

# Perspective



2000-01 NAE4-HA Communicator Award Winner



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## President's Message

We have all gone through a very busy year with each of us experiencing successes and disappointments. Hopefully, we as a professional organization will lend a helping hand to our fellow members when we have trials with our jobs.

While listening to the news in the last few weeks, I realize more than ever our profession is needed.

An epidemic of bad behavior of parents, players, and referees at youth competitive events is crossing our nation. During one night of basketball games, three technical fouls were given for ethical violations.

Yes, youth are faced with many challenges and decisions and making the right choice is often difficult. In the old movies it was always easy to tell who were the "good guys" and the "bad guys". Unfortunately, the differences between right and wrong has been grayed by the philosophy that says "Lookout for #1!" or "It's OK as long as I don't get caught!".

We as adults working with youth are also faced with these challenges. However, the responsibility of setting a

positive example to deal with these challenges belongs to us.

This newsletter is focusing on Healthy Living. This is a natural fit for each of us as we have

programs in nutrition and health. We also focus on developing healthy emotions for youth and adults. We want to provide education for the total person.

As we go into the spring and summer 4-H and youth activities,

remember to enjoy what you are doing and find time for yourself, so that you will be physically and emotionally healthy, equipped with a good attitude and a SMILE at all times! *Remember who you are begins with what you do!*



**Carol Laverty**

**OAE4-HA President**

### Special points of interest:

- Healthy Living A-Z
- Awards & Recognition
- Professional Improvement Scholarships
- 2004 NAE4-HA Update

# Taking a Look at the Fourth H – “Health”

## Are we setting an example through our 4-H programming?

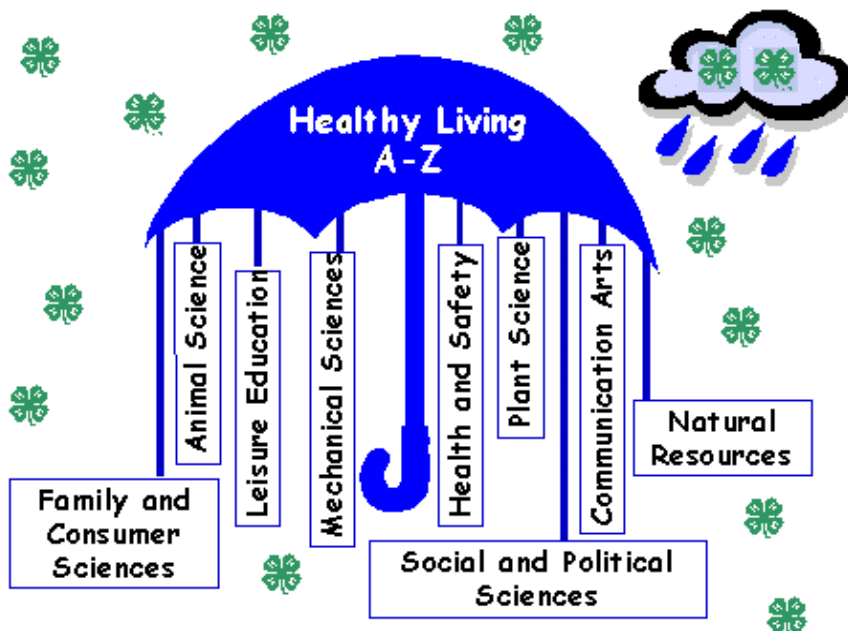
People have three fundamental needs: food, shelter and clothing. Our 4-H membership, families and volunteers have these same needs. Food, being one of the fundamental needs for a healthy life style, reinforces the importance 4-H programming should place on health education of our membership and volunteers.

It is our responsibility to take a critical look at existing programs and activities and evaluate whether we are incorporating and promoting health education through all project areas, programs and activities. A tool to assist in our evaluation would be the Targeting Life Skills Model. Life skills related to health include: Personal Safety, Disease Prevention, Stress Management, Healthy Lifestyle Choices, Self-discipline, Managing Feelings, Character, Self-responsibility and Self-esteem.

As adults providing guidance in programming, it is one of our responsibilities to set a positive example in thought and action. The following are things Extension Educators and volunteers can do to promote Healthy Living.

- \* Healthy menu selection for activities and events.
- \* Restaurant selection when eating away from home.
- \* Refreshment and snacks provided at meetings.
- \* Walking more often.

### All 4-H Projects fall under the umbrella of healthy living!



## The Garden

Submitted by  
Billie Chambers,  
State 4-H  
Program  
Specialist



Come to the garden alone, while the dew is still on the roses...

FOR THE GARDEN OF YOUR DAILY LIVING —

PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE YOUR GARDEN MUST HAVE THYME:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow.

## Healthy Living A to Z Impact Area

Wouldn't it be great to be recognized as the **premier youth development program which promotes, teaches and sets the example for a healthy lifestyle.**

Poor nutrition, the lack of activity and behavior issues all contribute to our societal problems of inactivity and an overabundance of food.

Who better than 4-H, to provide opportunities to get children moving after a long day at school. Our business is making learning fun. Through example, we can assist children in exploring healthy alternatives in nutrition, physical fitness and mental health.

4-H accomplishes the same thing as organized sports. We provide opportunity for socialization, team building, cooperation, leadership, friendly competition, and exercise of the body and mind.

### Healthy Living A to Z curriculum includes these lessons:

While some of you may not be members of this impact team, it is important that all Extension Educators be acquainted with the materials and purpose of each impact area.

- ✓ Soups On
- ✓ Salad Essentials
- ✓ Snacking Savvy
- ✓ Desserts
- ✓ Microwave Magic
- ✓ Basic Stir-Fried Vegetables
- ✓ Baking
- ✓ Food Safety and Terrorism
- ✓ Steaming
- ✓ Ready, Set, Grill
- ✓ Produce Under Pressure

Contact members of this impact team for more information about these lessons.

### 5 A Day Message from the Healthy Living Impact Team

Eat two servings of fruits and three servings of vegetables each day.

Fruits and vegetables are naturally low in fat and sodium, and are naturally high in fiber, vitamins and other substances that can lower the risk of diseases.



Only 27% of women and 19% of men report eating the recommended five servings of fruits and vegetables every day.

Children consume about one-half of the recommended five servings of fruits and vegetables each day.

## Volunteer Core Competencies which blend with Healthy Living A to Z

All of us have been encouraged to blend our chosen impact area and basic core competencies into existing programs for volunteers. Below are just a few competencies that complement this impact teams purpose.

CC1 – Promote and encourage the mission of 4-H: education and youth development.

CC1 – Role of educator, parent and volunteers is to guide and assist in the selection and development of well-rounded project work, activities and events.

CC1 – Encourage club use of the Monthly Program Planning Guide to focus educational programming on Health and health related issues for one program year.

CC2 - Targeting Life Skills Model: healthy lifestyles.

CC2 - Encourage piggybacking and identifying Health Education within all project work.

CC2 – Encourage the development of local project groups related to Healthy Living.



### A B C's of Nutrition for Health

**A**im for Fitness

**B**uild a Healthy Base

**C**hoose Sensibly



## Awards & Recognition

*Submitted by Brenda Miller, Awards and Recognition Chairman*

Award application time is drawing near. You should have received the NEW NAE4-HA Member Recognition Handbook. It contains the application and awards that are available from NAE4-HA. There are several other awards available only in Oklahoma. These applications are available from [clover.okstate.edu/fourh](http://clover.okstate.edu/fourh).

Please check this out and see if there is anything that you can apply for. You can even nominate someone. Wouldn't that be fun!!!

### **AWARDS ARE DUE TO BRENDA MILLER BY MARCH 1.**

To determine eligibility, length of service should be calculated from the date the applications are due. The awards available for any OAE4-HA member with youth responsibility are as follows:

- ✓ *Clover Award* – less than 3 years of service
- ✓ *Achievement in Service* – at least 3 years, but no more than 7 years service.
- ✓ *Distinguished Service Award* – over 7 years service.
- ✓ *Continued Excellence Award* – Over 10 years service, prior DSA Recipient
- ✓ *25 Years of Service* – 25 years or more service.
- ✓ *Air Force Recruiting Salute* – member who has created a positive Extension image through their leadership and citizenship as it relates to the development of the 4-H program.
- ✓ *Outstanding County* – Report on innovative program for a traditional, special 4-H youth or volunteer adult audience.
- ✓ *News Media Clover Award* – a member of the media or news organization that has provided outstanding visibility of the 4-H program to the general public. Categories include newspaper and broadcast.
- ✓ *Promotion & Visibility Award* – for significant accomplishments in presenting 4-H to the general public, utilizing the 4-H Month Promotional Kit or "Are You Into It?" materials.
- ✓ *Communicator Award* – To recognize members for significant accomplishments in presenting 4-H to the general public, civic groups or individuals through public information methods.
- ✓ *Outstanding Program Assistant Award* – This award will go to an outstanding 4-H program assistant who is also a member of OAE4-HA.



*Special Awards include:* Diversity, Educational Technology, Excellence in 4-H Club Support, Excellence in Teamwork, Natural Resources/Environmental Stewardship, Power of Youth Award, Professional Development, Search for Excellence in Teen Programming.

*Communicator Awards include:* Educational Package, Educational Piece, Exhibit/Display, Feature Story, Media Presentation, News Story, Periodical Publication, Personal Column, Promotional Package, Promotional Piece, Published Photo, Radio Program, Video Program.

If you have any questions, please call (918)756-1958.

## Professional Improvement Scholarships

*Submitted by Ida Faye Winters, Professional Improvement Co-Chair*

### **ALL SCHOLARSHIP APPLICATIONS ARE DUE MARCH 15!**

To be eligible for the scholarships, you must have two years Extension experience, must have completed one year as a member of OAE4-HA and be a current member in good standing with continued interests in 4-H youth development programs. All scholarships are worth \$100.

The Professional Improvement Committee of OAE4-HA will take into consideration the following:

- ✓ Use of scholarship as stated in your application. Must be used for professional improvement: NAE4-HA Conference, credit course toward advanced degree or non-credit course, to audit a course, workshop or seminar fees, study tours or conferences and educational experiences applicable.
- ✓ Years of service.
- ✓ Expectations to continue with CES.
- ✓ Those having never received this scholarship will be considered first .

### **Edna Sams Professional Improvement Scholarships**

Shall be limited to two typewritten pages and include the following personal information and address each of the judging criteria:

- Name, Address, Phone
- Years in Extension
- Years in OAE4-HA

Judging Criteria:

- **Effective Utilization of Funds:** Describe study plans, dates, places, courses, and how your competency as a youth professional will be increased.
- **Youth Program Responsibilities:** Describe your professional youth responsibilities and plans for sharing information or training gained.
- **Extension Experience and Career Interests:** List all previous positions and your plans to continue your career as a 4-H professional.
- **Need for Scholarship:** Describe costs, fees, etc; other assistance you are receiving; part-time, full-time employment.

### **OAE4-HA Scholarship to Attend NAE4-HA Conference**

shall be limited to two typewritten pages and contain the following personal information and address areas of consideration listed below:

- Name, Address, Phone
- Years in Extension
- Years in OAE4-HA
- Number of times attended NAE4-HA Conference

Areas of Consideration:

- Work experience – include dates
- Career goals in Youth Development
- Involvement with OAE4-HA
- Reason(s) for applying
- What do you plan to gain from attending the NAE4-HA Conference

# Getting off High Center

Submitted by Susan Murray, 2004 NAE4-HA Conference Co-Chair

For those of us who grew up somewhere off the main roads, being stuck on "high center" is more than a metaphorical phrase. As one who has experienced the "real thing", I'd like to share some thoughts, as they apply to our 2004 NAE4-HA Conference.

1. The easiest way to avoid "high center" is to stay out of the deep ruts.
2. High center is easier to avoid than to fix.
3. Once you're stuck, it's hard to get out of the ruts without being pushed or pulled.

## How does this apply to 2004?

Because the meeting is 2 1/2 years away and our Committee

Chairs are not task masters, it's easy to forget about your other "Plan of Work".

I would challenge each of you to take a look at the tasks listed in the committee timeline you received in the fall.

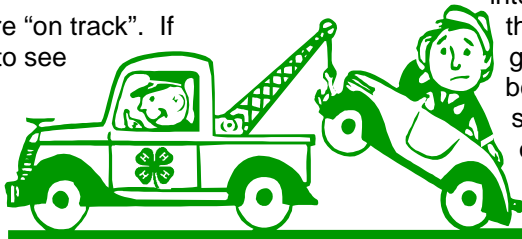
See if you are "on track". If not, take steps to see that your sub-committee gets back on task, before you get stuck.

## Putting On a Successful Meeting

This meeting will require commitment from each of us. Barbara and I spend some time each week working on the

2004 Conference. We would challenge you to do the same. Don't wait for committee chairs to ask if tasks have been completed. Report to them regularly.

Our committees are interdependent—that means if any group lags behind or gets stuck, a number of other folks may have to wait or be



inconvenienced.

If your sub-committee seems to be stuck, consider this a gentle nudge. I don't think it's time for the chain or tow-truck, but.....

## 2004 NAE4-HA Conference Shirts



All shirts and caps will be monogrammed with the 2004 conference logo. See above.

### Shirt Choices:

Green & White Micro Check S-XL \$33.00  
XXL \$35.00

### Denim

Long Sleeve Chambray S-XL \$21.00  
Long Sleeve Natural Color XXL \$23.00

Long Sleeve Oatmeal Polo \$20.00

Cap: Khaki Color \$9.00

E-mail your order to [kknoepf@okstate.edu](mailto:kknoepf@okstate.edu). Specify size, color and type of shirt. Order by February 1, 2002. Make check payable to OAE4-HA and give it to Karla Knoepfli.

## Which shirt do I buy?

There have been several questions raised about what shirt to buy for the 2004 NAE4-HA Conference in OKC.

The conference planning team suggests the following:

The conference planning team and any member of any association who will be assisting at the conference, including registration, airport, tours, workshops etc., are encouraged to wear an OSU orange shirt. This is a highly visible color. These shirts will be available for purchase at a later date.

However, many of you may already have an orange shirt with an OSU or OCES logo. Feel free to wear this shirt. You are not obligated, nor is it necessary, to buy another orange shirt.

The shirts listed to the left are for those who wish to have extra shirts to wear in 2002 and 2003 for promotion of the conference. They will also be available for delegates to pre-order at the time of registration for 2004.

Please direct any questions about conference shirts to Karla Knoepfli, [kknoepf@okstate.edu](mailto:kknoepf@okstate.edu) or Becky Walker, [rlw@okstate.edu](mailto:rlw@okstate.edu).

### MARK YOUR CALENDAR NOW!

2002 OAE4-HA  
Annual Conference  
July 31–August 2, 2002  
Holiday Inn - Airport  
Oklahoma City

## Oklahoma Association of Extension 4-H Agents

OAE4-HA Perspective  
2515 W. 92nd  
Perkins, OK 74059



## Take a Moment to Contemplate

- ✓ No man or woman is worth your tears, and the one who is, won't make you cry.
  - ✓ Just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have.
  - ✓ A true friend is someone who reaches for your hand and touches your heart.
  - ✓ Never frown, even when you are sad, because you never know who is falling in love with your smile.
  - ✓ To the world you may be one person, but to one person you may be the world.
  - ✓ Don't waste your time on a man/woman, who isn't willing to waste their time on you.
  - ✓ Maybe we have to meet a few wrong people before meeting the right one, so that when we finally meet the person, we will know how to be grateful.
  - ✓ Don't cry because it is over, smile because it happened.
  - ✓ There's always going to be people that hurt you so what you have to do is keep on trusting and just be more careful about who you trust next time around.
  - ✓ Make yourself a better person and know who you are before you try and know someone else.
  - ✓ Don't try so hard, the best things come when you least expect them to.
- Remember ...what happens, happens for a reason.**



### "To Make the Best Better"

The *Perspective Newsletter* is published quarterly by the Oklahoma Association of Extension 4-H Agents, 2515 W. 92nd, Perkins, OK 74059, (405) 744-5304 (Becky), (405) 744-8891 (Karla).

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**E-mail information to [rlw@okstate.edu](mailto:rlw@okstate.edu) or [kknoepf@okstate.edu](mailto:kknoepf@okstate.edu).** Articles may be edited for content and space.

The *Perspective* is one way of communicating educational information and updates to members and friends of 4-H.

The OCES offers its programs to all eligible persons regardless of race, color, national origin, gender, religion, age, disability, or status as a Vietnam-era veteran and is an equal opportunity employer.

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