

TAE4-HW Headlines

Volume 4:3

June, 2005

Tennessee Association of Extension 4-H Workers

Important Reminders

- **Time to Register**
NAE4-HA National Meeting
- **Idea for Teacher Appreciation**
Check out Bits and Pieces.
- **Be Informed - Read Committee Reports in this Issue**

Send news for the next issue of Headlines by September 1, 2005.

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President's Message

by Joseph Donaldson, TAE4-HW President

I am grateful to our state conference co-chairs and the entire TAE4-HW Central Region for hosting a fantastic 29th Annual Conference. This conference provided a significant boost to our membership. Charlie Neese, meteorologist of News Channel 5 in Nashville was a fantastic keynote. He reminded us that we are only effective professionals when we achieve balance by cultivating meaningful relationships, good health and spiritual growth. Thank you for every conference feature that helped us develop personally and professionally. The recognition banquet is always a conference highlight, and I want to extend congratulations to our 2005 awardees.

I hope you are making plans to "Better Your Best in the Pacific Northwest" at the 2005 NAE4-HA Conference, October 30 - November 4, 2005 in Seattle, Washington. You can expect to honor 4-H traditions, chart the latest trends in youth development, and embrace innovative

technology. You will experience dynamic, motivating speakers, research round tables, hands-on service learning, and experiential learning experiences. The seminars on wheels to local Extension groups look especially impressive. Visit the conference website at: <http://nae4ha.wsu.edu> Registration is now available. Early bird registration is due July 15. See you in Seattle!

It is a pleasure to serve as TAE4-HW President. Thank you very much for this opportunity. I wish you all the best for a successful and happy 2005!

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Thanks to Conference Sponsors

A special thanks to TAE4-HW State Conference sponsors:

PrimeTrust Bank Charles Curtis, Director, Special Programs Franklin Covey

310 South Main Street Tennessee Farm Bureau Federation Cool Springs Galleria 1800
Galleria Blvd. #2530

Ashland City, TN 37015 P.O. Box 313 1800 Galleria Blvd., #2530

Columbia , TN 38402 Franklin, TN 37067

And, kudos to workshop presenters for their contribution to the conference.

Charlie Neese - Balancing Work and Family

Sharon Sirrell - Franklin Planner

Brian Signiago - All you ever wanted to know about NAE4-HA

Neal Smith - On My Own

Kathy Finley - Hands On GPS with our 4-H Youth

Dwight Loveday - Outdoor Meat Cookery

Jill Martz - Shooting Sports

Pat Whitaker - New and Improved Colors

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Public Issues Development Conference Update

by Melissa Henry, TAE4-HW President-elect

PILD was held April 17-20 in Washington, DC. Sharon Davis and I attended this conference to represent TAE4-HW. During the conference we learned more about the federal budget, changes to the agriculture budget and more about how our associations have influence at the national level. We attended sessions on youth governance, leadership opportunities and the funding at the county level. We also received a national update from Dr. CathAnn Cress from USDA-CSREES and from Mary Williams, NAE4-HA President.

During our visits with our United States legislators we spoke with them about success stories from our state in all programming areas, 4-H, Agriculture and Family & Consumer Sciences. It was surprising how much the legislators and their staffs knew about UT Extension and especially our 4-H program. Our U.S. legislators are serving on the National 4-H Caucus to help 4-H gain more support nationally and fully support the work of Extension here in our state. We presented each legislator with a small gift of appreciation on behalf of TAE4-HW. This was a wonderful opportunity for us to showcase our state programs and to do some sightseeing in national capital. I appreciate the opportunity TAE4-HW gave us to attend this conference.

JCEP Southern Region Update

by Melissa Henry, TAE4-HW President-elect

This workshop is held in each region annually to provide an opportunity for state association Presidents and President-Elects to network with other states and share ideas for improving our associations. This year Joseph Donaldson and I attended this meeting. Joseph presented an outstanding state report that showcased our many programs and accomplishments of our organization. We learned that we have the 3rd largest membership in the nation and that our state association is in better shape than many other states. We shared ideas on recruiting new members and encouraging current members to be more active. We also brainstormed ideas on ways to continually improve our association to send back to the national board. This was a great way to learn more about how NAE4-HA works and to visit with officers from other states.

What's Up About PR & I?

by Gary Rodgers, Public Relations and Information Chair

PR & I is the Public Relations and Information Committee, important to each member of TAE4-HW. Thanks to everyone who attended the PR & I Committee meeting during the recent TAE4-HW Annual Meeting. There were many great ideas shared and I hope we can get them all to fit in during the upcoming year. The association website is updated <http://extension.tennessee.edu/TAE4-HW/> and will be further updated with the 05-06 Board and other info from Headlines. There is now a "contact us" link on the home page for anyone wanting to find out more about us. If you know of anything else we could use, please pass it along to me.

Bits and Pieces

2005 TAE4-HW Membership List

Melissa Henry has updated the membership list. Make sure you are listed if you have paid your dues or if you are a lifetime member. This information is correct as of March 1, 2005. Please address questions to Melissa at mhenry1@utk.edu.

Western

Michele Atkins
Tonya Bain
Becky Bonner
Donna Bradley
Janet Cluck
Heather Deckard
Donna Downen
Mandy Drewry
J.C. Dupree
Staci Foy
Mike Gordon
Joseph Griffy
Tracy Hagan
Kenny Herndon
Rita Jackson
Martin Koon
Timmy Mann
*Laurie Mobley
Janet Newton
*Derek Norman
Richard Powell
Mary Kate
Ridgeway
Gary Rodgers
*Deborah Seward
Tiffany
Shellabarger
Brian Signaigo
Neal Smith
Anne Sortor
Paula Spears
Sharon Tubbs
*Frank Yancey
R - 27, *N - 4

Central

Theresa Allan
Bob Ary
Sheldon Barker
Michael Barry
Kevina Bercaw
Meredith Collins
Ruth Correll
Justin Crowe
Alice Darnell

Larry Darnell
Barbara Davenport
*Natane Davis
Patsy Ezell
Kathy Finley
*Sondra Ganus
Darrell Hale
Sierra Ham
Jamie Harris
Stephen Harris
Janice Hayslett
Melissa Henry
Wayne Key
Judy Kovach
Herb Lester
Vicki Lofty
Gene Medley
Catherine Millsaps
*Nikki Mitchell
Larry Moorehead
*Sunny Rae
Moorehead
Kathy Nicholson
Emily Osterhaus
Mark Powell
Terri Quillen
Nancy Rucker
Kimberly Smith
Mike Smith
Jim Stewart
*Tim Towns
Pat Whitaker
R - 35, *N - 5

Eastern

Greg Austin
Mitch Beaty
Linda Bower
Carol Brandon
Danny Bullington
Donna Calhoun
*Robbie Casteel
Vickie Clark
Sharon Davis
John Goddard
Connie Heiskell

Camille Jessee
Anna Johnson
Rebecca Laymon
James McMillion
Raymond Morris
Karen Nelms
Grant Palmer
Greg Paxton
Lynn Pemberton
David Perrin
Jerry Rhinehardt
Tom Rison
*Melanie Spurgeon
Tom Swanks
Ren Tolbert
Glenn Turner
Carlene Welch
Jeremy West
Taunee
Whittenbarger
Amy Williams
*Todd Wilson
Rosalind Woodard
Tiffany Worley
R - 31, *N - 3

Specialist

Denise Brandon
Tim Cross
Joseph Donaldson
Tim Fawver
Mark Gately
Warren Gill
Patrick Hamilton
Shirley Hastings
Dwight Loveday
Lori Jean Mantooth
Jill Martz
Doyle Meadows
Alice Ann Moore
Charles Norman
Steve Sutton
Dena Wise
R - 16

New Life Members

Sudie Alston
Clare Nell Breeden
Nancy Curtis
Janet Hale
Jesse Hewlett
Brenda Kucharski
NLM - 6

Life Members

Peggy Adkins
Elmer Ashburn
Glenda Booker
Mildred Clark
Oliver Cook
Cherry Lane
Darken
Lloyd Downen
Laverne Farmer
Carolyn Fox
Jesse Francis
Larry Glasgow
Ruth Henderson
Bill Hicks
Ray Humbert
Phyllis Inman
Rudy Nell Jeter
Kenneth Johnson
Linda Koger
George Mays
Shirley Miller
Becky Murray
Gordon Pafford
Ben Powell
Janie Putman
Crocia Roberson
Betty Sewell
Winola Shelton
Martha Jo Tolley
Gene Turner
Tony Webb
Etta Mae
Westbrook
Luther Whitaker
Alpha Worrell
LM - 33

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 **Idea for Teacher Appreciation** from Sharon Tubbs, Madison County

For an end of the year gift for the teachers and principals we gave them a pound of chocolate chips in a gift bag and a note saying how good chocolate is for you with antioxidants and as stress reliever. The teachers loved it and I had more comments from them than from anything we had given them over the years. We had received the chocolates from ADM/Martha White as a fund-raiser for us and used about 200 lbs. Since we didn't have to pay for them it was doubly good for us. I have included the note about the chocolate and being good for you!!!! This is what was on their card:

Thank you. For your support in 4-H this 2004-2005 4-H Club Year!!!!

Enjoy a Great Summer!!!

YOU deserve a Break!!!

As a token of our appreciation, enjoy this gift any way you choose.

4-H Agents name

(Inside card)

GO AHEAD*** EAT THAT CHOCOLATE!!!!**

According to new research, the benefits of eating chocolate make it good for your physical health, as well as your mental health.

* EATING chocolate may help fight cancer, inhibit heart disease and stroke, help strengthen immune system, fight rheumatism, alleviate stress, keep blood pressure down, protect against tooth decay, lower cholesterol, cure your cough and even offer some anti-aging health benefits.

* SOME British research has shown that British men who ate chocolate live almost a year longer than those who did not.

* CONTRARY to medical myths, scientists now know that chocolate contains polyphenols that do double duty. They lower your bad cholesterol and raise the good cholesterol and lower the risk of heart complications by 20 percent according to Catherine Rauch in her book titled, "Chocolate" A Heart-Healthy Confection?"

* DARK chocolate is also a tough cancer fighter. It is high in antioxidants and it is as potent at fighting cancer as broccoli.

* MANY clinical studies reported in Nutrition Today have shown that consumption of flavor-rich cocoa inhibits platelet activation and has an aspirin-like effect on blood clotting thus lowering the risk of atherosclerosis and thrombotic disorders.

* DO you have a cough? Well, chocolate may even cure your cough. Chocolate has an ingredient, theobromine, believed to be a more effective cough suppressant than traditional remedies including codeine. Theobromine also stimulates the central nervous system, facilitates muscular exertion and acts as a diuretic and appetite stimulant.

* CHOCOLATE contains tryptophan, an essential amino acid that increases the production of serotonin, and anti-depressant and natural stress-reducer. Endorphins are also found in chocolate, which elevates one's mood and reduces pain.

*** IDEAS FOR USING CHOCOLATE: Toss a few morsels in coffee, oatmeal, pancakes, waffles, on toast or French toast, etc. Make cookies, souffles, puddings, breads, trail mix, or eat out of your hand!!!!

Policy and Resolutions May Meeting Report

by Nancy Rucker, Policy and Resolutions Chair

Committee discussion will include the following items and additional items suggested by the Board:

National Policy

- Dues for life members have increased to three times the national dues State Policy
- Recommended changes for Senior Regional Director, Junior Regional Director and Junior Regional Director-elect passed at the TAE4-HW business meeting held during Extension Conference 2004
- Discuss structure of regional directors and selection date.
- Add Research and Evaluation Committee to reflect NAE4-HA

Additional committee discussion shared with membership present at business meeting (present - Emily Osterhaus, Staci Foy, Glenda Booker, Shirley Miller, Nancy Rucker)

Need to review the rotation of host, due to changing from districts to regions

Board requested that P&R review policy for establishing Research and Evaluation Committee (NAE4-HA Research and Evaluation Committee has been established) - recommendation: form an ad hoc committee for one year, chair to be appointed by President with approval of Executive Committee, 1 year ad hoc committee, chair to attend board meetings, prepare By-Laws proposal for next TAE4-HW Business meeting

Continue to review By-Laws

Add updated By-Laws to web site and provide notification through Headlines

The following By-Laws changes were passed during the TAE4-HW Business Meeting, May 6, 2005, prior notification was sent by e-mail.

Extension name change - with approval from the Tennessee General Assembly, Extension has changed its name from The University of Tennessee Agricultural Extension Service to University of Tennessee Extension. TAE4-HW By-Laws will reflect this name change.

Districts change to Regions - changes have been made by Extension from districts to regions. References to districts will be updated to regions throughout the By-Laws.

Annual Meeting - In TAE4-HW Policy, the TAE4-HW annual meeting will be the first full weekend in May of each year. Due to plans for the 2006 meeting to be a joint association meeting TAE4-HW has suspend this policy for 2006.

Is Seattle in Your Plans?

by J. Brian Signaigo, NAE4-HA Southern Regional Director

Greetings and thanks for letting me present a little [NAE4-HA information](#) during our recent TAE4-HW State meeting at Henry Horton State Park. NAE4-HA member dollars are used in many ways and one way is to assist Regional Directors with travel expenses, when attending State's 4-H Association meetings. This way, State's have a real "connection" to the NAE4-HA Board, through updates, what's coming down the pike, member concerns, etc. Please feel free to contact me anytime, regarding NAE4-HA stuff. Read more from the Southern Region in the Spring Newsletter – attached.

I also wanted to make you aware that the registration web site for the NAE4-HA National Conference in Seattle, WA is up and running. Just go to nae4ha.org, then Professional Development and you'll find the link from there. Earlybird registration deadline is July 15. Full time registration cost is \$350 (which is exactly what you "get back" - this is an Ext. policy you know) and can be paid on-line with Visa or MasterCard, or you can send check or money order. You may also register as a "part-timer" at a lower cost, should you not be able to attend the entire conference. The Sheraton is the conference hotel and reservation info. can be found on the Conference website as well.

I hope many of you will try to attend. Truly, attendance at State and National conferences is the very best way to get the most from your membership dollar!!!! Again, GREAT job with the TAE4-HW State Conference!

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Congratulations Are Due!

by Lori Jean Mantooh, DSA/Awards Chair

This year, 107 people voted for the TAE4-HW service awards. At the recent TAE4-HW annual meeting, 16 members were recognized for outstanding service to 4-H Youth Development. Congratulations to the following:

George S. Foster Outstanding Agent Award

- * Patrick Hamilton - State
- * Rita Jackson - Shelby County
- * Taunee Whittenbarger - Cumberland County
- * Tiffany Worley - Hamilton County

Achievement in Service Award

- * Sharon Davis - Blount County
- * Mandy Drewry - Dyer County
- * Melissa Henry - Putnam County
- * Gary Rodgers - Hardeman County

Ben T. Powell Distinguished Service Award

- * Sierra Ham - Cheatham County
- * Emily Osterhaus - Bedford County
- * Anne Sortor - Western Region
- * Amy Williams - Loudon County

Meritorious Service Award

- * Steve Sutton - State

American Spirit Award

- * Glenda Booker - Life Member

Air Force Recruiting Salute Award

- * Theresa Allan - Trousdale County

25 Years of Service Award

- * Tom Swanks - Meigs County

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