Southern Region Ambassadors

UTAH 4-H

SOUTHERN REGION AMBASSADOR

Coordinator Message

Cindy Nelson
Utah State University Extension

Utah 4-H Southern Region Ambassadors

The Utah 4-H Southern Region Ambassador program has created a culture where youth and adults work together to develop and apply leadership skills. Each year I look forward to collaborating with 4-H youth and leaders from the Southern Region. Participation in the Region Ambassador program will facilitate individual growth, positive social experiences, and meaningful service opportunities. The goal is to produce individuals who are educated, responsible, confident, and motivated to share their leadership abilities and expertise in a way that improves their local communities, state, country, and ultimately the world.

Get ready for an amazing adventure. Review the Utah 4-H Southern Region Ambassador Handbook, and familiarize yourself with the mission and requirements to prepare for your Region Ambassador experience. Check out the Utah 4-H Southern Region Ambassador Facebook page for current information.

Please contact me if you have any questions, comments, or concerns. Cindy Nelson, office # 435-438-6452, cell # 435-310-0042, cindy.nelson@usu.edu

Mission Statement

The purpose of the Southern 4-H Region Ambassador program is to learn, practice, and demonstrate leadership skills, social skills, and volunteer-ism.

4-H Pledge

I pledge my head to clearer thinking my heart to greater loyalty my hands to larger service my health to better living for my club, my community, my county, and my world.
Utah 4-H Southern Region Ambassadors

Utah 4-H Southern Region Ambassador Program
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Utah 4-H Southern Region Ambassador Program

The Southern 4-H Region Ambassador program offers youth the opportunity to gain leadership and social skills in a safe and hands-on learning environment. The Region Ambassador program consists of workshops, training, serving, recruitment, and collaboration with youth and volunteer leaders.

2016 Theme:  
The Leadership Puzzle—Putting the Pieces Together

**Purpose & Role**
- Represent Utah 4-H’s Southern Region
- Promote 4-H with potential members, parents, and general public
- Help plan, prepare, and present at Utah 4-H region retreat
- Recruit 4-H members and 4-H leaders from individual counties
- Develop personal leadership skills & self-confidence
- Attend region trainings and relay information learned to individual counties
- Make friends & have fun!

**Qualifications**
- Active in your local club
- Able and willing to commit your time to 4-H
- Parent and/or guardian support
- Enthusiasm for 4-H
- Serve as part of a Region Ambassador committee
- Complete a Region Ambassador & County service project
- Attend workshops and trainings
- Participate in at least 1 State 4-H Event

**Time Commitment & Schedule**
- Sep 24, 2016  Training  Washington County, Red Cliffs
- Nov 5, 2016  Training  Beaver County
- Jan 7, 2017  Training  Beaver County
- Feb 20, 2017  Retreat Final Prep  TBA
- Mar 10-11, 2017 (tentative)  Region Retreat  TBA
- End of July 2017  Summer Adventure  TBA

Region Ambassadors are encouraged to attend all training sessions and the Region Retreat.
- Four Training Sessions
- 1 Region Retreat

Attendance is essential to the success of the Region Ambassador program. Before you apply make sure you are committed to attending the events.
Role, Schedule & Qualifications

Utah 4-H Southern Region Ambassador

Activity List

How can I help 4-H?

- 4-H Camp Counselor
- Lead a 4-H club
- Participate in County Contests
- Help judge at County Contests and County Fair
- Teach others a skill
- Help set up exhibits at County Fair
- Give a demonstration
- Share a Talent
- Recruit 4-H members and leaders
- Assist with 4-H Achievement Night
- Participate in a local Bake-n-Take
- Be a member of Teen Council
- Write a 4-H news article for the local paper
- Take pictures of 4-H events and publish or post them on your county Facebook page
- Record your 4-H activities and create a portfolio
- Attend local, region and state 4-H events (State events: TLT, Teen Winter Retreat, Leadermete, Mock Legislature, State Contests)
- Become a youth leader at Junior Youth Conference
- Enter a project in your County Fair
- Volunteer in the Afterschool program
- Help with 4-H Science day
- Apply for State 4-H Ambassador
- Plan and conduct a County service project
- Present to your County Commissioners about the positive impact of 4-H programs in your county
- Help advertise 4-H events
- Assist with Family Night Out
- Send a thank you card to 4-H volunteers
- etc, etc, etc!
Officer Positions

President

- Conduct presidency and ambassador meetings, organize committees, and make assignments
- Assign pledges and song leaders
- Social Media monthly post on facebook
- Participate in monthly presidency meeting with Region Ambassador Director through Zoom

Vice President

- Conduct presidency and ambassador trainings, organize committees, and make arrangements if President is not present
- Responsible for icebreaker activities at each training meeting
- Social Media monthly post on facebook
- Participate in monthly presidency meeting with Region Ambassador Director through Zoom
- Assist President

Secretary

- Responsible for roll and minutes and proceedings at all meetings
- Communicate with all ambassadors about training dates and times
- Participate in monthly presidency meeting with Region Ambassador Director through Zoom
- Distribute materials at meetings
- Assist the President and Vice President as needed

Information

Officer Position Information

- Offices will be held for a 1 year period
- A committee will select 2-3 youth for each office
- Voting will take place at the opening social
- Region Ambassadors will vote for one candidate per position
- Previous Presidents and Vice Presidents are ineligible to run for a second term

Qualifications

Qualifications for Officer Position

- President position must be 2-3 year Region Ambassador
- Vice President and Secretary may be 1-3 year Region Ambassador
- Officer application form submitted on time
- Agent recommendation required

Opening Meeting Requirements

- If selected, candidates will be required to prepare a short speech to give at the Opening meeting

Suggested Topics: Why are you interested? What leadership qualities do you possess?

Important Dates

- April Application available (check with county for application deadline and interview policy)
- May 15 County will submit selected youth to Region Ambassador Coordinator
- Sept Training sessions begin
How to Apply

The Southern 4-H Region Ambassador application is available through each County Extension Office. This means that the application process may vary between counties. Please check with your county office for details.

APPLICATION PROCESS
• Youth applying to be a Southern 4-H Region Ambassador must complete a Southern 4-H Region Ambassador application and submit it to their county 4-H office.
• Application deadlines will be determined by your county office.
• Applications will be open and available in April.
• Each applicant must be interviewed by their county office. Counties will be responsible to notify youth of the interview location, date and time.
• Counties will select up to 5 youth and notify them if chosen.
• Counties will notify Southern 4-H Region Ambassador Coordinator of selected applicants.

APPLICATION INFORMATION
Application available on page 12-13
• Name
• Age
• County
• Mailing Address
• Phone Number
• Email Address
• Grade in school
• Ethnicity
• Years as a 4-H Teen Leader
• There are 5 questions that must be answered thoroughly.
• Applicant’s signature is required on the application.
• Parent/guardian signature required
• County Agent signature required

OFFICER APPLICATION INFORMATION
Application available on page 14
• Submit application for Officer position with your Southern 4-H Region Ambassador Application
• Indicate which position you would like to apply for.
• Submit a statement on this topic: “Why I would like to be the President, Vice President or Secretary of the Southern 4-H Region Ambassador Program.” Answer must be no longer than 1 page.
• Officer application “For Agent Only” section must be filled out.
Ambassador Interview Questions

• Tell us about yourself.
• In your own words, define leadership.
• How has school, 4-H Training and other skills prepared you to be a leader?
• What have you done in the county, region or state to promote 4-H?
• What hobbies, special interests or talents do you have that make you a good leader?
• Describe a 4-H situation where you had to plan or organize something.
• If you were choosing a Region Ambassador, what would you look for?
• Why do you want to be a Southern 4-H Region Ambassador?
• The Region Ambassador program requires that you attend training meetings and a teen retreat. Are you willing to make this a priority?
• Why would you make a good Region Ambassador?
• What questions do you have for us?

Interview Rating Sheet

<table>
<thead>
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<th></th>
<th>Fair</th>
<th>Good</th>
<th>Excellent</th>
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</thead>
<tbody>
<tr>
<td><strong>Personal Appearance</strong></td>
<td></td>
<td></td>
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<tr>
<td>Clean appropriate attire.</td>
<td></td>
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<tr>
<td>Non-distracting make-up or perfume/cologne.</td>
<td></td>
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<tr>
<td><strong>Non-Verbal Communication</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Proper posture, firm handshake, pleasant eye contact, active stance.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Attitude &amp; Personality</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sincerity, initiative, interest, compatibility, courtesy, sense of humor.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Mannerisms</strong></td>
<td>Maintained a dignified demeanor, controlled distracting mannerisms. No gum.</td>
<td></td>
<td></td>
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<tr>
<td><strong>Question Responses</strong></td>
<td>Prepared to respond, confident, appropriate responses to unexpected/difficult questions, provide specific examples.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Voice</strong></td>
<td>Appropriate talking speed and volume, proper grammar and word choice, clarity, no excessive “ums” etc.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Overall Performance</strong></td>
<td>Asks appropriate questions, knowledge of Southern 4-H Region Ambassador Program</td>
<td></td>
<td></td>
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<tr>
<td><strong>Interviewer Comments</strong></td>
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</table>
Adult Mentor Role

As a Southern 4-H Region Ambassador Adult Mentor you are an essential partner in creating a positive environment for youth. The Southern 4-H Region Ambassador program quality is improved and strengthened through your participation. You provide a unique perspective and greater visibility for the program. As a mentor you will share time, creative ideas, knowledge and experience, evaluation and feedback for staff. You will gain satisfaction from working with youth, practice group decision making, self-confidence, leadership skills, increased skills through training opportunities, recognition within your community, communication skills to effectively resolve and appreciate differences, and opportunities to engage in state, regional, and local events.

ADULT MENTOR RESPONSIBILITIES

- Provide transportation to all Region Ambassador/leadership events
- Assist youth with completing their Region Ambassador assignments including a county service project
- Support program by facilitating committee activities, providing ideas and insights at trainings, guiding youth in leadership activities
- Be proactive and aware of county, region and state events where Ambassadors can serve or participate
- Engage youth through training in a safe, inclusive environment
- Present at one Region Ambassador Training
- Provide feedback through the year and complete a program evaluation

POSITIVE YOUTH DEVELOPMENT

The four Essential Elements of Positive Youth Development are belonging, independence, mastery, and generosity. Mentors will help Region Ambassadors meet these mandates through:
- Caring Relationships
- Constructive learning experiences
- Leadership Opportunities
- Service in the community

COMMITTEE MENTOR

As a mentor you will be assigned to a Region Ambassador Teen Retreat Committee. You will be the contact person for the youth and will report to the Region Ambassador Director.

TEEN RETREAT COMMITTEES

- Publicity/Decorations/Registration
- Energizers/Flag Ceremonies
- Service Project
- Workshops
- Photography/Closing slideshow/Group Pictures
- Small Group Activity/Meals and Snacks
- Dance
- Large Group Activity

Adult Mentors are *Priceless!*

- You make a difference because of who you are!
- More minds=more ideas=more fun!

You make a difference because of who you are!
More minds=more ideas=more fun!
### Southern 4-H Region Ambassador Directory 2016-2017

#### Southern 4-H Region Ambassador Administration

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Office Number</th>
<th>Cell Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southern Coordinator</td>
<td>Cindy Nelson</td>
<td>435-438-6452</td>
<td>435-310-0042</td>
<td><a href="mailto:cindy.nelson@usu.edu">cindy.nelson@usu.edu</a></td>
</tr>
<tr>
<td>Assistant Coordinator</td>
<td>Alison Webb</td>
<td>435-438-7688</td>
<td>435-421-9527</td>
<td><a href="mailto:alisonwebb@q.com">alisonwebb@q.com</a></td>
</tr>
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</table>

#### Beaver County

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Office Number</th>
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</thead>
<tbody>
<tr>
<td>4-H Coordinator</td>
<td>Lori Bailey</td>
<td>435-438-1089</td>
<td>435-421-1900</td>
<td><a href="mailto:lori.bailey@usu.edu">lori.bailey@usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Mark Nelson</td>
<td>435-438-6451</td>
<td>435-310-0318</td>
<td><a href="mailto:mark.nelson@usu.edu">mark.nelson@usu.edu</a></td>
</tr>
</tbody>
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#### Garfield County

<table>
<thead>
<tr>
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<th>Name</th>
<th>Office Number</th>
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</thead>
<tbody>
<tr>
<td>Teen Council Advisor</td>
<td>Bevin Owens</td>
<td>435-438-6451</td>
<td>435-212-1277</td>
<td><a href="mailto:bevin.owens@usu.edu">bevin.owens@usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>SuzAnne Jorgensen</td>
<td>435-438-6451</td>
<td>435-310-0318</td>
<td><a href="mailto:suzanne.jorgensen@usu.edu">suzanne.jorgensen@usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Kevin Heaton</td>
<td>435-644-4901</td>
<td></td>
<td><a href="mailto:kevin.heaton@usu.edu">kevin.heaton@usu.edu</a></td>
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#### Iron County

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<tbody>
<tr>
<td>4-H Coordinator</td>
<td>Becky Barton</td>
<td>435-586-8132</td>
<td>435-531-1028</td>
<td><a href="mailto:becky.barton@usu.edu">becky.barton@usu.edu</a></td>
</tr>
<tr>
<td>Region Am. Mentor</td>
<td>Angela Hackwell</td>
<td>435-586-8132</td>
<td>435-559-6757</td>
<td><a href="mailto:angela.hackwell@usu.edu">angela.hackwell@usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Kathy Riggs</td>
<td>435-586-8132</td>
<td>435-590-7727</td>
<td><a href="mailto:kathleen.riggs@usu.edu">kathleen.riggs@usu.edu</a></td>
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#### Juab County

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<tbody>
<tr>
<td>4-H Assistant</td>
<td>Amy Stanley</td>
<td>435-623-3458</td>
<td>801-368-7553</td>
<td><a href="mailto:amy.stanley@usu.edu">amy.stanley@usu.edu</a></td>
</tr>
<tr>
<td>Teen Council Advisor</td>
<td>Susan Allred</td>
<td>435-623-3453</td>
<td>435-660-0474</td>
<td><a href="mailto:susan.allred@usu.edu">susan.allred@usu.edu</a></td>
</tr>
<tr>
<td>Staff Assistant</td>
<td>Barbara Bradford</td>
<td>435-623-3453</td>
<td></td>
<td><a href="mailto:barbara.bradford@usu.edu">barbara.bradford@usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Ginger Hack</td>
<td>435-623-3451</td>
<td>385-219-6972</td>
<td><a href="mailto:ginger.hack@usu.edu">ginger.hack@usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Jeff Banks</td>
<td>435-623-3452</td>
<td></td>
<td><a href="mailto:jeff.banks@usu.edu">jeff.banks@usu.edu</a></td>
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#### Kane County

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<tr>
<td>4-H Coordinator</td>
<td>Angie Reidhead</td>
<td>435-644-4910</td>
<td>435-689-1651</td>
<td><a href="mailto:angie.reidhead@usu.edu">angie.reidhead@usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Elizabeth Davis</td>
<td>435-644-4901</td>
<td></td>
<td><a href="mailto:elizabeth.davis@aggiemail.usu.edu">elizabeth.davis@aggiemail.usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Kevin Heaton</td>
<td>435-644-4901</td>
<td></td>
<td><a href="mailto:kevin.heaton@usu.edu">kevin.heaton@usu.edu</a></td>
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# Directory

## Millard County

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<tbody>
<tr>
<td>4-H Educator</td>
<td>Karen Banks</td>
<td>435-864-1483</td>
<td>435-406-1457</td>
<td><a href="mailto:karen.banks@usu.edu">karen.banks@usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Deric Despain</td>
<td>435-864-1480</td>
<td>435-668-6496</td>
<td><a href="mailto:deric.despain@usu.edu">deric.despain@usu.edu</a></td>
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## Piute County

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<tbody>
<tr>
<td>Region Am. Mentor</td>
<td>Chris Jessen</td>
<td>435-557-2901</td>
<td>435-616-2903</td>
<td><a href="mailto:chris.jessen987@gmail.com">chris.jessen987@gmail.com</a>, <a href="mailto:chris.jessen@usu.edu">chris.jessen@usu.edu</a></td>
</tr>
</tbody>
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## Sanpete County

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<tr>
<th>Position</th>
<th>Name</th>
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<tbody>
<tr>
<td>Ambassador Mentor</td>
<td>Cheryl Bartholomew</td>
<td>435-283-3472</td>
<td>435-469-2189</td>
<td><a href="mailto:cheryl.bartholomew@usu.edu">cheryl.bartholomew@usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Matt Palmer</td>
<td>435-283-3472</td>
<td></td>
<td><a href="mailto:matt.palmer@usu.edu">matt.palmer@usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Shannon Cromwell</td>
<td>435-283-3472</td>
<td>913-244-8824</td>
<td><a href="mailto:shannon.cromwell@usu.edu">shannon.cromwell@usu.edu</a></td>
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## Sevier County

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<tr>
<td>4-H Assistant</td>
<td>Nan Singleton</td>
<td>435-893-0478</td>
<td>435-201-7803</td>
<td><a href="mailto:lunan86@me.com">lunan86@me.com</a></td>
</tr>
<tr>
<td>Teen Council Assistant</td>
<td>Valerie Christensen</td>
<td></td>
<td>435-201-9399</td>
<td><a href="mailto:valeniec@q.com">valeniec@q.com</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Rebecca Mills</td>
<td>435-893-0471</td>
<td>435-287-8773</td>
<td><a href="mailto:rebecca.mills@usu.edu">rebecca.mills@usu.edu</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Kim Chapman</td>
<td>435-893-0474</td>
<td></td>
<td><a href="mailto:kim.chapman@usu.edu">kim.chapman@usu.edu</a></td>
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## Washington County

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<tbody>
<tr>
<td>4-H Assistant</td>
<td>Miriam Force</td>
<td>435-634-2695</td>
<td></td>
<td><a href="mailto:miriam.force@usu.edu">miriam.force@usu.edu</a></td>
</tr>
<tr>
<td>Region Am. Mentor</td>
<td>Ashley Phillips</td>
<td></td>
<td>702-510-4446</td>
<td><a href="mailto:imsophabulous@gmail.com">imsophabulous@gmail.com</a></td>
</tr>
<tr>
<td>Mentor</td>
<td>Andrea Schumtz</td>
<td>435-817-6373</td>
<td></td>
<td><a href="mailto:schmutzand@yahoo.com">schmutzand@yahoo.com</a></td>
</tr>
<tr>
<td>County Agent</td>
<td>Paul Hill</td>
<td>435-634-2690</td>
<td>435-313-1667</td>
<td><a href="mailto:paul.hill@usu.edu">paul.hill@usu.edu</a></td>
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## Wayne County

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<tr>
<td>4-H Assistant</td>
<td>Mary Sorenson</td>
<td>435-836-1312</td>
<td>435-703-5162</td>
<td><a href="mailto:mary.sorenson@usu.edu">mary.sorenson@usu.edu</a></td>
</tr>
<tr>
<td>Teen Council Advisor</td>
<td>Julie Jeffery</td>
<td>435-836-1312</td>
<td>435-691-3301</td>
<td></td>
</tr>
<tr>
<td>County Agent</td>
<td>Gaelynn Peterson</td>
<td>435-863-1312</td>
<td>435-616-3311</td>
<td><a href="mailto:gaelynn.peterson@usu.edu">gaelynn.peterson@usu.edu</a></td>
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## Region Director

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<tr>
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<tbody>
<tr>
<td>Region Director</td>
<td>Margie Memmott</td>
<td>435-660-0080</td>
<td>435-660-0080</td>
<td>Margie Memmott</td>
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Southern 4-H Region Ambassador Application & Commitment Form

Applicants must be in grades 9th through 12th during the 2016-2017 school year

Application due to your county Extension office by May 13, 2016

Name_________________________________ 4-H County________________________ Age _______

Mailing Address __________________________________ City________________________ Zip Code__________

Phone # (cell) __________________________ E-mail Address__________________________

Male _____ Female _____ Grade in School during 2016-2017 _____ Years as a 4-H Teen Leader _____

Race/Ethnic Group: Am. Indian/Alaskan ____ Black ____ Hispanic ____ Asian/Pacific ____ Caucasian _____

Have you been a Region Ambassador previously: Yes_____ No____ If yes, how many years? _____

______________________________
Southwest Region Ambassador Mission Statement

The purpose of the Southwest Region Ambassador program is to learn, practice, and demonstrate leadership skills, social skills, and volunteerism to promote 4-H by:

- Attending training sessions
- Presenting to others
- Meeting and working with youth from the Southwest Region
- Contributing to 4-H programs in individual counties
- Recruiting either a 4-H leader or youth participant
- Serving on one Region Ambassador committee
- Participating in at least one state 4-H event
- Completing a Region Ambassador and County service project

Ambassador Expectations

If selected as a Southwest 4-H Region Ambassador, youth are expected to fulfill the Southwest 4-H Region Ambassador duties and responsibilities by completing each portion of the mission statement. Attendance at the training sessions is extremely important. Tentative dates are: September 24, November 5, January 7, and February 20. Region Ambassadors are expected to attend at least three out of the four meetings. A 4-H Teen Retreat will be held in March which the Region Ambassadors will plan, prepare for, and present at. It is anticipated that each youth will be assigned in a leadership role in preparation for the retreat. The cost of the Region Ambassador program is $50 per participant.
Answer the following 5 questions. Please print in ink or type.

1. What 4-H projects are you involved in?

2. Please list your 4-H leadership experiences.

3. What have YOU done in your county to promote 4-H?

4. Why do you want to be a Southwest 4-H Region Ambassador?

5. Explain what you would do to successfully fulfill the responsibilities and duties of a Region Ambassador.

In applying to become a Southwest 4-H Region Ambassador, I understand the expected duties and responsibilities and have discussed them with my parents, Teen 4-H Leader, and Extension Agent. I understand that I will be interviewed for this position and must be accepted into the program. **By signing this application, you are stating that you understand the time and work commitment that is expected of you as a Southwest 4-H Region Ambassador.**

Date ____________ 4-H Applicant Signature

Date ____________ Parent/Guardian Signature

Date ____________ County Extension Agent Signature
Southwest 4-H Region Ambassador Officer Application

Read the Election and Officers General Rules and Duties to determine eligibility and interest.

Check the position that you would like to be considered for and complete the statement.
☐ President  ☐ Vice President  ☐ Secretary

Submit a statement (no longer than one page) on the topic:
“Why I would like to be the President, Vice President, or Secretary of the Southwest 4-H Region Ambassador program.”

Submit this application along with your Ambassador application to your local Extension Agent.

FOR AGENT ONLY  Please provide comments and endorsement for the above candidate.