



Delegate Packet

October 6-9, 2011
C.A. Vines Arkansas 4-H Center
Little Rock, Arkansas

<http://okla.4h.okstate.edu/SRVF/>

Delegate Packet

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October 6-9, 2011
C.A. Vines Arkansas 4-H Center
Little Rock, Arkansas
Host State: Arkansas

Mission:

The charge of the Southern Region 4-H Volunteer Forum is to increase the capacity of volunteers and salaried staff in their role to achieve the 4-H Youth Development mission in the Cooperative Extension System.

Objectives:

- Provide an educational opportunity that will expand or refine skills and knowledge as a 4-H Volunteer
- Participants benefit from the understanding and application of the “Experiential Learning” process in 4-H Youth Development practices. Do – Reflect – Apply
- Enhance the volunteer’s skills for guiding youth in individual project areas
- Understanding of the 4-H Essential Elements: Generosity, Mastery, Independence and Belonging
- Understanding of the National 4-H Mission Mandates: Science/Engineering/Technology; Healthy Lifestyle Choices and Citizenship.
- Understanding and application of Youth Development principles
- Encourage participants to share the forum experience at the local, county and state levels

Planned and Supported by:

A committee of volunteers and staff representing the 13 southern region states plan and conduct the Forum. They are supported by the cooperative extension services of the state land grant universities, the Cooperative State Research, Education and Extension Service of the United States Department of Agriculture and the National 4-H Council.

Workshops and Programming

Four program areas will receive focus at the 2011 forum: Healthy Lifestyles; Environmental/Outdoor; Science, Engineering & Technology and Youth Development.

Host State Showcase: “Arkansas Festivals”, Friday afternoon.

Service Project: American Cancer Society, Relay for Life.

Forum Website:

Additional information and forum updates are available <http://okla.4h.okstate.edu/SRVF/>.

Registration:

Forum registration is handled at the state level. For information about your state’s registration procedure go to <http://okla.4h.okstate.edu/SRVF/>.

Forum Participants:

SRVF delegates adult volunteers and Extension staff from the 13 southern region states (*Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Virginia, Texas*), Puerto Rico and the U.S. Virgin Islands.

Lodging:

Delegates will reside in hotel style rooms with double, single, and bunk beds that sleep from 3 to 6 per state. Towels, linens and blankets are furnished, however you might want to bring your favorite pillow. If you have special roommate requests or need special accommodations, please contact your state 4-H office during the state’s registration process.



2011 Pre-Conference Workshop

ExCEL is a University of Arkansas Division of Agriculture experiential-based training and development program. The 4-H Camp Program team provides opportunities that engage learners in the development of skills to address issues and challenges that one may face in their daily environments.

The activity will be offered on October 5-6, 2011 at a cost of \$30.00 per person. Registration will be separate from the SRVF.

ExCEL has offered the best in experiential leadership training since 1986 to youth, college students, adult, non-profit and corporate groups. The experiential training model provides an effective environment for change. The ExCEL program utilizes teambuilding and leadership initiatives to actively engage participants.

This program is the home of one of Arkansas' largest and most experienced challenge course. Some of the training tools used with the ExCEL program includes ground based initiatives (experiential activities that do not involve leaving the ground), a low ropes course, an artificial rock climbing tower, a Giant's Ladder, and a high ropes course.

<http://www.kidsarus.org/go4it/Opportunities/excel/default.htm>.

Dress:

- Dress for workshops and assemblies are casual.
- Comfortable shoes are a must!
- October weather is mild with midday temperatures ranging from the mid-50's to 70's and evening temperatures in 50's and 60's. Be prepared for change. Visit www.weather.com – Little Rock, Arkansas for weather forecast.
- Be sure to check the conference website regarding any special costume and clothing instructions for special activities: Flag Ceremony, Saturday Afternoon Activities, Friday and Saturday Night Dinner.

Trading Souvenirs: This popular get-acquainted activity is held Thursday afternoon. Small trinkets, representative of the delegates' states, are encouraged for trading. Popular items have included lapel pins, printed buttons, and handmade items. Your local Chamber of Commerce as well as your state's Department of Tourism, Department of Commerce and Parks Department are all likely sources of good trade items, usually at no cost. If you want to get into the spirit of the SRVF, bring items to trade throughout the forum.

Door Decorations: Arkansas is encouraging states delegations to decorate their doors/area for fun and special recognition. The forum theme is "4-H: It's a Natural." At the banquet on Saturday, states will be recognized for their best use of the conference theme in their decorating efforts.



Meal Tickets: For individuals arriving earlier than 1 pm Thursday, October 6, 2011 there is an additional fee for each meal eaten at the campus cafeteria. Meals must be paid for in advance. No one is allowed in the cafeteria without a meal ticket. Please contact your Volunteer Specialist for more information.

Phones: Courtesy phones available for delegate use. However, delegates are not easily accessible to receive calls. ***Emergency calls only should be made to 501-821-4444.***

Speakers and Entertainment



Charlotte Strickland
PROFESSIONAL COMMUNICATOR
3 West Point • Conway, AR 72034
Tel/Fax 501-329-7179
E-mail: stricklyspeaking@conwaycorp.net

Charlotte Strickland. A native of Little Rock, Arkansas Charlotte earned a Business degree from the University of Central Arkansas and a Masters degree in Higher Education from the University of South Carolina. For over twenty five years Charlotte has worked in Higher Education coordinating Orientation, Ethics and Leadership academic courses, Greek training and Leadership training seminars. In 1989 Charlotte was invited to join the company, Designs for Development, specializing in training student leaders. She traveled across the country working with students and university employees. In 2002 Charlotte founded her own company,

Strickly Speaking. In addition to college campuses, her audiences now include churches, civic groups, state/federal agencies, and corporations. Charlotte currently serves as UCA's Education Seminar Coordinator. Charlotte enjoys speaking immensely and approaches each audience with energy, enthusiasm, and sincerity. Her goal is for each person to leave the presentation with personal value, a renewed spirit and hope for whatever facet of life he/she is dealing with.



"Butterflies, Buzzards and Bees"

In 1974 Randy Frazier was part of the first generation of Interpretive Naturalists to be hired by Arkansas State Parks. From the first day it was obvious that he was a perfect fit for the Department's "in house" job description. By the time of his retirement in 2004, he was speaking for organizations and businesses from coast to coast. Today, he's a Professional Member of the **National Speakers Association** and has been a featured speaker in over 40 States and two foreign countries. Randy Frazier has been described as a Humorist; an Educator; a Naturalist; a Storyteller; a Poet; a Writer; an Inspirational Speaker; and a part-time country philosopher. He speaks on a wide range of topics, but he's most frequently invited to speak on the subjects of *Leadership*, *Change* and the *Art of Communication*. Randy says his early work as a Naturalist has served him well; *"There's no end to what you can teach folks... as long as they think you're there to entertain them."*

Arkansas Prison System Band — Featured at the Arkansas Festival celebration Friday afternoon.

Saturday Afternoon Recreation



- Canoeing
- Basketball and tennis Courts
- Volleyball
- Hiking Trails

* Sign-up sheets will be posted at the dining hall.

**A schedule of the team match-ups will be posted in the dining hall

Tentative Area Tours and Attractions

- [Clinton Presidential Library](#) Complete with a full scale replica of the oval office and cabinet room, the Center provides an exciting and educational experience for visitors of all ages.
- [Little Rock River Market](#) This downtown area is the best place to find live entertainment and many local restaurants.
- [Little Rock Central High School Visitor Center](#) Committed to preserving and interpreting the story of the 1957 desegregation crisis at historic Central High School and its legacy.
- [Golf](#) Little Rock has many great golf courses in the city and surrounding areas.
- [Arkansas Arts Center](#) The Arkansas Arts Center features elegant art galleries that showcase the Centers acclaimed collection.

Consider Presenting at the 2011 Forum

In keeping with the conference theme we are seeking workshops and funshops which focus on “4-H: It’s a Natural.” *It’s a natural* could include positive youth development, resilient youth, stronger families, etc.

Volunteers and Extension Educators are needed to instruct workshops which will enhance the volunteer’s skills for guiding youth in individual project areas or in the development of Generosity, Mastery, Independence and Belonging through the national initiatives of Science/Engineering/Technology; Healthy Lifestyle Choices and Citizenship.

Focus topics on the areas of 1) Healthy Living, 2) Science, Engineering and Technology; 3) Environmental/Outdoors and 4) Youth Development. Please choose the area which best fits “your” subject matter:

Workshops – 90 minutes taught in a form deemed effective (presentations, panel discussions or experiential learning opportunities). The use of technology is encouraged and some equipment will be made available.

Fun Shop – 60 minutes taught primarily in the evening. We are seeking hands on/interactive workshops, in the areas of recreation, *educational* crafts, food, etc.

Expenses - All presenters are responsible for their own expenses, including conference registration, travel, lodging, meals, specialized equipment rental and handouts. Workshop fees can only be charged to *recoup material/supply costs, not the printing of handouts/CD.*

Criteria for Selection:

All submissions will be reviewed by a committee composed of representatives from each state using the following criteria:

- Content will foster volunteer development – i.e. as an educator, manager, facilitator and communicator
- Content useful and relevant to a 21st Century youth development
- Clarity and completeness of the subject matter and benefit to volunteer/youth development
- Appropriate instructional technique

Deadlines:

- A copy of the RFP/Educational Proposal must be submitted to your state 4-H volunteer specialist at the date determined by **your** state.
- Applications are due in Oklahoma May 6, 2011 to receive priority consideration. Late applications will be accepted but will be given second consideration in the selection process.
- Electronic Copy of Handouts due on or before – August 19, 2011

2011 workshop focus:

- **“HEALTHY LIFESTYLES”**
Examples: Using natural dyes, Weaving from fibers found in the environment, Natural Foods in the Diet, Outdoor Exercise, Arts, etc..
- **“ENVIRONMENTAL/OUTDOOR”**
Examples: Recycling, Outdoor Education, Day Camps, Camping, Environmental Education, Use of or Protecting Natural Resources, etc...
- **“SCIENCE, ENGINEERING & TECHNOLOGY”**
Examples: Robotics, Movie Making, Social Media, Electricity, Physical Sciences, Biological Sciences; Architecture, Engineering, Arts, etc...
- **“YOUTH DEVELOPMENT”**
Examples: Citizenship, Leadership, Communications, Youth/Adult Partnerships, etc...

Form and Instructions:

Visit the Forum website <http://okla.4h.okstate.edu/SRVF/> for a workshop proposal form and directions. Direct workshop questions to Karla Knoepfli, at karla.knoepfli@okstate.edu

2011 Forum at a Glance TENTATIVE Schedule

	WED Oct 5		THUR Oct 6		FRI Oct 7		SAT Oct 8		SUN Oct 9				
6:30 am					• Coffee for Early Risers • Walkers Gather		• Coffee for Early Risers • Walkers Gather		Coffee for Early Risers				
7:00 am			Breakfast		Breakfast	State Coordinator Mtg	Breakfast	State Coordinator Mtg	Continental Breakfast				
7:30 am													
8:00 am			Pre-conference workshop 4-H EXCEL Program continued			Workshops		Workshops		Safe Trip Home!			
8:30 am													
9:00 am													
9:30 am													
10:00 am						Break		Break					
10:30 am						Workshops		Workshops					
11:00 am			Planning Committee Lunch				Exhibits and Service Project Station Open						
11:30 am													
Noon	Pre-conference workshop 4-H EXCEL Program			Lunch		Lunch	SRVF Committee	Lunch	2012 SRVF Planning Com. Mtg				
12:30 pm													
1:00 pm				State Coordinator Check In									
1:30 pm													
2:00 pm				Planning Committee		Workshops		Workshops					
2:30 pm				State Welcoming Meeting		Break							
3:00 pm				Arkansas Committee Registration/Assembly		Welcome to Arkansas Social: reception, pin swap and service project station open		State Meeting		Recreation Activities and Tours	State Vol. Specialist Mtg		
3:30 pm						Parade of State Flag, Practice		State Coordinator Meeting		Celebration of Arkansas and Entertainment			
4:00 pm						First Timer Orientation							
4:30 pm						Dinner							
5:00 pm													
5:30 pm													
6:00 pm	Dinner??			State Meetings		Dinner		State Meetings					
6:30 pm													
7:00 pm			Planning Committee Dinner						Diamond Banquet and Charlotte Strickland				
7:30 pm													
8:00 pm			Opening Assembly Randy Frazier										
8:30 pm													
9:00 pm													
9:30 - 11:30 pm			Recreation, Creative and Expressive Arts Workshops and Dance		Recreation, Creative and Expressive Arts Workshops and Dance		Recreation, Dance						



4-H Southern Regional Volunteer Forum (SRVF)
Service Project
The American Cancer Society
Relay for Life

Arkansas chose *The American Cancer Society/Relay for Life* as the 2011 service project. We want your state to raise money for the American Cancer Society by involving volunteers and 4-H members.

We chose this project because there is no direct cost for participants. Our goal is to see how much money each state can raise by hosting an event. ALL money will stay in the state where the event is hosted.

Relay for Life is the signature activity of the American Cancer Society. It is a time to celebrate, remember and fight back against cancer. Teams camp out at a local high school, park or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event because cancer never sleeps. Relays are overnight events up to 24 hours in length.

Relay for Life is often described as a life-changing event. Each year more than 3.5 million people in nearly 5,000 communities nationwide gather to celebrate the lives of people, who have battled cancer, remember loved ones lost and fight back against a disease that takes too much. By providing the opportunity to take action against cancer, *Relay for Life* unites communities and inspires hope that cancer will be eliminated.

Cancer survivors are at the heart of *Relay for Life*. The event brings families, friends, coworkers and communities together to celebrate victory over cancer and to support people still battling the disease. Each event opens with an inspirational Survivors Lap that symbolizes the steps we are taking toward hope and healing.

Caregivers are also recognized and celebrated at Relay for Life. At Relays, people understand the frustrations and joys of being a caregiver. There is a peace of mind in knowing that together we can face the many challenges cancer poses.

We ask each state to provide a basket in memory /honor of someone who has been touched by cancer. The content could depict her/his favorite hobby or personality. The basket will be used in a silent auction.

An abbreviated *Relay for Life* event will be held Saturday night after the Diamond Banquet as a time to come together and celebrate hope for the future. Luminaries will outline a path in honor of someone who has been touched by cancer. Forum participants will have the opportunity to purchase and decorated the luminaries.

Each state will have a volunteer contact person responsible for keeping track of the money raised in state. The total will be reported at final assembly. Arkansas will provide each state with the contact information for their American Cancer Society state contact. The contact will provide the necessary information to raise money.

We hope this will be a fulfilling experience for volunteers and 4-Hers who have not faced cancer and for those who have. Let's show how much 4-H cares!

Arkansas State 4-H Volunteer Association

Arkansas 4-H Medical Information & Release
Southern Region 4-H Volunteer Forum
October 6-9, 2011

Name _____

Full Mailing Address _____

Phones Home _____ Cell _____ Work _____

Date of Birth _____ Gender _____

Please list the names of two adults who may be contacted in case of emergency.

Name _____ Home Phone _____ Work/Cell Phone _____

Name _____ Home Phone _____ Work/Cell Phone _____

Medical Information

Name of Physician _____ Phone _____

Health Insurance Co. name _____

Date of Last Physical Examination _____

List Medications currently being taken _____

Drug Allergies _____

Other Allergies _____

Describe any physical limitations _____

Describe any recent illness or injury _____

Is there a history of heart condition _____ diabetes _____ asthma _____ epilepsy _____ rheumatic fever _____

AGREEMENT:

I understand that should a health problem arise, my emergency contact will be notified but that if he or she can not be reached by telephone, such medical treatment, including surgery, as deemed necessary by competent medical personnel could be rendered; that such necessary information may be released for insurance purposes and that I understand the limitation of the coverage as indicated below. Furthermore, I am aware that participation in this event includes risk including, but not limited to, transportation to/from event, sports and recreational games, water activities, hiking, as well as risks that are not foreseeable. For the sole consideration of the Cooperative Extension Service's arranging for participation in 4-H programming, I hereby release and forever discharge The University of Arkansas, the Board of Trustees of the University System of Arkansas, their members individually, and their officers, agents and employees from any and all claims, demands, rights and causes of action of whatever kind that I may have, on my own behalf arising from or in any way connected with my participation in 4-H volunteer activities. I further covenant and agree that for the consideration stated above I will not sue the Institution, the Board of Trustees of the University System of Arkansas, its members individually, its officers, agents or employees for any claim for damages arising or growing out my participating in the program. I understand that the acceptance of this Release, Waiver of Liability, and Convent not to Sue the Board of Trustees of the University System of Arkansas shall not constitute a waiver, in whole or part, of sovereign immunity by said Board, its members, officers, agents, and employees. I certify that I am participating in the SRVF with my knowledge and consent. I have read and understand all of the above policies

Signature

Date

State _____

Consent and Release Form
Photographic, Video, Audio and Web Site



I do hereby consent and agree that the SR4-HVF and any of its affiliated groups and their staff have the right to use the photograph or recorded image that I am voluntarily providing. I understand that the image may be used in 4-H Youth Development educational or promotional materials. I further consent that my name and identity may be revealed therein or by descriptive text or commentary.

I do hereby release to the Southern Region 4-H Volunteer Forum and its staff all rights to exhibit this work publicly or privately, including posting it on a 4-H web site. I waive any rights, claims or interests I may have to control the use of my identity in association to the photograph and agree that any uses described herein may be made without compensation or additional consideration of me.

I represent that I have read and understand the foregoing statement and am competent to execute this agreement.

Name: _____ Signature: _____

Phone: _____ Date: _____

Full Mailing Address: _____

Email Address _____

ExCEL Individual Reservation

Name: _____	Program Date: Oct. 5, 2011 Oct. 6, 2011
Business Phone: _____	Program Time: 5 th 1-5p
Cell Phone: _____	6 th 8:30-Noon
Mailing Address: _____ _____ _____	
E-Mail: _____ _____	

Program Cost: \$30.00 May call Send to: Arkansas 4-H
 501-821-6884 or Can Center Programs
 be paid day of #1 Four-H Way
 program Little Rock, AR 72223

- Payment Options:
- Cash
 - Check (Make payable to Cooperative Extension Service)
 - Credit Card (MasterCard or VISA only)

- Program Needs: Would you prefer a less physical activity?
- Would you prefer a more physical activity?

