

2 0 1 5 A N N U A L R E P O R T

4 - H M I L I T A R Y P A R T N E R S H I P S

MAKING A DIFFERENCE FOR MILITARY YOUTH

4-hmilitarypartnerships.org





Memories for life...

RESILIENT MILITARY YOUTH GUIDING THE WORLD THROUGH THE 21ST CENTURY

Unlike other youth programs, 4-H is supported by 110 universities as a part of the U.S. Department of Agriculture. These universities conduct research in positive youth development and the latest methods for teaching youth. 4-H's life changing programs are research-based and available to all military installations around the world, along with the accessibility of 4-H clubs, camps, and enrichment programs in every county and parish in the U.S. Youth in 4-H programs thrive as they develop the 4-H Essential Elements:

- Belonging** know they are cared about by others
- Mastery** feel and believe they are capable and successful
- Independence** know they are able to influence people and events
- Generosity** practice helping others

These elements help youth build resiliency skills as they interact with people and their environment. 4-H builds on three program areas: **Citizenship** (community – interacting with people and the environment in which youth live), **Healthy Living** (leading lives that balance physical, mental, and emotional health), and **Science** (science, technology, engineering, and math).

4-H Clubs on installations create the opportunity for multiple ages to work together to determine their own educational experiences through club meetings, committee work, activities, and engaging in the community where they live. Clubs help youth engage in self-reflection and understand multiple perspectives, as well as making conscious choices for themselves and others around them.

"Our family is so grateful for 4-H opportunities as we have been able to take advantage of programs in a small town. It has exposed us to new things to bond as a family and with our local military family."—Coast Guard Parent

Through deployment and other events, military children face multiple stressors, creating the importance of youth developing skills that help them process adversity by positively adapting to situations. The 4-H Club provides youth an opportunity to take on leadership roles, creating the opportunity to communicate and think of other's interests and the needs of other age groups of youth. It is critical that military children live in an environment where they have the opportunity to develop resiliency skills

within their family and community. 4-H, with more than 100 years of history, exemplifies the capacity for youth to develop life skills.

4-H provides the opportunity for youth to continue to expand their knowledge and skills as they move from installation to installation. 4-H is in every state/county in the U.S. Four states, Alaska, Florida, Hawaii, and Maryland, have taken on the task of supporting 4-H on all overseas installations where families live. These states provide staff training through webinars, conference calls, and occasional on-site training, along with curriculum and educational supplies and kits (robotics, rocketry, environmental science, nutrition and physical activity). States connect with Child and Youth sites to identify outcomes for their youth each year and how, through programming and staff training, the site can help youth to develop life skills through hands-on learning. 4-H asks sites to report on new knowledge and/or skills youth have learned. This information assists 4-H and the site in determining staff training and future programming to assist youth in strengthening and/or developing new skills.

Florida's strong commitment to the 4-H Military Partnerships is shown through their support of 11 Air Bases in Europe in addition to the 13 installations and bases in the state.



SCIENCE

President Obama has set the goal of the country obtaining one million STEM graduates in the next ten years for the U.S. to flourish (www.ed.gov/stem). 4-H science programs provide youth the opportunity to learn about Science, Technology, Engineering, Art, and Math through



hand-on activities and projects.

This year military sites reported programming in agriculture, veterinary and environmental sciences, robotics, rocketry, biotechnology, and arts. Through this programming, youth developed skills in problem solving, teamwork, decision making, effective communication, critical thinking, and thinking creatively. Science can be overwhelming for many, but presented as a hands-on learning experience, it can open youths' eyes to an opportunity to discover a potential career path.

Rhode Island

4-H and Newport Naval Station staff set a goal to focus on outcomes that increase life skills for youth in problem solving, decision making, and communication, preparing them for careers in the 21st Century. 4-H training helped staff create positive learning environments, where youth have the opportunity to experience Independence, Belonging, Generosity, and Mastery, as they developed skills in health and science.

Using the 4-H Club model, Navy Child and Youth staff encouraged youth to communicate and share interests as project clubs were identified. By involving youth in the development of clubs of interest, there was 100% participation in the 4-H project clubs. The robotics club designed and built robots, and expanded their knowledge on an educational tour of the Graduate School of Oceanography. They learned about robots, research, careers, and the importance of developing problem solving skills. To enhance their skills in decision making and communication, members participated in a district public presentation contest and served as club officers. The theater club qualified for the state competition and the 4-H'ers won awards for their record keeping skills and exhibits.

"I learned to set goals at 4-H and one of my goals this year is to use my hand, heart, and health goals to give back to my community."—Youth

Florida

4-H community clubs engage youth in becoming an active member of their community and world. To help the youth understand the importance of this engagement,

the youth spent a week learning how the Ramstein Air Force Base prepares for humanitarian missions. Military members demonstrated state-of-the-art GPS technology and its role in keeping military members safe and on track. This provided youth an insight into the life-saving role of technology, military missions, and the positive impact of the professionals who develop new technology. To practice skills needed to engage in humanitarian service (e.g., teamwork, problem solving, communication, wise use of resources, planning, and concern for others), youth planned a mission to address Ebola in Africa. Youth created a Red Cross Center and designed rockets to deliver

"I am so pleased with the day to day positive changes in the program. The environments are great and the children are being involved extensively in the program."—Air Force Flight Chief

medical supplies and other life emergency supplies using GPS. Youth developed social competencies as they gained a better understanding of missions of their military family members, as well as expanding their skills in teamwork, planning, problem solving, leadership, as well as gaining a sense of purpose.

Nebraska

To gain a deeper understanding and excitement for learning at the Offutt School-Age Program, youth were engaged in experiential learning and exploration. To ensure youth have a chance to gain life skills, staff developed new techniques to deliver programs using experiential learning, multiple teaching strategies, and integrating 4-H throughout their programs. Extension staff provided over 110 hours of support through programs such as **STEM Dissection Days** (85% of youth reported that to solve a problem, they must first make a plan). Youth remarked: "This is icky, but way cool" and "science is amazing."

Animals Inside and Out taught youth about animal science careers, biosecurity, cardiovascular systems, digestive systems, animal identification, and care for animals. Youth indicated they can make good decisions about caring for animals, with 88% indicating they understand how to diagnosis an animal with an illness and the importance of keeping good records.



Louisiana

In Louisiana, local 4-H Community Club Leaders and military staff attended 4-H training together. Through learning about 4-H and each other's programs, the local 4-H Community Club members volunteered their skills to support the New Orleans Naval Station afterschool program in the areas of health and science. Navy youth live along the coast, often for short periods of time. This short timeframe in each community limits their understanding of how their actions affect the environment or how the environment affects their quality of life, setting the stage for perfect learning experiences for both clubs.

At 4-H club meetings, youth learned how wetlands and coastal areas protect Southeast Louisiana from storm surges by constructing and running a storm surge model. Together members conducted water quality tests and learned about habitat: how it functions, how to plant wetland trees and grasses, and ecological concepts of a bottomland hardwood forest such as food webs, energy flow, decomposition, and reproduction. Club members became familiar with Louisiana's coastal land loss, habitats, industrial site impacts and restoration efforts in restoring the wetlands. 4-H'ers recognized problems and assets of the environment, and identified ways they could make a difference. Youth learned proper habitats of different species of wetland trees and grasses, used GPS and GIS to mark the location of trees planted on field trips, and made and installed duck boxes for Wood Ducks. Navy youth may see their next coastal station in a different way.

"Our daughter has always struggled to fit in and 4-H has given her a place to feel at home. Everyone is invited here and that is very encouraging."—Navy Parent

HEALTHY LIVING

Finance, obesity, bullying prevention, safety, stress management, nutrition and food science are all part of Healthy Living, helping youth learn how to lead lives that balance physical, mental and emotional health.

Florida

Developing knowledge and skills at a young age are key to becoming a responsible adult when it comes to managing your own money or possibly a business. To help youth gain skills in financial management, staff engaged youth in activities that helped them gain a better understanding of how the choices they make now can set the stage for success or financial challenges in their future. The Navy CYP staff also provided youth the opportunity to identify unique community needs and develop a plan to support those needs. Twenty of 25 youth were able to increase



their financial knowledge and the majority indicated they understood the importance of saving money.

New Mexico

4-H is helping families at Kirkland Air Force develop a healthy lifestyle. One of the best stress relievers is exercise and that is just what the base did with the whole family. 4-H helped support World Wide Day of Play by inviting youth and their families to play which involves teamwork, communication, and a lot of laughing. One of the healthy

"The program has given our daughter the outlet she needed, gain confidence from program leaders, and a sense of personal accomplishment."—Air National Guard Family

goals was to improve the garden as the raised beds would not grow crops with the native soil. They found support from a local business which supplied plants. Volunteers added compost to the soil and a fence to keep small predators from eating the fresh produce. Older youth noticed that the garden was not getting water regularly. Six youth were selected to develop a plan and help install a drip water system. The plan was carried out with the assistance of the local Extension agent. The Center harvested their produce all summer and enjoyed it as part of their lunch. Youth also learned about composting to continue enhancing their garden site for the coming years.



CITIZENSHIP

Job skills in the 21st Century include knowledge and understanding of other countries, cultures, and perspectives. The key to helping youth move through differences and adversity is having members of the community and military child and youth staff help youth develop cognitive and social abilities that make it possible for them to recognize, understand, assess, learn from, and react to their experiences.

Guam

One of the stressors to being a military youth is moving throughout the world and making new friends, changing schools, and adapting to a new culture. Guam Extension recognizes their culture is different than living within the continental 48 states and works to help military youth discover and understand the culture of not only Guam heritage, but the assets and challenges of the island where they live.

To gain first-hand experience in being a responsible citizen on the island, youth became involved in community gardening. Youth indicated they gained new knowledge and skills in proper care, seed germination, transplanting, pest control, and the satisfaction one gets from growing and eating fruits and vegetables cared for by their own hands. Youth illustrated their skills of nurturing relationships as they each took an active role in caring for their garden through decision making, management skills, and teamwork. Youth became better citizens of the land as they gained knowledge and skills in reducing, reusing, and recycling, especially on a small island. Youth recognized that everyone has a civic responsibility and must take an active role in their community to ensure livelihood.

"I now have a much better understanding and appreciation for what you all do in 4-H. This has helped me make the decision that I want to be a part of this effort. Count me in!"—Volunteer

Michigan

To help military youth develop resilience, a goal was set to connect youth to the broader community. Military youth shared the skills learned at the youth center by helping



with gardening and landscaping projects at Camp Skyline. Thirteen youth demonstrated their mastery of gardening and landscaping skills while serving their community through service and civic responsibility.

Military youth and adults increased their engagement in: 4-H Exploration Pre-College Days, fairs and camps at county, regional, state, and national levels, helping youth see themselves as active participants and leaders.

TRAINING – LEADING THE WAY

As a leading youth organization in Positive Youth Development (www.4-h.org/about/youth-development-research/positive-youth-development-study/), 4-H increases youth's ability to develop skills that support resiliency. Training of Child and Youth staff and volunteers increases the opportunity for youth to develop a sense of competence, usefulness, belonging, and empowerment. 4-H Essential Elements helps staff implement programs that give young people the chance to form relationships with caring adults, build life skills, exercise leadership, and provide service to others.

More than 5,000 Military Child and Youth staff and 4-H volunteers increased their capacity to help youth develop life skills through 4-H training. The training was delivered through

67% hands-on training – participants practice new skills learned

33% virtual trainings – learn at anytime and anywhere

4-H Positive Youth Development training provided military staff and adult/teen volunteers the skills to create an environment within their communities that supports:

- positive relationships with caring adults,
- emotional and physical safety,



- engagement in learning opportunities for mastery,
- seeing oneself as an active participant, self-determination,
- and the ability to practice service to others.

Creating this environment supports youth as well as challenges youth to develop as leaders for their communities, the U.S, and the world.

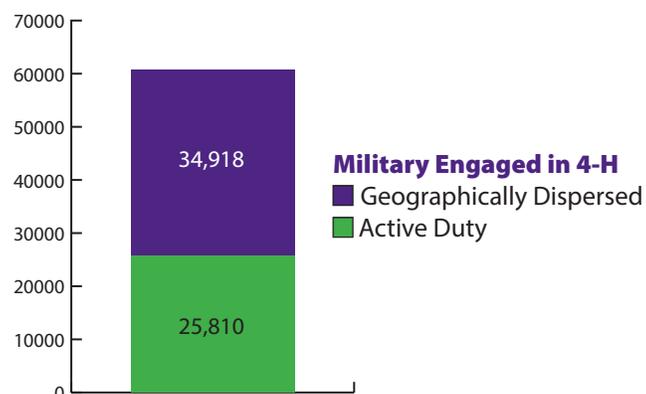
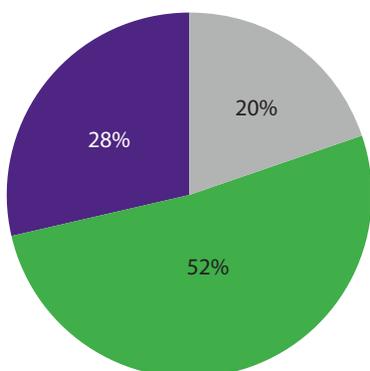
MILITARY PARTNERSHIPS

Military funding enables Extension to support this partnership with 49,396 personnel hours to enhance staff training and expand youth engagement in 4-H Clubs and other 4-H educational programs. 4-H, through its state and local staffing, have embraced this partnership with Extension staff contributing 127,749 hours in support of military programming. With 4-H's strong community base, volunteers provided their time and talents to make a difference with 70,313 hours of their time which is valued at \$1,553,718 by Independent Sector, 2014 (http://independentsector.org/volunteer_time). Additionally, Extension, community partners, and State 4-H Foundations contributed more than \$192,825 through travel, curriculum, and program resources such as camp scholarships.

"Our family loved getting to know other military families! It was great making friends with other kids in the same position." – Military Family

Personnel Support for 4-H Military Partnerships by Hours

- 49,396 hours Military Grant Funds
- 127,749 hours Extension In-kind Support
- 70,313 hours 4-H Volunteers



GEOGRAPHICALLY DISPERSED

Virgin Islands

Virgin Islands trained 21 National Guard and community adults and 3 teen volunteers, who now support the 4-H Military program. After the training, 92% of the adults demonstrated how to effectively use the Essential Elements by developing a 4-H project plan. All of the participants indicated a better understanding of how to use the 4-H Essential Elements to create positive learning environments. During one of the Guard Youth Team Building events, one adult committed to becoming a 4-H volunteer. Through their trainings, teens became involved in service to others as mentors and project leaders within their community.



New Hampshire

Military Family Adventure Camp: "Engineering with a Purpose...Family Style!" provided 125 military family members (67 youth, 58 adults) with hands-on opportunities to participate in activities such as "Rockets to the Rescue", "Look at all the Sugar!", "Water, Water Everywhere", and "MyPlate".

These events provide youth with the chance to build connections with other military youth, feel the support of their communities, and practice skills such as effective communication and teamwork. Through activities such as "Science at Sea" and "Rockets to the Rescue" military youth are able to develop skills in scientific method, problem solving, collaboration, and leadership. Focusing on health, military youth strengthened knowledge and skills in healthy food and its preparation and identified and practiced the behaviors necessary for a healthy lifestyle.

Families participated in guided canoe trips, beach time, and other family strengthening activities. Youth reported that as a result of their participation in Military Family Weekend: 88% met people they plan to keep in touch with, 77% met people they feel they can contact for help in the future, and 83% met people they felt they were able to help.



TEEN LIFE SKILL DEVELOPMENT

When a youth joins 4-H, a goal is to help them become a capable adult that is successful in a career and in their community. According to About Careers (www.about.com/careers/), top job skills include: team player, flexibility, effective communication, problem solving, resourcefulness, accepting feedback, confidence, and creative thinking. 4-H uses a variety of opportunities to help youth learn these skills. For example, by being a member of a 4-H club, youth are learning skills through:

- Serving as committee member or club officer
- Presenting ideas to groups
- Working as a team to identify needs and find resources to meet the needs
- Working with a variety of ages, cultures, and social economic status
- Teaching others

One of the best ways to develop a skill is through practice. 4-H applies this regularly by asking youth and adults to give back. Training teens helps them hone their skills in: speaking and listening, developing and delivering age appropriate subject matter, organizing, planning, developing relationships, and service to others.

New York

Teen years are a time when youth take on more responsibility by making choices for themselves. Nutrition and fitness are a choice made consciously and often unconsciously each day. With a focus on health at the Army Installations in New York, 4-H helped 23 teens learn new knowledge and skills in speaking and listening, organizing, planning, strengthening relationships, service to

"My daughters were learning and doing this week. I love that! They have both come away with useful nutrition knowledge of new cooking and baking skills. And most important they have come away with stronger self-esteem and self-confidence about themselves."—Mom

the community, and health. To practice these skills the teens taught Choose Healthy Food, Fun, & Fitness to 29 children in the School Age program. After the programs, youth indicated that 88% plan to drink less soda and surgery drinks and 78% plan to eat fewer high-fat foods. One youth participant commented, "I learned dark food is healthier than light food." These results helped the teens and site assess the nutrition program and teen skills to determine future programming and training.

Delaware

4-H Health Rocks provides the opportunity for teens to become active in supporting the well-being of their community. At Dover Air Force Base, teens learned how to make positive choices, communicate with others their desire to live a healthy life, and how to say no if approached to participate in risky behaviors. Dover teens demonstrated their new skills in communicating risky behavior, helping youth identify ways to solve problems, and improving community members' health.

"After receiving training, staff were better prepared for challenges that may occur. They were also able to think of great ideas to make their club "pop."—Youth Program Staff

Delaware 4-H Food Smart Families - Kids in the Kitchen provided 87 youth the opportunity to learn skills in making healthy choices, how physical fitness can be fun, and ways

they can help parents shop for healthy, low cost meals and snacks for their family. Ninety-five percent of the youth indicated that during the 10 hours working together they tried something they had never had before and discovered they liked it. Youth demonstrated their new skills in food preparation at home by planning and communicating the preparation needs, and teaming with Mom on the responsibility for food preparation.



Kentucky

The goal of the Christian Parish 4-H program is to have youth developing skills to support the local community, as well as teens taking on leadership positions. Youth involvement beyond the local and county level provides youth the opportunity to develop social skills, gain a broader experience of 4-H, and develop new friendships. With the support of caring adults, Christian Parish 4-H program increased the number of military youth involved in leadership at the state level by 15%.

Washington

Teens as Teachers is a regular training in Washington providing teens the opportunity to learn new skills in goal setting, teamwork, problem solving, nurturing relationships, and program knowledge. They have the opportunity to practice these skills through programs at Fairchild Air Force Base, Kitsap Naval Base, and within their own communities. Teens at Fairchild assisted with National Youth Science Day and Lego robotics. Three teens were also trained to deliver four nutrition and fitness lessons at the Teen and Youth Center through a grant provide by National 4-H Council. Kitsap County military teens used their new skills in planning, organizing, and demonstrating teamwork with the Food Smart Family Program through three, week long summer camps at the elementary schools.



ships to assist sites with curriculum and training resources and a place to share 4-H programming photos.

The continued training and support for on-installation 4-H programs resulted in a summer sewing program where 23 youth learned sewing and quilting techniques, along with hand-eye coordination, design, teamwork, and concern for others as the quilt was given to the Quilts for Valor program. The recipient of the quilt was an Eielson Airmen who received a Purple Heart. This program has led to the request for the continuation of sewing with a quilt focus. This 4-H Club also strived to exhibit their accomplishments at the Tanana and Palmer State Fairs, with 10 entries exemplifying special Achievement/Grand Champion recognition.

BUILDING CAPACITY

Alaska

Many military families live in small communities in Alaska, a state where villages may be hundreds of miles from each other and only reachable by plane or boat. The challenge to reach out to these geographically-dispersed military families across the state has led to creative collaboration and supported place-based learning to encourage the development of youth developing life skills. Providing youth an opportunity to be a part of the greater community is also addressed as a need.

This collaboration includes daycare centers off the installations, daycare providers on the installation, Boys and Girls clubs, after-school programs, Parent-Teacher Associations, University of Alaska Museum, Geophysical Institute, SNAP-Ed (public assistance program), National Guard, and Coast Guard. Currently a pilot website focuses on the 4-H projects that have higher participation (sewing, cooking, arts, photography, Latin culture, small engines, pocket pets, and robotics). This project also assisted Alaska with supporting Pacific OCONUS (Outside Continental United States). A special Facebook Group was established for the Alaska/PACAF 4-H Military Partner-

NAE4-HA 4-H MILITARY PARTNERSHIPS AWARD



Chesley's passion and dedication to serving military youth and families had an impact in four counties in Georgia. In her first position, she has worked in collaboration with the local and DoDEA schools and after-school programs at Ft. Benning. While there she organized a "Purple Up" Day in two elementary schools and recognized the military families in those schools. She coordinated a 4-H comprehensive training session for youth center staff to maximize their understanding and implementation of 4-H programming. Currently she is developing partnerships with a remote Army installation as well as a military college in her area. Chesley serves on state-wide committees in support of military youth and families. As one collaborator said, "Chesley Davis is a real gem. She has shown a level of dedication to our military students above and beyond the scope of her job." Congratulations Chesley!

CAMPS

4-H Air Force ANG/AFR Camps

Nineteen day and residential camps targeting Air National Guard and Air Force Reserve youth and their families were held in 12 states, reaching 535 people. More than 90% of the respondents agree or strongly agree that they increased skills in: communication with adults, communication with peers, appreciation of new things, taking more responsibility for their actions, making better decisions by themselves, and became better at understanding new information, meeting new people, and learning new things.

Camps were held in the following states:

- Alaska* – Environmental Stewardship
- Arizona* – Underwater Robotics
- Delaware* – Rocketry and Environmental Adventures
- Georgia* – Environment Treasure Hunt
- Illinois* – Launch Day Camp
- Iowa* – Adventures in Civic Leadership
- Massachusetts* – Saddle Up and Serve
- Montana* – Wilderness Survival
- New Jersey* – Life Skills
- New York* – Living History Since the Civil War
- Pennsylvania* – Families Sharpening Skills
- South Carolina* – Disaster: Ready at All Times
- Texas* – Health and Tech Discovery
- Utah* – Principles of Flying

4-H Navy STEM Camps

Navy teens had the opportunity, as part of their Teen Center, to describe why they would like to attend one of 5 summer camps. Camp opportunities included: Georgia – Environmental Challenges; Iowa – Environmental Stewardship; Maine – Outdoor Adventure; Maryland – Robotics and Nature; and Texas – Outdoor Adventure and Career Development.

Maryland Navy Camp

Nineteen youth living on Naval Bases in Bahrain and Japan traveled to Garrett County, MD, for a unique STEM 4-H Camp. For children in military families, a seemingly simple question, "Where are you from?" can sometimes be the most difficult to answer. "It's hard because you feel like you have to be really specific," says a Navy teen, who has lived in Bahrain, just east of Saudi Arabia, for the past year.

4-H has a presence on military bases worldwide as a way to support youth who don't have a chance to put down roots the way other children do. Maryland focused on robotics, science, and engineering combined with

"We could not have done this camp without the outstanding teamwork demonstrated by these teens."—4-H Leader

opportunities to explore Maryland's history and natural beauty. Teens interacted with local 4-H'ers at the Garrett Engineering and Robotics Society Facility and tried their hand at making and controlling their own robots. The group also tried their skills at hiking, canoeing, shooting rifles, learning archery, and holding snakes at a 4-H campground.

"Being a military child, you don't usually go to camp so this is giving them experiences they wouldn't normally get and showing them that someone other than their parents care," says a Navy Teen Program Assistant. "It's a way to say, since your parents are serving, this is what we can do to serve you." While friendships were forged between teens from both Naval Bases, as well as with Maryland 4-H'ers, saying goodbye at the end of the ten days is something that comes naturally for these military youth. "You can't get too attached," says a camper. "You get desensitized – just say goodbye and move on." While these teens might not have a chance to stay in any one location for long, the hope is that 4-H will be there for them wherever they are in the world.

"4-H helps them with their transition, resilience, stability, and growth and development," says the Extension 4-H Military Liaison. "That's the whole point."

Texas Navy Camp

Twenty high school students from two Navy bases in Virginia developed new friendships while attending camp in Texas. Camp gave youth the opportunity to set aside their challenges and gain knowledge and skills in STEM and College and Career Readiness.

The campers had several "once in a lifetime" experiences giving the campers a chance to face their fears. For example, several of the youth were not sure about indoor sky diving. However, once they learned how to fly, observed other youth, and were encouraged by others, they participated. Campers indicated they gained new knowledge in food science, physics of skydiving, how caverns are formed, and how to apply to college.





Memories for life...



4-H MILITARY LIAISONS

The Extension 4-H Military Liaison is an Extension professional, located in each state, D.C. and U. S. territory, who serves as a link between the state extension program, military service branches in their state, and with 4-H Headquarters located within USDA's National Institute of Food and Agriculture (NIFA). The focus of an Extension 4-H Military Liaison is to coordinate, network, and facilitate programs and resources working with a variety of partners at the university level, with military partners, and with partners across their states in support of military families, chil-

dren, and youth programming. They are the official point of contact for all 4-H military-connected youth programs in their state. Land Grant University Extension faculty/staff support the 4-H Military Partnerships (FY2015) at the level of 24.6 FTE's funded through the 4-H Military Partnership Grant. In addition, 63.6 FTE's are funded through Extension resources in support of military families and youth. A list of current State 4-H Military Liaisons can be found at www.4hmilitarypartnerships.org.

For More Information Contact:



National Institute of Food and Agriculture
U.S. Department of Agriculture
Washington DC

4hmilitarypartnerships.org/contact_information/index.html



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