. Nothing feels worse than feeling like your skills are not being used or enhanced. Keep in touch with volunteers to ensure individuals are satisfied with their volunteering experience.

## Shining Stars...Continued

included chocolate covered crickets and fried mealworms. The program was a hit and many of the kids did sample the insects! To see a video clip of the news story, go to the following web link:

<http://kxan.com/Global/story.asp?S=2104058&nav=3dg9PIID>

### Multi-County Water Fair

Youth from Gonzales, Hays and Guadalupe County had an opportunity to learn more about one of our most valuable resources through the Water Fair that was hosted by agents in these counties. This event was developed to address the issue of Water that was identified as a result of the 1999 TCFF process and this was the 6th

year for the event.

The Water Fairs target third grade students. One elementary school in each county is invited to attend each year. The teachers are provided with copies of the "Investigating Water" curriculum to use with their classes before the Water Fairs are conducted. The Water Fairs are designed to compliment the learning that has taken place in the classroom. This year, stations that were conducted during the Water Fairs were Indoor Water Conservation, Outdoor Water Conservation, Aquifers, Rainfall Simulator, and the Water Cycle Obstacle Course.

A total of 351 students participated in the Water Fairs. Over the past six years, over 3000 students have participated in the program. For more information on the Multi-County Water Fairs contact Gonzales, Hays or Guadalupe Counties!

### Sutton County Hosts Vet Science Camp

Thirty-five high school youth from across the state recently attended a workshop intended to provide insight into the career opportunities available in veterinary medicine. The event took place July 11-15<sup>th</sup>. Course topics included the Beef Quality Assurance program, toxicology, parasitology, anesthetics, nutrition, beef feedlot health management, large and small animal practice, dairy cattle health management, horse medicine, and more. Instructors included university and research faculty, personnel from Extension and the Texas Animal Health Commission, and practicing veterinarians. State Representative Harvey Hildebran attended the closing banquet. Contact Pascual Hernandez, Sutton CEA for more information on the event.



4-H'ers work together to fill the water tube during the 4-H Survivor Competition.

*Every problem presents challenges, opportunities, possibilities, alternatives and answers.*

## Landscapes & Cityscapes...Continued

- **White or Black** — This individual is highly structured and organized; surroundings are neat; if given an assignment, they want to know how many pages, exact requirements; Always wants to know the rules; memorizes things well; can't stand sloppy, unorganized people; deliberates before making decisions.
  - **Yellow** — Not usually outspoken; always in a state of transition, whether there are 8 or 80; Usually smart and innovative, often artistic; sometimes confused in making decisions, unsure where they're supposed to be; hard workers; exciting to be with — will try anything as long as it's safe; spiritual aspects usually important to them; they look at things with perspective and respect others' opinions
  - **Orange** — Cheerful and good-natured; have the ability to get along well with almost anyone; friendly and have a ready smile; usually have a quick wit; fluent, often eloquent and profound in speech; do not like to be left alone; enjoy life and inspire others to reach their highest potential.
  - **Red and Pink** — Are courageous and their energy seems boundless; smile much of the time; if they see someone not smiling, will ask what the problem is; genuinely care about people and become involved in others' problems; highly influenced by others, share their sadness of grief; make their decisions with feelings, act on impulses of the heart; spend a great deal of time on the phone, usually listening to others; sensitive, enthusiastic friends and lovers.
  - **Violet** — Flirty and passionate; highly creative and excitable; have new ideas and are visionaries; short attention spans; disorganized, often choosing to close doors rather than deal with the organization; procrastinators who thrive on chaos, enjoy the challenges of different problems; have a problem dealing with highly structured time; questioning—when given an assignment, asks why it must be done a certain way, want to do it differently; set high standards for themselves and those who work for them.
  - **Green** — (need to have this group stand and remain standing while traits are read) Always ask green to stand because they love recognition!!! These are seen as leaders, usually in high visible positions; they are respecters of authority and tradition; they are decisive, directed, and focused; they love black and white jelly bean people to organize their projects for them.
- Ask for a show of hands of those who think the color description of the jelly bean they chose is valid for them as they perceive themselves. This is statistically 80% valid.
- Emphasize the following:
- No one is just "one color", but one color is usually dominant.
  - All of us have some of the various traits associated with other colors. This is important to realize when dealing with others.
  - We should be able to empathize with those who see things differently and deal with problems differently than we do.
- Source: <http://www.epilogsys.com/ScoutingWeb/SubPages/DiversAct.htm>



Bill Botard, Gillespie CEA-AG, is rescued by his team in the GYBBIC Race (Get Your Big Butt In The Canoe) during District 6 & 10 Leadership Lab!

To laugh often and love much; to win the respect of intelligent persons and the affection of children, to earn the approbation of honest critics; to appreciate beauty; to give of one's self, to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exultation; to know even one life has breathed easier because you have lived--that is to have succeeded.

Ralph Waldo Emerson

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We're On The Web!  
<http://Uvalde.tamu.edu/xtension/4-H/westregionindex.htm>



## 4-H Is Best...In The West!

### Around The Bend...Upcoming Events & Activities

#### **September 2004**

- 21 District 10 4-H Program Development Committee Meeting, Uvalde
- 22 District 10 4-H 101 Training — Uvalde
- 25-26 Texas 4-H Council @ State Fair Youth Leadership Conference — Dallas
- 27 District 7 Agent Administrative Meeting — San Angelo

#### **October 2004**

- 3-7 NEAFCS Annual Conference — Nashville, TN
- 5 District 10 Administrative Meeting — Uvalde
- 19-22 New Employee Orientation — College Station
- 26-27 District 6 Agent's 4-H College — Ft. Stockton
- 29-November 4 NAE4-HA Annual Conference — Oklahoma City, OK

#### **November 2004**

- 5 District 6 Agent Administrative Meeting — Fort Stockton
- 9-12 4-H Professional Development Workshop and Pre-Conference Sessions — Texas 4-H Center
- 12-14 Texas 4-H Ambassador & Rec Team Training — Texas 4-H Center
- 18 NEATO — San Angelo
- 25-30 Texas 4-H Leadership Conference — Washington D.C.
- 25-30 National 4-H Congress — Atlanta, GA

#### **December 2004**

- 7-8 Professional Association Board Meetings — Texas 4-H Center
- 10 District 10 Agent's Administrative Meeting — Uvalde (tentative)

#### **January 2005**

- 7-9 Texas Teen Retreat — Texas 4-H Center  
Volunteer Leaders of Texas Meeting — Texas 4-H Center
- 14-16 Texas 4-H Council Retreat — Texas 4-H Center