

Rapport

NCAE4-HA
NEWSLETTER
SUMMER 2011

Fun at the 2010 Annual Meeting. The Summer makes us crazy!



President's Message - Louise Hinsley, NCAE4-HA President



Hello friends! I write you as a comrade... my planner looks full just like yours! As we spin into a summer season with overlapping 4-H educational programs including trainings for 4-H day camps, special interest workshops, orientation for residential 4-H camp, and attending conferences, presentation competitions,

horse shows, congress, etc... I find it difficult to live in the moment. Each of these events has its own list of details, recruiting tools, letters, and the usual enrollment forms, registrations and paperwork. Oh, and the press releases and evaluations..."Have you figured out how to write history while you are making it?"

Extension 4-H Agents are always packing, hauling and repacking! It is our way of life. In North Carolina we are fortunate to have a strong Association of Extension 4-H Agents. I write today to remind you to share..."call a friend", schedule a visit to another county, send an email and ask for help or just to vent a little. We need to lean on our membership to prevent Agent burnout! As professionals we need to share

good plans, notes, outlines, and educational methods. Everyone has something to share and encouragement is key.

At times we all feel overwhelmed with the BIG plans for the next three months. I want to remind you that as a member of NCAE4-HA you are never alone! We understand the strains of this season. Try to schedule some personal time with your friends and family this summer and definitely mark your planner to attend the NCAE4-HA at our State Meeting, August 30-September 1, 2011 in Hickory, NC. This is an oasis for professional renewal. Hope to see you real soon!

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NCAE4-HA Annual Conference

August 30 - September 1, 2011
Hickory, NC



2011 Annual Meeting

Going to the meeting?
Here's a list of things
you need to do!

1. Read Rapport

Great job! You've completed the first step. This will give you insights on the dates and location. Rapport also gives you insight on folks running for office.

2. Visit the website.

Visit the association website at:
<http://www.ces.ncsu.edu/assn/NCAE4HA/>
-Click on 2011 Annual Meeting.

3. Register

Early Bird Registration is due by July 20 and after that it goes up! Register via the website above!

4. Register for workshops!

Workshop information can be found on the LMS system. Visit this system by going to: <http://www.ces.ncsu.edu/xlms/>

5. Book your room!

Room reservations need to be made by calling the hotel: 828-323-1000 or online. Block of rooms listed under: Extension 4-H Agents.

SED professional development activity with the State Bureau of Investigation.



Experience the M&M's: Mastery and Motivation

The West Central District Association of Extension 4-H Agents invite YOU to attend the 2011 NCAE4-HA Annual Meeting in Hickory, NC. The meeting will be held August 30 through September 1 at the Crowne Plaza Hotel in Hickory, NC. This conference will include workshops on Healthy Eating on the Go, Communications, and the 4-H/FCS Graduate Program. The guest speaker for the event features Dream Builders Communication, Inc. with a workshop that will focus on diversity communication. Come out and enjoy a great time of professional development and renewal.

What? How will I fit LINC into my schedule and why would I even want to try?

Pam Jones, Vance County 4-H Agent

2011 NC 4-H LINC (Leadership Innovation in NC)

Who has the time to take on one more thing, especially if the program or opportunity lasts through the summer-that insane time for 4-H agents? Well, seven NC 4-H LINC participants evidently thought they did as they experienced the first of three LINC seminars in April. Participants in the 2011 LINC class are Linda Gore, Lauren Irby, Mason Lawrence, Vanessa Spiron, Tara Taylor, Meg Wyatt, and myself Pam Jones. So why did we squeeze it in? Well, LINC provides an excellent opportunity for professional development through thought-provoking reading assignments and lively discussions. The culminating innovative project will be developed by each person and will be unique to that agent's county's needs. Hopefully, these projects will become cornerstones of our local programs with definite impacts that will lead to support for title promotions. Then there's the FUN. Who wouldn't want to go on a Segway tour of historic Oakwood and eat some of the best food ever at downtown Raleigh restaurants and Dr. D's house? And the next seminar location? Well, I hope that I don't get sunburned...and thank goodness I'm not allergic to seafood.

Nugget of Wisdom

"Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life." -Ralph Waldo Emerson



In The Life...

Tips on how to juggle life as a parent and Extension Agent.

Contributed by: Beth Davis,
Alamance County 4-H Agent

In September of 2010, my life changed tremendously. My husband and I welcomed a new member into our small family. Our son, Troy was born. He is truly the most precious little person I've ever seen. It melts my heart when I hear him laugh and I just think that's the best sound in the whole world. I wish I could spend more time with him, however, reality tells me that I have to go back to work. There are bills to pay and gas to pump and a new little mouth to feed. (For those of you that don't know...formula is expensive!)

I wanted to write this article because I think it's important to point out that we aren't just "working parents." We are 4-H Agents with children. It's a totally different ballgame. We have to work nights and weekends and be away from home multiple nights in a row. Most of the time, our spouses understand our schedules...I said "most of the time." But babies don't care. They have their own schedule and they don't care that your talent show is tomorrow night. They will stay up all night crying their little eyes out with a double ear infection. Being a mom (or dad) is hard enough. But adding the responsibility of being a 4-H Agent on top of that, well, that's just insanity!

So, I thought I'd share with you some pointers, tips, helpful hints, and a few little funny stories to hopefully help you get through your workday. These were provided by other 4-H Agents across the state that have children. I've also included a few excerpts from the book, "You Know You're in Extension When..." for a few laughs. You laugh because you know they are true!

"You know you're in Extension when you can remember your 4-Hers' birthdays better than your own children's birthdays."

"Your spouse calls home and asks when you'll be home. You say, 'I'll be home at the regular time' and they respond by saying, 'well, what time is that?'"

"You can hold a participant's baby (or your own) in one arm, make coffee with the other, all while presenting educational programming." ED

"When it takes 30 minutes to explain what you do to your daughters first grade class." EM

"You know you work for extension when you check email everyday of maternity leave to make certain that your kids get to Electric Congress, District Activity Day and all their other 4-H events." AB

"You can plan a baby shower, wedding shower, birthday party, etc. in 30 minutes flat. After all, event planning is what we do." AB

"You use 4-H curriculum as the theme for your kids' birthday parties (rocketry is especially great!)" AB

"Your daughter's class asks what they get to do this year (2nd grade Farm Animal Days tour and embryology, 3rd grade Soil Solutions, 4th grade Heritage Days, 5th grade Vermicomposting)." AB

Tips from Meg Wyatt (mother of a 7 month old boy, 4-H Agent in Franklin County)

- It is okay if my whole list at work is not completed in one day as long as the items are completed in a timely fashion.
- I have also found to be more sympathetic of some issues that I never was sympathetic to in the past.
- 4-H is supposed to be family time and I believe that means we need to be sure that we make family time with our own families. Practice what we preach.
- Forgetfulness is just part of life now. It apparently gets taken away while you are pregnant and it never reenters afterwards. I write things down A LOT!
- I was a little spontaneous before, but real spontaneous now when things happen and you have to react quickly!
- Although I am usually tired, wear dark circles under my eyes, carry extra weight, and my families priorities first, I wouldn't change a thing.

Tips from April Bowman (mother of 2, 4-H Agent in Forsyth County)

- MULTI-TASK: Combine errands. When you run to get refreshments for the Talent Show, pick up diapers and baby food (in your personal vehicle – don't transport personal items in a government vehicle).
- Just hang in there 6 years then your child can legally participate

in 4-H events. Only another 8 and they can do teen events with you too!

Other Tips

- Put your family vacation days on your calendar first. Then you can fill in your work stuff.
- Talk with your County Director about flexible scheduling.

Many of you know that I am the product of a 4-H Agent. My mom was the 4-H Agent in Montgomery County for 33 years and I participated in just about everything. I went to club meetings, I showed livestock, I went to Congress, I did presentations, I did project books and cumulative records, and I helped with fundraisers. You name it, I did it. I'm sure I complained about some of this stuff (namely presentations and cumulative records), but I'm glad my mom made me...ahem, encouraged me to do it. Because of all I did in 4-H, I can help my kids with their ARIE and Honor Club applications, and explain to them how much fun Congress is. I can help them understand the importance of keeping up with project records and practicing presentations. I can share my memories of getting inducted into Honor Club and attending National 4-H Congress.

Even though being the child of a 4-H Agent was beneficial, there were a few times that I wasn't very happy with my mom because of her schedule. I recall my 13th birthday, which just happened to be the year North Carolina hosted the National 4-H Agent's meeting in Winston-Salem. I remember waking up that day, and my mom wasn't there. She was busy doing all sorts of things at the meeting. I can't imagine how crazy hosting a national meeting must have been. I was upset, but it ended up being okay, because my dad took my sister and me to Winston to see her. My point is that our children will be okay. No matter how crazy our schedules are and how little we see them at times, they still love us.

Even though there are times when we wish we could just throw our arms up and give up, it's all worth it in the end. What we chose as a career is meaningful, and I feel like I'm doing some good in this world. That's something I'm not ashamed to pass along to my little boy.

Finally, I would like to thank those that contributed their own personal pearls of wisdom, tricks of the trade, and thoughts on being a 4-H Agent Parent. Those wonderful people include Brandi Boaz, April Bowman, Meg Wyatt, etc.

2011 - 2012 NCAE4-HA Officer Candidate Biographies

Candidate - President-Elect

Tara Taylor - 4-H Agent, Lenior County

I am willing to serve as NCAE4HA President Elect for the 2011-2012 term. I have served as Southeast District President this past year and have previously served three terms as District Treasurer. In my time as District President I was able to attend board meetings and learn more about the association. I gained new insight into Parliamentary Procedure and Bylaws. I feel that this will help me in the role of President Elect if elected by my NCAE4HA peers. I also have served on committees such as Programming, Nominating, Annual Conference and Finance since 2005 when I joined the association. I have been awarded such honors as the TC Blalock Young Agent of the Year 1-3 years, Victoria Cope Professional Development Award, National Conference Scholarship recipient, and numerous communicator awards. I would like to serve and give back to an organization that I tremendously value.



Candidates - Vice President

Mary Arnaudin - 4-H Agent, Transylvania County

Serving on the annual conference committee last year gave me a new appreciation for the professional development our association can provide. If elected state vice president, I will strive to (a) help new members discover the rewards of NCAE4-HA and (2) encourage us all to s-t-r-e-t-c-h as we "learn by doing" our association work and develop relationships with others from the mountains to the sea.

NC Piedmont Experience:

John Motley Morehead High School in Eden 1973
Biology Major Greensboro College 1973-76
BS Zoology NCSU 1977
BS Science Education NCSU 1978

NC Coastal Experience:

MS in Ecology UNC-Wilmington 1984
Award of Merit for thesis article from Journal of Science Education 1985
Hands -on Science Specialist at Cape Fear Academy 1985-1987
Math Instructor at Cape Fear Community College 1989-1990
Botany Instructor at UNC-Wilmington 1990-1991

NC Mountain Experience:

Environmental Education Specialist with U.S. Forest Service 1992-1996
Science/Math Instructor at Blue Ridge Community College 1992-1996
Graue Extra Mile Award for Teaching, at BRCC 1995
Extension Agent, 4-H Youth Development 1996 to present
District Conservation Educator of the Year 2001, Soil & Water Conservation
NCSU Extension & Engagement Grant Recipient: Teachers as Facilitators of Inquiry-based Science 2004-2005
Burroughs Wellcome Grant Recipient: It's about T.I.M.E. to do Real Science 2007-2011
Presenter for a West District Program of Excellence at 2011 district conference

Professional Affiliations

National Science Teachers' Association: presentations at conferences in 2009 (Charlotte) and 2011 (Philadelphia)
Association of Extension 4-H Agents (member at district, state, national levels since '96)
West District: Current President and past president, vice president, secretary, treasurer
Past State Committees: Constitution, Programs, Professional Development, Recognition Communicator Awards (news article 2001 and newsletter 2010) & Chester Black 2002

Personal Interests

Family: husband Steve (architect) and children: Edwin & wife Sarah (librarians) in Asheville and Elin (graduate student in soil science/entomology at Va. Tech)
Horseback riding, hiking, vegetable gardening, local foods, wildflowers, Southern novels
Church life: First United Methodist, Brevard – organizing/facilitating young adult class

2011-2012 NCAE4-HA Officer Candidates

President:
Cathy Brown

President Elect
Tara Taylor, Lenior County

Vice President
Mary Arnaudin, Transylvania County
Lynn Lambert, Harnett County
Mason Lawrence, Pasquotank County

Secretary
Vanessa Spiron, Wilson County

Treasurer
Erin Bain, Warren County

Treasurer - Elect
Blair Green - Brunswick County



Nugget of Wisdom

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

~John Quincy Adams



2011 - 2012 NCAE4-HA Officer Candidate Biographies

Candidates - Vice President Continued

Lynn Lambert - 4-H Agent, Harnett County

Statement:

Involvement in the NCAE4-HA at both the State and District levels has provided an outlet for professional development that has in turn strengthened my skills as 4-H Agent leading to stronger services being offered to the youth of Harnett County. Serving the NCAE4-HA as Vice President will give me the opportunity to give back to an Association of wonderful professionals that have so graciously shared their expertise with me allowing me to grow as a youth development professional.

Professional Association:

South Central District Association Extension 4-H Agents 2005 - 2011
Secretary 2006
North Carolina Association of Extension 4-H Agents 2005 - 2011

Service to Extension:

Raleigh Golf Association 4-H Camp Tournament Planning Committee 2005-2008
North Carolina Rural 4-H Club Development Project 2007
4-H Resident Camp Team Coordinator 2009 and 2010
Interim County Extension Director, Harnett County Center May 2010 - February 2011
4-H Curriculum Advisory Committee 2011
4-H Livestock Advisory Committee 2011

Community Service:

Harnett County Juvenile Crime Prevention Council
Member 2006 - 2008
Chair 2009 and 2010
Vice Chair 2011
Community Awareness Committee Member 2009 - 2011
Funding Committee Member 2009 - 2010
Funding Committee Chair 2011
Harnett County Farm Bureau
Young Farmer and Rancher Member 2008 - 2010
Women's Committee Member 2011
Harnett Regional Agricultural Fair, Inc.
Founding Member 2006
Board of Directors Secretary 2006 - 2008
Board of Directors Member 2009 - 2011



Mason Lawrence - 4-H Agent, Pasquotank County

Statement:

Serving the NCAE4HA as Vice President would give me the chance share my knowledge and experiences with my fellow agents. It would also be an honor to continue to learn and take on a leadership role in our wonderful association. My experiences and friendships made in our association have helped me grow professionally. Being able to give back to an association that has assisted me so much with my professional growth would be a honor to serve you all.

Professional Association:

Northeast District Association of Extension 4-H Agents	2008-2010
Vice President	2008-2011
Northeast District 4-H Agent Advisor	2010-2011
Northeast District Citizenship Academy Co-Chair	2010-2011

North Carolina Association of Extension 4-H Agent	2010-2011
Constitution Committee	2009-2010
State Meeting Facilities Committee	2008-2010
Membership Committee	2008-2010

Awards

North Carolina Search for Excellence 4-H team award	2010
Epsilon Sigma Phi Team Award	2008
First time National Meeting Attendee scholarship	2011



2011-2012 NCAE4-HA Officer Candidates

President:
Cathy Brown

President Elect
Tara Taylor, Lenior County

Vice President
Mary Arnaudin, Transylvania County
Lynn Lambert, Harnett County
Mason Lawrence, Pasquotank County

Secretary
Vanessa Spiron, Wilson County

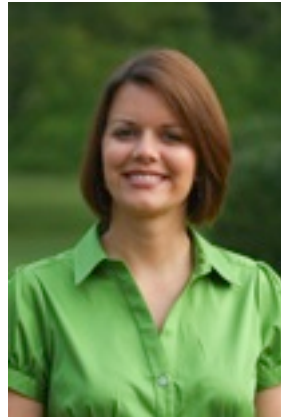
Treasurer
Erin Bain, Warren County

Treasurer - Elect
Blair Green - Brunswick County

2011 - 2012 NCAE4-HA Officer Candidate Biographies

Candidate - Secretary

Vanessa Spiron - 4-H Agent, Wilson County



Statement:

Our 4-H Professional Association has truly been a blessing to me over the past 5 years. I have gained extensive knowledge from the workshops and professional development opportunities, as well as the networking and social opportunities it provides. I am ready to give back to the Association at the state level and serve my fellow 4-H Agents. As Secretary, I would ensure that accurate minutes are kept and distributed in a timely manner. I am also always willing to help out whenever needed.

Professional Association:

District Association of Extension 4-H Agents

SEDAE4-HA Member	2011-present
SEDAE4-HA Secretary	2011-2012
NEDAE4-HA Member	2006-2011
NEDAE4-HA Treasurer	2008-2009
NEDAE4-HA Treasurer-elect	2007-2008

North Carolina Association of Extension 4-H Agents

Member	2006-present
Annual Conference Co-Chairperson	2009-2010
Annual Conference Facilities Committee	2009-2010
Annual Conference Committee	2010-2011
Finance Committee	2007-2009
Programs Committee	2006-2007

5 Winter Professional Meetings / 5 Annual Conference Meetings

National Association of Extension 4-H Agents

Member	2006-present
Annual Conference Attendee, Phoenix, AZ	2011

Awards

- NCCES Search for Excellence Award in 4-H Team Programming, 2011
- NAE4-HA & NCAE4-HA Achievement in Service Award, 2010
- NCAE4-HA TC Blalock Outstanding Young Agent Award, 1-3 years, 2009
- NCAE4-HA Communicator Award – Promotional Package Individual, 2008
- Program highlighted on *Clover Corner News*, 2008
- NC 4-H Youth Development New Professional Orientation Certificate, 2007
- NCCE Program Development Institute Certificates, 2007

Candidate - Treasurer - Elect

Blair Green - 4-H Agent, Brunswick County

Nugget of Wisdom

When you look at your life, the greatest happinesses are family happinesses. ~Joyce Brothers



At the time of production for this issue, Blair was on maternity leave for the birth of her first child, Cheyenne.



The Rapport Committee

2011 - 2012

Kyleen Burgess
Northeast District
Rapport Chair

Kat Irby
Northeast District

Meg Wyatt
Southeast District
North Central District

Barb Swanson
North Central District

Chrissy Haynes
South Central District

Chad Ray
West District

Melissa Staebner
West Central District

Jennifer Miller
West Central District

2011 NAE4-HA Conference

Head Hands Health in the Heartland

Monday, October 24 - Friday, October 28, 2011
Omaha, Nebraska

The 2011 NAE4-HA Conference, "Head, Hands, Health in the Heartland" scheduled for October 24-28 in Omaha, Nebraska, is less than six months away – and they are anxiously preparing for your arrival!

[Registration is now available!](#) Full-time conference registration includes opening event, seminar on wheels, regional brunch, awards banquet, breaks, seminars, exhibits and all registration materials. Early-bird registration deadline is July 15, 2011; the NAE4-HA member rate is \$425, and the non-NAE4-HA member rate is \$525. Part-time conference registration includes seminars, breaks, speakers, exhibits, seminars on wheels and materials ONLY for days selected. Cost is \$125 per day. Meals are not included, but may be purchased separately.

[Hotel reservation information](#) is also available! Two designated conference hotels have been selected for the 2011 NAE4-HA Conference. The reservation cut-off date for the conference room rate is September 23, 2011. A specific number of rooms are on hold for NAE4-HA, and the conference rate will apply as long as rooms are available or until the cut off date, whichever occurs first. Please note that your Hilton Omaha or DoubleTree Hotel reservation confirmation number is required to avoid an Alternate Housing Fee when completing the 2011 NAE4-HA Conference Registration. Those who choose to stay elsewhere will be assessed the Alternate Housing Fee, in addition to the applicable registration fees.

We encourage you to review the Registration Fact Sheet before completing the conference registration. If you have any questions, feel free to contact conference management office by email or by phone at 704-333-3234.

Dates to Remember

NCAE4-HA Annual Conference

August 30 - September 1, 2011
Hickory, NC

2011 NAE4-HA Conference

October 24 - October 28, 2011
Omaha, NE

FEEDBACK?

LIKE WHAT YOU SEE?
SUGGESTIONS FOR FUTURE ISSUES?

CONTACT A MEMBER OF YOUR
RAPPORT COMMITTEE TODAY!

ENJOY YOUR SUMMER!

