



iowa 4-H Area 4-H Updates volunteer

belonging...generosity...independence...mastery



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Traci Zimmer



Sewing for a Cause

Traci Zimmer of the Richland Robins 4-H Club in Sac County did not know how to sew, but that did not stop her from using her leadership skills to carry out a community service project centered on sewing.

Ellen Buehler, volunteer leader of the Richland Robins, saw a TV news story about a women's shelter in Sioux City. She suggested that the club donate needed articles to such shelters and waited to see who would step up to leadership—it was senior 4-H member Traci.

Some of the club members had just attended a sewing workshop at which they learned to make pillowcases. They suggested the women's shelter might be able to use pillows and pillowcases.

Traci contacted two women's shelters and found an immediate need for pillows. She helped set up a workshop to make the pillowcases, start a pillow donation drive and arrange to deliver the finished pillows.

Under Traci's leadership, the 4-H club members purchased pillowcase

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4-H Training Brings Greater Voice to Mills County Youth

by Allie Ford,
member, Iowa 4-H Youth Council,
Southwest Area, Mills County

I first learned about youth-adult partnerships at an Iowa 4-H Youth Council training we had with our selected adult partners. My adult partner, Heather Turpen, and I learned that when youth and adults come together and use their strengths to form a partnership, they can achieve end results that are much better than if they had worked on them separately.

Part of the training was to develop an action plan. We decided to try to increase youth involvement on our Mills County Community Coalition. This coalition is a group of citizens, school representatives and agency staff who identify needs of families and youth in Mills County. They work together to come up with solutions to meet those needs. The issue was that Glenwood students are represented on the coalition, but not youth from Malvern or Nishna Valley. Heather and I invited students from all three schools to a Youth-Adult Partnership Training. Eleven youth participated in the training and agreed to help train the adult members of the coalition.

We trained 23 adults about ways to work with youth on committees. Everyone seemed to have a good time and we had a lot of discussion sharing our different perspectives. I believe the training was successful because we

learned a lot about each other and how we can work together to make things happen through the coalition.

We plan to continue the youth-adult partnership and will work on community projects. One project will be an ice cream social at which people can meet new members of the community, do fun activities and enjoy the community band concert at the park.

I am excited that we now have 12 youth working with approximately 25 adults doing positive things for the community. Through this experience, my leadership skills and confidence in front of a large group have grown tremendously. I had to be organized for both trainings. It took time and effort to help other high school students feel that they were capable of leading the adult training and feel that they could be an important part of this group. It was really neat seeing the youth succeeding in their roles as leaders for their section of the training. It also was exciting to see the positive interaction between adults and students.



Allie Ford, Mills County 4-H'er, facilitates a youth-adult partner training for members of the Mills County Youth Coalition.



(Sewing continued from cover)

fabric and recruited parents and grandparents as workshop helpers. Traci worked with Odebolt-Arthur school staff to use school sewing machines. She asked the Federated Women's Club in Odebolt for pillow donations and invited them to help teach sewing skills at the workshop. She also alerted a TV station about the project and gained publicity for shelters and 4-H community service.

Traci said, "I learned that my community is a very helpful and caring community. I learned that I would like to live by their example and be helpful and caring in every community where I live. I also gained confidence and responsibility." Traci even learned how to sew pillowcases herself!

Leadership

by **Michelle Terwilliger**,
Humboldt County

Over my ten-year involvement with 4-H, I am most grateful for excellent leadership. My best comparison of leader guidance is to a buffet at a fine restaurant. My leaders help young members get a "taste" of everything by beginning each year with a plan that includes activities, events, projects and tours from all the different areas of 4-H. We always could choose from many varieties of opportunities, and it is because of those choices that my horizons began to broaden.

... and justice for all

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A 4-H Volunteer Makes A Difference

Francisco Sanguino, a member of the Latinos En Accion 4-H Club of Woodbury County, volunteers with an organization called K-9 S.T.A.R.S. He and his dog, Rumor, a 4-year-old Rottweiler, visit the St. Luke's Hospital in Sioux City. Francisco has trained Rumor to be an actual tool in physical rehabilitation with patients. Some of Rumor's abilities include to climb onto a table, turn around, lie on her side (with her head down), sit quietly near wheelchairs and walkers, as well as to walk next to moving patients.

Patients build strength, range of motion and flexibility by throwing a ball to Rumor, brushing her and petting her. Patients who are working on rebuilding their memory after head trauma or stroke must learn specific facts about Rumor, walk her to another area and tell someone the facts about her that they can remember.



Francisco Sanguino and his dog, Rumor.

Patients are excited to work with dogs and benefit from elevated motivation and mood. Dogs must be obedience trained and must pass specific skill tests in order to work within the hospital setting.

Francisco also shares his knowledge by teaching dog showmanship to Woodbury County 4-H'ers as a junior leader. He also actively participates in the dog project.

—**Steph Anderson**,
Youth Development Specialist,
Woodbury and Monona Counties

Get Inspired at Volunteer Forum

by **Linda Hedges**,
4-H Volunteer, Greene County

The North Central Regional Volunteer Forum is a wonderful experience for volunteers who work with children. Each year I come home with all kinds of new ideas to use, and new enthusiasm with which to use them.

I am always impressed with the amount of educational workshops offered. There are sessions for almost every project area. I have brought home club project ideas as well as ideas for individuals to do for the fair or just for fun.

I find recreation ideas to use throughout the year for family, club, church and other community groups. Because you participate in the activities, you know how to lead them yourself.

One of the big assets of attending the forum is connecting with leaders in other states. You learn of their successes and get ideas to bring home to try. It is comforting to know the same things are happening in other states, too. If you choose to, you can go on a tour and see some of the host state.

But the biggest reason I like to attend the Forum is the encouragement I receive each year. There are motivational speakers and others who tell 4-H success stories, or how 4-H has benefited their community, companies or work places. It is inspiring to hear how the hard work put in by 4-H leaders is recognized across the country. I always come home pumped with ideas and a renewed energy to start on the next year.

The 2007 Forum takes place October 12-14, in Milwaukee, Wis. Find out more at their website: <http://www.uwex.edu/ces/4h/ncvlf/>. The 2008 Forum is in Columbus, Ohio.