

**2020 Delaware 4-H State Leader Forum
Polytech High School, Woodside, Kent County**

Saturday, February 1, 2020

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

Making the Best Better



Delaware Cooperative Extension

2020 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 2020 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. These are our "Jackpot" sessions.

After our "Jackpot" sessions, we will be enjoying lunch and fellowship as we recognize our 2020 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 3, 2020. This is the preferred method. The link is <http://www.udel.edu/006766>** 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 27.** 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

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

2019

Mary Jane Zeitler, Lifetime Volunteer
Amy West, Volunteer of the Year

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

*NE Regional Winner

**National Winner

Workshop I 9:00 a.m. to 10:15 a.m.

* Recommended for New Leaders

Get the Best Photos from Your Smart Phone ~ Michele Walfred, UD Communications Specialist, Sussex County

This session will cover basic tips to enhance your device photography and we'll cover some favorite and emerging apps that can take your photography to the next level. Bring your fully charged device. Instructor recommends downloading a free app, SnapSeed, prior to the forum.

County Record Book Workshop ~ Presented by Doug Crouse, State 4-H Program Leader

Our most requested workshop of the forum! What are county record books and what is the best way to gather all of the information for our 4-H youth to properly prepare for this important task. New leaders and veterans alike will benefit from this session led by our State 4-H Program Leader.

Building Blocks of Leadership ~ Presented by Jill Jackson, 4-H Agent, Sussex County

Using Legos as a way of engaging youth in developing leadership skills, "Building Blocks of Leadership" is a series of mini-lessons geared for youth 11-14 years old. Lessons are 20-30 minutes and can be incorporated into club meetings, project groups and even day camps. The lessons and activities engage youth in a fun, creative way to put what they have learned into action.

Learn More about Hippology, the Study of the Horse ~ Presented by Dana Probert, 4-H Leader, Sussex County

Have you ever wanted to start a horse bowl team or had club members who adored horses and wanted to learn all about them? Join fellow leaders in this interactive workshop on growing knowledge among 4-H'ers who want to learn all about horses.

Judging Contest Training Kits ~ Presented by 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.

Healthy Living Ignite Workshop ~ Presented by Karen Johnston, State 4-H Extension Educator, Betsy Morris, 4-H Extension Educator, Lindsay Hughes, 4-H Extension Educator, Breanna Banks, 4-H Extension Educator

Learn about the many programs available to promote a 4-H Culture of Health including: Botvin Lifeskills, Escape the Vape, 4th H for Health Challenge, Get Experience in Mindfulness (GEM), Grab and Go's, Healthy Habits and Teen Cuisine. Participants will have a healthy snack and receive a packet of activities/ideas.

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

Dealing with Difficult People ~ Presented by Ernesto López, State 4-H Volunteer Specialist
Back by popular demand! We all have them in our lives and perhaps there are times when we fit into the category as well! This session will share practical tips of dealing with those at our workplace, school, houses of worship and yes, even in our 4-H clubs, who just seem to make the days a little more difficult!

STEM-LIT to Go! ~ Presented by Kristin Cook, Kent County 4-H Agent

STEM-Lit to Go is an innovative 4-H program that supports the development of STEM and literacy skills for K-3 children. This informal education program utilizes a unique instructional framework to deliver integrated STEM-literacy activities that engage and support positive youth development. Participants will receive a free copy of the Cloverbud Volunteer Guidebook, STEM-Lit to Go! Curriculum and a set of Clover Cubes to use with their 4-H Cloverbud Group.

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Social Media 101 ~ Presented by Michele Walfred, UD Communications Specialist

This session will cover the major social media platforms and why (or why you shouldn't) participate. We will also cover social media safety, best practices, and how to recognize scams. We'll review how to use social media to strategically spread positive 4-H messaging for your club, county and state.

Effective Communication Between Youth and Adults ~ Presented by State 4-H Teen Council Officers

What do you youth expect from us as adults? How about a listening ear and an attitude that embraces their feelings? Hear from our best and brightest 4-H teens in this conversation about building successful communication between youth and adults.

Preventing Youth Opioid and Rx Drug Abuse ~ Presented by Lindsay Hughes, 4-H Extension Educator

Not sure how to talk to your youth about prescription drug abuse? Come find out what prescription drugs are and how to resist pressure to abuse drugs. Learn common myths and refusal skills. Learn some signs of someone using and abusing prescription drugs.

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Using Shutterfly for Youth Club ~ Presented by Dana Probert, 4-H Leader, Sussex County

What are you going to do with all those 4-H photographs? Learn how Shutterfly can help you store, display, and share the important photographic work your club members do year round. Learn how to get comfortable with a user friendly program that can help you and your club put your best foot forward with all those fabulous photographs.

Navigating UD Extension Online Resource ~ Presented by Katie Young, UD Communications Specialist

Have you checked out our new and improved UD Extension website for 4-H resources? Join this talk with our resident expert with UD online and see how the world wide web of Extension can help save you time and get you the information you need quickly for you and your club members!

Teaching Youth about Emergency Preparedness ~ Presented by Ernesto López, State 4-H Volunteer Specialist

Times have changed and our 4-H youth are exposed to more and more challenges every day. Learn how Delaware 4-H will be taking the lead in teaching a four time national award winning curriculum to teens in emergency preparedness. Keeping our youth safe is priority number one in Delaware 4-H. Come find out how important that priority is to us and what our youth can learn!

Computer Science: It's Easier Than You Think ~ Presented by Delaware 4-H TECH Team and Jenny Trunfio, Kent County 4-H Program Assistant

"What is Computer Science? Why is it important for youth in your 4-H program? How do I teach it?? Come to this fun, interactive workshop to dispel your uncertainty and fears. Leave with an understanding of how to integrate CS principles into everyday project activities and a copy of the 4-H Computer Science Playbook. Also available at the workshop will be Ozobots, GiggleBots, Hummingbirds, MakeyMakey, and Arduino Inventor kits to play with. These Computer Science tools are available for all clubs to check out and use with members."

VeGucate Yourself: The 5 W's of Vegetarian & Vegan Diets ~ Presented by FCS Staff

This program separates fact from fiction about vegetarian and vegan diets and how they can be appropriate across the lifespan if followed correctly. All different vegetarian and vegan diets are compared with hands-on tips and tools to follow.



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. _____

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

1. _____

2. _____

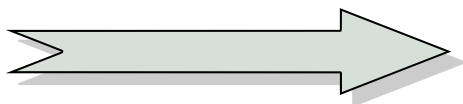
Workshop 2 (10:30 am to 11:45 am)

1. _____

2. _____

Please register online!! This is the preferred method! **Registration will be available beginning Friday, January 3, 2020.** 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 27, 2020.



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 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 1st

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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.