



## Arizona State 4-H Youth

# NEWSLETTER

October 5, 2020

## A Statewide Youth Perspective



AZ 4-H Ambassadors meeting with KY 4-H Teen Officers to discuss opportunities for teens

### Note from the editor:

Hello Arizona 4-H!

Welcome to the inaugural issue of the Arizona State 4-H Youth Newsletter. This issue will introduce the 2020-21 State 4-H Ambassador team, share youth memories through photos in *Around the State*, and recognize the achievements of 4-Hers who are making the best better in their communities in *Youth Excellence*. In addition to this, some of the upcoming state 4-H events and opportunities relevant to youth will be shared. We are looking forward to a productive and enriching 4-H year and can't wait to see youth engage and adapt to the online and distanced circumstances—learning by doing continues!

Sincerely,

Sadie Parent - AZ State 4-H Communications Ambassador

# AZ State 4-H Youth Newsletter

## Introducing the 2020-21 State 4-H Ambassadors

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### Amelia Brackett – President



[az4hpresident@gmail.com](mailto:az4hpresident@gmail.com)

By serving as the 4-H State Ambassador President, I am able to give back and inspire the next generation of youths. I can also advocate for 4-H and share with others the opportunities within it.

**FUN FACT -** My favorite ice cream flavor is cookies 'n cream!

**FUTURE PLANS -** Going into business.



### Sadie Parent – Communications



[az4hcommunications@gmail.com](mailto:az4hcommunications@gmail.com)

4-H helps youth in developing their leadership and communication skills, and I am excited about my ambassador role because it provides a platform to be critically involved in that growth at the state level. I believe that taking advantage of opportunities is critical to growing our next generation of leaders—facilitating access to the varied programs, projects, and leadership experience that 4-H provides is important to me.

**FUN FACT -** I have traveled to 43 states and 14 countries!

**FUTURE PLANS -** I plan to major in Women's Studies and, potentially, minor in Political Science; later going on to law school to become a civil liberties attorney with a focus on women's issues.

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## Mariah Villafana – Foundation



[az4hfoundation.ambassador@gmail.com](mailto:az4hfoundation.ambassador@gmail.com)

4-H has been a part of my life for as long as I can remember, and despite doing the same project every year, I can still find something new and interesting every time. This ambassador role just exemplifies everything I love about 4-H, like being able to work with spectacular people, whether it is in my own community or across the state.

**FUN FACT -** I really like math, and when I get into "the zone," I'll unconsciously start talking to myself like I'm teaching someone how to do the problem.

**FUTURE PLANS -** I definitely want to major in Education or Early Childhood Development, while minoring in Linguistics or a foreign language. Ultimately, I want to be a Speech-Language Pathologist/Speech Therapist to help communities like mine; ones that may not have as many resources to help those who need it.



## Elena Durazo - Healthy Living



[az4hhealthyliving@gmail.com](mailto:az4hhealthyliving@gmail.com)

I am passionate about 4H because I have seen and experienced firsthand how much it can change people's lives and galvanize them into becoming involved in and making change in their communities. I am so excited about my ambassador role due to my lifelong commitment to healthy living and my passion for inspiring others to live healthier and happier lives.

**FUN FACT -** I don't have a sense of smell!

**FUTURE PLANS -** I would love to major in either Political Science or Public Policy!

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## Elissa Sumner – STEM

✉ [az4hstem@gmail.com](mailto:az4hstem@gmail.com)

I am very passionate about 4-H because of all the numerous opportunities it has given me and all that it has taught me. I enjoy this ambassador role because I can help other youth find their passions!

**FUN FACT -** I love riding horses and working with large stock.

**FUTURE PLANS -** I hope to get a job as a Financial Auditor!



## Madison Ramirez – Agriculture

✉ [az4hagriculture@gmail.com](mailto:az4hagriculture@gmail.com)

I am passionate about my ambassador role because I believe that 4-H and agriculture are two of the most amazing things that you can involve your children in! Your child will be better able to take on the world if they have been in 4-H. You will make lifelong friends and learn lifelong lessons!

**FUN FACT -** I can auctioneer.

**FUTURE PLANS -** I would like to pursue a career in Agriculture Business/Agriculture Marketing.



## Zane Campbell – Citizenship

✉ [az4hcitizenship@gmail.com](mailto:az4hcitizenship@gmail.com)

I am passionate about my position because I believe a strong community is very important, and, as 4-H members, we should give back to our community every chance we get.

**FUN FACT -** I am actually terrified of the ocean!

**FUTURE PLANS -** I hope to go to college for animal science with a focus on agriculture



# AZ State 4-H Youth Newsletter

## AROUND THE STATE



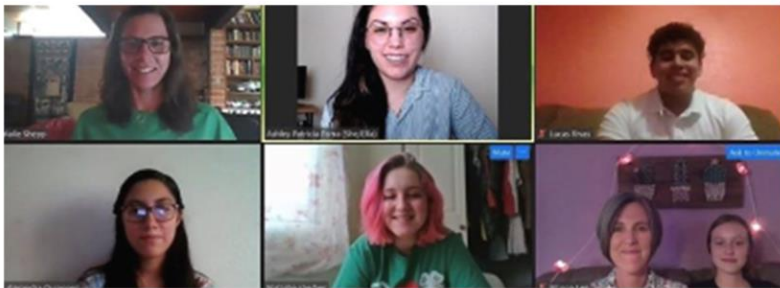
Statewide dog show



Statewide dog show



Statewide archery match



True Leaders in Equity Institute



Maricopa youth



AZ Delegation at WNR 2020



Maricopa community service



*Youth Excellence*

## Nominees

We reached out to 4-H agents and staff around the state to hear about some of the great things youth members are doing in local 4-H programs. We are honored to recognize Alexander and Michael for their outstanding contributions to their communities.

**Xander Nelson                      15                      Pima**

### Reasons for nomination:

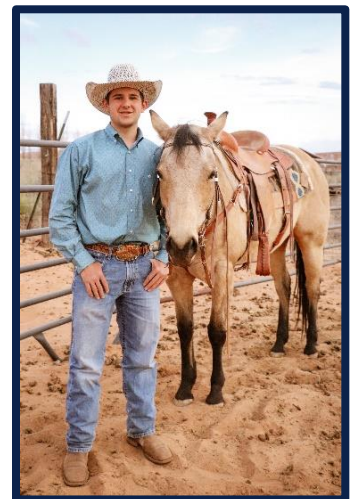
Xander is the nicest guy I know. He is always willing to help and encourage everyone around him. He takes his responsibilities seriously and can be counted on at all times. He's constantly looking for ways to help and solve problems.



**Michael Wilmes                      17                      Coconino**

### Reasons for nomination:

Michael jumped in and was ready to help in any way he could. He was a club officer, offered advice to new members (from a distance after COVID). He even hauled other members' animals after the auction to go on the processing truck.



To nominate a member for Youth Excellence or to submit a photo for Around the State, go to this Google form:

<https://forms.gle/JL6oGKhwhfpa89Zoo8>

## Youth Voices

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### Get Involved!

**By Amelia Brackett – AZ 4-H Ambassador President**

Part of the 4-H pledge is “hands to larger service” – a commitment to make our communities a better place to live. In 4-H, that means giving back to your town through community service! All 4-H members are encouraged to do community service projects, but it is not required. Find a need in your community and come up with a creative solution for how you can help!

The result of community involvement goes beyond a “feel good” experience: service activities impact learning positively and genuinely help the community. Community involvement is a form of experiential learning in which you can apply the subject matter you are learning along with critical thinking skills to address genuine community needs. When you are involved in selecting and planning such efforts and have structured time to reflect, talk, and write about the actual service activity you are performing, you learn more. You become more confident about what you have learned, you improve in problem-solving ability, your leadership and social abilities improve, and you enjoy the overall learning experience more.



Getting involved in helping the community is simple. All it takes is that first step— assess some needs in your town. Then, plan and prepare. It is always more fun to get fellow members involved, or even your whole club! While right now there may be restrictions to meeting as a group, find ways to be creative. Ask members to get involved and send a picture of their results. Or do a virtual community service project. There are tons of ways to help your community, especially during these times. After you’ve finished your community service project, assess and reflect on what you’ve learned. How did your efforts help the community? What can you do next time to make it even more successful?

Lastly, don’t just stop there! Continue to help your community and inspire change in others. Martin Luther King Jr. said it best, “life’s most persistent and urgent question is, what are you doing for others?” Arizona 4-H cannot wait to see what you all do this year, so reach out and let us know what you’ve accomplished!

## Youth Voices (continued)

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### **Arizona 4-H is Adapting—Here's How You Can, Too**

**By Sadie Parent – AZ 4-H Communications Ambassador**

For many 4-Hers across Arizona, October is often a time of final preparations for fair—or, perhaps, a time of rest in the wake of September fairs and bustle. For some counties, October is the beginning of a new 4-H year of work that will culminate in the spring. Whatever your schedule, we can certainly agree that this year has been different from any other.

The onset of the COVID-19 pandemic and the restrictions that it subsequently imposed (on our clubs, communities, country, and world!) has altered many aspects of 4-H that we are used to. A changing world has necessitated the ability to adapt and thrive in distanced and virtual circumstances—something that AZ 4-H has been working hard to succeed in facilitating.

From the adaptation of state led events, like Youth Summit and JOLT camp, into virtual formats, to the resiliency of volunteers and members who continue to work together to make the best better on the ground level, we are adjusting to our current reality; but it's not always easy.

As a member as well as a youth leader in 4-H, I can speak to the fact that maintaining communication with 4-H friends, leaders/volunteers, and agents has been so much more challenging for the past seven months than it is under “normal” circumstances.

Here are a few techniques that might help you to regain your enthusiasm for participation, even in the virtual setting.

1. Turn your camera/webcam on in virtual meetings. I know, you have probably heard this one before. While it can feel awkward if no one else is doing it, this can be a really great way to feel just a little bit more part of a group—and encourage other members to do the same.

Being an engaged 4-H member is a form of leadership!

2. Utilize ice breakers in your community club and project meetings. Starting each meeting with an icebreaker (i.e., a home scavenger hunt, name game, etc.) is a really great way to build some team energy and cohesion, even if you're sitting at the kitchen table.

3. Reach out and socialize!

Being confined to the virtual and distanced side of an activity can feel extremely isolating when you are used to—as most of us are—being physically together. It's all too easy to lose contact with people who are important in our lives when they aren't right at our fingertips anymore.



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Try organizing a social hour virtual meeting for your 4-H club. This is a good way to add a social element into your interactions and catch up with other youth. It can be challenging to include the social element in virtual meetings that was taken for granted in the in-person setting, but this type of event can reincorporate that in a fun way.

While adapting to drastic change can be hard, there are ways of making times of transition and unfamiliarity comfortable and even fun! By continuing to be active, enthusiastic, and engaged members, even now, 4-H youth are continuing to exemplify the values of our motto, as we make the best better.

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## National & State Events

**Check out these exciting events and opportunities that are coming up!**

- National 4-H Week – October 4<sup>th</sup> – 10<sup>th</sup>
- Fall 2020 Arizona 4-H Virtual Showdown – open until October 22  
<https://extension.arizona.edu/events/2020-09-09/fall-2020-arizona-4-h-virtual-showdown>
- 2020 Stem Summit (virtual) – November 6<sup>th</sup> – 8<sup>th</sup>  
<https://4-h.org/parents/national-youth-summits/>
- Emerging Leadership Experience (virtual) – December 5<sup>th</sup>



**CHECK AZ 4-H OUT ON SOCIAL MEDIA:**



**@az4hambassadors**