Encourage Leadership Skills in Children through Decision Making

It’s never too early to help your children understand their potential for leadership and help them develop skills to become leaders. Good decision making is a leadership behavior often associated with effective leaders. Parents and adults can encourage good decision making and begin to help children develop other leadership skills through the following:

- **Involve your children in family decision-making.** Not all decisions lend themselves to a family approach yet there are benefits to allowing children to make decisions that affect them. Research has shown that for most youth, “fairness had more to do with being treated equitably than simply having the decision made in their favor. That is, children and youth want to be asked for their opinions, sincerely listened to, and taken seriously.

  - Don’t criticize children’s ideas. Give children time to think openly, without being judgmental. This will show that you respect and value their ideas and thoughts.
  - Guide children through the decision making process and be supportive of their choices even if they are not the choices you might have made.
  - Talk to children after they have acted on their decision. Discuss what worked, what happened when wrong decisions are made, and how their actions will affect them.

- **Don’t say, “I told you so,” or make children feel bad if their decision didn’t work out. Remember that you’ve also made wrong decisions in the past. Use these opportunities to help children think about what went wrong and what they might change.**

  - Encourage children to think about the feelings and emotions that come along with decisions as well as the consequences of their actions on other people.

- **Be a good role model! Make decisions that are healthy for you and those who are important to you.** Activities that encourage good decision making;

  - Involve children and youth in family spending decisions. For example; children and youth can help plan for and create a budget when it’s time to shop for back to school items or for a family vacation.
  - Allow children to make decisions about family meals. Involve children and youth in planning meals, shopping for food and cooking.
  - As a family, read books about leadership and historical leaders. This is a great opportunity for discussing effective and ineffective leadership.
  - Allow children to make decisions about responsibilities and roles in the family and contribute to the family in a meaningful way.

Volunteer as a family. Volunteering helps children practice leadership skills, and understand the world.

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New 4-H ArtBeat!!!

It’s time to break out to the new beat! The 4-H ArtBeat that is! And due to popular demand there are again TWO Camps this year!!! ArtBeat! North and ArtBeat! South. Created for 4-H members in grades 3-5 and their parents and leaders, 4-H ArtBeat! is the introductory program for Wisconsin 4-H Arts and Communication! 4-H ArtBeat! North is scheduled for Friday and Saturday, March 8-9, 2013, at the Beaver Creek Reserve, Fall Creek in Eau Claire County. ArtBeat! South will be held March 15 and 16, 2013, at our State 4-H Camp, Upham Woods in the Wisconsin Dells. The weekend will feature a look at a variety of arts projects including music, drama, visual arts, arts and crafts, juggling and more! Also the weekend will feature some surprise performances created just for this year’s 4-H ArtBeat! 4-H members will explore their own creativity while discovering the great variety of 4-H Arts & Communication experiences available to them now and in the near future! Session leaders will be 4-H older youth, adult leaders and 4-H staff members with a wealth of experience to share. Youth and adult participants will rotate through a variety of sessions which are hands-on and active and held at various sights throughout camp, including outdoors. Both youth and adult participants stay in the cabins on cabin hill. Camp begins Friday evening at 7 pm and ends Saturday afternoon at 3 pm. The $50.00 dollar fee will include all materials and supplies, special snacks, overnight lodging and breakfast and lunch on Saturday. Why not get a whole carload of youth and adults together from your county for some genuine 4-H bonding time? Come join the excitement of this brand new opportunity available to some of your youngest (and often most enthusiastic!)
Q and A with three 4-H members.
How long have you been enrolled in 4-H?  Ashley Clement: 9 years, Kaitlyn Rhelund: 9 years, Mattea Okenon: 8 years.

When you’re an adult do you plan to become a leader?  AKM: Yes, if we end up living here, then yes. K: I have no idea. M: I don’t know yet.
What are some different programs you would like to see in 4-H in the future?  AKM: Masonry, Better food. K: More parties. M: I would like to find volunteers that would be willing and able to stay at camp from Tuesday through Friday.
What are some things you would change about 4-H?  AKM: Better food. K: I don’t know yet.

M: Make the meetings more fun. Would you suggest 4-H to someone who isn’t involved in it and why?  AKM: I would. K: Yes, will help later in life. M: Yes, it’s a good program. AKM: People can learn a lot.

By: Mike Saari

CAMP PLANNING
Planning for ICSYC is underway

I know it’s only December, how can we possibly be thinking about something that doesn’t happen until July?  Well the truth is there is a ton of work that goes into the planning of a summer youth camp, especially one as great as ours.

I am including this in this months newsletter because I want everyone to think about camp and how you can get involved and help.  I have some ideas for camp 2013 and will be sharing them with you as the planning team and I work through some of the details.  The first thing I would like to ask of our leaders is are you willing to volunteer at camp.  We have a great group of volunteers every year, but I would like to find volunteers that would be willing and able to stay at camp from Tuesday through Friday.

I know this is a commitment but there are legal and programmatic reasons for this request.  Not to get to technical but there are supposed to be 1 adult to every 10 youth at camp.  We made this quota last year by patching volunteers in when they could help.  This makes for a somewhat chaotic camp program.  Never knowing who is going to be there and for how long.  Please understand that I am grateful for your help, and that camp can’t happen with out each of you.  I would like to include a team of adults in the training that is done for the counselors but, to build a stronger team atmosphere.  I feel the adults are important to the team and should be given some training.  I also believe this will strengthen the camp because everyone will be on the same page and informed about what is going on and why.  This does not mean that if you can only help for a day or two that I don’t want you.  Your assistance is still needed, but I do want and need some volunteers to be able to stay over night.

The planning team and I will be creating position descriptions for each volunteer position at camp so you will know more about what is expected and what you can do to help.

Ok so I’ve planted the seed.  Let this grow and please contact me if you have any other questions, or if you would like to help.

Interview With Ashley Clement, Kaitlyn Rhenlund, And Mattea Okenon!!!

Winter Leadership Camp
Foods Review

January 2013

February 2013
The Iron County Robotics Program is moving forward full speed ahead. After meeting with community partner, Mike Zacharias, from Extreme Tool and Engineering, I am confident that we can move ahead as planned. We do not have all of the kits that we need but we can borrow some extras from other counties. There will be multiple opportunities to participate in 2013. First, we are going to be offering this program to middle school students at Hurley K-12, this will happen in the afterschool program. The second option is to participate as a 4-H member or community member. This will happen later in the evening and will be open to non-Hurley students and Iron County 4-H members. Participants can sign up as a team of three or as a single member and you will be placed on a team with two other youth. The plan is to hold a Robotics Rally this summer, open to youth from these two programs as well as involving youth from neighboring counties. I hope you will consider joining this. It is a great way to meet new people, learn about programming, and get involved in the tech field. Each program will also include field trips to Extreme Tool and Engineering in Wakefield. This will give you a chance to see some of the high tech careers right here in the Iron/ Gogebic County area. See the enclosed brochure for more details and for registration information. This is going to be GREAT.

10 Tips to creating healthy, active events

1. Make healthy habits parts of your celebrations. Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2. Make foods look festive, decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3. Offer thirst quenches that please. Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a “float” by adding a scoop of low-fat sorbet to seltzer water.

4. Savor the flavor, take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5. Use ChooseMyPlate.gov to include foods from the food groups for your party. Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.


7. Try out some healthier recipes. Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

8. Keep it simple, having others participate by contributing a prepared dish, helping with clean up, or keeping the kids active and moving.

9. Shop smart to eat smart. Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10. Be a cheerleader for healthy habits. It is never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.
Chartering Process; Check... Officer Training;

While I learn to charter new clubs and re-charter existing clubs I want to try to make the process easier for everyone involved. This is new to everyone involved in 4-H and we are all learning together. We have chartered 5 existing clubs and the Leaders/Parents Association and have chartered a new club this year with the Green Team. The charter and annual plan seems to be an easy step in the process as no one had a problem with creating these forms and submitting them properly. Great job everyone; the youth are set to learn a lot this year with some great leadership that focuses on education and making learning fun.

The only piece that did trip up a few groups and that each group could use some tighter systems of record keeping was the financial piece. I have had some conversations with Mark Beaupre, county treasurer and 4-H Youth Development Agents from other counties and have received some conflicting information regarding the level of scrutiny placed on these records. Mark has given some recommendations and I think this will make it clearer and can be used to help the youth serving as treasurers learn about proper record keeping and account balancing. This is a great way for youth to learn financial literacy.

Here are the Auditors recommendations:

- Each club needs to have a running ledger of transactions throughout the year.
- Each club needs to have a receipt book for any incoming money to the treasury.
- Each club needs to have expense slips that are filled out each time money leaves the account.
- Each club should also submit a bank statement for the fiscal year July-June; these will be used to compare club records vs. actual bank records.

Some clubs have gone ahead and made binders for the treasurer and have included these changes already. I will be putting together binders for each club so that when this time rolls around again next year, each club will be submitting the same pieces and everything will check out. As we know, while this money is earned and used for each club, this is still considered “public” money and the system used to track this money must be clear and consistent. I hope that these suggestions will make it easier for you and your youth to record keep. I will be holding an officer training for all club officers on Saturday, December 15, from 2:00pm-3:30pm at the Iron County Courthouse. Please encourage all of your officers to attend and e-mail me at neil.klemme@ces.uwex.edu or call me to let me know who will be here at 715-561-1695. There will be trainings for Presidents/Vice Presidents, Treasurers and Secretaries. If any clubs have any other officers please let me know and I will work it in. Also if any of our adult leaders could help by instructing the secretary session I could share some training materials with you.

Please Return Your Enrollment Forms: Leaders and Youth

Parents: We are in the process of entering enrollment information into our 4-H Plus system. We have received most of them already but if there are any out there that still need to be returned this would make it easier when we try to print labels or do mailings for the entire group. Enrollment forms can be turned in all year but for those youth and leaders returning from last year it is more convenient to do the large group all at once. Please drop any outstanding forms as soon as possible. I am also planning to conduct a leader training for any new leaders on 15th. This training will include the Youth protection piece as well as other useful tips for working with 4-H youth. Thanks you all for your efforts to recruit new leaders to the Iron County 4-H program. You are also doing a great job as we work towards our 100 by 100 goal. I have heard from several leaders that we have new kids enrolling. Thanks you for all your hard work and lets keep rolling forward.

Youth Leaders Needed

I am asking for nominations and serve on an Iron County Youth Council. What is the Iron County Youth Council you ask? I want to leave the details up to those involved. I want this to be a group of 7th-12th grade students that are interested in getting involved in their community on a larger level. I would like to have some members serve on the 4-H Leader and Parent Association helping to plan and organize project days for younger members, service learning projects for the entire county and organize youth to help at county events. I have received approval for some youth to serve on the County Fair Board. Giving input to the greater fair board on decisions of planning the Iron County Fair. Eventually I would like to put our counties youth in as many places of decision making as we can. Young people have valuable input and 4-H is about giving them places to learn and practice leadership, teamwork, decision making and problem solving. These are skills they will use for the rest of their lives, let’s get them started today. Call Neil at 715-561-2695 or e-mail him at neil.klemme@ces.uwex.edu with names of youth you would like to nominate or if you would like to nominate yourself. I can’t wait to hear from you.

CAMP DETAILS/WHAT TO BRING

LODGING

Cabin units are carpeted and heated. Sizes of cabins vary from 8-18 beds per unit. The camp utilizes a common shower area during the winter months. Bedding and towels are NOT provided in cabin units.

MEALS

Three well-balanced and tasty meals will be served in an exclusive dining area for our group. Brunch will be served on Sunday. No dinner will be served on Friday night, please plan to eat before you arrive. If you have a long drive home on Saturday plan to stop for food or pack snacks.

ACTIVITIES

Broomball, an inner tube run, and snowshoeing will be scheduled events. The camp is equipped with cross-country skis as well as snowshoes and broomball equipment.

OTHER AVAILABLE SERVICES

Aspen Lodge: Indoor game room which includes by our request carpet ball and a new climbing wall

WHAT TO BRING:

Warm clothing for indoor & outdoor activities

Winter boots, hat, mitts/gloves, etc.

Sleeping bag & personal items

(soap, toothbrush, towel, etc.)

Flashlight

Health Form and Expectation Statement (signed by parents)

Desire to have fun, learn, and expand your leadership skills

CAMP PHONE

Main Camp Phone Number: 800-876-5533

715-746-2977

Winter Leadership Camp

January 18 – 20, 2013

Arrive: Friday between 7:00-8:00 pm

Depart: Sunday around 12:00 noon

Please Return Your Enrollment Forms: Leaders and Youth

Serving as a club officer may be the first true leadership experience for some 4-H youth, it's important to give them the tools needed to do the job properly.