



# Spotlight on ... 4-H!



## LEADER LETTER

### INSIDE THIS ISSUE:

**FAST FOODS!** 2

**RESISTING PEER PRESSURE** 3

**DISCOVER THE ENTREPRENEUR IN YOUR 4-H'ERS** 4

**NEVER "BOER-ING" GENETICS** 5

**CLOVER KIDS!** 6



DISCOVER 4-H

### SPECIAL POINTS OF INTEREST:

- How can YOU plan a successful 4-H meeting?
- Discovering new ideas means new projects for ESI!
- Goats are never "boer-ing" with the 4-H Meat Goat Project!
- How do Clover Kids fit in with traditional 4-H Clubs?

## STRIVING FOR SUCCESSFUL CLUBS

4-H Club leaders have always strived to have successful clubs. The vision of a "successful club" varies from leader to leader, but the success of any club can be improved.

Here are some ideas to consider as you strive to create a successful 4-H Club.

- Plan regular 4-H meetings and have an agenda for each meeting.
- Elect club officers or rotate officer duties so everyone gets a chance to pound the gavel and call a meeting to order.
- Use parliamentary procedure during the business meetings so 4-H members learn how to properly conduct a meeting before they become school and community leaders.
- Encourage and welcome parents to attend and assist at 4-H meetings. Share the load and give them a job. 4-H members with involved parents are usually more successful individuals.
- Get 4-H members actively involved in a variety of experiences. This can include working on projects together, learning new skills, taking a club tour or volunteering for community service activities.
- Encourage members to take part in extra 4-H activities. 4-H members might not consider participating if their parents suggest an activity, but if the whole club is involved they might.
- Work together as a club to write public service announcements or practice judging pictures of animals, cookies or pil-

lows at a club meeting. Having the 4-H members working together on these activities can make these new activities more inviting for members, as well as encourage club cohesiveness and develop leadership for the older 4-H members. In a fun atmosphere reading a PSA or giving oral reasons for the first time will be less traumatic as well as providing a great opportunity to experience public speaking before local contests.

- Remind 4-H members of upcoming activities and deadlines. Missing a deadline may keep them out of a contest entirely or drop them a ribbon placing.
- Vote on a club project and community service activity and then involve the members to make it happen.

Keep looking for ways to make 4-H fun and meaningful and a successful 4-H Club will be your reward. Your 4-H members will thank you the rest of their lives.

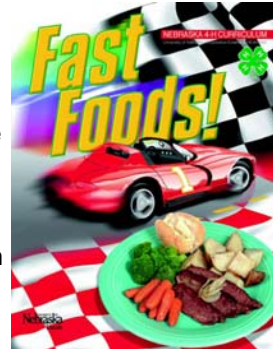


**FOCUS ON FAST FOODS!**



The idea of successful home-cooked meals that the youth can make that taste good is the dream of every family. "Fast foods" will be the key to your dream. The sudden popularity of food shows, chef cook-offs and culinary competitions emphasizes that being able to understand basic cooking techniques and flavors can enhance the quality of life and your 4-H meetings.

Using "Fast Foods" as a guide you will be able to teach youth and maybe yourself a new way of cooking. This will also give you the opportunity to explore new foods. This curriculum shows youth how to prepare healthy foods at home using the MyPyramid. It includes information about stocking the pantry, touring grocery stores and portion control. Fast Foods is designed to assist youth as they prepare healthy meals at home FAST!

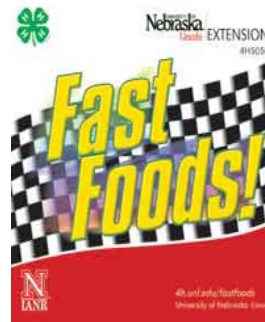


The new Fast Foods curriculum and Web Site <http://4h.unl.edu/fastfoods/> supplies you with hands on activities. Whether you are trying to make substitutions, want to learn the meaning of cooking terms, or seek additional educator resources to use in conjunction with Fast Food, then these materials are for you. Recipes change to keep you coming back and trying new food.



The popularity of food shows and chef cook-offs show that people really DO want to learn how to cook!

The CD is one of a kind. This CD provides a visual video clip for cool cook's tools such as what is a colander. There is a teacher's corner full of fun activities to use as a lesson. If you run out of an ingredient no fear, the Fast Foods CD can answer your question on how to make a substitute for an ingredient. This CD will take you and your 4-Hers from meal planning, to food prep, to sitting down to eat at the table.



Contact your local UNL Extension office to obtain a Fast Foods CD or order from the above web site.

## RESIST PEER PRESSURE!

We've all been there! — youth as well as adults. You are with your circle of friends and someone suggests doing something that crosses the lines of your moral boundaries. You want to say no, but you don't want to look like a loser.



It is called peer pressure, and it is a problem that everyone faces. Though it is present in adulthood, teenagers are confronted with it most. As 4-H leaders you can play an important role helping teens develop skills to handle peer pressure. You can set a powerful example for members by resisting peer pressure yourself.

“Research shows that 87% of American teens have at least one peer pressure situation everyday,” says Sharon Scott, author of the book *How to Say No and Keep Your Friends*. The most common forms of negative peer pressure include gossiping and cliques, cheating, skipping school, lying to parents about planned activities, speeding and using alcohol or other drugs. Contrary to popular belief, one can resist peer pressure and still stay “cool”. Encourage teen to use these tips when faced with an uncomfortable situation:

**React quickly** – If one takes more than 30 seconds, the teen will get talked into trouble. If they debate with their peer, they may get into an argument and end up losing a friend.

**Say “No” and mean it** – Encourage them to fine their own style of saying “no” and follow through. Try joking their way out of trouble or give reasonable excuses—i.e. having to study or work. Teens can resist the pressure by suggesting a better idea.

**Be authoritative** – Make eye contact and show you mean “no”. The more unsure you are of yourself the more others will pressure you.

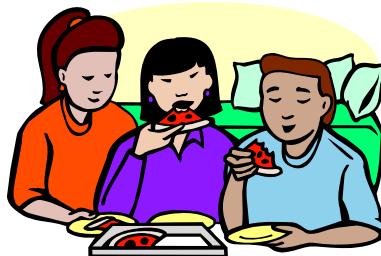
**Avoid bad situations** – Don't go to the party if you suspect there will be alcohol there. Don't let yourself be alone with a member of the opposite sex if you think there might be pressure to get too physical.

**Put it in perspective** – The activity in question may look thrilling for a few minutes, but if it will be something that will be regretted later or something that could get you into trouble in the long term, it is not worth it.

**Simply leave** – If the trouble idea will break the law or be dangerous, it is imperative to leave immediately.

**Find new friends** - This may be the hardest. No one wants to lose a friend, but if someone continuously puts you in stressful situations, teens are encouraged to question if the friendship is worth the risks.

For more information the video “The Problem: Sometimes Saying No Means Losing Friends” is available at <http://www.cosmeo.com/videoTitle.cfm?guidAssetId=1e36b3ae-a72a-4e6d-92da-665d87> and a complete teaching outline can be found at [http://www.ket.org/education/guides/selfmanagement/selfmanagement\\_program6.pdf](http://www.ket.org/education/guides/selfmanagement/selfmanagement_program6.pdf).



As 4-H leaders you can play an important role helping teens develop skills to handle peer pressure, and social skills.

**THE MOST COMMON FORMS OF NEGATIVE PEER PRESSURE INCLUDE GOSSIPING AND CLIQUES, CHEATING, SKIPPING SCHOOL, LYING TO PARENTS ABOUT PLANNED ACTIVITIES, SPEEDING AND USING ALCOHOL**

## DISCOVER THE ENTREPRENEUR IN YOUR 4-H'ERS



Benjamin Franklin, Bill Gates, Edwin Perkins, Eli Whitney, Oprah Winfrey – What do these people all have in common? They are entrepreneurs. It is clear that kids of all ages are generally more interested in sports, TV, music and video games than thinking about a big word like Entrepreneurship! However, many of these entrepreneurs began their journey into entrepreneurship at a very young age.



Stop by your local Extension office to pick up an ESI manual to use with your 4-H club!

In 2008, Nebraska 4-H launched a new curriculum called ESI: Entrepreneurship Investigation. This curriculum gives 4-H'ers the opportunity to explore entrepreneurship as a career option through a wide variety of activities in three manuals.

As a 4-H leader you may be thinking, "but I know nothing about entrepreneurship and not all kids want to be entrepreneurs." You don't have to know it all. It is important to remember that everyone has some characteristics of an entrepreneur and many of these characteristics are used even if you are not a true entrepreneur. The ESI: Entrepreneurship Investigation manuals are designed for 4-H Club leaders to pick up and teach from.



Here are some quick ideas from the ESI Manuals to complete with club members to introduce the idea of entrepreneurship and explore skills entrepreneurs may need to be successful in life. Before your meeting, be sure to stop by your local UNL Extension Office to pick up a manual.

### Investigating the Entrepreneur Profile, pgs 1.1-1.4

In this activity you will discover what an entrepreneur is. Youth will read a story about Edwin Perkins, the inventor of Kool-Aid. After reading the story have kids draw a bubble diagram and discuss all the qualities that Perkins needed to be successful. Then have the 4-H'ers interview/research another entrepreneur in history or in your community to see if they have different qualities that made them successful.

### Investigating What It Takes to Be an Entrepreneur, pgs 4.1-4.4

For this activity youth will discover the skills entrepreneurs have and which, if any, of these skills they possess. Youth will take a skills assessment to compare their personal characteristics to the characteristics that entrepreneurs tend to exhibit. Then discuss some of the different skills and how those skills may help them be successful. For example: Risk taking is often a characteristic entrepreneurs have because they have a chance of loss. To some, risk taking seems foolish and dangerous but many entrepreneurs see it as an adventure because they believe they have the ability to succeed.

Challenge the 4-H'ers to think like an entrepreneur. What creative 4-H projects have they done that could be made into a business?



**"ESI USES A VARIETY OF TOOLS TO HELP PARTICIPANTS DEVELOP THEIR ENTREPRENEURIAL SKILLS AND FIND THEIR BUSINESS NICHE. THROUGH EXCITING ACTIVITIES, CASE STUDIES AND CURRENT TECHNOLOGY, PARTICIPANTS ARE TRANSFORMED INTO BUDDING ENTREPRENEURS!"**

## NEVER BOER-ING GENETICS



The traits of the Boer goats (or any animal) your members exhibit are inherited from their parents. This activity will allow 4-H members to explore how genetics contribute to one such trait (color) in Boer goats. While heritability of color in goats is oversimplified, it does provide members an opportunity to better understand how traits are inherited.

*Adapted from Meat Goat Helper's Guide; 4-HCCS BU-07912*

Supplies: paper lunch bags, Cheerios and Froot Loops, blank paper and crayons/colored pencils.

### Before the meeting:

Label three lunch bags as your three herd bucks and place in each bag the corresponding cereal: HERBIE (solid red = 30 froot loops); HUSKER (red & white paint = 15 Cheerios, 15 Froot Loops); BO (traditional = 30 Cheerios).

Create an unlabeled bag for each member to represent their doe. Make some does solid red, some paint and some traditional using the same cereals as with the bucks.

### Experience:

Have each member select a Doe Bag. Before they look in their bag explain how they can determine what their goat looks like based on the cereal inside. Have members examine their contents and tell the group what their doe looks like.

Each member should select which buck they would like bred to their doe. Take one piece of cereal from the bag of their doe and 1 from the bag of the buck they selected. (You can have each member do this twice to represent twins).

### Reflect:

On the piece of paper, have each member draw a simple goat (like the one on this page) and color it the way they imagine their goat looks based on the traits it inherited from its parents. Share those pictures with the group.

### Apply:

There are many traits that are passed from parent to offspring when breeding goats. Ask youth to discuss what traits besides color (growth, muscle, etc...) they should consider when selecting breeding stock. What are undesirable characteristics (poor udder, sickle hocks, etc...) that should be selected against?

Goats have 60 chromosome pairs and each parent passes ½ of them to their offspring. Genes on those chromosomes control specific traits their kids will inherit. In some cases, a single trait may be controlled by a combination of genes. Breeding a trait into or out of your herd may take several generations of selection.

### Variations:

Allow members to create another generation of goats. Youth can decide if their offspring were male or female and can pair their goat with another member's goat or with one of the three original bucks.



Showing a pet to others can

**THE MEAT GOAT HELPER'S GUIDE IS PACKED WITH ACTIVITIES THAT INVOLVE THE ENTIRE GROUP. YOUTH WILL ENJOY PLANNING A PROGRAM, COMPLETING A PROJECT RECORDS, DEVELOPING A MANAGEMENT CAL- EN-DAR, COMPLETING A MEAT QUALITY ASSURANCE PROGRAM, AND PARTICIPATING IN A QUIZ.**



## SPOTLIGHT ON 4-H!

### CLOVER KIDS!!

If you are looking for an exciting way to increase membership within your 4-H Club, you might want to consider having Clover Kid or Clover Bud members.



Clover Kids are six to eight year olds (five to seven 4-H age) during the calendar year. This program will assist youth in developing emotional, physical, intellectual, and social skills.

The Clover Kids program is designed with activities and learning opportunities that are developmentally appropriate for six to eight year-old children. Youth within this age are not yet ready for competition.



The Clover Kids program is developmentally appropriate and involves the following components:

- Encourage involvement of parent or significant adult.
- Focus on self-esteem and provide positive feedback.
- Share through cooperative learning, non-competitive.
- Emphasize fun and success of every child.
- Recognize individuals for participation.
- Recognize and give incentives without rank or placing.

You can learn by doing fun activities such as: exploring wind by making a pinwheel; simple snacks; helping others by making thank you notes; or understanding nature by doing leaf rubbings.



Being a Clover Kid is a great way to get new families or younger siblings involved in the 4-H program. Check with your local Extension Office to find out what options there are for Clover Kids in your county.



# CALENDAR OF EVENTS

Lancaster County 4-H and 4-H Council invite 4-H'ers and their families to

## 4-H Achievement Night

**UNL International Quilt Study Center & Museum**  
**Tuesday, Feb. 10**

**5:30–6:45 p.m.**

**Opportunity to Explore the Museum and Exhibitions**

**7:00 p.m.**

**4-H Achievement Program**

UNIVERSITY OF  
**Nebraska**  
Lincoln

4 - H ! YOUR FIRST CLASS AT THE UNIVERSITY OF NEBRASKA !