

Aim High

4-H/AIR FORCE PARTNERSHIP



**Air Force
Family
Member
Programs
&
4-H
Partnership
Soaring to
New Heights!**

USAF
SERVICES
Combat Support & Community Service



4-H/Air Force Partnership Soars To New Heights!

Air Force Family Member Programs (FMP) partners with National 4-H Headquarters, CSREES to expand opportunities for Air Force youth in the US and overseas. State 4-H Military Liaisons coordinate work with Air Force Youth Programs and county 4-H staff to establish 4-H clubs on AF bases around the world and to reach out to Air National Guard (ANG) and Air Force Reserve (AFR) families in the community.

Three 4-H Extension youth development professionals are on assignment to Air Force and work on separate projects. Brandi Mullins, Child and Youth Specialist from the University of Georgia, is based at Robins AFB, GA and works with the Air Force Reserve Command. Brandi provides assistance with the Home Community Care program offered to AFR and ANG members during drill weekends and deployments and promotes 4-H events and camps to Air Force Reserve families. Sandra Mason, Child Care & Youth Specialist from the University of Maryland, is located at Andrews AFB, MD and provides support to Air National Guard Families. Sandra works on the Home Community Care Program that provides free childcare to ANG/AFR members during drill weekends. David Brittain, Youth Development Specialist from North Carolina State University, is stationed at HQ Air Force and coordinates the AF wide youth fitness and health initiative "FitFactor", the Stay Connected project for deployed Airmen and their families, and 4-H clubs on active duty bases.

The Air Force/4-H Partnership continues to expand opportunities for Air Force youth and families. Military 4-H grants funded by Cooperative State Research, Education and Extension Service, USDA, Air Force Family Member Programs, and Army Child and Youth Services provide resources for Extension staff and materials for 4-H programming. Air Force 4-H youth membership enrollment and 4-H clubs on base continue to increase. Military youth are included in county and state 4-H events and take part in all of the opportunities that 4-H offers youth.

State 4-H Military Liaisons coordinate and provide continuous support for our Air Force programs; the 4-H County Agent is the backbone of support that help the local programs thrive. Guided by the dedicated work of the AF Youth Programs staff, the 4-H partnership offers a variety of programming options that appeals to the varied interests of the youth.

The second annual 4-H/Air Force Aim High award was presented to Sheran Watkins, 4-H Youth Development Agent in Harrison County, MS at the 2006 NAE4-HA Conference in Milwaukee, WI for her leadership and support in developing 4-H/Air Force partnerships for youth and families. Ms. Watkins was instrumental in developing a strong relationship with Keesler AFB, MS and continued programming throughout the Hurricane Katrina relief efforts.

These are just a few examples of the strong partnerships that have been cultivated between Air Force Family Member Programs and 4-H. This report will elaborate on these partnerships and highlight a few of the 4-H activities that have been experienced in states and on Air Force bases around the world.



Joanne Roueche (left) accepts the 2005 4-H/AF Aim High Award from Eliza Nesmith, Chief AF Services, Family Member Programs & Cathann Kress, Director 4-H Youth Development Programs, CSREES



Whiteman youth at the State Fair



Vandenberg 4-Hers proudly display their award winning goats at the County Fair



4-H Fashion review at MacDill



Travis youth mix Healthy Cooking and 4-H fun

"This partnership provides wonderful opportunities for Air Force youth and staff to be more involved in their communities. The 4-H clubs on Air Force bases, the relationships with the Land Grant universities in each state, and the youth development resources made available are just some of the many benefits that our Air Force bases have gained. I'm looking forward to the upcoming years as our partnership matures and continues to enrich the lives of Air Force families and youth."

—**Eliza G. Nesmith**, Chief, U.S. Air Force Family Member Programs

"Our partnership with Air Force Family Member Programs has not only been an excellent opportunity for 4-H to reach out to Air Force youth, but also to build strong and lasting collaborations among 4-H and Air Force youth development professionals. Both the programs and the young people are benefiting."

—**Sharon KB Wright**, National Program Leader, National 4-H Headquarters, CSREES, USDA

4-H/Air Force Youth Programs Camping Collaboration

Air Force Services Family Member Programs and the University of Arkansas, Cooperative Extension Service partnered for a third year to provide children of active Guard and Reserve Air Force military personnel opportunities to experience the great outdoors and develop life skills in an adventure camp environment. The Ultimate Outdoor & Fitness Adventure camps offered educational tracks and camping activities that used experiential learning methods through individual and group activities. These camps enabled youth to develop new life skills and opportunities to interact with peers and adults in a fun environment through a variety of hands on activities.

Comments from campers at the adventure camps:

- "It was one of my best experiences, ever!"
- "Not quite what I expected but more that I could have ever prepared for . . . a once in a lifetime adventure!"
- "I've never had that much fun! I loved it!"



The Ultimate Outdoor & Fitness Adventure camps encouraged teens to problem-solve, put their trust in others, learn responsibility, and improve their self-esteem. More than 100 teens gained new skills and tested their limits on rope courses, kayaking, canoeing, spelunking, archery and GPS Navigation challenges. The Air Force FitFactor Program was also highlighted during the week through team competitions. Teens who demonstrated outstanding leadership ability throughout the week, were recognized by their peers.

How Adventure Campers enjoyed the experience:

- "I learned a lot about myself by doing things I never thought I could do"
- "Simply amazing experience on so many levels"
- "The camp built confidence in myself and my abilities"



4-H/Air Force Partnership in Action

4-H Clubs continue to grow on Air Force bases around the world! Currently, there are more than 6,100 Air Force youth enrolled in 4-H in a variety of clubs. Each base is required to run three 4-H clubs with one of the clubs' focus in the area of Health, Nutrition and Fitness. The AF FitFactor program ties in well with a healthy cooking class or 4-H Fitness club. The 4-H experience on each base includes a variety of club options that range from animal care to woodworking; photography to embryology; sewing to gardening; and GPS geo caching to robotics. This report represents only a small sample of the 4-H programming on Air Force bases.



4-H transplant project at Anderson

4-H highlights reported by the State 4-H Military Liaisons and Air Force Youth Programs include:

- ★ **Nellis AFB, NV**—The "Desert Flyers" 4-H Club participated in the local county fair, Dress Review, County Demonstrations, consumer judging, rabbit and guinea pig showmanship, Health Rocks! and other county events. The Desert Flyers hosted the first county Fashion Review Clinic and held monthly 4-H project meetings for photography, cooking and sewing at the Youth Center throughout the year. The leaders are members of the 4-H County Council and sit on several committees promoting 4-H.
- ★ **Little Rock AFB, AR**—4-H clubs included the Youth Cooking Club, a Horse Club and Photography Club. The Teen Coordinator used the 4-H Money Management Course as the foundation for the annual Teen Financial Management Seminar.
- ★ **Whiteman AFB, MO**—Decorated the winning bale of hay for the Farm Fun contest at the Johnson County Fair. Whiteman youth earned seven 1st place, six 2nd place, and two 3rd place awards in the Arts & Crafts category. Three youth projects were selected for exhibit at the Missouri State Fair.

4-H Military Grants by the Numbers:

- ★ **32** states received Military 4-H grants!
- ★ **76** AF bases impacted by the Military 4-H grants!
- ★ **6,144** AF youth enrolled in 4-H!
- ★ Youth 4-H enrollments and 4-H clubs on base continue to grow!

- ★ **Minot AFB, ND**—The Northern Lights 4-H Club presented the colors at the Hurricane Katrina benefit concert held at Minot State University. Club members went behind the scenes at the local TV station and learned how the local news is delivered.



Whiteman youth display the 1st place bale of hay at the Johnson County Fair

- ★ **Randolph AFB, TX**—Ran a 4-H Fitness club that included yoga, cycling and cheer leading; a 4-H Animal Care club that provided love and care to Chili the chinchilla and pet rabbits, Bun-Bun & Monkey; and a gardening club that planted and cared for a flower garden through the blistering Texas summer.
- ★ **Luke AFB, AZ**—4-H club members conducted a pet fair. Youth exhibited their pets, talked about the care for their particular pet and shared information and experiences. There were a variety of pets including, rabbits, dogs, hairless rats, and a hairless terrier. Other 4-H clubs included fishing, photography and community service.
- ★ **Tinker AFB, OK**—The 4-H Cooking Club met each month to cook a simple and delicious meal for its club members. Cooking skills learned included how to read recipes, nutritional values, proper measurements and the basic food groups. "Each time the members began to tie their aprons, their excitement grew with anticipation of learning something new to cook!"

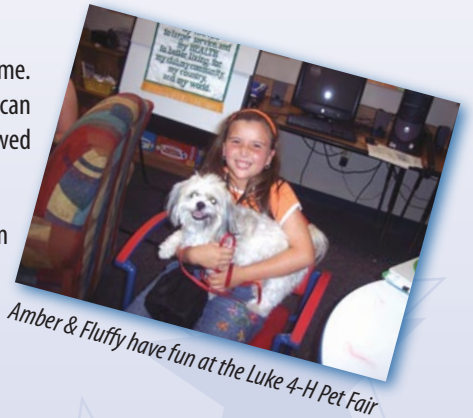
4-H/Air Force Partnership in Action

★ **Offutt AFB, NE**—4-H activities included: embryology, cooking, arts & crafts, science and a high ropes course. Youth projects were displayed at the Sarpy County Fair where each entry received a ribbon and financial award. The youth really enjoyed participating in all of 4-H activities and could not wait to see what they were going to do next!

★ **Laughlin AFB, TX**—Youth used 4-H skills to sew “wheelchair caddies” for the local retirement home. The “wheelchair caddy” is a small pouch with pockets that attaches to the resident’s wheelchair that can hold various items the residents may need, but can’t hand carry. The children collected material, sewed the pouches and distributed them to residents.

★ **Eielson AFB, AK**—Used the TRACKS (Training and Recreational Activities Cool Kids) 4-H program from the University of Alaska Fairbanks Cooperative Extension Service to conduct “The Amazing Race.” Youth competed in team challenges using Global Positioning Systems, finding clues and solving riddles, all on bicycles. Teams had to overcome obstacles and complete many challenges in order to reach the finish line. The 4-H bicycle safety curriculum was used to guide the participants in their challenges.

★ **Fairchild AFB, WA**—The 4-H Photography Clubs celebrated their final lesson by taking a field trip to the Rose and Japanese Gardens in Manito Park. Youth used both digital and disposable cameras to practice the skills they learned. The images will be displayed at Fairchild’s annual photography event in conjunction with the Boys and Girls Clubs of America photography contest.



Amber & Fluffy have fun at the Luke 4-H Pet Fair

What the Air Force Youth are saying about 4-H:

★ *“Can we do this everyday, it is FUN!!!!”*

★ *“I never knew I could do so much in 4-H.”*

★ *“Thank you 4-H, I never won anything before and it’s so cool!”*

★ An Air Force youth, Antonia M., from **Fairchild** traveled to Rwanda with the Washington State University 4-H Technology Delegation. The Rwandan Ministry of Education invited the group to work with schools in the Kigali area. Antonia taught in four different secondary schools, teaching Excel spreadsheets, resume building and basic technology skills. Antonia returned the favor and hosted a Rwandan youth this summer.

★ **Sheppard AFB, TX**—Youth participated in the 4-H Egg to Chick Program. Wichita County Extension Agent guided the youth through the activity, visited the program to “candle” the eggs and assisted as the hatching process began. The children helped turn the eggs each day and made sure the water levels and temperatures were just right. Fifteen eggs were hatched and two of the chicks were “adopted” by children in the program and the others were taken to a local 4-H farm.

★ **Misawa AB, Japan**—The 4-H Club planted and cared for three beautiful plant and vegetable garden plots. Children prepared the soil, planted seeds, watered and weeded, charted the stage development of the plants, and appreciated the end results.

★ **McConnell AFB, KS**—First year that the School Age Program had 4-H projects entered in the Sedgwick County fair. Youth were proud to be recognized and awarded ribbons! All of the members visited the fair and enjoyed seeing the exhibits, but were even more thrilled to see their own entry receive a ribbon!



Eielson youth participate in the Amazing Race

4-H/Air Force Partnership in Action



Tinker youth create healthy snacks in the 4-H cooking club

★ **Tyndall AFB, FL**—Teens have taken an active leadership role in Lock-ins, Junior Congress, and 4-H District Council meetings. Teens designed two 4-H/Military patches for Bay County and the 4-H booth for the North Florida Fair. In addition, Tyndall 4-H'ers completed Counselors in Training course and served as junior counselors during the 4-H county camp.

★ **MacDill AFB, FL**—School Age 4-H Club Projects included aerospace, sewing, food and nutrition, photography, and gardening/horticulture. All 35 entries to the Florida State Fair received ribbons and/or cash prizes. A Master Gardener worked with the School Age Program; Extension staff trained at the Family Member Programs Annual In-Service Training; youth attended summer residential camp and a 4-H leader and youth from the School Age Program 4-H Club are pictured on the State of Florida 4-H poster.

★ **Vandenberg AFB, CA**—Vandenberg's 4-H farm animal project provided an opportunity for young people to develop responsibility, patience, and leadership skills by regularly working with and caring for animals. In the process, the 4-H members learned about selection, training, showing, management, nutrition, and behavior of their chosen animal species. Youth showed their farm animals with excellent results at the 115th Santa Barbara County Fair.

★ **Mountain Home AFB, ID**—The 4-H after school program participated in four different clubs including health & fitness and the teen tech team. 4-H Projects included rock climbing, yoga, woodworking, cloth weaving, sewing, gardening, and the youth's favorite—cooking. A youth cookbook was developed and distributed at the Elmore County Fair earning the program a Blue Ribbon.

★ **Vance AFB, OK**—4-H Military Liaisons attended a teen lock-in and hosted the game "Welcome to the Real World". Youth had to make decisions throughout the game as if they were 26 years old and single. Decisions included: select a job, rent/buy a house, lease/buy a car, budget finances, insurance & investment opportunities.

★ **McGuire AFB, NJ**—The Blue Falcons 4-H Club participated in several activities throughout the year, including: citizenship, cooking, small animal, theatre arts, hiking, fishing, arts & crafts, photography, robotics, horticulture and the 4-H tech team has developed a club web site: www.McGuireFalcons4-H.org

★ **Davis-Monthan AFB, AZ**—Teens taught Health Rocks! And Life Rocks! to the School Age youth and trained teens from Pima Partnership HS and Robles Junction to teach the course in their community. Participated at the 2005 CYFAR Conference; taught at several county 4-H functions; presented activities at state 4-H functions; and conducted a session of Health Rocks! at the 4-H Western Region Conference. Other 4-H programs offered at the youth center include engineering workshops, photography clinic, science opportunities and community service projects.

★ 4-H participated in the Boys & Girls Clubs of America European Youth Development Conference. Representatives from Air Force, Army, Navy and the Marines were in attendance at the conference. 4-H Military Liaisons, Joy Jordan (FL) and Debbie Bowman (MD) provided training and support to the program.

This accomplishment list represents only a small portion of the 4-H/Air Force activities that are offered by caring Youth Programs and 4-H staff that have provided positive learning experiences for youth. Other wonderful 4-H success stories are taking place at an Air Force base near you right now. Visit your local Extension office to find out what you can do in 4-H!



Friends work together in the McConnell 4-H Sewing Club



Kelsey from McConnell receives a red ribbon for her sunflower creation

4-H/Air Force Overseas Partnerships

In an effort to provide 4-H clubs to youth abroad, strong partnerships with Arizona and Florida Extension were created to provide 4-H support to Air Force bases overseas. Extension Agents from the University of Arizona support 4-H clubs on bases in Japan and Korea. University of Florida Extension Agents support the European 4-H efforts including sites in Germany, England, Italy, Spain, Turkey and Portugal. These opportunities could not happen without the dedication and support of the State 4-H leaders, Military liaisons and Extension professionals. Thank you Arizona and Florida Extension for providing 4-H experiences to our families and youth overseas!

Arizona: In addition to Luke and Davis-Monthan, Extension staff support four Air Bases overseas—Kadena, Misawa, Osan, and Yokota. 4-H has flourished at these locations with the guidance and assistance of AZ Extension staff and late night conference calls.

The AZ 4-H Military Partnership delivered a two-day 4-H training to AF staff from Osan, Korea; Kadena, Yokota, and Misawa, Japan; Andersen, Guam; Elmendorf and Eielson, AK, and Hickam, HI. The training team was composed of members from the state 4-H office, county extension faculty and AF Partners from Luke and Davis-Monthan.

The AZ Extension staff training included hands-on experiences on the 4-H Essential Elements, experiential learning model, content/project areas such as: GPS/GIS, bottle rockets, bug suckers, health, and how to conduct a skill-a-thon and 4-H club meetings.

Each base created a 4-H action plan and received curricula including: a copy of the 4-H 101 CD-ROM, Junior Master Gardener, 4-H CCS Palette of Fun, Sketchbook Crossroads, Portfolio Pathways, and Photography. GPS/GIS units in Osan, Korea are shared between the locations.

Future plans include a joint Air Force & Army 4-H training to strengthen relationships, promote 4-H, and build partnerships between bases and installations with the 4-H Military programs in Arizona, Alaska, and Hawaii.

Florida: In addition to Patrick, MacDill, Tyndall, Eglin and Hurlburt Field, state and county Extension staff support fifteen air bases overseas. 4-H clubs have been formed at these locations and will be chartered in the fall, 4-H materials and resources have been provided and guidance and assistance from the FL Extension staff are readily available through the University of Florida web site, email and telephone conferences.

The State 4-H Military Liaison trained at the European Youth Development Conference and introduced 4-H Judging methods to over 175 youth staff. 4-H clubs at Vogelweh and Ramstein continue to grow and Ramstein plans to hold the first European 4-H fair in the Kaiserslautern community. Florida introduced an overseas internship program for Florida grad students to provide 4-H club support and to work with AF staff on 4-H summer programming.

Future plans include a 4-H/Air Force training in England, and Florida Extension staff would like to establish the first 4-H Congress in Europe!

Due to the dedication and commitment of these states, National 4-H Headquarters, CSREES, USDA, and Air Force Services Family Member Programs, military youth overseas are able to enjoy a taste of home through 4-H clubs on Air Force bases.



Youth paint the 4-H Clover on the wall at the Pope youth center



Youth at Mountain Home display their 4-H healthy breakfast project



Eielson youth use GPS and 4-H to find their way

The Future of 4-H/Air Force Partnerships

Air Force Family Member Programs and 4-H will continue to expand their partnership and work together to provide opportunities for Air Force families and youth on the base and in the community. HQ USAF will create a 4-H/AF working group that will address AF staff training needs and 4-H club guidance. Additional 4-H support and information will be provided to Air National Guard and Air Force Reserve families. These and other innovative AF/4-H initiatives will offer youth and families a variety of program options that meet the varied needs of the military community.



The 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.

The Air Force Core Values

Integrity first,
Service before self
and Excellence
in all we do.

For more information about the **4-H/Air Force Partnership**, contact:

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The 4-H/Air Force Partnership is a collaboration of the U.S. Air Force Family Member Programs and the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture through Kansas State University.