

Entre Nous



THE PUBLICATION FOR MEMBERS OF THE WISCONSIN ASSOCIATION OF EXTENSION 4-H YOUTH DEVELOPMENT PROFESSIONALS

FALL ISSUE 2008
VOLUME 38
NUMBER 2

"PERSONAL AND PROGRAM GROWTH"

IN THIS ISSUE

Lucky Dog.....	2
Personal Growth.....	3
NAE4-HA 2009.....	4
Program Growth.....	4
Thanks You.....	5
NAE4-H A 2008.....	5

"The secret of happiness
is to count your blessings
while others are adding up
their troubles"
- Author Unknown

Entre Nous means "between us" and serves as the official publication for members of the Wisconsin Association of Extension 4-H Youth Development Professionals.

Articles should be submitted via e-mail, either in the body or in an attached Microsoft Word document. The e-mail should be addressed to Amanda Kostman at amanda.kostman@ces.uwex.edu

Suggestions should be sent to Amanda Kostman, Lincoln County UW-Extension, 801 N Sales Street, Merrill, WI 54452.

Entre Nous is published by WAE4-HYDP three times each year. Annual subscription for non-members is \$6.00. Deadlines for issues: Fall Issue – November 1; Winter Issue – February 1; Spring/Summer Issue – May 1.

Questions For the next newsletter (for those who don't have time to submit and article...

Why did you choose this career?
What/Who has been most helpful?

Editorial Staff:

Amanda Kostman, Editor
Dawn Kuelz, Past Editor

Contributing Writers:

Amanda Kostman, Lincoln County 4-H Youth Development Program Advisor
Dawn Kuelz, Door Co. 4-H Youth Development Agent
Megan Stuessel, Trempealeau County 4-H Youth Development Agent
Deb Ivey, Iowa County 4-H Youth Development Agent/4-H Project Lead the Way Coordinator
Colleen B. Pulvermacher, Vernon County 4-H Youth Development Educator

The theme of the Winter 2009 issue of *Entre Nous* is "Resources to Share", so start writing your articles now. The due date will be **February 1st**. You don't have to limit your articles to the focus theme. The *Entre Nous* is your newsletter. Express yourself! Share personal and professional concerns and triumphs.

Lucky Dog...

Amanda Kostman, Entre Nous Editor

Lincoln County 4-H Youth Development Program Advisor

As many of you know, I just love my funny looking, completely goofy, blink little dog... and had to pass this on....

People need me...they depend on me. We're doing something important here. And knowing that gives me the energy to carry the sack, lead the pack, and keep coming back.
-- Santa Claus

"Mary and her husband Jim had a dog named 'Lucky.' Lucky was a real character. Whenever Mary and Jim had company come for a weekend visit they would warn their friends to not leave their luggage open because Lucky would help himself to whatever struck his fancy. Inevitably, someone would forget and something would come up missing.

Mary or Jim would go to Lucky's toy box in the basement and there the treasure would be, amid all of Lucky's other favorite toys. Lucky always stashed his finds in his toy box and he was very particular that his toys stay in the box.

It happened that Mary found out she had breast cancer. Something told her she was going to die of this disease... in fact, she was just sure it was fatal.

She scheduled the double mastectomy, fear riding her shoulders. The night before she was to go to the hospital she cuddled with Lucky. A thought struck her . . . what would happen to Lucky? Although the three-year-old dog liked Jim, he was Mary's dog through and through. If I die, Lucky will be abandoned, Mary thought. He won't understand that I didn't want to leave him. The thought made her sadder than thinking of her own death.

The double mastectomy was harder on Mary than her doctors had anticipated and Mary was hospitalized for over two weeks. Jim took Lucky for his evening walk faithfully, but the little dog just drooped, whining and miserable.

Finally the day came for Mary to leave the hospital. When she arrived home, Mary was so exhausted she couldn't even make it up the steps to her bedroom. Jim made his wife comfortable on the couch and left her to nap. Lucky stood watching Mary but he didn't come to her when she called. It made Mary sad but sleep soon overcame her and she dozed.

When Mary woke for a second she couldn't understand what was wrong. She couldn't move her head and her body felt heavy and hot. But panic soon gave way to laughter when Mary realized the problem. She was covered, literally blanketed, with every treasure Lucky owned! While she had slept, the sorrowing dog had made trip after trip to the basement bringing his beloved mistress all his favorite things in life. He had covered her with his love.

Mary forgot about dying. Instead she and Lucky began living again, walking further and further together every day. It's been 12 years now and Mary is still cancer-free. Lucky? He still steals treasures and stashes them in his toy box but Mary remains his greatest treasure."

Remember...live every day to the fullest. Never forget the people who make a difference in our lives are not the ones with the most credentials, the most money, or the most awards. They are the ones that care for us.

Personal Growth

Colleen B. Pulvermacher

Vernon County 4-H Youth Development Educator

article found on personal growth via the internet at About-Personal-Growth.com

Quotes also from Colleen

How Do You Start With Your Personal Growth?

Personal growth is a process that brings about personal change. Now, what can you do to improve your present situation? You wonder don't you? Well, why not ask yourself a few questions.

- Do you like where you are and what you have become?
- Have you ever wished that your life was better?
- Can your relationship improve?
- Are you producing the results that you want?
- What makes you feel good?
- Why do you do what you do?
- What triggers you to produce your behavior?
- How do you reach the top rung and achieve success?

When you begin to ask yourself these sorts of questions you will start looking for what works. And your journey to personal growth will begin. Personal development requires personal change and it starts from within.

With more understanding, we can meet in the middle and walk the rest of the way together.
-- Eric Harvey

- You need to improve on your self-awareness.
- You need to work on your attitude.
- You got to start believing in yourself.
- You have to develop your skills.

The better you understand yourself the better you understand others. And the more your relationship will flourish.

You have to have a self improvement plan for your personal development and growth. And then take consistent and continuous actions.

You will do better if you work on yourself instead of worrying about your conditions. If you work on yourself, your life will change.

You have the choice to grow, learn, become the person you aspire and mastering your life. You can choose to stagnate, to hesitate, and remain fearful and doubtful and live in mediocrity.

You are responsible for your frustrations, indecisions and lack of progress.

When you know in which direction you want to go and the lifestyle you want to have you will manage yourself. And you will change.

When you change you grow.

You decide what's useful. It's up to you to choose what's valuable and important.

It is your choice.

NAE4-HA 2009 in Rochester, NY

Dawn Kuelz, Entre Nous Past Editor

Door County 4-H Youth Development Agent

Do something. If it works, do more of it. If it doesn't, do something else.

-- Franklin D. Roosevelt

Mark your calendars for the 2009 NAE4-HA Conference in Rochester, NY, October 25-29. The conference will be held at the Rochester Riverside Convention Center and lodging will be available at the Hyatt Regency Rochester as well as the Clarion Riverside Hotel. The conference website is up and running, check it out at <http://nys4h.cce.cornell.edu/nae4ha2009/index.html>. Registration information and lodging reservations will be available in mid-2009, but to start your professional development planning, you can check out the website for more information. Make plans to "Imagine the Possibilities" at the 2009 NAE4-HA Conference!

Program Growth

Megan Stuessel

Trempealeau County 4-H Youth Development Educator

That actually made me smile, scary I know. Being fairly new to the Extension and WAE4-HYDP Association, I have seen program growth on many different levels.

I now have a horse committee that believe agendas, secretary and treasurer reports are a good thing. Oh, and only having one treasurer and not three isn't bad either. Evaluating events on effectiveness, educational content, etc. on programs that have always been done also allows for program growth. This hopefully allows the participants in the county to experience new programs and to improve the previous ones.

I have become a 4-H Youth Development Agent that now has less "put out fire" telephone calls and can start to develop programs for youth and adults within Trempealeau County. Starting things such as photo day camps, expanding the camp opportunities, or offering help at JCEP Conference are all examples of program growth and feeling comfortable within my position; something that I didn't always have!

Starting new and continuing programs that will benefit the youth and volunteers within the county's we serve is a never ending task for all of us; at times probably seen as ungrateful, but worth all of our time when at the end of the 4-H year they say, "I enjoyed that and learned"

I hope that you are also able to sit back and smile when you think about program growth in your own situation as I have and no matter how small the steps were forward, be glad they were forward!

Thank You

Deb Ivey

Iowa County 4-H Youth Development Agent

4-H Project Lead the Way Coordinator

Thank you for honoring me with the Distinguished Service Award at the recent WAE4-HYDP banquet. I am humbled to have my name added to the list of award winners through the years. I have greatly enjoyed my years with the 4-H program and am proud of the programs and activities where I have made contributions. I am excited about the new initiatives in 4-H Youth Development and am especially thrilled to see many young colleagues joining this profession. I extend a special thanks to René and Alissa, who could be daughters, and to Jessie, who is my daughter, for their special presentation of the award.

2008 Galaxy III Conference Wrap-Up

*Celebrating the Extension System: Strengths,
Diversity and Unique Qualities*

Dawn Kuelz, Entre Nous Past Editor

Door County 4-H Youth Development Agent

The National Conference was held in conjunction with other associations this year, and was held in Indianapolis during mid-September. A small delegation from Wisconsin attended and enjoyed the sessions, speakers and States' Night Out! They also were on hand to bring home some awards for our state. Congrats to the following individuals who were recognized at the NAE4-HA awards banquet:

Educational Piece (individual) - Jessica Jens

World Citizenship in 4-H Youth Development - Annie Liskowski

25 Year Award - Steve Kinzel & Sally Schoenike

Achievement in Service Award (ASA) - Ellen Andrews & Chris Viau

Distinguished Service Award (DSA) - Annette Bjorklund, Deb Ivey & Steve Kinzel

Congrats to all our awardees and conference attendees!

"You feel you have to help yourself to grow. You develop the attitude that if you work hard you can have a better life, you don't expect someone to help you. But if you give 70%, you'll get 70% results.

If you want to do well, you have to give 100% - or even more."

- Lee Lai Shan, Hong Kong's gold medalist, wind surfing.

2008-2009 WAE4-HYDP Board of Directors

Nothing will ever be attempted if all possible objections must first be overcome.

-- Samuel Johnson

Please call (715) 539-1080 to make requests for equal access to the materials within.

OFFICERS

President: Joan Wimme
President Elect: Connie Creighton
Secretary: Dawn Kuelz
Treasurer: Jackie Johnson
Immediate Past President: Annette Bjorklund

DIRECTORS

Central: Dean Slark
Northern: Heather Schmitz
Western: Laura Pettersen
Southern: Colleen Pulvermacher
Eastern/Quad: Jill Jorgensen
State Staff: Donna Menart

REPRESENTATIVES TO OTHER GROUPS

WI 4-H Foundation: Sally Schoenike

STANDING COMMITTEE CHAIRS

Awards and Recognition: Amy Mitchell
Communications: Amanda Kostman
National Conference: Dawn Kuelz
Professional Concerns: Chris Viau
JCEP Board Representatives: Barb Barker, Annette Bjorklund, Jean Berger

WAE4-HYDP Communications Committee

Amanda Kostman, Editor
Lincoln County UW-Extension
801 N Sales Street.
Merrill, WI 54452

To:

