



# THE VIRGINIA STAR

\* 18 U.S.C. 707

Volume XXVII No. 1

SERVICE IS OUR MOTTO

December 2004

## Smoke Signals from the Big Chief's Teepee

Welcome to all of our newly tapped All Stars and greetings to our "experienced" Stars as well! I hope each of you had a terrific summer. On June 30<sup>th</sup>, our organization had the pleasure of inducting 53 4-H'ers and 20 Adult Honorary members.

New All Stars: Our first state event since your induction is being planned for February 5-6, 2005 in Williamsburg. Come join us for an "All Stars and Stripes" weekend. Information about this event can be found later in this issue of The Star. Mark you calendars. I hope to see *all* All Stars there...

Remember our motto of "SERVICE". Each of us needs to find a way to serve whether it be on the local, district or state level.

Julie Martin



### 2004 Ceremonial Committee Report

The Ceremonial Committee is pleased to report that on Wednesday, June 30, 2004 the Virginia Chapter of 4-H All Stars initiated 53 new members with an additional 20 Adult Honorary memberships totaling 73 new members.

Special Thanks goes to the following:

- § Ray Daubenspeck for being chairman of the Ceremonial Committee; directing practices and working sound system during the ceremony
- § Randy and Irene Leech for providing their sound system, picking up flowers and helping with practices
- § Steve Wood for leading Congress Participant Orientation and serving as Eagle Scout during practices and the ceremony
- § Song Leaders: Sarah Gregory, Debbie Zinn, Hazel Zinn-Day
- § Connie Bryant for ordering the flowers; acting as Scribe during the ceremony and helping with ceremony practices
- § Billie Cline for gathering all All Star materials and certificates
- § Ethel Showman for decorating Stars for doors and identifying New All Stars at Congress with picture bulletin boards
- § Lila Orrock for Congress and All Star preparations and helping with ceremony practices
- § Julie Martin for serving as Big Chief

And to all those who participated in preparing for the ceremony and those who participated in the ceremony... tapping can only occur if there are All Stars in the circle!

Respectfully Submitted Shawnda Gregory State Scout

### IMPORTANT DATES

*Mid-Winters Williamsburg, VA* Feb. 5 & Feb 6 2005

*Congress Virginia Tech Blacksburg, VA* June 20- June 23 2005

*Tapping Ceremony* June 22 2005

*Summer Conference Northern VA 4-H Center—Front Royal, Virginia* July 16- July 17 2005

*Interstate 2005 Martinsburg, WV* August 10 -14 2005

*Deadline for The Star* April 1 2005



## DISTRICT NEWS

### Southwest District 4-H All-Stars

On September 17, 2004 the Southwest District All-Stars held a regular meeting and gathering. This meeting was scheduled the evening prior to the beginning of the SW All-Star sponsored teen weekend. Teen weekend took place Sept. 18-19 with the theme "Renaissance Festival". Teens from five counties in the Southwest district participated in such activities as creating family heraldry, a Medieval feast, jousting, pall-mall, shuttlecock, catapult competitions, repelling, and a workshop which introduced the teens to the 4-H All-Stars, their purpose, and the paperwork involved in the nomination process.

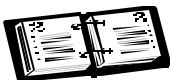
The Southwest District 4-H All-Stars will hold their next meeting on Thursday, December 16, 2004 at 6:30 pm at the Cracker Barrel in Wytheville just off I-81 exit 73. We need all active Southwest All-Stars to attend as there is important business to conduct. Election of officers for 2005 and a review of All-Star applications from the Southwest District will take place during the meeting. Business will be conducted during dinner. Individuals are responsible for their own meals.

Chrystle Gates  
Southwest Chief

### Northeast District 4-H All Stars District Report September 26, 2004

The Northeast District All Stars met at 1:30 p.m. and were in charge of registration for the Jamestown 4-H Center Open House from 2:00 – 5:00 PM, Sunday, June 6, 2004. We welcomed over 600 visitors during this three-hour period. After the Jamestown 4-H Educational Center Open House, the Northeast District 4-H All Stars and District Adult 4-H Leaders Association met for the Annual Barbecue Dinner meeting and program.

There were 140 in attendance. The program was dedicated to and in memory of D-Day. Our guests were our district 4-H All Star new initiates, and dance group Second Generation. Our guest speakers were Dan Johnson, Lloyd Hicks, and Oliver Washington. Thank you to Lloyd Hicks, John Bailey and his associate, Terry Patterson, Jamestown 4-H Educational Center staff, the Ruritans, and all who helped to make this event very successful. Respectfully submitted  
Sarah J. Gregory, Northeast District Chief



### **Mark Your Calendars Now!**

The Summer 4-H All Star Conference will be held July 16-17, 2005, at the Northern Virginia 4-H Educational Center in Front Royal. Complete conference registration will be available during the Midwinter 4-H All Star Conference, but plan to come and stay in the air-conditioned Congressman Robinson lodge. One highlight of the weekend is a special tour of the National Zoo's Conservation and Research Center facility. New state officers will also be elected during this conference.

Hope to see you there!





## Do You YAHOO?

Hey All Stars? Do you have an email address? Do you want to receive All Star information via that email address? Well, now you can do that, and SO MUCH MORE, via our All Star Discussion Group & List serve.

This site allows the Virginia 4-H All Stars to stay in contact via group email messages, as well as retrieving documents (such as conference registration forms), participate in polls (to determine our organization's future needs), and review upcoming events on the All Star calendar.

There are 2 ways to subscribe to this All Star service:

1. Send an email to: Virginia\_4-H\_AllStars-subscribe@yahoogroups.com and put "SUBSCRIBE", your name, and your email address in the body of the message
2. Go to: [http://groups.yahoo.com/group/Virginia\\_4-H\\_AllStars/](http://groups.yahoo.com/group/Virginia_4-H_AllStars/) and follow the directions to "Join" this discussion group

Once your membership is confirmed, you will receive an email filled with directions on how to send messages to the group and how to unsubscribe from the group (for future reference)!

*Thanks to Daniel Collins for updates to this site!*

### **2003-2004 State Officers to serve an additional term**

Our State 4-H All Star bylaws specify that "Officers shall be elected at the Summer Meeting." Since we had to cancel our 2004 Summer Conference, all of the 2003-2004 State Officers have agreed to serve an additional term until an election can be held during the 2005 Summer Conference.

The Virginia 4-H All Stars respect the privacy of members' personal contact information. This information will only be used or distributed for All Star and other 4-H business purposes.

### Contributors to this issue:

Carol Nansel  
Julie Martin  
Chrystle Gates  
Karen Gnegy  
Irene Leech  
Daniel Collins  
Shawnda Gregory  
Sarah Gregory

### Irene's Consumer Education Tip.....

Save Energy –  
Change Light Bulbs



Today there are many new light bulbs that are much more energy efficient than traditional bulbs. Many of them are fluorescent bulbs and they often come in unusual shapes. They cost more to purchase than do traditional bulbs, but just changing the five bulbs that you use the most in your home can save a lot. You can save more than \$60 every year in energy costs, and if all Americans do it, we can keep more than one trillion pounds of greenhouse gases out of our air. That's a \$6 billion energy savings for Americans and it's equivalent to the annual output of more than 21 power plants. These bulbs typically last much longer than traditional bulbs; it's not unusual for them to last for years. Look for Energy Star labeled bulbs. You can find more information at [www.energystar.gov](http://www.energystar.gov)

### IN MEMORIAM

Sympathies are extended to Marjorie Wright and family in the passing of her mother in law, Zora Wright on July 28, 2004 and father in law, Arthur Wright on August 3, 2004.



## CONSTITUTION AND BYLAW AMENDMENTS FOR REVIEW

Please review the following proposed Constitution and Bylaw amendments. In accordance to our Bylaws, the proposals have been reviewed by the Executive Committee and are being published with meeting notification. These amendments will be voted on at the general business meeting during MidWinter Conference.

In order to clarify the role and remove possible concerns for Native Americans, it is proposed to change the title of Medicine Man to Treasurer. This would affect the following portions of the Constitution and Bylaws:  
Constitution:

### **Article IV Officers and Elections, Section 1:**

Currently – The officers of this Chapter shall be Big Chief, Lesser Chief, Recording Scribe, Corresponding Scribe, Scout, and Medicine Man.

Proposed – The officers of this Chapter shall be Big Chief, Lesser Chief, Recording Scribe, Corresponding Scribe, Scout, and Treasurer.

**Section 2:** Currently – The officers shall be elected at the Summer Meeting. They shall serve only one year in any one office, or until their successors are duly qualified and elected, except for Medicine Man. The Medicine Man may succeed himself for any number of years in office. In the event that an unusual situation should prevent the holding of the Summer Meeting, the elected officers shall serve until the next Summer Meeting is held.

Proposed – The officers shall be elected at the Summer Meeting. They shall serve only one year in any one office, or until their successors are duly qualified and elected, except for Treasurer. The Treasurer may succeed himself for any number of years in office. In the event that an unusual situation should prevent the holding of the Summer Meeting, the elected officers shall serve until the next Summer Meeting is held.

### **Bylaws:**

Article III Duties of Officers Section 1 F.

Currently – Medicine Man shall:

5. Have the right to appoint, with the concurrence of the Executive Committee, an assistant Medicine Man.

Proposed – Treasurer shall:

5. Have the right to appoint, with the concurrence of the Executive Committee, an assistant Treasurer.

### **Section 2 – District Officers**

Currently - District and unit 4-H All Star organizations shall have duly elected officers of Chief, Scribe, Medicine Man, and other officers as deemed necessary.

Proposed – District and unit 4-H All Star organizations shall have duly elected officers of Chief Scribe, Treasurer, and other officers as deemed necessary.

### **Article IV Standing Committees, Section 1 – Executive Committee**

Currently – The Executive Committee shall be composed of the following members – Big Chief, Lesser Chief, Recording Scribe, Corresponding Scribe, Scout, Medicine Man, retiring Big Chief, District Chiefs, and one person from the State 4-H Department to be named by the Director, 4-H Programs.

Proposed – The Executive Committee shall be composed of the following members – Big Chief, Lesser Chief, Recording Scribe, Corresponding Scribe, Scout, Treasurer, retiring Big Chief, District Chiefs, and one person from the State 4-H Department to be named by the Director, 4-H Programs.

### **Section 6 – Audit Committee**

Currently – It shall be the duty of this committee to review the books of the Medicine Man annually and submit a report to the membership.

Proposed – It shall be the duty of this committee to review the books of the Treasurer annually and submit a report to the membership.

### **Section 7 – Budget Committee**

Currently – The Medicine Man shall be the Chairman.

Proposed – The Treasurer shall be the Chairman.



The following are additional proposed amendments.

**Bylaws: Article I, Section 4 - Honorary Members**

A. Currently – The State 4-H Staff may nominate a maximum of six (6) unit Extension agents and four (4) state or district Extension personnel for Honorary membership. These current or retired nominees shall have rendered outstanding service to the 4-H program for at least seven (7) years, two of which shall have been in Virginia.

Proposed – The State 4-H Staff may nominate a maximum of six (6) unit Extension staff and four (4) state or district Extension personnel for Honorary membership. These current or retired nominees shall have rendered outstanding service to the 4-H program for at least seven (7) years, two of which shall have been in Virginia.

\*This change would allow units to nominate program assistants and technicians in addition to agents.

B. Currently - The unit membership committee may annually nominate two (2) adult volunteer leaders for honorary membership into the Virginia Chapter of 4-H All Stars. A maximum of eighteen (18) adult leaders may be inducted annually into membership. A nominee must have rendered outstanding service to the 4-H program for at least seven (7) years, two of which shall have been in Virginia.

Proposed - The unit membership committee may annually nominate three (3) adult volunteer leaders for honorary membership into the Virginia Chapter of 4-H All Stars. A maximum of eighteen (18) adult leaders may be inducted annually into membership. A nominee must have rendered outstanding service to the 4-H program for at least seven (7) years, two of which shall have been in Virginia.

\*This change would afford units the opportunity to nominate more deserving leaders per year.

**Virginia Chapter of 4-H All Stars  
Midwinters Schedule  
February 5<sup>th</sup> and 6<sup>th</sup>, 2005  
Embassy Suites \* Williamsburg, VA**

SATURDAY, FEBRUARY 5<sup>TH</sup>

10:00 – Noon    Registration  
                         Committee Meetings

Lunch on Your Own

12:30            Business Meeting

After Business Meeting -Depart for Norfolk

6:00                    Return from Norfolk

6:00 – 7:00            Manager's Evening Reception

7:00 – 8:30            Banquet

8:30 – 10:00          Service Project

SUNDAY, FEBRUARY 6<sup>TH</sup>

8:00 – 9:00            Complimentary Buffet or Made-to-Order Entrée Breakfast

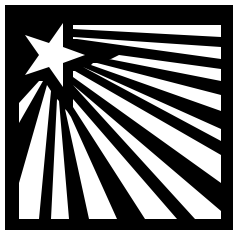
9:00 – 11:00          Vespers

IFYE Presentations

Business Meeting

District Meetings

Noon                    Check-out and Have a safe trip home



## "ALL STARS AND STRIPES"

Come join your fellow Virginia 4-H All Stars in Williamsburg for Midwinters 2005. This red, white, and blue (with plenty of green) weekend promises to be educational and fun-filled. Make plans to join us on Friday evening and take advantage of the indoor pool to help you wind down after a hectic week.

After a complimentary made-to-order breakfast, take in the sights or shop in Williamsburg Saturday morning until 12:30. After a short business meeting, we will board our motorcoach for the ride to Norfolk where we will spend the afternoon touring Nauticus and the Battleship Wisconsin. We will return to the Embassy Suites in time for the evening reception before our "Stars and Stripes" banquet. After a day of catching up with old friends and making new ones, join us for our service project. We will be putting together "Care Packages" for military personnel deployed overseas. Sunday morning will bring another made-to-order breakfast followed by vespers, IFYE presentations, our final business meeting (remember to read the proposed ByLaws changes located in this issue of The Star) and district meetings.

Our host hotel for the conference will be the Embassy Suites. Room rates will be \$79.00/night. You will have a Two Room Suite with two Double Beds or a King Size bed plus a Sofa Bed. You'll also have your own refrigerator and microwave. Other amenities include the indoor pool, spa and fitness center. This rate is guaranteed until January 4<sup>th</sup>, 2005. To make reservations, call 1-800-333-0924 and let them know you are making reservations for the 4-H All Star Midwinters Conference.

**DIRECTIONS TO THE EMBASSY SUITES:** Take I-64 to Exit 238 (Camp Peary Exit). Turn onto Route 143 East. Turn right onto Route 132 South (2nd light). At first light, turn right onto Route 60 West; go one mile and turn right onto Waller Mill Road at the second traffic light (Uno's Restaurant on right-hand corner at that intersection). Make first left onto Mooretown Road, and Embassy Suites will be on your right, directly behind K-mart.

**Care Package Information :** We would like to address these care packages to specific individuals so please check in your local area to see if there are any deployed military personnel (they do NOT have to be All Stars). If so, bring their exact mailing information with you to Midwinters. We will need boxes and packing materials (both must meet USPS regulations) as well as items for our care packages. Some acceptable items include phone cards, toiletry items (except razor blades), stamps and other correspondence items, magazines, paperback books, snack foods such as hard candies or mints, and playing cards. It would also be nice to include notes of support in each care package.

**RESTRICTED ITEMS** include: fruits, live plants, preserved meats, tobacco products, and coffee.

We're on the Web!  
Check out  
[www.ext.vt.edu/  
resources/4h/allstars](http://www.ext.vt.edu/resources/4h/allstars).



# THE VIRGINIA STAR

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\* 48 U.S.C. 307

Virginia Chapter of 4-H All Stars  
Midwinters Registration  
February 5<sup>th</sup> and 6<sup>th</sup>, 2005  
Embassy Suites  
Williamsburg, VA

NAME \_\_\_\_\_ M/F  
ADDRESS: \_\_\_\_\_  
PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
UNIT AND YEAR TAPPED: \_\_\_\_\_  
GUESTS \_\_\_\_\_ M/F \_\_\_\_\_ M/F

CONFERENCE FEES:	COST	X	NUMBER OF PEOPLE	TOTAL
Conference Registration	\$32.00	X	_____ =	_____
Early Bird Registration ( <b>BEFORE 12/31</b> )	\$27.00	X	_____ =	_____

SATURDAY ACTIVITY	\$35.00	X	_____ =	_____
(Child's Rate)	\$33.00	X	_____ =	_____

(cost includes admission to Nauticus, the National Maritime Museum and the Battleship Wisconsin and motor coach transportation to and from Norfolk)

Life Dues	\$50.00	X	_____ =	_____
Annual Dues	\$10.00	X	_____ =	_____
Donations in Honor/Memory of _____				_____
Contribution to the Wayne M. Keffer Memorial Scholarship Fund				_____
<b>TOTAL</b>			<b>=</b>	_____

**POLICY INFORMATION**

- \*Inactive members may become active by paying two years of annual dues of \$10 per year or life membership dues of \$50.
- \*Conference guests, other than spouses and/or children, shall be approved by the Big Chief and/or 4-H Department Liaison (POLICY 107). Guests WILL NOT receive discounted rates.
- \*No alcoholic beverages are permitted at All Star functions (POLICY 110).
- \*Special Needs during the Conference (dietary, handicapped, other)

**CODE OF CONDUCT**

All Conference registrants need to read and sign the following Code of Conduct.  
As a Virginia 4-H All Star event participant, I will conduct myself during the course of this conference in a manner which reflects the qualities of an All Star.

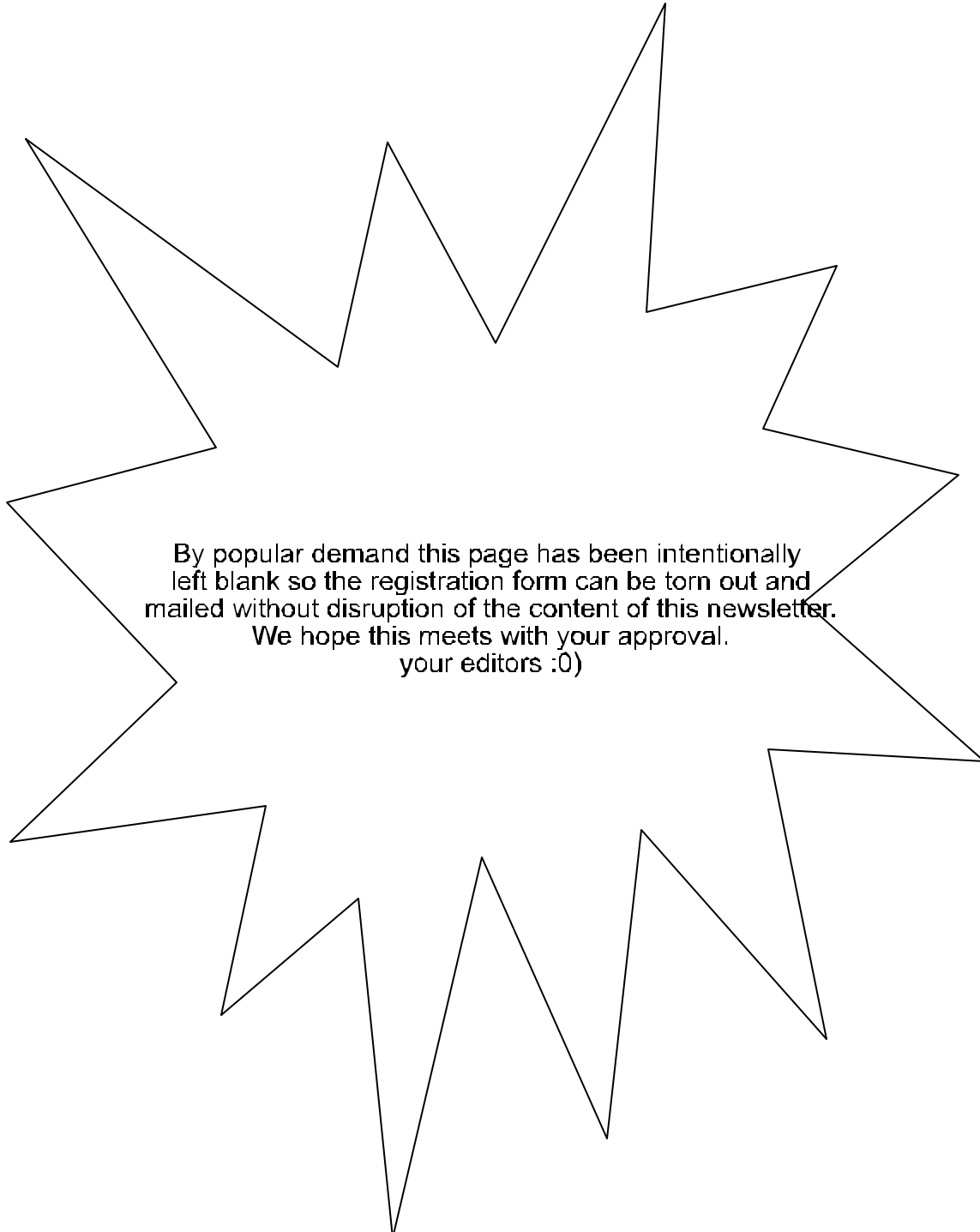
All Star signature/s \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

(If All Star is under age 18)

Make checks payable to: Virginia Chapter of 4-H All Stars (\$10 Service Charge for returned checks).

Mail registration form and check to: Randy and Irene Leech, 4220 North Fork Road, Elliston, VA 24087



**By popular demand this page has been intentionally left blank so the registration form can be torn out and mailed without disruption of the content of this newsletter. We hope this meets with your approval. your editors :0)**





Dear All Stars,

Fall is the time to nominate eligible 4-H members to be tapped as Virginia 4-H All Stars during the 2005 State 4-H Congress. The following forms and supporting information can be found on the All Star website: <http://www.ext.vt.edu/resources/4h/allstars.html>

### All Star nomination process flowchart

Basically, unit agent sends forms to eligible members, meets with local All Stars to review the nominations and sends the completed nominations to the district office by December 1.

### All Star nomination form

There is no limit to the number of youth nominees that a unit can submit.

Nominees should:

1. Have completed at least 3 years of work as a 4-H member.
2. Be at least 15 years of age as of January 1 of the current year.
3. Be an active 4-H member and no more than 19 years of age as of January 1 of the current year or, have been an active 4-H member and no more than 19 years of age as of January 1 of the preceding year (Four-H'ers have an additional year of eligibility beyond the age for participating in other 4-H recognition opportunities.)

### Honorary All Star nomination form

Each Extension unit may nominate three (3) adult volunteer leaders for consideration as honorary members. Nominees must have rendered outstanding service to the 4-H program over a period of not less than seven (7) years.

### Nomination Summary Sheet

Use to list the nominees from the unit.

### Awards and Recognition information

This is a good time to let current All Stars know about the \$600 Wayne Keffer Memorial Scholarship - form due on January 1 - for any All Star who is a college student or a graduate student.

See the website for more information on All Star Chapter Charters, Bradshaw Service Award and the All Star Hall of Fame Award. Also note that the C. Dean Allen Award for Excellence recognizes an agent who has excelled in All Star and/or international programming. Please take time to nominate an Extension Agent for this award. Form is due January 1. There is a cash award and a nice plaque.

### All Star Brochure

This is nice if you need a brochure.

### All Star Powerpoint Presentation

This is also nice if you can include a powerpoint presentation in your program efforts.

If you have any particular questions, please let me know and I'll either answer them, or find the answer for you.

Carol Nansel  
4-H All Star Liaison  
[cnansel@vt.edu](mailto:cnansel@vt.edu)



## SIX IFYEs HOSTED IN VIRGINIA

Seventeen 4-H host families in Virginia hosted six International 4-H Youth Exchangees this summer. The exchanges included:

Carl Kjell from Sweden  
Jung-Ho Na from South Korea  
Anne Schoningh from Germany  
Vivian Chiu from Taiwan  
Joanna Apostolopoulou from Greece  
Katerina Chrisafi from Greece

All of these delegates report that they really enjoyed their host families in Virginia, as well as all of the 4-H members that they had an opportunity to interact with at 4-H meetings and camps.



## INTERNATIONAL FOUR-H YOUTH EXCHANGE OPPORTUNITIES

**IFYE AMBASSADOR:** For youths between the ages of 15-25, this program features a summer abroad. The purpose of the program is to assist youth in acquiring knowledge, developing skills, and farming attitudes that will help them become productive citizens of the global community through living with host families. Departure is in late June and return in early August. The fee for participation ranges from \$2,000—\$3,000, depending on the country.

**IFYE REPRESENTATIVE:** Participants between the ages of 19-30 can experience life in another country first-hand through living with host families for either three or six months. This is not the typical tourist's view of a foreign land, but a chance to actually participate in daily living and learn about the customs and culture of another country while sharing about life in the United States. Representatives may pursue special interests through self-study, and many arrange for academic credit through their universities. Departure is in late June with return in September for three-month participants and in mid-December for the longer-term participants. The fee for the three-month exchange is \$2,200 for most countries, and the fee for the six-month exchange is \$2,500 for most countries (Australia costs \$1,200 more due to the greater airline expense).

Host families for inbound delegates are also needed. The average hosting period is three weeks, and families from all around the state give the delegates a good view of what life is truly like in Virginia.

**NEW THIS YEAR—GROUP TOUR TO FINLAND:** Six week tour for ages 15-19. Deadline for application January 1, 2005.

Applications for outbound delegates are due by January 1, 2005 and for hosting by March 15, 2005. For further information or application forms, contact Dottie Nelson, P.O. Box 144, Bland, VA 24315, phone: (work) 304-425-5198 or (home) 276-688-4028, or e-mail [dottiefye@yahoo.com](mailto:dottiefye@yahoo.com).



### Three Generations of 4-H All Stars

June 30, 2004 was a very special day for Louella Pangle, her daughter Karen Pangle Gnegy and her granddaughter Cora Gnegy. In the heat of June, singing “Follow the Gleam,” at Virginia Tech, Louella, dressed in white, tapped her granddaughter Cora in as a 4-H All Star. Karen, Cora’s mom, beamed in pride nearby. That made 3 generations of 4-H All Stars for this family.

Louella was tapped in 1992 as an adult after becoming the Organizational Leader of the Lebanon Church 4-H Club in Shenandoah County. Karen joined the All Star ranks in 1975 following graduation from Strasburg High School. She is now the leader of that same local club and she also is the leader of the County Interstate 4-H Exchange Club of which 9 members and 2 adults visited Shenandoah County this summer from Grand Forks, North Dakota.

Now the third generation is officially an All Star. Cora is currently the president of the Lebanon Church 4-H Club and loves everything to do with 4-H at the local, district and state levels. She currently serves on the State 4-H Cabinet as Secretary.

Louella also has another daughter—Tammy Pangle Borgie who was tapped into the All Stars in 1977. She currently resides in Luray with her husband and 4 children.

Louella, Karen and Cora all believe that 4-H is an organization that lasts a lifetime. And since “service” is the All Star motto, all three generations of this family look forward to many more years of 4-H involvement. Who knows, maybe one hot day in June, sometime in the future, there may be a 4th generation 4-Her tapped into this family!



Left to Right—Louella Pangle ('92), Karen Pangle Gnegy ('75) and Cora Gnegy ('04)



Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, religion, sex, age, veteran status, national origin, disability, or political affiliation. An equal opportunity/affirmative action employer.



**Virginia 4-H All Star Chapter**

\* 18 U.S.C. 707

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**NEXT STAR DEADLINE \*\* APRIL 1, 2005**