



THE TORCH

THE WEST VIRGINIA 4-H ALL STARS

WV 4-H ALL STARS

THE TORCH

FALL 2010

As I Begin...

I cannot remember a time when 4-H was not a part of my life. Tagging along to 4-H meetings long before I was old enough to officially join, I was a Cloverbud before Cloverbuds existed. It was not until 1993 when I became an All Star that my next journey began. Life leads you down unknown paths and allows you to serve in ways you never thought possible.

Eight years ago, Barby Frankenberry, serving as 1st Lesser Chief at the time, asked me to assist with All Star conference. During our conversation, she told me that the Mill would not be serving Friday evening dinner and we would need to plan with that in mind. The obvious challenge stared us in the face: How would we create dinner for everyone, and transport it more than four hours across the state?

Our journey began in a large vehicle as Barby, Bob Frankenberry and I left for our long drive to the Mill with barely enough space for us to sit. Joining us in the car were 800 meatballs and fixings for Friday's dinner. After making 800 homemade meatballs, I earned the nickname that weekend of "800 Meatball Lady." Not quite a nickname I had previously envisioned!

Eight years later the "800 Meatball Lady" is honored to serve as chief of the WV 4-H All Stars. I am proud to take on this big responsibility, and am certain that I can count on the dedication and experience of my executive committee for help. And even more, I know that after forming 800 meatballs, anything can be accomplished.

As in years' past, Jackson's Mill opened her arms and provided a beautiful backdrop for the recent 2010 All Star's Conference. Thank you to all those that were able to attend the "WV All Stars...One Sweet Treat" in September. At our website, www.wv4hallstars.org, you can view photos taken during the weekend and recall the good times, or see what you missed.

New stars were also twinkling at the conference,

as All Stars gathered under the trees of the Mt. Vernon dining hall's front lawn where 34 new All Stars were inducted into the WV All Star organization. As the new All Stars begin their journey, I extend a special welcome to them. I hope that you all will continue your dedication to 4-H and carry the All Star motto of "Service" close to your heart.

Sandra Sims
Chief, WV 4-H All Stars

Conference Attendance Banner

By Carolyn Elliott

Sandra Sims' first duty as newly elected Chief of the West Virginia 4-H All Stars was to accept the Attendance Banner for Berkeley County. Berkeley County had 33 persons in attendance with 21 of them participating at least one full day of the conference which is the requirement for winning the banner. It will be a "Sweet Treat" to have the banner hanging in the Berkeley County office this year. Berkeley County challenges the other counties to get to work and encourage their All Stars to participate in the 2011 Conference.



At the All Star Conference...photos inside this edition.

Carters Make Generous Contribution To Support Northern Panhandle

Provided by Julie Cryser

The meeting room in the Northern Panhandle Cottage at WVU Jackson's Mill will now be called the Ted & Jeanne Carter Youth Lounge, thanks to a generous donation from the couple that will help to furnish the room.

"In April, when I toured the Northern Panhandle Cottage, with construction still in progress, I realized the necessity to have the front meeting room decorated and furnished," said Jeanne. "I shared those thoughts with Ted, and we determined this was another way we could help."

When the cottage is rededicated on July 20, the Ted & Jeanne Carter Youth Lounge will be dedicated. It will mark the first naming of a room within an existing cottage. Their five-year pledge will also support overall renovations at the Mill.

The Carters have been longtime 4-H and WVU Jackson's Mill supporters. Ted was part of the team that reassembled Blaker Mill at WVU Jackson's Mill, and he continued to volunteer on the project until the mill was operational. Both have been volunteers at the Jackson's Mill Jubilee.

The Carters volunteered in 2002 to be co-chairs of the Northern Panhandle Cottage campaign and held the fundraising kickoff at their home in August of that year. Being frequent guests at Jackson's Mill, "we knew the serious maintenance needs of the Cottage," Jeanne said. "We decided our support was sorely needed for the last cottage that had been constructed on the campus," Jeanne said.

While the fundraising campaign reached \$154,000 in donations, the most successful cottage campaign to date, renovations were delayed because urgent repairs were needed on the swimming pool and the Mount Vernon Dining Hall.

Renovations were again delayed because of infrastructure upgrades and a need to raise additional funds to meet the growing cost of renovations. Altogether, a little more than \$310,000 was raised through individuals, corporations, and foundations to renovate the cottage, with additional funding coming from West Virginia



University and other discretionary accounts to start the renovations, which topped \$450,000.

A Pocahontas native, Jeanne has been an active 4-H member since she was 9 years old. She spent many years attending county and state camps, served as a local club leader, and she was a WVU Extension Service home economics agent in Mason County. She helped finance her education as a student at WVU by working for the Mill during state camps.

In 1949, she was one of four delegates who represented West Virginia at the National 4-H Camp in Washington, D.C. Her parents always joked that "Jeanne may not get to heaven,

but she made it as far as Jackson's Mill," she said.

Ted has always called Ohio County his home. He spent almost all of his time, including summer break, working on the Carter family farm, "Everbreeze," which borders Oglebay Park in Wheeling. He carried the dairy 4-H project for the years of his club membership. His registered calf projects led to improvement of the herd he and his father managed. During college he served on the WVU dairy judging team and won top honors in the National Judging Contest.

Ted earned his bachelor's and masters in education management and a master's in counseling from WVU. In addition to working on the dairy farm, he taught high school biology and was an assistant principal and counselor in the Ohio County school system.

Jeanne earned her master's in vocational high school education and a master's in counseling and guidance from WVU. She is well known in Wheeling for her half-hour cooking program on WTRF, a television station in Wheeling, and for her first-person historical presentations. She also taught nutrition at West Liberty State College, was on the School of Nursing staff at Ohio Medical Center, and was a junior high school counselor for 20 years in Ohio County.

The Carters have chosen to help Jackson's Mill financially so that the 4-H program can continue to grow.

"I vividly recall, for one of the Boys State 4-H Camps, I had the privilege of



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4-H On Two Wheels 2010 Outspoken for 4-H

By James Grantham
Outspoken Coordinator

Early in the morning on Thursday, June 17, a troop of 4-H members and volunteers gathered nervously on the banks of the Ohio River in Wayne County, WV. The 20 bicyclists, each clad in a 4-H clover jersey, were ready to pedal the 264 miles from the most western tip of West Virginia to WVU Jackson's Mill. For the riders, this was the climax to months of training and fundraising, and their excitement was hard to hide. Over the next four days, they battled oppressive heat, long hours on narrow bike seats, and many steep hills. But, everyone safely made it to the finish line and with fantastic memories to share.

The 2010 route led the participants from Kenova through Huntington, Barboursville, Hamlin, Charleston, Ripley, Rockport, Parkersburg, Elizabeth, Grantsville, Glenville, and Weston. But, their ultimate destination was Older 4-H Member's Conference (OMC) at WVU Jackson's Mill, where they were greeted by hundreds of 4-H campers. In addition to OMC, the event visited three younger 4-H camps where the riders promoted the Health H and challenged the campers to overcome the obstacles in their own lives.

Those 4-H members are always on the minds of the participants, as the campers directly benefit from the funds raised by this event. Thanks to the generosity of many loyal supporters, the event has already raised over \$14,000 for 4-H related activities. That is an almost 50 percent increase over last year's total. Money continues to flow in and donors can still give using the form found at the Outspoken for 4-H website (<http://outspokenfor4h.ext.wvu.edu/>).

This ride is only made possible by the many volunteers, leaders, agents, and law enforcement units along the route and the much-appreciated sponsorship of the WV 4-H All Stars and the WVU Extension Service. The generosity of these and other individual sponsors allows the ride to send all the donated money directly to the 4-H program. The ride participants whole-heartedly thank everyone who donated time, money, or resources

Carters Make Contribution

(Continued from page 2)

being on staff under the direction of 'Tubby' Boggs," Jeanne said. "The theme for the week was 'Plus Ultra' from the Latin language meaning 'more beyond.'

"We want the succession of generations to have the opportunities we experienced for growth and development in the fourfold manner. We want them to have 'more beyond,' so they can continue to give back for the ones who follow."

to make this event possible.

Another purpose of the ride is to promote the visibility of 4-H, and that was accomplished this year in a variety of ways. The media outlets of both large and small towns showed great interest in the event, and the television and newsprint coverage that they gave to this significant cause is greatly appreciated. When the 4-H clover is advertised in our state, it means good things for the youth of West Virginia. The ride found other ways to spread its message directly to the community. For the second year in a row, the participants were thrilled to roll through the West Virginia State Folk Festival Parade on Saturday afternoon of the event. This year the festival surprised and honored the Outspoken participants with a second place plaque for their parade entry. The judges cited the crowd's enthusiasm as an influence on the final decision. The riders and crew will miss the chance to spend time with all the volunteers and at the Folk Festival once the route changes again.

The ride continues to grow and improve every year. Maintaining a safe event that can accommodate the growing number of cyclists is always a challenge, but the ride organizers want to make sure that the event remains new and exciting for everyone. A new route from Mercer County and up the Greenbrier Valley is already being planned for June 2011. New riders are always welcome and you are encouraged to step up and overcome the obstacles in your life. If you think that you can be Outspoken for 4-H and you want to prove it on the roads through West Virginia's hometowns, then you need to be at the starting line next June. Contact the ride coordinator, James Grantham, at outspokenfor4h@gmail.com for more information.

The riders were: Jeff Brandenburg, Kearneysville, WV; Jason Burnside, Hepzidah, WV; Cindy Carr, Harman, WV; Alex Coffman, Grafton, WV; Alex Dunaway, Washington, PA; Jenny Eaton, Harpers Ferry, WV; Andy Evans, Kearneysville, WV; Paul Garton, Jane Lew, WV; James Grantham, Middleway, WV; Alec James, New Manchester, WV; John Jett, Fairmont, WV; Seth Kennedy, Buckhannon, WV; Beth Kleckner, Yonkers, NY; Jared Matlick, Shepherdstown, WV; Katie McDonald, PA; Jomar Shaffer, New Cumberland, WV; Nathan Sisler, Moorefield, WV; Chris Smith, Conover, NC; David Spiker, Jane Lew, WV; Jeff Yokum, Washington, DC

The crew was: Ricky Brandenburg, Frederick, MD; Susan Brandenburg, Kearneysville, WV; Patti Brown, Princeton, WV; Marilyn Dague, Moundsville, WV; Chris Elbon, Beverly, WV; Krista Jett, Fairmont, WV; Alex Kidwell, Thurmont, MD; Caroline Kirby, Conover, NC; Barb Teter, Elkins, WV; Shay Teter, Elkins, WV; Rhonda Walls, Athens, WV

Coming Home Via All Star Conference

By Michele Miller

It's hard to get to my point without going back in time so you know how I got to All Star Conference this year.

One January, in the early 80s, I attended YAC at Jackson's Mill. My good friend, K J Keys, tapped me on the shoulder, walked along beside me, and I was initiated into the wonderful organization of the WV 4-H All Stars. What an honor to be standing on the stage in the WV Building that winter! A memory I will never forget!

Although I have been a WV 4-H All Star for quite some time, I have never had the opportunity to go to the All Star Conference. For many years, I put it on my calendar, and for this reason or that, it did not happen. College, school and work kept me from attending conference. After college, I got married, moved to Maryland, started working, started a family, and before I knew it years had passed. Where did time go?

While in Maryland, I worked with the Maryland Cooperative Extension and my husband, Kenn, and I became 4-H Volunteers. Because I was a WV All Star, I was voted into the Maryland All Star Organization. It was great to be part of 4-H and raise my daughters as 4-Hers. My greatest moment was walking with my husband and daughters at the Maryland State 4-H Conference when they became All Stars.

While Maryland 4-H is wonderful, and we had many experiences on the county, regional, state, and national level, nothing compares to being part of the WV 4-H program. I was able to reconnect with WV 4-H again when I called Jeff Orndorff and said, "My daughters HAVE to experience state camp at Jackson's Mill! Can they come?" Well, that was the start of reconnecting with the 4-H program and state that I loved.

As luck, or fate, would have it, both of my daughters chose WVU to attend college. In 2007, Kenn changed jobs and we moved to Shepherdstown, WV. Like most of WV, it's hard not to meet someone who is part of 4-H. It made us eager to become involved in 4-H here again. Kenn and the girls became part of the WV 4-H All Star Organization last year.

Since Kenn and the girls had joined me as WV 4-H All Stars, we could attend the All Star Conference. Because the girls are tied up being an RA and a player for WVU Volleyball, they were not able to attend, but Kenn and I registered. We were excited to

see some old, dear friends and see what conference was since I never had the opportunity to attend.

Well, as we drove down the path and through the gates at Jackson's Mill, I had some anxiety. Will people remember me? Will it be the same coming back? Will I feel part of this group? What do they do at the WV Conference that is different from the Maryland Conference - is it the same? As we walked in to register, I didn't see anyone that I knew, but felt very welcome. Off to dinner we went. Finally, there was a familiar face! We sat at dinner and caught up on 4-H times. While at dinner, we made some new friends. Then it was off to an evening of fun and meeting even more friends. By the end of the evening, I felt as if I already knew everyone.

Saturday was about business. Wow, it was exciting to see how the All Star Organization is involved with the 4-H program around the state. I was becoming excited about being part of an organization that cares about the future of our youth and preserving the memories of all those who have passed through the WV 4-H program. Along with the business meeting, Saturday included a banquet and an auction for fund raising. It was a wonderful time sharing experiences with those around us and discussing what the All Stars were doing in different counties.

Sunday morning came. It was a time to reflect on the All Stars who have passed and the legacy that they have left to us who are still here to serve. As always, it was just as hard to leave Jackson's Mill. It was wonderful talking with everyone about going back to their counties and getting started on another year. Kenn and I drove around the Mill, took many pictures, and I could tell him about all the memories I had there. What was really wonderful was that it was a new memory that I shared with Kenn and now we were excited about being part of the WV All Star Organization. For me, it was like "Coming Home via the All Star Conference" as I had served for many years here in WV; for him it was the start of new service here. For both of us, it was like we had been coming for years, we fit right in and we were rejuvenated to serve.

Where were you? What's keeping you away? Are you serving the youth of our future like those before served us? If you weren't there this year, we missed you and can't wait until you "Come Home via All Star Conference" next year!



LEAVE A LEGACY®

Make A Difference in the Lives That Follow

By *Debbie Miller*

Making dreams come true. We each have those fun dreams – becoming a Hollywood star, earning an Olympic gold medal, or even climbing Mt. Everest. Other dreams have a more practical side to them. If you have ever dreamed of setting up a WVU scholarship for 4-Hers or establishing a special fund for Jackson's Mill, that's easier to do than you think.

One simple way is through your will or revocable trust.

While also planning for your family's future, have your attorneys include such a helpful gift by using this wording: "to the WVU Foundation, Inc. for the benefit of WVU Extension Service/West Virginia 4-H." Further details about how your gift is to be used are also important.

Another direction might be to set up a special gift

that pays income to you first and benefits Extension, 4-H or Jackson's Mill later. The WVU Foundation works with gift annuities (minimum of \$25,000) which pay fixed income for life at a rate based on your age or charitable trusts (minimum of \$50,000) which pay variable income with growth potential over time.

Stocks, cash, mutual funds, corporate bonds or real estate can be used for this special gift arrangement. A partial income tax deduction results from the gift and income is paid for life or for a term of years, up to 20. Learn more at www.wvuf.org, click on Ways to Give, and then on Planned Giving.

And after the income payout ends, the purpose you had in mind – the 4-H scholarship, a fund for Jackson's Mill, or something else – will happen from the remaining funds. That's an achievable dream – and a gratifying one.

4-H: The Ties That Bind (and help rebuild)

Posted on DOD Live

By Lt. Col. Stanley Fugate

3rd Infantry Division Deputy Commander for Civil Capacity in Baghdad, Iraq

Today children in Iraq are striving towards a brighter future with the help from an old American organization and club called 4-H. The 4-H club is as American as "Apple Pie" and "Chevrolet" and in Iraq today this worldwide youth organization offers disadvantaged youth educational and practical hands on opportunities to gain valuable job skills in an informal setting. The youth are assisted by local volunteer leaders and parents, which have knowledge in the project area that the children are interested in learning.

With its long history, 4-H is known for building future leaders who are committed to learning and public service, through the clubs' focus on agriculture. Even as a young sixth-grader in a Tennessee county school, I joined the 4-H club and participated in everything from presenting demonstrations, public speaking, record keeping, leadership, to animal husbandry. I would easily say today that by participating in my grade school 4-H club it has helped me be a better Army officer and has especially helped me in my duties as the 1-3 AAB deputy commander for Civil Capacity when it comes to working agriculture projects here in Iraq.

One of the main focal points for 4-H is educating young people in three areas: healthy living, community service and science, engineering and technology. By having a program similar to the 4-H clubs that we have in the United States means a lot to this develop-

ing country and to its' future.

Our brigade's agricultural adviser for the Embedded Provincial Reconstruction Team (ePRT) here in Baghdad is Mary Kerstetter. Mary, like myself, was a member of a 4-H club in grade school and benefited from the education and hands-on training and uses it today in her role as an ePRT agriculture adviser. Kerstetter has spearheaded the creation of many Iraqi 4-H clubs in the Baghdad Province and now has created a Commander's Emergency Response Program project that will purchase 25 dairy heifers that will be given to 4-H members in the Latifiyah Qada area in southern Baghdad to raise and learn animal husbandry and dairy management.

The 4-H members will be required to complete the 4-H general record keeping and 4-H Cowabunga Dairy Activities book. The members are also required to donate the first female offspring back to the 4-H program to allow additional youth to join the 4-H club. Kerstetter said "by teaching the children to take care of their cows and to use laptops for record keeping, among other things, they will be a step ahead and will be better prepared to take care of their families in the future."

As our unit continues this important mission as an Advise and Assist Brigade here in the Baghdad Province of Iraq and we support the forming of a new government and promote the growth of civil capacity, it is programs like 4-H that will support that progress, and assist the development of the next generation of leaders for this country.



At the All Star Conference





FEEL THE PRIDE

Tribe Challenge 2010 Unveiled

Provided by Tonya Michael

The WVU Extension Service Development Office is kicking off the end-of-year Tribe Challenge 2010 campaign to help raise funds for the West Virginia 4-H camping program.

"Everybody knows that the tribal system is one of the deepest and richest of the 4-H traditions, and this is a way to instill some fun and competition to a fundraising campaign," said WVU Extension Service Director of Development Julie R. Cryser.

From now until Dec. 30, donors are being asked to send in funds and designate their tribal membership during state and county 4-H camps. All of the funding will support scholarships for state 4-H camps. At the end of the year, the tribe with the most funding will

be designated the Tribe Challenge 2010 Champion.

The Tribe Challenge 2010 Champion will have the tribe's name inscribed on a permanent plaque that will hang in the Assembly Hall, and a ceremony will be held at each of the three state 4-H camps to celebrate their victory.

If you would like to be a part of this campaign, please detach the form below and send it in with your donation. All givers to the winning tribe will be recognized in the spring 2011 newsletter and invited to attend one of the three celebration events.

So whether you are a Mingo, Cherokee, Delaware, or Seneca, show your enthusiasm and loyalty to your tribe and help the state 4-H camping program.



JOIN OUR 2010 TRIBAL CHALLENGE!

BRING MORE KIDS TO CAMP

**Red, Orange, Green,
or Black**
Which tribe will win
the plaque?

Show your spirit!
Raise more funds!

More camp scholarships
Can be won!

- Tribe Challenge Cheer

Donations help WVU 4-H transform lives!
2010 Tribe winner will be honored at OMC
and Alpha Camps. A permanent
plaque will be placed in
Mount Vernon Dining Hall.



Photos by Bill Frye



Office of Development • 806 Knapp Hall • PO Box 6031
Morgantown, WV 26506-6031





Important!

To make your donations count in the Tribe Challenge 2010, clip and send the form below by December 30, 2010, to:
WVU Extension Service, Office of Development, 806 Knapp Hall, PO Box 6031, Morgantown, WV 26506-6031. *

Appeal Code: EXT 11 DM1

I (we) want to help transform more lives through state 4-H camp scholarships.

Name: _____
Address: _____
Phone: Home _____ Work _____
E-mail Address: _____

Please accept my (our) donation of _____ in honor of the _____ Tribe.

Check: It is enclosed. Check Number: _____
 Credit Card: Number: _____
 Visa MasterCard Discover

Exp. Date: _____
Signature: _____

*Please make donations payable to the WVU Foundation Inc.

BUILDING THE FUTURE

Monongalia County Native Creates Legacy Gift for WVU Jackson's Mill

Provided by Tonya Michael

Monongalia County native Martha Lee Poland was a junior at West Virginia University when she was selected to be one of the 10 national 4-H Reporters to the Nation during the 1967-68 school year.

The group traveled all over Appalachia and then on to Washington, D.C, where they were to meet with President Lyndon B. Johnson. Johnson, embroiled at the time in the Vietnam War, was late for the meeting, so the First Lady greeted the group.

"Lady Bird Johnson swept into the Map Room where we were waiting and spent over 30 minutes sharing White House history, telling us about the objects in the room around us and listening to us share our lives and stories of 4-H."

"The president's wife was warm and gracious," said Poland, who now goes by Martha Anne Lee and lives in Fairfax, Va. "I learned a great lesson in civics and more fully understood the power of democracy in those encounters."

For Poland, it is easy to bring up the life lessons and memories of a 4-H youth. The program was and remains dear to her, and she attributes her success in life to her 4-H experiences. Poland has chosen to become a member of the WVU Foundation Irvin Stewart Society, which honors and recognizes those who give gifts that will come to fruition upon their passing. Martha has made WVU Jackson's Mill the beneficiary of a life insurance policy.

"Jackson's Mill is a very special place for young 4-H'ers and for adults supporting those young people; every life, young and older, is unique and worth development," she said.

Poland grew up in Morgantown and was a member of the Suncrest Satellites from the age of 10. Her projects were more suburban, focusing on foods, clothing, and budgeting.

"It was in 4-H that I learned to give talks in front of groups, to be a lead-

er at the local, state and national levels, to plan for success, and to sing around a campfire as a Seneca tribe member."

But it was at Jackson's Mill that she learned to square dance and where she remembers huddling around a television in the Kanawha Cottage to watch the funeral of President John F. Kennedy during a November 1963 Tri-Hi-Y state convention.

"My heart smiles when I think about Jackson's Mill, and I want that joy to be there for other people, young and grown," she said.

"In my sixties, I thought seriously about what impact I could have with the resources I had amassed. I visited Jackson's Mill one Saturday morning while in West Virginia to attend a funeral in near-by Lost Creek. The friendliness of the staff finishing breakfast in the recently renovated Mount Vernon Dining Hall and their enthusiasm about the

new classrooms and computer lab, yet the need to do much more throughout the complex, rekindled my desire to do something to encourage and continue the 4-H experience into the future."

She made a donation that day, but said that it just didn't satisfy her "inner voice." That is when she decided to make WVU Jackson's Mill the beneficiary of her life insurance policy, with proceeds to support renovations at the historic state 4-H camp.

Poland said her 4-H experiences made her what she is today. She graduated from WVU with a bachelor's degree in education and earned her master's degree in education gifted and talented K-12 from George Mason University.

She lived in Singapore in the 1970s, where she taught geometry and chemistry in the American School. She has worked as a math, earth science, and biology teacher in Fairfax County, Va., for 31 years. She was also the debate and speech coach for more than 20 years.

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In Remembrance

Obituaries will be printed upon request as space permits.

William Miller "Bill" Frye, III, 60, of Weston, WV, passed away Monday, September 6, 2010 at his residence following a brief illness.

He was a long-time employee of the West Virginia University Extension Service, serving as Lewis County 4-H Extension Agent from 1973-1986; he then became the director of Jackson's Mill West Virginia University state 4-H Conference Center. Following his tenure there, he worked for the Extension's Office of Technology and was instrumental in getting all 55 county offices networked and connected to high speed Internet. He retired from the Extension Service in 2005 after 32 years of dedicated service.

In his retirement he continued his service to Extension by volunteering his time and photography skills for the Faces of 4-H project.

He was a lifelong 4-H club member, a pin wearer and a West Virginia 4-H All Star; served as president of the Lewis County 4-H Foundation; the Jackson's Mill Heritage Foundation; and worked with numerous other civic organizations such as Lewis County Rotary and the Lewis County Convention and Visitors Bureau.

He was a licensed auctioneer and a founding board member of the Stonewall Jackson Arts and Crafts

Jubilee 1974-2007.

In lieu of flowers, the family requests donations to Lewis County 4-H Foundation, P.O. Box 447, Weston, WV 26452.



Sue Jones, 64, passed away on August 4, 2010 following a sudden illness. Sue was a 4-H All Star and a member of the WV 4-H Hall of Fame.

She retired in December 2002, as associate director/extension agent from WVU Extension Service. She directed the Calhoun County 4-H program and 4-H camp for 31 years. The last two years of her employment, she was a part time associate director for the state 4-H program center and served a short time as State 4-H Program Leader.

Sue loved the county 4-H program and all the youth who participated over the years. She and her husband directed three youth square dance teams and founded the first PRIDE Drug Abuse Team in West Virginia. The PRIDE Team youth traveled to 10 World PRIDE Drug Conventions and PRIDE members taught a national workshop in Cincinnati.

She was a member of the West Virginia and the U.S. National 4-H Shooting Sports committees. For several years, she was the West Virginia 4-H Instructor for the 4-H Shotgun Program, training many volunteers.

Sue was a 4-H All Star and a member of the West Virginia 4-H Hall of Fame. In 2000, she was presented the 4-H Distinguished Service Award in Denver, Colo. In 2001, Sue, along with several Literacy Team members, was presented the USDA Group Honor Award for Excellence for elevating the academic and nutritional status of limited resource youth through the Energy Express Program.

In lieu of flowers, donations in the memory of Randall and Sue Jones may be made to the WVU Foundation to support the 4-H Camping Program Fund (2V529-Calhoun County). Send donations to P.O. Box 6031, 806 Knapp Hall, Morgantown, WV 26506.

Monongalia County Native

(Continued from page 9)

Her 4-H leader, Edra Sharpe, coached her for a 4-H demonstration project at WVU when she was just 14. "She taught me to focus my comments, to be aware of my audience, and to stop trying to share everything I knew in one 10-minute presentation," she said. "Whenever I am preparing math lessons, whether geometry or pre-calculus, I focus on my objectives, adapt to the skill level of my student audience, and refrain from trying to share all the math I know in one class period."

And that is just one life lesson of the hundreds that 4-H provided to her. Thanks to the generous gift from Martha Anne Lee others will also have the opportunity to learn life lessons.

All Star Reflections 2010: “One Sweet Treat”

By Joan Toler

In the sweet treat making process essential ingredients and exact processing are necessary. Sugar, flavoring, perhaps butter, a liquid, usually water, are all combined with heat. Specific temperatures must be reached to obtain the desired sweet. Candy making is really a scientific process. It's important not to substitute the main ingredients or change the required temperature. In like manner, the All Star inductee must combine special talents, compassion, sharing techniques and time to insure a continued positive 4-H program through their service. The nurturing of a growing, budding 4-H youth takes the same exact attention and precision as candy making.

Most of us have a favorite taste or flavor for our sweet addiction, cinnamon, chocolate, peanut butter. The flavoring of a candy is like the beauty of a sweet diversity among us. Each child we touch has beautiful unique gifts that can be enriched and developed within the 4-H program. Each active All Star should use their abilities to create an environment where a child can thrive while growing their own flavor of talents. It's what makes 4-H special—the beauty of ability development for each individual.

The compassion and sharing of an All Star's time, talent and money enables the 4-H youth program to continue as envisioned by Teepi Kendrick. Devoted Stars share their values. They provide the quiet behind the scenes “butter” or love in sweet making. They include hours sweating in fair concession stands, sleep deprived nights as camp counselors; teaching cooking, animal husbandry skills, healthy life styles and encouraging homesick campers to “hang-in-there” or assist budding orators in public speaking.

What would a sweet treat be without sugar? It's the primary ingredient. The primary ingredient for West Virginia 4-H All Stars is service. When nominations for membership are evaluated—three specific examples of planning, organizing, and completion are the required service sugar. Without sugar, there is no confection. We are a participatory organization, not a spectator one of sitting on the sidelines watching others work. Sugar is a part of and is the sweetness in candy. Service is the “sweetness” of All Stars – the main ingredient – giving back to an organization that has enriched our lives.

As we continue the sweet treat production some type of liquid, usually water, is the medium needed to mix all other ingredients. Water, the universal solvent; dissolves the flavoring and sugar in preparation for the cooking process. Water, essential to life, provides

the dissolving medium. It's like another All Star foundation, truth. Truth is an interlocking web uniting our integrity, honesty, values, beliefs, and conduct. While fresh water unites, the flavorings, sugar, and other additions into a desired confection, truth within and about ourselves provides an interlocking model for guiding youngsters we serve.

The final needed aspect of sweet treat preparation is heating to a desired temperature. The temperature is an indicator of the sugar concentration. Syrups and jelly are about 80% sugar and need heat slightly above the boiling point of water. Fudges with 85% sugar require temperatures of 235°F-240°F. The hard crack stage yields brittles and hard candies at temperatures of 300°F-335°F. The needed fortitude of a 4-H youth server evolves in stages as heat requirements increase in confection making. When a volunteer is introduced to clubwork, they easily provide transportation, teach a camp class, or chaperone club activities. As 4-H becomes more a part of your life, the desire or heat concentrates - increases. Instead of just teaching a class, you spend the night at camp—then help in the planning. More of your time is devoted to youth that easily overshadows other facets of your routine.

The components of sweet treat making may be compared to the Stars points of virtue. And being human, we need to be reminded of these virtues and their impact on our actions and choices. Each of the points directs us to continue with service.





WEST VIRGINIA 4-H ALL STARS

27 Orchard Lane
Wheeling, WV 26003

RETURN SERVICE REQUESTED



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CALENDAR OF EVENTS

(unless noted, all events take place at Jackson's Mill)

- ★ November 20, 2010 – Executive Committee Meeting (9:15am)
- ★ December 3, 2010 – Winter Lights Buffet at Jackson's Mill
- ★ December 3-4, 2010 – Winter Lights Celebration at Jackson's Mill
- ★ December 11, 2010 – Breakfast with Santa at Jackson's Mill
- ★ January 28-30, 2011 – Young Adult Conference
- ★ February 15, 2011 – WVU Extension Day at the Legislature – Charleston, WV
- ★ February 18, 2011 – Photo & Poster Contest entries due to the State Office
- ★ February 18-20, 2011 – 4-H University and Shooting Sports Weekend
- ★ March 4-6, 2011 Dance Weekend
- ★ March 5, 2011 – Executive Committee Meeting (9:15am)
- ★ March 18-20, 2011 – Teen Leader and Charting Weekend
- ★ April 15, 2011 – All Star Nominations due in Morgantown
- ★ May 6, 2011 Executive Committee Meeting (7pm)
- ★ May 7, 2011 Selection Committee Meeting (9:15am)
- ★ June 16-19, 2011 – 8th Annual Outspoken for 4-H
- ★ June 19-25 – Older 4-H Member's Conference
- ★ July 10-15, 2011 – ALPHA I
- ★ July 17-22, 2011 – ALPHA II
 - ** All Stars Consecration will take place on Tuesdays at 6:30pm during OMC, ALPHA I and ALPHA II
- ★ July 13-17, 2011 – Science, Engineering, & Technology (SET) Forum
- ★ July 15-17, 2011 – Following the 4-H Trail (walk)
- ★ July 28-30, 2011 – State 4-H Judging Days
- ★ July 28-31, 2011 – All Star Interstate Conference – Syria, VA
- ★ August 12-20, 2011 – West Virginia State Fair
- ★ August (TBD Dates) – Volunteer Leader Weekend
- ★ September 3-5, 2011 – Jubilee
- ★ September 23-25, 2011 – West Virginia Annual All Star Conference
- ★ October 11-14, 2011 – International Master Gardener's Conference – Charleston, WV

THE TORCH

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“Footprints in Time”

Celebrating 70 Years of 4-H All Star Interstate History



Interstate 4-H All Star Conference Registration
Graves Mountain Lodge, Syria, Virginia

July 28-31, 2011

Name _____ Male / Female

Name to put on name tag. _____

Address _____
NUMBER AND STREET CITY STATE ZIP

Telephone (Home) _____ (Cell) _____

E-mail _____ State & Year Tapped _____

Guest(s) _____ M / F _____ M / F

Name(s) to put on name tag(s) _____

I plan to arrive on (date) _____ (time) _____

Special needs / request _____

	<u>Number of Persons</u>	<u>Total</u>
Full conference for 4-H All Stars and guests (registration fee does not include lodging)		
Full Conference registration – Includes eight meals and all tours	\$180.00 x _____	= \$ _____
Full Conference–Five meals & tours <i>but does not include breakfast*</i>	\$150.00 x _____	= \$ _____
4-H All Star college or high school student discount –deduct	\$15.00 x _____	=- \$ _____
Children (middle school and under) discount - deduct	\$25.00 x _____	=- \$ _____

*No other breakfast options exist within 10 miles. Offered for those who skip breakfast or bring their own

SUB TOTAL \$ _____

All discounts are only deductible on full time conference registrations

Early Bird discount (If postmarked by June 1, 2011)	minus \$10	x _____	=	\$ _____
*First time attending Interstate Conference discount	minus \$20	x _____	=-	\$ _____

You may use all discounts that apply to you

*First time discounts are for Members only (children / guest not eligible)

TOTAL DUE \$ _____

Part time registration – No discounts apply!

Thursday only Registration, tours & dinner	\$57	x _____	=	\$ _____
Friday Only – Registration, tours, lunch & picnic dinner	\$86	x _____	=	\$ _____
Saturday Only – Registration, tours, lunch & banquet	\$98	x _____	=	\$ _____
Banquet Only	\$36	x _____	=	\$ _____

Make checks payable to: Interstate 4-H All Star Conference DUE by July 1, 2011

Send registration and check to: William & Susan Thomas, 1012 Hendrick Street, Culpeper, VA 22701

Registration or conference questions: Phone – 540-825-1873 Email: wetsbt@gmail.com

Make lodging arrangements directly with Graves Mountain Lodge 540-923-4231
Room in Ridgecrest motel with two queen beds is \$89 plus tax. Additional options exist for group lodging in cottages and houses. Early reservations are advised to get your choice of group lodging ExecCom10/2



**Virginia 4-H All Stars invite you to attend the
2011 4-H All Star Interstate Conference
July 28 - 31 Footprints in Time**



Conference Lodging and Headquarters: Graves Mountain Lodge, Syria Virginia



Nestled deep in the foothills of the Blue Ridge Mountains, near the end of the road in Syria, Virginia the lodge has hosted travelers for the last 135 years. It is a family-owned and operated rustic, mountain retreat, well known for its down home hospitality, not to mention all the home cooked food you can eat. The Lodge owners are Virginia 4-H All Stars Jimmy ('52) and Rachel ('59) Graves. They look forward to hosting this event. Jimmy is a past Virginia Big Chief. In 2009 Graves Mountain Lodge was voted one of the top 129 places to visit by National Geographic Traveler Magazine, April Edition.

Graves Mountain Lodge offers comfortable lodging in their Ridgecrest Motel at \$89 per room plus tax (currently 5% but could go to 7%) for a room with two queen beds. Additional housing options are available in some of the many houses and cottages at the facility. Contact Graves directly for options and cost. <http://www.gravesmountain.com> 540-923-4231

Tours: Join us in Virginia as the nation celebrates the Sesquicentennial of the Civil War. Tours will include the Chancellorsville, Fredericksburg, Brandy Station and New Market Battlefields.

www.CivilWar.org/chancellorsville www.nps.gov/frsp
<http://www2.vmi.edu/museum/nm/index.html> www.brandystationfoundation.com

Other tours include Luray Caverns and historic colonial Fredericksburg.

Four hundred million years in the making, **Luray Caverns** is one of the most spectacular in the eastern United States. Underground chambers, ranging from 30 to 140 feet display natural formations of columns, draperies and pools of water.

www.luraycaverns.com

Founded in 1728, **Fredericksburg** is said to be one of America's most historic cities.

George Washington, Thomas Jefferson, James Madison and James Monroe are among the luminaries who called Fredericksburg home. The historical district has over 350 original buildings built before 1870. Fredericksburg was the boyhood home of young George Washington. James Monroe practiced law in the city. www.visitfred.com



Activities: Program on Civil War in the Culpeper area; Culpeper Museum with dinosaur tracks; picnic, hayride, marshmallow roast and campfire; Interstate committees and business meeting; silent auction (please bring an item); fellowshiping with friends. Author of *Marching Through Culpeper*, Virginia Morton, will be our Thursday evening speaker. Former Virginia 4-H State Director Jack Tyree, '37, is schedule to be our banquet speaker. Jack started his 4-H journey in West Virginia.

www.culpepermuseum.com <http://marchingthroughculpeper.com>

We have made several innovations in our registration form this year to encourage attendance.

- Offering a discount for All Stars currently in college or high school
- Offering a discount for an All Star attending their first Interstate
- Offering a discount for children

The scenic beauty, the hospitality, the food and ambiance will make this an Interstate to be remembered. Several things participants should be aware of include the fact that the Lodge grounds are hilly. In addition cell phone service is usually not available

Tour transportation provided by Dave Messick of Blue Ridge Coach Lines
For information contact Interstate Conference Co-Chairs William and Susan Thomas

wetsbt@gmail.com 540-825-1873