President’s Address

Garry Branham
Tom Green
CEA-4-H

How do you measure success? In Extension, there are a multitude of ways that we measure the effectiveness of our programs. In the agriculture field, success of new crop varieties might be measured through result demonstrations. When conducting pesticide classes or food protection management classes, success might be considered the number of certified participants a county might have.

In our 4-H program, there are countless ways you might determine the success of your program. It might be a large enrollment, or a competitive judging team, or numerous animals making the sale at Houston. I confess, my competitive nature comes out a little, when my senior 4-H members are working on 4-H scholarship applications. I’m sure every one of us has a different way of measuring success in our county program. I have to remind myself on a regular basis to stop and consider this piece of information: If an individual 4-H member has a positive experience in our program, then there is a success.

It doesn’t have to be some grand measure, like winning the state food show or having the champion goat at your county show. The other night, one of our Master Gardener’s was doing a program with one of my smaller clubs. They were making bird houses and luffa sponges out of gourds that she grew at her house. Once they were finished, she gave each of them little bags of seeds so they could grow these gourds at their own homes. There is no way to know right now, but that may have peaked a new interest in them; maybe one of them will become a Master Gardener later in their life! In some cases,

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Cyber Bullying On The Rise

Editor’s Note: Just this month we’ve witnessed on the national news 6 girls beating another teen because of cyber bullying. This is just one example of the many cases where cyber bullying has led to criminal charges and the loss of children. Excerpts from the website below is provided to help us all better understand this increasing problem and how we can educate parents and youth.

http://stopbullyingnow.hrsa.gov/adult/indexAdult.asp?Area=cyberbullying

Bullying is aggressive behavior that is intentional and involves an imbalance of power or strength. Usually, it is repeated over time. Traditionally, bullying has involved actions such as: hitting or punching (physical bullying), teasing or name-calling (verbal bullying), or intimidation through gestures or social exclusion. In recent years, technology has given children and youth a new means of bullying each other.

Cyber bullying, which is sometimes referred to as online social cruelty or electronic bullying, can involve:

- Sending mean, vulgar, or threatening messages or images;
- Posting sensitive, private information about another person;
- Pretending to be someone else in order to make that person look bad;
- Intentionally excluding someone from an online group (Willard, 2005).

Children and youth can cyber bully each other through e-mails, instant messaging, text or digital imaging messages sent on cell phones, web pages, blogs, chat rooms or discussion groups, and other information communication technologies.

How common is cyber bullying? Although little research has been conducted on cyber bullying, recent studies have found that:

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The 4-H program goes into a lull during stock show season and after stock shows. To get more 4-H members involved during this time is very difficult in some counties, so having some fun and worthwhile activities and learning experiences will help retention in your 4-H program. Most County Extension Agents think, “well, I am out of the office and unable to keep them motivated,” but this is when you try to focus on the parents/leaders who are not involved with showing to help keep this retention. They can truly become some great leaders in your county and help you keep the excitement of 4-H going! Yes, it may take some time to train those leaders but they can help each year after you train them.

Below are some ideas to keep retention in your 4-H clubs and county:

- Start a new and different project and train a club representative from each club to teach the project to their club members.
- Provide a reward for club members to keep participating in club meetings.
- Try to have more county wide activities that are fun that are lead by your county council! Examples may include watching a local sports team as a county group, having a game night, going to the park and having some spring game activities, or working on state wide community service activities in your clubs and county councils (birthday boxes), etc.
- April - 4-H members plan a volunteer appreciation night to honor their volunteers.
- Workshops - Workshops are always great ways to get 4-H members excited about new projects.
- Promotion - Planning for the new year and promoting 4-H is always a great way to work on the new year. There are a lot of career days in May for 4-H members to promote the 4-H program.
- After school programs - find an after-school program for the 4-H members to go to and promote 4-H or they could use the after-school curriculum to get kids excited about 4-H.
- Leadership - County Council or Ambassadors can hold a leadership day camp or workshop for clover kids to intermediate age groups.
- Clover Kids - Hold a fair for the clover kids or focus on them to keep them excited about 4-H. They are a definite age that cannot show and cannot get out of school so they need something to keep them occupied and in 4-H.
- Work on a 4-H summer camp newsletter to help motivate the kids about summer camps coming up.
- Severe Weather Season - Teach 4-H members about the severe weather season and how to prepare. Teach them how the storm forms and the parts of the storm.
- Judging teams - Start some new judging teams. Have club managers teach the 4-H members about judging contests. Possibly have club programs on a certain judging contest.
- Safety Days - A lot of safety days occur during the spring season. 4-H members can help plan and help with the safety day as a safety project.
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Different State’s 4-H Resources:

http://www.kansas4h.org/Resources/Library/Default.htm - This website is excellent project resources such as meats judging, livestock judging, parliamentary procedure, and public speaking

http://mo4h.missouri.edu/resources/youth/ - This website is great to research other states resources for 4-H development.

Leadership Resources:

http://www.1000ventures.com/business_guide/crosscuttings/leadership_main.html - This is a great website to use when getting information about leadership, character, managing life, and other fun and great resources when doing a speech on leadership.
2008 TAE4-HA Annual Conference

“PERSONAL INVESTMENT = PROFESSIONAL IMPROVEMENT”

What's it About??

This year's conference is about the joy of lives that are busy and full, and about taking the time to appreciate them. I'm sure that, like me, you've noticed all the so-called experts glumly telling us that our lives are chaos. Between kids, aging parents, job, partners, and friends we just don't have a moment. Poor us!

But maybe they're wrong. Maybe we have simply overlooked the good stuff. These may be the busiest times, but they're also the best times. It may be chaos, but we can handle it, and the chaos can actually be joyful.

You know what the great times are:

- when the kids are laughing like lunatics in the kitchen at the end of the day
- when you wake up before everybody else on a lazy weekend morning
- when your best friend calls at the exact second you need to hear their voice
- when your spouse remembers to make the vet appointment without being asked (and even volunteers to take the dog).
- And you can probably name one, too!

At times like these, I find myself taking a deep breath and thinking, "I always want to remember how this feels, right now." Or more likely, I think all of that, for a split second, and then I'm pulled right into the next thing. The moment is gone-until the next one. And that's fine. I'm happy to have noticed, even for an instant.

For over 100 years, we in Texas 4-H and Youth Development, have been committed to helping people appreciate life's great moments. We hope that you will mark your calendar and join us in Jefferson, Texas for the Centennial annual conference. Our purpose is to provide sessions that will honor you, inspire you, recharge you, and share resources that will energize you as you return to your work.

The busiest of times. The best of times. That is what this TAE4-HA Conference "Personal Investment=Professional Improvement" is all about!

SMALL TOWN SPOTLIGHT - JEFFERSON

Population: About 2,200
Location: Texas-Louisiana border
Claim to Fame: Located on the Big Cypress Bayou, Jefferson was once the largest inland riverboat port in Texas.

Bed & Breakfasts already offering state TAE4-HA room rates:
Old Mulberry House- 209 E. Jefferson St
Delta Street Inn — 206 E. Delta Street
Benefield House -1009 South Line Street

Many aspire to change the world but few realize that everyone accomplishes that goal. Each day you live you are changing something. Rather than simply changing the world, one should aspire to make a positive change with each action they commit.

Anonymous
Skills For Living: Lubbock County

The “Skills for Living” program was developed by Ronda Alexander, Lubbock CEA-4-H, and presented to 17 participants of the South Plains Food Bank’s “Growing Recruits for Urban Business program.” Program participants were youth age 13 to 18.

The six-part series was presented in the following format: Session 1: pre-test and individual career exploration and assessment; Session 2: participants played the “Game of Life,” a hands-on activity allowing youth to experience budgeting, costs of living, and exploration of possible career choices; Session 3: presentation on work ethics and employability skills; Session 4: completing job applications and developing individual resumes; Session 5: interviewing skills and participation in mock-interviews; Session 6: review of job skills covered, individual participation in job skills quiz bowl.

Results of the program were very positive and youth reported developing skills such as how to dress appropriately for employment, how to get a job, how to speak appropriately and more. One of the participants also reported they were able to get a job as a result of what they learned in the program! For more information, contact Ronda Alexander, Lubbock CEA-4-H.

Hill County Youth Board: Peer Pressure

The Hill County Youth Board created a program which addressed ways to understand, overcome, and help others with peer pressure. These topics were addressed in an interactive program which was taught by the Hill County Youth Board with support from the Whitney High School. The Youth Board did not want to use the traditional teaching approach which is usually used for peer pressure so they created their own peer pressure program entitled: “The Peer Pressure Thing.” The 3 main sections the program focuses on are: Trust, Body Language, and Acceptance.

The Board wanted to ensure that all learning was very interactive and appealing to the high school age group so the groups were broken down into grades and given small group activities and problems to solve.

The results of the retrospective post test conducted with 22 participants noted significant increase in knowledge in things such as: recognizing and assessing peer pressure situations (46.3%), recognition of other’s perceptions (41.6%) and trust as it relates to peer pressure (37.3%). The Hill County Youth Board plans to deliver this program to four other Hill County high schools in 2008: Abbott High School, Blum High School, Hillsboro High School, and Hubbard High School. Specific modifications are currently underway to improve knowledge growth percentage changes. The Hill County Youth Board will strive to increase each topic percentage change by 5%. For more information, contact Ashley Sulak, Hill CEA-4-H.

Cherokee County Science Camp

According to the TEA website, the Science TAKS test scores are weak for several school districts in Cherokee County. More and more school administrators are aligning their curricula based on the current TAKS accountability system. This trend is leaving an alarming number of students with little or no exposure to science until the 5th grade, when they are required to pass their first Science TAKS.

In response, though cooperative efforts with the Rusk High School Physics/Pre-Cal instructor, Willie Arnwine, Cherokee CEA-4-H, created and held the Cherokee County Science Camp 2007, a two day event targeted at incoming 1st – 5th grade students. Eight incoming 1st & 2nd graders attended the first day and 13 incoming 3rd - 5th graders attended the second day. The event was held in early August in the pavilion of the Jim Hogg State Park in Rusk, Texas. Other Extension Office faculty assisted in staffing this event. Several scientific concepts were discussed and six weather and physics related experiments were performed by the students each day. Necessary materials and supplies for the camp were solicited from local businesses to help defray the registration fees. Publicity for the event was provided free of charge by the local newspaper and radio station.

Three months after the event, phone surveys were conducted with 10 of the 22 participants. They were asked specific questions about concepts taught at the camp. Results were very impressive very high retention of the material. For more information, contact Willie Arnwine, Cherokee CEA-4-H.

Fridays With Character

Chris Schraeder, Collin CEA-4-H, developed a new character education program called “Fridays with Character” at Plano Senior High. This program was designed to expose high school juniors to positive character building.

Every Friday, the teacher presented a ten minute segment on character. These segments included direct character trait descriptions, real life stories, real life situations that the students could find themselves in, and case studies. The students were surveyed at the end of the school year. A total of 110 students participated, with total of 85 students responding to the survey, resulting in a 77% response rate. Below are some of the responses from open ended questions:

- 82 out of 83 (99%) responded that they would use the character education in some part of their lives.
- 77 out of 83 (92%) responded that the class was a positive influence on their lives and their choices.
- 77 out of 83 (92%) responded that the “Fridays with Character” had made coming to the class more appealing.
**Member Spotlight**

**Name:** Brandon Gregson, Brazos CEA-4-H  

**Tell us about your family:** Well I grew up in Cut-n-Shoot Texas a little town outside of Conroe in Montgomery County. Some laugh about the Cut-n-Shoot part but hey, how many people can say that? My mom and dad, Johnny and Vicki Gregson now live in Willis on the place where all of our cattle are. I have a younger brother Barrett who manages a land development company on Lake Granbury. We are five years apart in age. We both grew up showing cattle, sheep, hogs and even a few chickens in 4-H and FFA.

**Where did you go to high school?** I was one of about 600 that graduated from Conroe High School in 1995.

**Who was your favorite teacher?** That’s tough. All four of my high school Ag. Science teachers made a great impact on me. Mr. Martin, Mr. Myers, Mr. Hanson and Mrs. Wicke. They were great teachers and they didn’t mind sharing me with 4-H. They saw the value of both programs and I respect that to this day.

**What web site do you visit most often?** Probably Show-steers.com or some other cattle oriented site. My family and I play around with raising some show cattle, so I like to stay updated on what the cattle out of certain bulls are looking like.

**Tell us about your 4-H plans for this summer.** I will be with my kids at Leadership Lab, State Roundup, District Horse Show, State Horse Show, hosting exchange kids from Oregon and probably a few other events I didn’t mention.

**On A Roll With Recreation: Multi-Cultural Games**

**1,2,3 Dragon (China)**
10 or more people form a line with each player holding the shoulders of the person in front of them. The person in the front is the "Head." The person at the back of the line is the "Tail." To begin the game, the tail shouts "1,2,3 dragon." The head leads the line and tries to catch the tail. The line must stay together the whole time. The end of a round occurs if: 1) If the dragon breaks, the dragon dies. The head moves to the end of the line and becomes the tail. 2) If the head catches the tail play stops and the head goes to the end of the line. 3) The second person in line now becomes the head. The object is to tag the tail as many times as you an while you are the head. A point is scored for each successful tag. Some people prefer to play without points.

**Sheep and Wolf (Romania)**
All players but two are at one end of the ground. They are "sheep". The "Shepherd" is at the other end, and in between is the "wolf". The shepherd calls out "Sheep, sheep, come home!". The sheep answers desperately "No, no, we afraid". "Who are you afraid of?" "The great big wolf". "There is not any wolf", says the shepherd. "Sheep, sheep, come home". While the sheep try to reach home, out jumps the wolf. The sheep that is caught becomes the "wolf". Then the shepherd goes to the other end of the ground and the dialogue is repeated.

**Windmill (Byelorussia)**
Players begin by forming a large circle, players at least 4 feet apart. Using a medium sized rubber ball, (volleyball) players begin passing the ball to their neighbors around the circle, clockwise, slowly at first, but gradually more quickly. The object of the game is to eliminate players who cannot catch the ball. Any player may change direction of the ball, but if the ball is poorly passed, the player who threw it is out. To make the game more exciting, two balls may be used at once, creating the risk of having to catch two balls at the same time.

**Octopus (Italy)**
This game is designed for 5-12 players. One child acts as "the octopus": He/she then stands in the middle of the playground while the other players stand opposite to him/her, on one side of the playground. The players must run to the opposite side of the playground without being touched by the octopus, who can move only along a horizontal line across the middle of the area. When a player is touched by the octopus, he/she becomes a "baby octopus". The "baby octopus" can not move any more; it can only swing on its legs. When all the players have been touched by the octopus, the first one who has been touched becomes, in turn, the octopus.

**What will my children love me for when they grow up:** Well I grew up in Cut-n-Shoot Texas a little town outside of Conroe in Montgomery County. Some laugh about the Cut-n-Shoot part but hey, how many people can say that? My mom and dad, Johnny and Vicki Gregson now live in Willis on the place where all of our cattle are. I have a younger brother Barrett who manages a land development company on Lake Granbury. We are five years apart in age. We both grew up showing cattle, sheep, hogs and even a few chickens in 4-H and FFA.

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**Submitted by:** Gretchen Sanders, Pipeline Committee
President’s Address...Continued

true success might not show itself until 20 years down the road.

Many of you know that I am the 4-H agent in Tom Green County which happens to be where I grew up. I’ve been back here for 2 ½ years and have had the honor of working with John Begnaud, our horticulture agent. John was one of my agents and soil judging coach when I was in 4-H. John doesn’t know it, but he was the number one reason I became a county agent. As a kid, I had no idea what a horticulture agent did; all I knew was that he was a lot of fun and taught me about dirt. He had a positive influence on me, and I thought that would be a cool job to have; being a good influence on kids.

When looking at the impact John had on me, you could say that the biggest success didn’t show up until 10 years later when I became a county agent! In the long run, I’m sure that is probably the reason we all are agents and work with youth. The pay is nice, the hours are great, and we enjoy seeing those measurable successes on paper (ie. stock show placements, scholarship winners, etc.); but I think the thing that means the most to us, is when we have that positive personal impact on an individual youth even if it doesn’t show up for a while! That is why we stick with it.

Cyber Bullying On The Rise....Continued

• 18% of students in grades 6-8 said they had been cyber bullied at least once in the last couple of months; and 6% said it had happened to them 2 or more times (Kowalski et al., 2005).

• 11% of students in grades 6-8 said they had cyber bullied another person at least once in the last couple of months, and 2% said they had done it two or more times (Kowalski et al., 2005).

• 19% of regular Internet users between the ages of 10 and 17 reported being involved in online aggression; 15% had been aggressors, and 7% had been targets (3% were both aggressors and targets) (Ybarra & Mitchell, 2004).

• 17% of 6-11 year-olds and 36% of 12-17-year-olds reported that someone said threatening or embarrassing things about them through e-mail, instant messages, web sites, chat rooms, or text messages (Fight Crime: Invest in Kids, 2006).

• Cyber bullying has increased in recent years. In nationally representative surveys of 10-17 year-olds, twice as many children and youth indicated that they had been victims and perpetrators of online harassment in 2005 compared with 1999/2000 (Wolak, Mitchell, & Finkelhor, 2006).

Tips for dealing with cyber bullying: Because cyber bullying can range from rude comments to lies, impersonations, and threats, the response may depend on the nature and severity of the cyber bullying. Here are some actions that adults may want to take after-the-fact and/or you may want to provide to parents.

• Strongly encourage your child not to respond to the cyber bullying.
• Do not erase the messages or pictures. Save these as evidence.

• Try to identify the individual doing the cyber bullying. Even if the cyber bully is anonymous (e.g., is using a fake name or someone else’s identity) there may be a way to track them through your Internet Service Provider. If the cyber bullying is criminal (or if you suspect that it may be), contact the police and ask them to do the tracking.

• Sending inappropriate language may violate the “Terms and Conditions” of e-mail services, Internet Service Providers, web sites, and cell phone companies. Consider contacting these providers and filing a complaint.

• If the cyber bullying is coming through e-mail or a cell phone, it may be possible to block future contact from the cyber bully. Of course, the cyber bully may assume a different identity and continue the bullying.

• Contact your school. If the cyber bullying is occurring through your school district’s Internet system, school administrators have an obligation to intervene. Even if the cyber bullying is occurring off campus, make your school administrators aware of the problem. They may be able to help you resolve the cyber bullying or be watchful for face-to-face bullying.

• Consider contacting the cyber bully’s parents. These parents may be very concerned to learn that their child has been cyber bullying others, and they may effectively put a stop to the bullying. On the other hand, these parents may react very badly to your contacting them. So, proceed cautiously. If you decide to contact a cyber bully’s parents, communicate with them in writing — not face-to-face. Present proof of the cyber bullying (e.g., copies of an e-mail message) and ask them to make sure the cyber bullying stops.

• Consider contacting an attorney in cases of serious cyber bullying. In some circumstances, civil law permits victims to sue a bully or his or her parents in order to recover damages.

• Contact the police if cyber bullying involves acts such as: threats of violence, extortion, obscene or harassing phone calls or text messages, harassment, stalking, or hate crimes, or child pornography.

If you are uncertain if cyber bullying violates your jurisdiction’s criminal laws, contact your local police, who will advise you.
Tipping Etiquette

Do you and your 4-H’ers know how much to tip and to whom?? It is important for our youth to understand that many of the things they do on a routine basis, a tip is highly recommended and a very appropriate gesture. Listed below are some general tipping guidelines. More information may be found at [http://tipguide.org](http://tipguide.org).

- Food Server – 15-20%
- Drive-through – nothing
- Self-service restaurant or buffet – nothing unless there is some service. Tip 10% if the server delivers all or part of your meal or keeps your drinks refilled.
- Barber - $2-3
- Hair Stylist or Color Specialist – 0-20%, $3-5 extra for last minute service

Should you tip your postman? Postal Service employees may not accept cash - in any amount or form (bills, checks, money orders) - from an outside source.

2008 TAE4-HA Professional Improvement Grants

Submitted by: Cory Talley
Travis CEA-4-H

Sumbitted by:
Ronda Alexander, Lubbock CEA-4-H
Professional Improvement Committee Chairman

Annual Conference Scholarship for New Members
To promote participation in the Texas Association of Extension 4-H Agents, five (5) scholarships in the amount of $130 (this year’s conference registration cost) will be awarded to assist new agents in attending the Annual Conference. These scholarships are available to agents with less than three years of membership as of July 1, 2008, who are paid TAE4-HA members, and have not previously attended an Annual State Conference. Award recipients will be notified prior to the conference registration due date (recipients will receive reimbursement for the registration fee at the Annual Conference).

Please provide the following information in your application letter:

1. Name, Title, County and District, Complete Office Address, Telephone Number and E-mail address
2. In 40 word or less, describe why you would like to attend the 2008 TAE4-HA Annual Conference
3. Include letters of support from your immediate supervisor and your District Association Director.

Professional Improvement Grants
TAE4-HA also awards grants for graduate study, applied research, interstate or intrastate travel, educational conference/seminars, workshops, or other worthy projects. This award may not be received in consecutive years. Applications will be judged and presented at the Annual Conference. The Professional Development Committee will award up to $550 to individuals or groups based on the merit of their proposal, according to the following guidelines:

1. Name, Title, County and District, Complete Office Address, Telephone Number and E-mail address
2. Assigned Extension responsibilities
3. Title of Proposed Professional Improvement activity
4. Letter of support from immediate supervisor
5. Proposal Description (not to exceed one double spaced, typewritten page)
   - 70% Methods/purpose/objectives/activities/evaluation
   - 10% Budget (explain how much you are requesting and show any matching contributions)
   - 10% Reporting Procedures (explain how results will be shared with other members
   - 10% List your participation in District, State and National 4-H Agents Association

Submit Applications by June 1, 2008 to:
Ronda Alexander, CEA 4-H
Texas Cooperative Extension - Lubbock County
PO Box 10536
Lubbock, Texas  79408

Questions concerning either grant/scholarship may be directed to Ronda Alexander at (806) 775-1680 or e-mail: rdalexander@tamu.edu.
Have you bought your clothing with the above logo to support the PR&I Committee??? If not, go to the website to get the order form. Have you bought your clothing with the above logo to support the PR&I Committee? If not, go to the website to get the order form.

http://tae4ha.tamu.edu/forms.htm

Life Skills, Citizenship and Leadership, Who are Learning Across America of Young People 4-H is a Community.

Texas Association of Extension 4-H Agents

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