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Expeditionary Skills for Life

Expeditionary Skills for Life
Expeditions are journeys made by people who share a definite purpose and specific experiences. To make their expeditions successful, NASA works with astronaut crews on skills that prepare them to live and work together during space missions. Some of these same skills are useful in everyday life here on Earth. 4-H is a positive youth development program that prepares youth for life and work. Together, NASA and 4-H are creating the following series of activities designed to take you through various educational expeditions that will help you learn and practice skills that you can apply in almost every aspect of life. Click on the following links for educational materials to use with 4-H members and schools.

Self Care/Team Care: Preparing for the Voyage
Before you can contribute to a team, you must first be able to take responsibility for yourself. This ability includes being mentally, physically and emotionally ready to go on the voyage. Everyone has the occasional difficult day, so knowing how to support your team members is also important. This section will strengthen your ability to care for yourself and your team.

Cultural Competency: Embarking on Pilgrimages
Pilgrimages are searches that help people understand their personal beliefs and recognize how and why they have those beliefs. The activities in this section take you beyond your own beliefs and teach you how to understand, appreciate and value the beliefs of others. Only in creating paths that allow the team to work together can you move forward in your expeditions.
Leadership/Followership: The Challenge of the Quest

Lots of people like to be the leader, but leaders need a team to follow them. Different quests require different skills, which means different types of leaders are needed throughout an expedition. Understanding when to lead and when to follow, and the importance of both roles, will be explored in this section.

Teamwork Communication: Launching Into Orbit

This section takes everything you’ve learned and puts it into action. To launch your expedition into orbit, everyone on the team needs to do their part. Of course, that begins with knowing what each person’s part is, making sure team members are ready to perform their part and that they get it done, and dealing with any unexpected challenges that develop along the way. Launching an expedition, like teamwork, takes practice and patience.

The full link to the webpage is: https://www.nasa.gov/audience/foreducators/stem-on-station/expeditionary-skills-for-life.html
US Secretary of Ag Visits Tennessee—Twice!

Justin Crowe, Extension Specialist

Members of the Tennessee 4-H State Council joined 150 other agricultural leaders on Tuesday, April 17, 2018 at the Knox County Farmer’s Co-op in Halls for a public forum on agriculture. The highlight of this forum was hearing from Tennessee Farm Bureau President Jeff Aiken and United States Secretary of Agriculture Sonny Perdue. Secretary Perdue shared updates and highlights of agricultural focused initiatives occurring across our nation. Members of the audience were able to ask questions directly to Secretary Perdue. State 4-H Council members attending included Olivia Chapman (Morgan County), Shaylyn Melhorn (Morgan County), Will Dalton (Grainger County) and Danny Lawson (Blount County). These State 4-H Council members enjoyed meeting Secretary Perdue personally and thanking him for his support of 4-H Youth Development programs. This was Secretary Perdue’s second visit to the Volunteer State in the past week.
US Secretary of Ag Visits Tennessee—Twice!

Justin Crowe, Extension Specialist

Secretary Perdue’s first visit to Tennessee was on Friday, April 13, 2018. Emily Nave (State 4-H Council member from Rutherford County—Pictured left) represented Tennessee 4-H at a meeting involving the Secretary at the Ellington Agricultural Center in Nashville. Emily had the opportunity to join other agricultural leaders and share her 4-H story.

4-H Foundation Endowments Payouts Posted

Ryan Hensley, Executive Director, TN 4-H Foundation

The Tennessee 4-H Foundation has posted the 1st quarter payouts to the associated expense accounts as of April 17, 2018. You can check the balance of your accounts at any time by visiting www.tn4hfoundation.org, and selecting “Resources” link in the in the top navigation. Then select “Account Balances” and login with your UT Net ID and password. Not only can you learn the balance of your accounts on this site but you can also see how much income was generated by your endowment for the last quarter.

Remember there is an Endowment Reinvestment Form, which is to be used if you want endowment earnings to be reinvested. All 4-H Foundation forms can be found by visiting www.tn4hfoundation.org. Select the “Resources” tab and click “Forms” from the drop down menu.

If you have any questions or would like more information about your 4-H Foundation accounts please email 4hfoundation@utk.edu.
Call for Award Nominations: Alice Ann Moore & G.L. Carter Jr.

Dr. Richard Clark

It is that time of year to nominate outstanding 4-H professionals for the Alice Ann Moore and G.L. Carter, Jr. awards. The overview of the criteria for each award is listed below. Please take the time to nominate your peers.

Send your nominations to your regional area specialist (Mitch Beaty, Jamie Harris, and Neal Smith) for regional review. The region will then send a maximum of 2 nominees for each award to the state 4-H office. The nomination form for each award is attached.

Counties will send nominations to the regional office by **May 10, 2018**. Regional offices should turn in their nominees to the state office by **May 17, 2018**.

A $1,500 cash award is given each year to an outstanding Tennessee 4-H agent through funds provided by **Alice Ann Moore**. The nominee should have **more than 20 years of Extension experience with a 4-H youth development assignment**. To nominate an individual for consideration, please complete the attached form. Each region may submit up to two nominees for the Alice Ann Moore Outstanding 4-H Agent Award.

A $1,500 cash award is given each year to an outstanding Tennessee 4-H agent through funds provided by **G. L. Carter, Jr.**. The nominee should have **11 to 20 years of Extension experience with a 4-H youth development assignment**. To nominate an individual for consideration, please complete the attached form. Each region may submit up to two nominees for the G. L. Carter, Jr. Outstanding 4-H Agent Award.

Here are previous award winners:

**G.L. Carter Award (11-12 Years)**

<table>
<thead>
<tr>
<th>Year</th>
<th>First</th>
<th>Last</th>
<th>County</th>
</tr>
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<tbody>
<tr>
<td>2008</td>
<td>Glenn</td>
<td>Turner</td>
<td>Sevier</td>
</tr>
<tr>
<td>2009</td>
<td>Vickie</td>
<td>Clark</td>
<td>Sullivan</td>
</tr>
<tr>
<td>2010</td>
<td>Greg</td>
<td>Austin</td>
<td>Monroe</td>
</tr>
<tr>
<td>2011</td>
<td>Michele</td>
<td>Atkins</td>
<td>Henry</td>
</tr>
<tr>
<td>2012</td>
<td>Tonya</td>
<td>Bain</td>
<td>Crockett</td>
</tr>
<tr>
<td>2013</td>
<td>Donna</td>
<td>Bradley</td>
<td>Hickman</td>
</tr>
<tr>
<td>2014</td>
<td>Melissa</td>
<td>Henry</td>
<td>Putnam</td>
</tr>
<tr>
<td>2015</td>
<td>Emily</td>
<td>Osterhaus</td>
<td>Bedford</td>
</tr>
<tr>
<td>2016</td>
<td>Staci</td>
<td>Foy</td>
<td>Henry</td>
</tr>
<tr>
<td>2017</td>
<td>Carlene</td>
<td>Welch</td>
<td>Knox</td>
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**Alice Ann Moore Award (20+ Years)**

<table>
<thead>
<tr>
<th>Year</th>
<th>First</th>
<th>Last</th>
<th>County</th>
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</thead>
<tbody>
<tr>
<td>2009</td>
<td>Sharon</td>
<td>Tubbs</td>
<td>Madison</td>
</tr>
<tr>
<td>2010</td>
<td>Darrell</td>
<td>Hale</td>
<td>Lincoln</td>
</tr>
<tr>
<td>2011</td>
<td>Glenn</td>
<td>Turner</td>
<td>Sevier</td>
</tr>
<tr>
<td>2012</td>
<td>Jamie</td>
<td>Harris</td>
<td>Warren</td>
</tr>
<tr>
<td>2013</td>
<td>Kathy</td>
<td>Finley</td>
<td>Robertson</td>
</tr>
<tr>
<td>2014</td>
<td>Kenny</td>
<td>Herndon</td>
<td>Williamson</td>
</tr>
<tr>
<td>2015</td>
<td>Camille</td>
<td>Jessee</td>
<td>Carter</td>
</tr>
<tr>
<td>2016</td>
<td>Joseph</td>
<td>Griffy</td>
<td>Stewart</td>
</tr>
<tr>
<td>2017</td>
<td>Robert</td>
<td>Shumake</td>
<td>Weakley</td>
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</table>
Wayne Clark is a 4-H volunteer in Carter County. During our summer programs, he was our leader for the grilling portion of our programs. He taught grilling safety, the grilling process, and many unique, healthy recipes for meats, vegetables and fruits on the charcoal grill. This allowed our participants to try vegetables and fruits in many ways they normally haven't had before. A big shout out to Wayne for his dedication to our youth!
I Am Assigned to Judge the 4-H Portfolio, BUT …

Lori Gallimore, Extension Specialist

...I don’t know what to do. I don’t know what subject areas I am supposed to judge, when are you going to tell me? Are you going to send me any information? I also have another big event during that time, what if I can’t make the deadline? These are the types of questions that have begun to emerge as we get closer to the portfolio deadline. For those of you who are assigned to judge 4-H portfolios in early May, here is a little information that you will need to know and that will hopefully help ease your worries:

• You will be sent information on “how to judge” in advance of the judging start date.

• Portfolios are due into the state 4-H office on May 1. I will need a couple of days to get these set up with their scorecards in Showare and SharePoint, etc... We will, therefore, begin judging on Monday, May 7. You will be sent an email on Monday, May 7 with the details for your specific judging assignment.

• All portfolios will need to be judged by COB on Wednesday, May 23. We all have multiple projects going on at the same time. You were given this assignment last fall, so there should be no surprise. You have over two weeks to complete the judging assignment. However, if you have an issue, please contact your regional office immediately!

• I want to make the judging process as enjoyable and simplistic as possible. In addition to the training information that will be emailed to you in advance, I will also be “live” and online on the following dates and times to help answer any questions you may have regarding judging procedures, etc... This is a come-and-go-at-your-convenience event. You are NOT required to attend any of these sessions.

However, if you have a question, just log on during on the of the meeting times slated below. Ask your question. I will answer it. And then you can leave the meeting. Sometimes, it is easier to “look” at the question or portfolio or scorecard by “screen share” and talk about it rather than trying to do this by “words” alone. Sometimes it helps to have multiple people in on the conversation. I have no idea if this will work or if you will like it or even use it ... but it will be available for you for 2018. Please note, all of the times listed below are EASTERN. You, of course, may contact me at any time regarding questions ... but I am specifically setting aside these times to work with you one-on-one.
I Am Assigned to Judge the 4-H Portfolio, BUT ...

Lori Gallimore, Extension Specialist

All of the portfolio sessions will be conducted via Zoom. The dates, times and links are as follows:

**Tuesday, May 8**
- 3:30 to 4:30 p.m.:  
  [Link](https://utia.zoom.us/j/671716364)

**Thursday, May 10**
- 10:00 to 11:00 a.m.  
  [Link](https://utia.zoom.us/j/354934508)
- 3:30 to 4:30 p.m.  
  [Link](https://utia.zoom.us/j/147286879)

**Monday, May 14**
- 10:00 to 11:00 a.m.  
  [Link](https://utia.zoom.us/j/136350577)
- 3:30 to 4:30 p.m.  
  [Link](https://utia.zoom.us/j/718445468)

**Thursday, May 17**
- 11:00 a.m. to Noon  
  [Link](https://utia.zoom.us/j/748769835)
- 3:00 to 4:00 p.m.  
  [Link](https://utia.zoom.us/j/201741691)

**Monday, May 21**
- 1:00 to 2:00 p.m.  
  [Link](https://utia.zoom.us/j/397671983)
Online 4-H Camp Volunteer Training via K@te is Now Active

Daniel Sarver, Extension Specialist

The online 4-H Camp Volunteer Training program has been moved to K@te and can be found at:
https://kate.tennessee.edu/utia.html

For those who have an account (UT or non-UT) they can login at the link below:
http://kate.tennessee.edu/index.html

The program is based upon the Success Guide, which can be found at
https://tiny.utk.edu/4hcamps_successguide.

For the 2018 4-H Camping season, this online training program will be available to counties as an additional tool to train adult and teen volunteers for camp. This online training program will not be a requirement for 2018, given the close proximity of the 4-H camping season, but it may be a requirement in future years.

A face-to-face visit with the County Extension Agent is still mandatory as part of the training process for volunteers, and is mentioned during the online program.

Certificates will be awarded by the online program upon successful completion of the program, and counties should request that volunteers present this certificate to the county office for proof of completion. Successful completion is contingent upon a successful score on a quiz at the end of each one of the five modules.

As with any new program, we request feedback on its use, and welcome any questions that may arise. We hope this will be a successful tool for training our 4-H volunteers.

As a reminder, all 4-H Camp Resources for Agents can be found at
tiny.utk.edu/agentcampresources

Note: Neckwallets will once again be available for purchase for camp. You will email the quantity needed to the State 4-H Office and your county will be billed $2 each from the TN 4-H Foundation. They will ship within 2 business days of your order.
Kathy Finley has a great working relationship with 4-H members and volunteers in Robertson County. She has worked with Extension as a 4-H agent for 27 years. Thirteen years prior to working as a 4-H agent, Kathy was a 4-H volunteer!

When you see Kathy, she is always smiling and if asked, has something to share about 4-H. Member accomplishments, a new county program/activity or how volunteers are involved creating opportunities for members in the county. When asked what she enjoys the most about working in 4-H, her response was not a surprise, “giving youth opportunities and seeing them develop self-confidence and learn new skills and knowledge.”

Currently, Kathy works with approximately 40 volunteers. She shares that the most rewarding part of working with volunteers is the relationships built as they work towards a common goal – positive youth development. When asked about the impact of engaging volunteers in the county program, Kathy shared the following, “Our youth develop relationships with volunteers: returning camp leaders are requested by campers, and members recognize their 4-H club leaders when they see them out in the community. Our Honor Club members love their volunteer leaders and I believe some youth participation is driven by volunteer presence. Undoubtedly, we would not have some of the programs that we have now without volunteer involvement. There is no way I would have started and continued an Interstate Exchange program without volunteers. With schools in Robertson County requiring 4-H agents to meet four to five clubs at one time, we would probably not meet all the youth that we do without volunteers. The county program would not be able to provide the opportunity for youth to participate in a number of judging teams without volunteers.”

Kathy offers the following best practices she utilizes regarding volunteer involvement.

- For recruiting volunteers – ASK!
- Provide meaningful opportunities for volunteers: trips to volunteer conference gives the agent a chance to “have fun” with volunteers, build relationships and trust, and at the same time learn new ideas from other volunteers and Extension educators they bring back to the county.
- Communication! E-mail information and then text volunteers to look at the e-mail. Utilize Remind Text group for volunteers, a 4-H email group and make phone calls.
- Volunteer recognition: a small gift at the county awards banquet, nominate volunteers for awards annually, such as the Star Volunteer Award (Governor’s office), 4-H Volunteer Leader, 4-H Alumni, and the Hale Master Family Award.
- Retaining volunteers: all of the practices mentioned above plus…. Encourage volunteers, let them know their value to the county 4-H program; invite volunteers to develop new ideas.

Kathy’s basic philosophy regarding volunteers:

“Give them leadership,
Embrace their ideas,
Recognize and Appreciate their contributions”
ALEC Graduate Program

Masters of Science in Agriculture Leadership, Education and Communications (ALEC)

Online degree available!!

For more information, please visit 
ag.tennessee.edu/alec
Or Call 865-974-7371

Carrie Ann Stephens
Professor, 4-H/ALEC

4-H PLEDGE

I pledge my HEAD to clearer thinking;
   My HEART to greater loyalty
   My HANDS to larger service; and
   My HEALTH to better living,

For my club, my community, my country and my world.

Upcoming Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Description</th>
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<tbody>
<tr>
<td>April 21</td>
<td>State 4-H Air Rifle &amp; BB Jamboree</td>
</tr>
<tr>
<td>May 1</td>
<td>Project Portfolios &amp; Scholarship Apps due</td>
</tr>
<tr>
<td>May 2-4</td>
<td>State Galaxy Conference</td>
</tr>
<tr>
<td>May 5</td>
<td>State 4-H Shotgun Jamboree</td>
</tr>
</tbody>
</table>

Want to see your story in Ideas? Email it to state.4h.office@utk.edu

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development, University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.