

2018-2019

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FROM THE PRESIDENT



Hello 4-H Youth Development Professional Team,

A quote that I have hanging up in my office that I consistently refer to is, "You only fail if you fail to try." Often we are given additional responsibilities or tasks we may think *how will I have the time to complete this or do I really have the skill set to complete this?* It is okay not to have all the answers, but it is not okay to not try. There are several ways to approach a particular situation or responsibility. The one that I want to focus on is the power of positive thinking.

Who ever thought that the way we think would have such a big impact on our lives? Positive thinking sounds useful, and we have been taught since a young age to "be positive," but it is more than a useful thought. Positive thinking is an emotional and mental attitude that focuses on the bright side and expects positive results. A positive outlook is an incredibly powerful asset to have, as positive thoughts breeds positive results. Benefits of a positive attitude include success, happiness, health, and believing you can overcome any obstacle.

Think of the people you know. Do you enjoy spending time with those that are positive, believe in themselves and others, and don't give up; or is your preference for someone who is "negative" and doesn't believe something can be accomplished? You tend to feel happier around someone who thinks positively rather than negatively. But how do you encourage and increase positive thoughts and actions? There are countless ways to increase positive actions. Everyone will have a method that works best for them. Generally speaking, anything that sparks feelings of joy, contentment, and love create positive thoughts. Here are some other ways to increase your power of positive thinking:

- Consciously replace negative thoughts with a constructive one. If the negative thought returns, replace it with a positive one.
- Use positive words with both inner dialogues and to others.
- Smile a little more, as it helps to think positively.
- No matter what your circumstances currently are, think positively and expect only favorable results and situations.
- Use your imagination to visualize only favorable and beneficial situations.
- Give affirmations, to both yourself and others.

In "The Power of Positive Thinking," author Norman Vincent Peale said that the way to happiness is to "Keep you heart free from hate, your mind from worry. Live simply, expect little, and give much. Forget self, and think of others."

Take what Peale said, and give it a try. You might be amazed by the impact positive thinking has on your life! "You will only fail if you fail to try."

Sincerely,

Carissa Davis
IEPYE President

MEMBER RECOGNITION

It's awards season -- time to celebrate and recognize all your hard work and accomplishments over the past year!

Whether you have had success with new or unique programming, reaching a new audience, marketing and publicizing your work, or developing new partnerships, there is an award area and category for you! Learn more about qualifications and criteria at the following link: <http://nae4ha.com/Awards>

NAE4-HA recently held trainings on the new entry system along with some updates on general award submissions. If interested, you can find information or listen to the webinar recording at the link above.

Take 5! (Top 5 Take-Aways from the NEW Awards Entry System -- OpenWater)

- 1) Both awards AND seminar proposals for national conferences will be entered through the new OpenWater system.
- 2) All personal information (names, addresses, institutional information) will auto fill from your NAE4-HA membership profile since both systems are linked.
- 3) Applications can be viewed, printed, or copied after submission and can be accessed year after year for reference.
- 4) Any file type can be added/uploaded to the application (PDF, audio, video, GIF, etc.) OR text can be typed directly into the application form.
- 5) This year's submission cycle opened on January 15th and will close for all submissions at **7:00 a.m. CST** (8:00 a.m. EST) on **Saturday, March 2, 2019**.

PUBLIC RELATIONS & INFORMATION

Are you looking?

The State 4-H website is the new home of the Illinois Extension Professionals for Youth Education! You'll find important Association information under the ABOUT/CAREERS tab, including open positions which you can share with folks you know who might be great fits in Illinois 4-H Youth Development. We're still building the site, but soon you'll find a complete membership list and latest newsletters.

Check It Out!

<https://4h.extension.illinois.edu/careers>



IEPYE Spring Meeting

March 12, 2019 ● 10:00 a.m. ● Macon County Extension Office in Decatur

PROXY VOTE

Revisions to the Bylaws of Illinois Extension Professionals for Youth Education will be proposed for adoption at the Spring Meeting of the association at 10:00 a.m. on March 12 at the Macon County Extension Office. Members are encouraged to attend.

Members who are unable to attend may grant their proxy vote to any member of the association.

PROXY FORM

I _____, hereby appoint _____
as my proxy holder for the purpose of voting at the Spring Meeting of IEPYE.

Printed Name: _____ Signature: _____ Date: _____

The proxy holder must present this proxy form to the IEPYE Secretary at the Spring Meeting to receive a ballot.

REGIONAL REPORTS



Martha
Ebbesmeyer

Northern Region

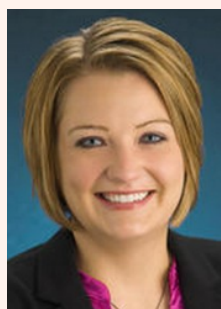
Happy 2019! The Northern Region met in early December at the Rockford "Norwegian" to review IEPYE award application opportunities and requirements. We will plan to meet again in late spring.



Leah Miller

Southern Region

The Southern Region IEPYE group gathered in December at the Wayne County Extension Office. Those who attended NAE4-HA Conference in Columbus, shared session information and discussed possible programs and resources that may be added locally. To keep in the generosity spirit for the holiday season, members brought and made easy candy and cookie recipes. The recipes could easily be done as a 4-H cooking workshop. The treats were then given to support staff within the region.



Jamie Boas

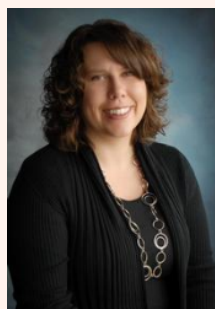
East Central Region

East Central IEPYE group met on January 23rd at Lodgic Everyday Community in Champaign for a tour and lunch. Lodgic is a nonprofit organized under the international Moose fraternal organization. It offers a flexible workspace, drop-in child care facilities, a fitness center, coffee shop and restaurant. It is the first such facility in the nation and very cool building and concept -- they even have a "fire pit" for fireside chats. Check it out at:

www.lodgic.org.



Amy Leman



Judy Schmidt

West Central Region

The West Central Regional IEPYE group will be meeting on February 22nd in Havana. We will be looking at the current IEPYE and NAE4-HA awards criteria and reviewing last year's programs that might be award worthy.

UPCOMING EVENTS

March 2: NAE4-HA award applications due @ 7 a.m. CST

March 6: IEPYE Board Meeting

March 12: IEPYE Spring Meeting @ JCEP

April 9: Articles due to Rachel for next newsletter

April 16: Regional 4-H all-team meetings

April 16: April/May/June newsletter released

May 1: IEPYE Board Skype Meeting

May 14-15: 4-H Educator Meeting

Nov. 3-7: 2019 NAE4-HA Conference @ The Greenbriar in White Sulphur Springs, WV