



## Military 4-H Partnership Annual Corporate Report

### **A Year in Review** - Kathleen Jamison, 4-H Military Liaison & Louetta Jones, 4-H Military Club Director

The Virginia 4-H Military Partnership continues to provide a 4-H support network across the state to help youth of military families develop skills to become more resilient in the face of change and adaptive in navigating everyday life and the issues of growing up.

Over 1,900 Virginia military youth participate in 4-H clubs or programs. This includes military youth enrolled in county/city 4-H programs and those enrolled in 4-H clubs on 14 military installation sites. Thirty counties and three cities report enrollment of military youth in local 4-H clubs. It remains a challenge to capture the number of geographically dispersed military youth engaged in 4-H programming such as community afterschool programs, school enrichment programs, summer camps, State 4-H Congress, Intermediate Congress, achievement night programs, competitions, and county fairs.

Learning opportunities in 4-H are focused on three main program areas: Citizenship, Healthy Living and STEM (science, technology, engineering, and math). 4-H Extension Agents and 4-H Installation Club Coordinators work with installation staff to identify projects of interest to military youth as well as projects that focus on their respective branch needs. Regardless of the project selected, 4-H curriculum is researched-based and leads to the development of life skills.

The reporting of 4-H Military Club outcomes - changes in knowledge, skills, and attitudes—are evidenced this year. We are proud of strengthened partnerships.



*Mission: To Provide 4-H Military Youth  
Diverse Opportunities to Learn and Practice Life Skills*

### **4-H Military Club Partners**



Military 4-H Partnerships are supported by the U.S. Department of Agriculture, National Institute of Food and Agriculture, 4-H Headquarters; U.S. Army Child, Youth and School Services; U.S. Air Force Child and Youth Programs; U.S. Navy Child and Youth Programs; and the Virginia Cooperative Extension 4-H Program (Virginia Tech and Virginia State University) through grant funding at Kansas State University.

## Facts At A Glance

- 1,414 military youth are enrolled in 4-H installation military clubs.
- 11 installations with 14 sites have 4-H Military Clubs.
- 13 installation clubs received new or renewed club charters.
- 1 off-installation chartered club has 10 military youth members and 4 military-connected youth.
- 35 trainings for youth staff on installations were held.
- 105 youth staff on military installations were trained.
- 510 military youth were enrolled in 33 different 4-H youth development programs statewide, including branches of Army Active & Reserve, Air Force Active & Reserve, Navy Active & Reserve, Army National Guard, Air National Guard, Marine Corps Active & Reserve, and Coast Guard Active & Reserve.



## 2013 Goals:

- Provide military families and youth with information about the benefits and availability of 4-H programs in Virginia through emails, the Virginia 4-H Military Club website and local 4-H program marketing .
- Strengthen current and develop new 4-H chartered clubs on targeted military installations.
- Assist military staff to identify projects of interest to military youth
- Provide information on project topics identified as needs by their respective branches.
- Educate staff on outcome-collection strategies (changes in knowledge, skills, attitudes)
- Assist with development of annual calendar.
- Build connections between on-installation 4-H clubs and local 4-H clubs/programs.

## Outcomes of 4-H Military Club Programming

### Citizenship:

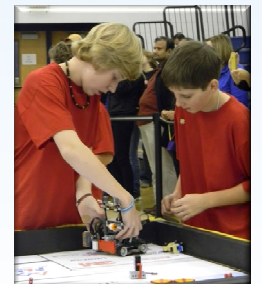
- 502 youth participants increased the frequency in which they play by the same rules they set for others. (A 136% increase)\*
- 485 youth participants increased the frequency of doing kind acts for others. (A 128% increase)\*
- 468 youth improved how they take care of property they have permission to use. (A 138% increase)\*
- 432 youth demonstrated improved teamwork. (A 173 % increase)\*

### Healthy Living:

- 597 youth indicated they have incorporated at least one new health or nutrition practice (eating correct portion sizes, eating in moderation, choosing healthier beverages over high calorie/high sugar drinks, eating healthier snacks and/or increasing physical activity) into their daily lives. (A 180% increase)\*
- 558 youth indicated increased knowledge on the benefits of physical activity.
- 557 youth indicated the importance of healthy food options.
- 381 youth indicated increased knowledge of diseases related to obesity. (A 217% increase)\*
- 526 youth identified ways to say no to tobacco (cigarettes and cigars), alcohol and illegal/legal drugs when offered a substance. (A 374% increase)\*

### Science:

- 263 youth increased knowledge in STEM (*Science, Technology, Engineering, and Math*) taught through gardening, aerospace, plant growth, robotics and alternative energy.
- 92 youth increased STEM skills and abilities to construct woodworking projects, build robots, build and launch rockets, and use computers.
- 304 youth improved teamwork in STEM when working together to conduct or complete projects such as science experiments, gardening, plant growth charts, robots, and assembly of tent for outdoor adventure. (A 76% increase)\*
- 251 youth increased STEM problem-solving abilities by completing science experiments or woodworking projects. (A 230% increase)\*



\* The outcomes of FY 2013 were compared to outcomes of FY 2012.

## Army Installations With 4-H Clubs

Fort Belvoir  
Fort Lee  
Joint Base Myer - Henderson Hall



**2 Chartered Clubs - 23 Project Groups  
616 Military 4-H Youth Members**

A variety of 4-H projects were conducted by Army 4-H clubs to promote resiliency. Projects included public speaking, officer training, photography, theater arts, service learning, citizenship, character education, consumerism, foods & culture, bullying prevention, health and fitness, Health Rocks, first aid, sewing, babysitting, child development, robotics, gardening and aerospace. See highlighted stories:

**Fort Belvoir - Stomp Out Smoking Campaign:** In partnership with Fort Belvoir Elementary School, the School Age Center (SAC) Steppers consisting of 18 youth, performed a dance/step routine called "Stomp It Out!" during a school assembly. Their step routine demonstrated the importance of "Stomping Out" the use of tobacco. Youth also performed for their peers, SAC staff and families during the after school SAC program. A banner was created and presented to the school. The Steppers reached 310 participants with their stop smoking message. This method allowed youth to express their feelings and ideas through dance and movement.

**Joint Base Myer-Henderson Hall - Cooking Club:** Thirty members of the School Age Center Cooking Club were passionate about cooking. Youth developed useful skills in the kitchen such as how to read recipes, follow directions, accurately measure ingredients, and use kitchen equipment such as a blender and stand up mixer.



### Fort Lee Bike Safety Camp, "Calling All Bikers:"

Seventy-five 4-H youth learned bike safety, repairing and riding tips. Youth also learned about different bikes with wheels including motorcycles, which included a field trip to a local store to learn more about the different types of motorcycles. The camp culminated with a bike ride around FT Lee, led by the Fort Lee Veterans Association on their motorcycles.



## Air Force Installations With 4-H Clubs

Joint Base Langley/Eustis - Eustis  
Joint Base Langley/Eustis - Langley Air Force Base



**1 Chartered Club - 19 Project Groups  
534 Military 4-H Youth Members**

Numerous projects were conducted to support the Air Force focus of health, nutrition, and fitness, Health Rocks, and STEM Education. Youth also participated in several citizenship projects. See highlighted stories:

### Fort Eustis School Age Program- CHARACTER COUNTS! Week:

Over 50 youth participated in the character education week activities. The theme for spring break was *Character Counts!* Every day a pillar of character was highlighted as the theme for the day. Throughout the week the children created a "Kindness chain" writing individual acts of kindness on pieces of paper that were linked together to form a chain that stretched the length of the hall.



In addition, fifteen 4-H members worked with kindergartners at the child development center on base to make a "Handprint Friendship Quilt." Other service projects conducted included planting flowers and a trash clean up around the base.

**FT Eustis Youth Program - 4-H Pet Care Club:** Fifteen youth participated in the 4-H Pet Care Club. There were youth who were afraid of animals and overcame their fear to help nurture puppies who lost their mothers. For a week the puppies were fed, walked, and groomed. The youth gained additional knowledge on the work and responsibility involved with taking care of a pet.



*"The youth worked as a team to care for the puppies and were helpful. It was very nice to see them evolving."*

*Project Leader,  
Pet Care Club*



**Langley Air Force Base - Bethel Manor Youth Programs - Digital Media Project:** 11 youth participated in the 4-H Virginia Youth Voices program. These youth gained digital media knowledge and skills while creating collages representing youth voice. The collage created by these youth, "We Took A Stand to Stay Drug Free" was recognized as the Digital Collage of the Year at the Virginia 4-H Red Carpet Event.



## Navy Installations With 4-H Clubs

Joint Expeditionary Base Fort Story/Youth  
 Joint Expeditionary Base Little Creek/Youth  
 Naval Air Station Oceana  
 Naval Air Station Oceana Midway Manor  
 Naval Station Norfolk  
 Naval Support Activity Northwest Annex  
 Naval Support Activity South Potomac -Dahlgren  
 Naval Weapons Station Yorktown  
 Norfolk Naval Shipyard Portsmouth



**10 Chartered Clubs - 3 Project Groups  
264 Military 4-H Youth Members**

Projects were conducted to support the Navy core program areas of Character and Leadership Development, Education and Career Development, Health and Life Skills, The Arts, Fitness and Technology. See highlighted stories:

**Joint Expeditionary Base Fort Story - 4-H Day at the Capitol:**  
 Five members of the Fort Story First Landing 4-H'ers participated in 4-H Day at the Capitol. They met 4-H members from across Virginia as they learned more about the State Capitol.



Statements made by Fort Story 4-H members during the trip home from the Capitol included:

*"I can't wait for the next year."  
 "I want to be a Delegate."*

**Naval Air Station Oceana: Children's Hospital Garden Clean-up Service Project:** Thirteen 4-H members cleaned up the therapy garden at a children's hospital. Prior to the trip, youth made homemade garden markers that featured laminated flowers, seeds and seed packs.

**Naval Air Station Oceana Midway - Giving Back to the Community:** Twelve 4-H club members made cookies and muffins to give to the local volunteer firefighters. After the youth delivered the cookies, the firefighters gave them a tour of the fire house. They also explored the fire trucks and were encouraged to ask questions.

**Naval Support Activity South Potomac, Dahlgren - Lego Robotics:** Twelve members of the Lego Robotics team went to the Norfolk tournament and competed in Lego Design. They won *first place* and received the Robot Design Award. The youth also came in second place and received the *Champion Award*. Through the robotics project, youth learned to research a problem, develop a solution, construct and program a robot to complete challenges, and increased their ability to work as a team.

**Naval Weapons Station Yorktown - Growing Your Own Food:** Twelve 4-H members learned how to plant and maintain a garden. They also learned about the health benefit of the vegetables they grew. Vegetables planted were watermelon, cucumbers, peppers, squash, and eggplant.



## Geographically Dispersed Youth - Honored by Adobe Youth Voices

Two geographically dispersed youth (Air National Guard and Marine) of Prince George County 4-H Military Off-Installation Club and their local 4-H Extension Agent participated in the 2013 Adobe Youth Voices (AYV) Summit held at Santa Clara University in California. Over 30,000 youth and adults submitted applications to attend the AYV Summit and our Virginia military youth were among the 113 who were chosen to participate. At the summit, the 4-H youth worked with a production team to create a digital media project and learned new media techniques with youth from 23 countries around the world.



*"This was an experience of a lifetime. The three of us surely have a lot to share with everyone now that we are back home. We look forward to 'creating with a purpose' as they say at Adobe."*

*Hermon Maclin, Extension Agent 4-H Youth Development*

**Virginia Cooperative Extension 4-H Youth Development Programs Providing Support to 4-H Military Clubs**  
 Arlington, Chesapeake, Fairfax, Hampton, King George, Newport News, Norfolk, Prince George, and Virginia Beach

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**Website for Additional Virginia 4-H Military Club Stories:**  
<http://www.virginia4-hmilitaryclubs.org>

**National Website to Learn about 4-H Military Partnerships:**  
<http://www.4-hmilitarypartnerships.org>