

GREAT STORIES

GEORGIA

4-H



AmeriCorps

4-H Farm Day Camp

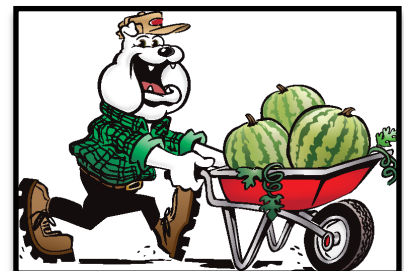
Kameron Landeen

Summer, 2020

Kameron Landeen, Georgia 4-H Summer VISTA, had a busy summer serving in South Georgia. On July 14, 2020 Seminole and Decatur County 4-H hosted a face-to-face Farm Day camp at the Seminole County Extension Office. 4-H'ers that attended the day camp had the opportunity to learn about three of Georgia's top agricultural commodities: cattle, corn and peanuts. 4-H'ers explored the beef cattle industry, common U.S. cattle breeds, and beef by-products. They also learned characteristics of cattle as ruminant species, compared common dairy breeds, discussed dairy products, and learned the concept of milking a dairy cow. The fun continued with hands-on activities shucking corn cobs and dissecting corn kernels to learn about corn reproduction. Then, they made Corn Starch Plastic to represent biodegradable plastic and learn about how it works.

4-H'ers also had the chance to learn how peanuts are grown and common names for peanuts that are used around the world. To aid in this lesson, participants made peanut butter dog biscuits that were donated to the Decatur County Humane Society. The Georgia 4-H Summer Health Squad Curriculum was also incorporated into the 4-H Farm Day camp. 4-H'ers learned to properly wash their hands, discussed an overview of MyPlate servings, and explored food insecurity and hunger. The 4-H Farm Day camp lessons were organized and taught by Teresa Adkins, Kameron Landeen, Cindy Meadows, and Lacey West. All UGA/CDC Guidelines were implemented and followed to ensure everyone's safety. The 4-H Farm Day camp could not have been made possible without the help of the Decatur and Seminole County Extension staff. The goal was to provide a fun-filled day for 4-H'ers and to allow them to take a break from stressors caused by COVID-19.

Kameron said "We have all faced many challenges because of the pandemic, but it has only proved that organizations such as AmeriCorps and Georgia 4-H will come together when times are tough to pull through for the audiences we serve to come out on the other side. This has truly been a humbling experience for me this summer serving in such a small community and I will carry it with me as I prepare for my future career.



GREAT STORIES



Summer Health Squad Video Lessons

Blake McBride

Summer, 2020

As Blake McBride prepared for his term with Emanuel County 4-H as an AmeriCorps Summer Associate, the inability to have any in-person day camps during the summer proved to be difficult. This was an unanticipated challenge, but as is the 4-H spirit, he found a way to make the best out of the situation. With the help of the Emanuel County 4-H office, he developed a series of Summer Health Squad videos to showcase on YouTube. Follow this [link](#) to see an example of his creative work.

Each Friday at 3:00 pm, a new video was released on the Emanuel County 4-H YouTube channel. These videos were filled with lessons about healthy living in a fun and exciting way. Blake teaches not just 4-H'ers about health, but also has discussions with "clones" of himself from other dimensions who drop by to say hello.

With the Summer Health Squad on YouTube, Blake offered a unique way to reach students and talk with them about health. These lessons can be shared anywhere at any time and offer a fun educational opportunity on a platform that many youth already use extensively: the internet. Through these videos and other efforts, Emanuel County 4-H has been able to strengthen their social media presence. This increase of content on social media allowed Emanuel County 4-H to reach students more deeply and will last far beyond Blake's term this summer.



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AmeriCorps

Online Day Damps

Lauren Pike

Summer, 2020



Lauren Pike, Jackson County 4-H AmeriCorps Summer VISTA, stayed busy hosting over 36 hours of virtual summer day camp programming for youth in grades 1-12. Her day camps were centered around the topic of “Healthy Living” and encouraged youth to be active and healthy during the stressful times of the COVID-19 pandemic. Throughout this past summer, Lauren spent over 195 hours creating, producing, and presenting 18 different virtual day camps. Topics of the day camps ranged from active outdoor scavenger hunts to mental health topics relating to tie-dye projects. Some activities youth were able to participate in included creating a water balloon capsule, learning common 4-H dances, creating recipes and relating them to MyPlate, and even participating in virtual yoga! Through these online day camps, Lauren was able to reach 94 youth from 7 different counties across the state of Georgia. In addition, Lauren was able to involve 7 different adult volunteers, teen leaders, and 4-H staff members from around the state in the festivities!