

2019 Delaware 4-H State Leader Forum  
Polytech High School, Woodside, Kent County

Saturday, February 2, 2019

8:00 a.m. to 2:30 p.m.

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*Making the Best Better*



Delaware Cooperative Extension

# 2019 Delaware 4-H State Leader Forum

Dear Delaware 4-H Leader:

Before February date books become filled with activities, we want to invite you to join us in bringing fellow and potential leaders together for the 2019 Delaware 4-H State Leader Forum...you won't want to miss this special day!

We are pleased and excited to be having the event back at Polytech High School in Kent County. So many of you responded to the evaluations last year saying that the mid-state location in Kent County worked well for you, so we decided to go ahead and make it happen again!

Due to your feedback, we have also changed the schedule which we hope will bring a richer experience to your time with us! Following the first two workshops and before lunch, we will be offering a third, shorter session that will include topics relating to challenges many of you have shared where you felt you needed more skills. We have named these our "Jackpot" sessions.

After our "Jackpot" sessions, we will be enjoying lunch and fellowship as we recognize our 2019 Salute to Excellence award winners. We plan to end our day at 2:30 p.m. so you'll have time to get home early and start putting all of the new ideas you learned into action!

Attached are the registration form, workshop descriptions, and schedule for the day. Please be sure to select two choices for each workshop in order of your preference. **Registration will be available online beginning Friday, January 4, 2019. This is the preferred method.** Please note that the workshops will be filled on a "**first come, first serve**" basis, so the earlier you register the better chance you will have of getting your first choice. The cost of the Forum will be covered by each county's Leaders' Association or a staff purpose code. **Deadline to register is Monday, January 28.** We look forward to seeing you at Polytech on February 2!

Yours in 4-H,

A handwritten signature in black ink that reads "Ernie R. López".

Ernie López

Extension Specialist, 4-H Youth Development  
University of Delaware

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## Forum Agenda

# WELCOME

**8:00-8:30 a.m.**

**Registration & Continental Breakfast**

**8:30-8:45 a.m.**

**Welcome** ~ Ernesto Lopez, Extension Specialist, 4-H Youth Development

**9:00-10:15 a.m.      Workshop I**

**10:30- 11:45 a.m.      Workshop II**

**12:00-1:00 p.m.      Jackpot Sessions**

**1:00 p.m.**

**Lunch and Fair Share**

**Annual Meeting of Delaware 4-H  
Foundation Board of Directors**

**Salute to Excellence Recognition**

**2:30 p.m.              Wrap-up & Evaluation**

**Have a Safe Ride Home!**

## Thank you!!

## Salute to Excellence



*Honoring a Delaware Tradition of Excellence*

### **2018**

Dana Shape, Lifetime Volunteer  
Dana Probert, Volunteer of the Year

### **2017**

Wayne Moore, Lifetime Volunteer  
Tammy LeCates, Volunteer of the Year

### **2016**

Brenda Shaffer, Lifetime Volunteer  
Jennifer Menard, Volunteer of the Year

### **2015**

Peggy Spence, Lifetime Volunteer  
Gina Anger, Volunteer of the Year

### **2014**

Sharon Anderson, Lifetime Volunteer  
Clyde Mellin, Volunteer of the Year\*

### **2013**

Connie Louder Lifetime Volunteer\*  
Heather Smith, Volunteer of the Year\*

### **2012**

Charmayne Busker, Lifetime Volunteer\*  
Caryn Pierson, Volunteer of the Year\*

### **2011**

Karen Crouse, Lifetime Volunteer\*  
Bo Waller, Volunteer of the Year

### **2010**

Robert Messick, Lifetime Volunteer  
Gail Tipton, Volunteer of the Year

\*NE Regional Winner

\*\*National Winner

**County Judging Training Kits** ~ Presented by Jill Jackson, 4-H Agent, Sussex County and Kaitlin Klair, 4-H Extension Educator, New Castle County

Leaders will learn a variety of tips and best practices from judging training kits. Lessons discussed will help leaders take back new opportunities for youth to develop skills from the kits. Put aside your fears and learn how useful these kits can be for your 4-H club members!

**\* CPR & First Aid Certification** ~ Presented by Krista Murray, UD Office of Environmental Health and Safety

Get trained in the appropriate skills needed to be certified in CPR in this ALL DAY WORKSHOP. Leave the Leader Forum confident in your ability to handle any CPR related issue that may arise.

**Making Connections to STEM Careers** ~ Presented by Carol Scott, New Castle County After School Coordinator

What did you do this week that used STEM? Participants will brainstorm and explore STEM in an exercise to connect everyday STEM skills (tinker, explore, create) within 4-H activities/projects toward developing youth interests in STEM careers.

**\* Beating the Blues** ~ Presented by Jennifer Smolowitz, Mental Health Association in Delaware

Beating the Blues is a workshop designed to give adults strategies in working with youth dealing with depression, anxiety and stress. We all know how busy our lives are and those of our youth can be even more taxing. Learn ways in which we can better support the young people we care about particularly when they endure difficult times.

**Sharing Resources for Successful Youth Development** ~ Presented by Doug Crouse, State 4-H Program Leader with officers of Delaware 4-H State Teen Council.

Have you ever felt like you just don't know where to start when it comes to getting 4-H youth on the right track? So many options and programs can be confusing. Hear from our State Program Leader, Doug Crouse, who will be joined by officers of our own 4-H State Teen Council on learning ways to better share and leverage resources that can help take our youth to new levels of success!

## **Workshop II 10:30 a.m. to 11:45 a.m. \* = Recommended for New Leaders**

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**Charter Seals** ~ Presented by Jill Jackson, 4-H Agent, Sussex County and Kaitlin Klair, 4-H Educator, New Castle County

Have you ever wondered what the big deal was behind those charter seals you have been hearing about all these years? Take a deeper dive with two members of our 4-H leadership team to learn the in's and out's of these important tools in the 4-H toolbox.

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**Getting Caught Up with 4-H Online** ~ Presented by Kristin Cook, Kent County 4-H Agent and Caroline DelVecchio, Kent County 4-H Administrative Assistant

Printing reports will be the focus of this session. This will include printing enrollment reports, birthday reports, project group lists, health forms and other 4-H documents. This session will also include a Q & A period, so bring your 4-H Online questions with you to share with others! Please bring a laptop with you or if you would like a tablet provided, please indicate it on the response form as we have eight we can bring to share!

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**Smart Phone Video Studio** ~ Presented by Michele Walfred, UD Communications Specialist

Create professional videos with your smartphone and a few accessories on the market to help you make your video project deliver with impact.

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**Faux Stained Glass** ~ Presented by Maureen Ernst, 4-H Program Assistant, New Castle County

During this workshop you will learn how to make a faux stained glass project. Using glass from a picture frame, you will lay out your design using "lead" adhesive strips. Then you will add color to your design with glass paint. When your project is done drying, you will set your completed project in the frame and have a beautiful piece to display in front of a window or light. Other more advanced methods of doing faux stained glass will also be explained and samples will be on display. You will be able to teach this project to your 4-H club members. They will have a great item to submit as a home decor or club craft project for the Delaware State Fair--never too soon to begin crafting pieces.

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**\* Finding Balance in the Lives of Our Youth** ~ Presented by Ernie López, 4-H Extension Specialist

Always on the go with your 4-H youth? Attend this workshop to learn strategies and techniques to make sure your child develops a balanced outlook in a world that at times can be overwhelming and stressful.

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**New Emerging Peer Pressures for Teens** ~ Presented by Karen Johnston, State 4-H Extension Educator and 4-H Grants Manager, Lindsay Hughes, 4-H Extension Educator

Have you sat there scratching your head wondering what in the world is going on with your kids these days? Well, we have too and what we learned is that they are dealing with far greater pressures than youth in generations past. Get informed and learn how to deal with some of the negative influencers emerging in today's society.

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**The GEM Program** ~ Presented by Breanna Banks, 4-H Extension Educator and Sarah Bercaw, Extension Agent Family Consumer Studies, New Castle County

An interactive stress management workshop based on mindfulness practices. Learn how to implement a personal mindfulness practice in your daily life as well as how to share these useful skills with the youth you work with in 4-H club settings.

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**Delaware 4-H: A Place for All Youth** ~ Presented by Adam Foley, Director, UD Office of Equity and Inclusion

Learn more about how to make your club a welcoming place for all youth in spite of some of the challenges and changes that are around us in the world. In this workshop, gain confidence and study ways in which we can stand by our kids as they grow into the leaders of tomorrow.

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**\* Emerging Leaders in Social Media** ~ Presented by Michele Walfred, UD Communications Specialist

A workshop designed to position youth in the best possible light, avoiding pitfalls and behaviors that can harm reputations and future opportunities. Learn how to strategically position your online presence and that of youth in a positive way.

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**4-H Project Work** ~ Presented by Doug Crouse, 4-H State 4-H Program Leader

The 4-H Project is a key source of knowledge-based learning in 4-H. A project is "semi-structured educational experiences in an interesting area chosen by the 4-H member." The 4-H project experience should follow a "learn by doing" concept which is the motto of 4-H. 4-H members would work directly with an adult leader, volunteer, staff member or community individual to learn and do various activities in a specific project area. Through 4-H project work, a member develops knowledge of a subject area, positive attitudes toward self and others and life skills for daily living.

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What goes on at a 4-H Leader Forum?

- New Experiences!
- Fellowship!
- Great Workshops!
- Life Skills!



Please Join Us!



Name \_\_\_\_\_ County \_\_\_\_\_

Title/volunteer role for name tag \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

UD Staff Purpose Code \_\_\_\_\_

Please indicate your top three choices in order of preference.

Workshop 1 (9:00 am to 10:15 am)

1. \_\_\_\_\_

2. \_\_\_\_\_

Workshop 2 (10:30 am to 11:45 am)

1. \_\_\_\_\_

2. \_\_\_\_\_

Jackpot Session (12:00 pm to 1:00 pm)

1. \_\_\_\_\_

2. \_\_\_\_\_

REMINDERS

Please note, if you wish to take the 4-H Online Workshop then you are asked to bring a laptop or if you would like, you may request a tablet by indicating that below. \_\_\_\_\_ (requesting a tablet)

Also, the CPR certification encompasses all three workshop sessions time slots.

Please register online!! This is the preferred method! Registration will be available beginning Friday, January 4, 2019. This helps us become more efficient and prevents handwriting errors. All registration fees will be covered by each county's Leaders' Association. Thank you so much!! Please let us know if you have any special needs.

Deadline to register is January 28, 2019.



4-H Leader Forum
University of Delaware
Carvel Research and Education Center
16483 County Seat Highway
Georgetown, Delaware 19947

University of Delaware  
Sussex County  
Cooperative Extension  
Carvel Research & Education Center  
16483 County Seat Hwy.  
Georgetown, DE 19947



## Directions to Kent Polytech High School

Directions:

To Polytech High School from Dover:

- Take US-13 South 5.1 miles to DE-10 Alt E
- Turn left onto DE-10 Alt E .4 miles to school on left
- Follow signs to Polytech Adult Education Conference Center

Delaware Cooperative Extension



See you at  
Polytech on  
the **2nd**

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All reasonable efforts will be used to meet the accessibility requests. Please contact the office two weeks prior to event to request assistance.