

# GREAT STORIES

GEORGIA

4-H



## Community Connections and Volunteers

Joyce Hyndman

2019



Pictured: Dr. Evelyn Wynn Dixon (R) with AmeriCorps VISTA Joyce Hyndman (L)

For Joyce Hyndman, AmeriCorps VISTA in Clayton County 4-H, it has been a busy and exciting time for volunteers! Within the last month, this VISTA has recruited four new volunteers! Cynthia Brayton, a new Clayton county volunteer, will be spearheading the reintroduction of the Clayton County 4-H Horse Club with 14 youth 4-H members planning to participate! Also, Joyce had a chance to meet with Dr. Evelyn Wynn- Dixon, the mayor of Riverdale, Georgia. Joyce prepared with handouts and brochures to introduce the benefits of 4-H to the thousands of youth in her county. At the end of the meeting, not only did she invite Extension 4-H back to talk with her staff about 4-H and UGA Extension as a whole, the mayor also agreed to host one of our community club meetings!

# GREAT STORIES

GEORGIA

4-H



## Cooking Clubs and Fundraising

T'Neil Williams

2019



The months of August and September have been busy for T'Neil Williams, Emanuel County 4-H AmeriCorps VISTA. In an effort to enhance healthy living and civic engagement, T'Neil has recently started a 4-H Youth cooking club and two food challenge teams in her county, both of which are new endeavors for Emanuel County 4-H. The Junior Food Challenge Team gained four new 4-H youth participants and a new volunteer to help with coaching the Cooking Club. In addition, T'Neil organized two fundraisers and raised a total of \$394.21 for this club. Pampered Chef and Tupperware donated \$1,139.30 in cooking supplies, materials, utensils, pots, pans, knives and bowls. The grand total raised for the cooking club and food challenge teams was \$1,533.51! The items donated, as well as the new team members and coaches will help to sustain the teams for future success! T'Neil's efforts have gotten the Emanuel County 4-H Cooking Club off to an excellent start!

# GREAT STORIES

GEORGIA

4-H



## Marketing for a Portfolio Workshop

Micah Sculley

2019



Thomas County 4-H hosts a junior and senior portfolio workshop event for 4-H'ers in the county to attend after school and create a portfolio required for Georgia 4-H Project Achievement. Thomas County 4-H AmeriCorps VISTA member, Micah Sculley, worked with the county extension agent, Cindy Wynn, to update the flyers marketing this event. The flyers were distributed at 7th and 8th grade 4-H meetings and post at various locations in the county. Micah also shared the event on social media that reached 229 people including 5 engagements and 3 shares. The 4-H portfolio is a summary of the 4-H'ers most meaningful experiences and it highlights the accomplishments for the year as applicable to their project. Through portfolio development, Georgia 4-H empowers youth with important skills such as record keeping, organization, and responsibility. These skills help promote independent thinking, and develop the soft skills of participants. Thanks to these marketing efforts, a total of eight 4-H youth members attended the portfolio workshop event.



# GREAT STORIES

GEORGIA

4-H



## Summer Adventures

T'Neil Williams

June, 2019



The month of June presented T'Neil Williams, Summer VISTA in Emanuel County, with many fun opportunities to engage with 4-H'ers. T'Neil felt fortunate to chaperone 68 Cloverleaf 4-H'ers to Rock Eagle summer camp. She enjoyed the opportunity to interact with the campers in various classes and camp experiences!

Some of the highlights for T'Neil during this week were helping to make healthy smoothies, canoeing on the lake, hiking with the blue strings during the night hike, and the Shawnee Tribe winning the tribal shield. The 20 girls in her cabin enjoyed planning red, white, and blue outfits for T'Neil and the teen leader as a reward for earning green stars all week. During that week of camp, there were over 900 campers at Rock Eagle!

In late June, T'Neil also assisted in the *Around the World* classes taught by one of Emanuel county's Teen Leaders. During the class, they made Healthy Pineapple Coconut cookies while learning about Hawaii. The eight participants learned interesting facts about different places around the World and also participated in playing games and made popular foods from that region.

More recently, T'Neil was able to chaperone a group of ten 4-H'ers to George L. Smith State Park on a Mill Pond Kayak excursion. The group kayaked around the 412-acre lake all day enjoying the beautiful Mill Pond and all its wildlife. "We stopped for a brief moment to reapply sunscreen and have a quick picnic lunch before finishing our day with a splash to cool off," T'Neil notes.

T'Neil stated "This past month has been a wonderful experience for me and I am ready for all July has in store!" Thank you T'Neil for sharing all your dedicated service and adventures!



# GREAT STORIES

GEORGIA

4-H



## Clovers & Co. Auditions

Emily Waller

June 2019



Emily Waller, VISTA Summer Associate had the opportunity to travel to Fortson 4-H Center and assist with Georgia 4-H Clovers & Company auditions, the nationally renowned statewide performing arts group for Georgia's young people. Waller notes:

“Eighteen courageous and talented musicians stepped to the microphone to show us what they were made of! From singing, dancing, to french horn playing, these 4-H'ers demonstrated the wide range of talents that the youth in our state possess. At the end of the day, another intern and I reflected that our service this day was straightforward, just had to record auditions and work the sound. The true hard workers of the day were the performers who came before us. Soon I will be traveling to Rock Eagle 4-H Center to serve again in a similar way for Clovers and Company auditions at Rock Eagle 4-H Center. I am excited to see even more talent and be involved in this joyful group!”



# GREAT STORIES

GEORGIA

4-H



## Summer Camp

Emily Waller

June, 2019



During the month of June Emily Waller, Summer VISTA in the Georgia 4-H State Office, had the opportunity to serve at Rock Eagle 4-H Camp with Oconee County as an adult leader. Emily enjoyed her time in a cabin supervising nineteen 5<sup>th</sup> - 6<sup>th</sup> grade girls. During her short time at camp, Emily had to put her problem solving skills to the test as the group battled with homesickness and the heat!

However, by the end of the week each girl said they had the best time at camp and couldn't wait to return! The campers each had the opportunity to participate in activities they never had before such as: archery, robotics, and high ropes. They made friends with new people, and soon forgot about the obstacles they were worried about. This would not have been possible without the amazing volunteers Emily worked alongside who selflessly put the 4-H'er's needs above their own. All in all, Emily concluded that it was a great week!

*Thanks, Emily, for dedicating a week to serve at summer camp!*

# GREAT STORIES

GEORGIA

4-H



## MG Sprouts Camp

Sarah Martinez

June, 2019



Sarah Martinez, Columbia County Summer VISTA, assisted with the Master Gardener Sprouts program in Columbia County. This program is a three day summer camp from June 17 - 19. The focus of the program was to explore horticulture and nature through reading books, hands-on STEM activities and a field trip.



The youth participants were educated on a wide variety of horticulture related topics. They learned about pollination, composting, and gardening. They even had the opportunity to plant their own sunflower seeds and were taught about gardening by hands on activities! Sarah and the leaders also took them on a nature walk to take in the sights, sounds, and smells of being in the woods. Afterwards, the participants made their own water bottle out of recycled Gatorade bottles. They then learned about Monarch butterflies and caterpillars while making their own butterflies out of pipe cleaners and were able to see live ones that live here at the office.

Other lessons included learning how compost is made, and what can or cannot be composted. They began the process of making their own compost with the help of Belinda Peebles, a Master Gardner Composter, who brought in worms and compostable items which were mixed together. This taught the kids the importance of worms and how they bring healthy soil which leads to healthy vegetables. They also learned about fruits and veggies from around the world and got to taste them too! The last day they

took a trip to the Riverbanks Zoo in Columbia, South Carolina. While at the zoo, Sarah and the group went on a Horticulture Walk and had the opportunity to explore the Botanical Gardens and the Dinosaur Adventure.

Sarah helped with the preparation for this program by assembling their booklets, and organizing the materials for each activity. Overall, there were five girls and six boys who participated, three Master Gardner Volunteers, three staff members and two teen leaders help lead with this program!

*Thank you, Sarah, for the time you spent serving these youth!*



# GREAT STORIES

GEORGIA

4-H



## Play in the Dirt

Carlos Molina

June, 2019



Carlos Molina, Summer VISTA in Bartow County, spent two days assisting Master Gardeners with a day camp for youth called "Play in the Dirt". This camp began in 2014 and is designed to work with 5th–8th grade students with about 20 youth attending camp each year. Camp started for Carlos at 9 a.m., and he immediately recognized he was helping with a very well put together and organized program! His duties while serving at this camp included moving bags of soil and keeping up with all the youth involved!

Activities included pressing leaves and flowers into concrete molds, making small frames from pressed plants, making garden signs of clay, making pine cone bird feeder, making pine cone necklaces, experimenting with how to dye with plants, and creating newspaper hats and even their own herb garden– just to name a few! While Carlos enjoyed learning about plants and crafts, he truly valued the quality time he spent with the children. One child in particular really made a meaningful impact as noted by Carlos, "It is amazing to see him flourishing and learning!" Carlos was also impressed to note how impressed he was about the children arriving on time, and how 4-H teaches valuable lessons of life such as punctuality. In addition, Carlos felt this camp not only taught youth about plants but also about art, resourcefulness, and sustainability!

*Thank you, Carlos, for your assistance at the Play in the Dirt Summer Camp!*



# GREAT STORIES

GEORGIA

4-H



## 4-H Day of Community Service

Sarah Martinez

June, 2019



On June 14, 2019 Columbia County UGA Extension Office hosted a Community Service Day for 4-H'ers in grades 4-12. Sarah Martinez, Columbia County Summer VISTA, assisted with attending and supervising this event. The group visited The Georgia War Veterans Nursing Home and helped with the food pantry and clothes closet at the Augusta Dream Center. A total of 13 students participated, two staff members and two adult volunteers and the event lasted from 9am - 3pm.

At the nursing home, everyone sat in a large common area with the veterans and did a variety of recreational activities. Some kids played UNO, Go Fish, Connect 4, Checkers, or Dominos with the veterans. Others blew bubbles, played the keyboard or simply sat and chatted with them. Sarah took the time to play cards, participate in a matching game, and chat with a few gentlemen. Next, at the Augusta Dream Center, they started off by hanging up totes of clothes in their gymnasium. The group also helped build a storage rack, sort through new donations, and help restock their boutique. Their Boutique is a room full of clothing available for individuals to come in to get an outfit for perhaps a job interview or another special occasion.

*Thank you, Sarah! Your service to your community and 4-H'ers is invaluable!*

# GREAT STORIES

GEORGIA

4-H



## The Truth About Sugar

Micah Sculley

June, 2019



The Thomas County 4-H Program partnered with the Thomas County Family and Consumer Sciences (FACS) program for a day of fun and learning! The program was planned by Thomas County 4-H Program Assistant Hayes Nelson along with VISTA Summer Associate Micah Sculley. In total, 23 4-H'ers attended this event!

The day started out with the 4-H'ers learning the "Truth About Sugar" from UGA FACS Agent, Ashleigh Childs. Ashleigh taught about the hidden sugars in beverages that they commonly consumed. After learning that the American Heart Association recommends no more than 6 teaspoons of added sugar a day, 4-H'ers had the opportunity to test their decision-making skills by being allowed to choose between sodas and water to accompany their lunch.

Next they learned the importance of getting up and moving and everyone played Just Dance where 4-H'ers learned: dancing is great for your heart & lungs, enhances muscular strength, improves aerobic fitness. enhances weight loss, helps you improve motor skills and improves mental health.

After lunch, the 4-H'ers enjoyed playing different games led by Micah and Thomas County 4-H Program Assistant, Hayes Nelson. They ended the day with a community service project led by Thomas County 4-H Agent Cindy Wynn.



# GREAT STORIES

GEORGIA

4-H



## Summer Reading Program “Our Universe”

T'Neil Williams

June 2019



T'Neil Williams recently had the opportunity to speak with youth enrolled in the Summer Reading Program at the Franklin Memorial Library in Swainsboro, Georgia about how to keep ourselves and our planet healthy. In total, there were 60 youth participants in grades spanning from preschool to 12th grade! The class focused on how the earth is the only planet that has perfect conditions to maintain life, and we are fortunate to live where we can grow our own fruits and vegetables! Therefore, we must maintain it while also benefitting from these healthy foods.

T'Neil used the “MyPlate” learning activity as an example of what our plate of food should look like each meal. The group discussed portion size and how to eat a rainbow of fruits and vegetables daily. T'Neil accomplished this by asking participants to name fruits and vegetables in all the rainbow colors. The group also talked about how much exercise astronauts in space accomplish daily. Then they transitioned to discussing how to get outside and exercise by running, walking, swimming, and hiking and not have to use special equipment as the astronauts do in space.

Additionally, T'Neil addressed how being outdoors getting exercise influences the need to care for our planet the same way it helps take care of us! T'Neil suggested this can be

achieved by picking up trash and avoiding littering. She closed with the fact that we should help the planet stay clean and healthy the way it helps us stay healthy by providing our food, water, and oxygen. In closing, UGA Extension Nutrition and Healthy Lifestyles Friends workbooks were handed out to all participants at the end of class.



*Thank you, T'Neil, for teaching youth about our planet and nutrition!*