The ability to communicate effectively is vital to the development of well-rounded individuals who will successfully contribute to their communities. The communications opportunities available in 4-H allow youth to develop skills that will serve them in many aspects of their lives. The 4-H Communications Event addresses the need to recognize youth for their outstanding achievements in the area of communications and to address the ever-changing communication venues of twenty-first century youth.

Each Nebraska county is eligible to nominate one 4-H youth/team to participate in the **Premier Presenter Contest**. This youth/team is selected based upon their outstanding performance at the local 4-H Communications Event. This is a special contest for the “best of the best.” 4-H youth may utilize posters, or a LCD, slide, video, or overhead projector, for this contest. Each participant will receive a $50 cash award if they give their presentation at the Nebraska State Fair and attend the Sunday Presentations Awards Ceremony. The top four winners will receive a $100 cash award.

Additionally, the **Multimedia Presentation Contest** was created to provide youth an opportunity to present information clearly while making use of an original presentation created on a computer. For this option, 4-H youth create a fully-automated presentation that relates to 4-H and is 6 to 10 minutes in length. It utilizes Microsoft PowerPoint and is completely free-standing, only requiring an introduction by the participant. Youth who qualify for competition at the Nebraska State Fair within this event are eligible to receive the Outstanding Multimedia Presentation Award, in which the recipient receives a $25 cash award.

All Nebraska 4-H volunteers and youth who are interested in learning more about the 4-H Communications Event are encouraged to participate in an online Web Seminar, presented on **Tuesday, March 20, 2007**, from **7-8pm CST**. 4-H Youth will be sharing the ways in which they have achieved success within the 4-H Communications Event. Participants in the Web Seminar will need to have a computer with Internet access and a phone. To participate in the Web Seminar, please RSVP to Lisa Spilker at mailto:lspilker2@unl.edu or at (402) 472-9018 by **Friday, March 16, 2007**. Additional instructions regarding the Web Seminar will be shared with you at this time.
The love of preparing food and sharing it was at the heart and soul of the development of FAST FOODS as a new 4-H curriculum. It has also been at the heart and soul of promotion with FCS educators and getting it into the school classrooms. This past year the FAST FOOD manual has gotten out to 4-H leaders and FCS teachers through a variety of promotional programs.

As one looks to the FAST FOODS manual, there is a noticeable difference in relation to it and some of the others traditionally used by 4-H. It is aligned with the Nebraska State Education Content Standards. The pages are classroom re-producible handout style and lessons are geared to connect children and families with quick and tasty food made at home. FAST FOODS was designed to help children between the ages of 11 and 14 develop basic cooking skills. Most foods/recipes in the book can be made in one hour or less. There are simple recipes that can be made by most children and others for more experienced cooks. This book was designed as a place where most people learn to cook. It intentionally uses inexpensive, easy-to-find ingredients. The Picture This, Substitutions, Food Equivalencies and Recipe Cards pages will be an asset to a club lesson or classroom lab.

One such lesson for 4-H clubs that leaders can enjoy while getting members out for a hands on lesson in the community is the “Grocery Store Tour” found on pages 22-35. “Grocery Store Tour” has 2 activities with a Store Shopper Tip Sheet and Shopping List reproducible worksheets to hand out and use with the activities. Most school classrooms are unable to travel with youth to a grocery store, so that is where a 4-H lesson can come in as a valuable learning experience.

The first lesson is a Virtual Grocery Store Tour where the content skills are focused on grocery store layout and getting the best food at the best price. The objective is for youth to be able to grocery shop with an understanding of grocery store layout so they save money and get good quality foods. With this in mind, youth will be able to organize a shopping list using the typical layout of a grocery store.

The second lesson is The Real Deal Grocery Store Tour where the content skills are focused on actually touring the grocery store. The objective is for youth to be able to purchase family foods, and be able to both save money and get good quality foods. In doing this, youth will use knowledge of the grocery store layout to navigate an actual grocery store, checking off items necessary for their planned meals.

While at the grocery store this is an excellent opportunity to invite the manager of the store to welcome the 4-H shoppers, become acquainted with the 4-H program and help educate the youth about the community business all the while providing some consumer and career insights.
Let's go shopping! Even dedicated clothing construction enthusiasts purchase some of their clothes. Becoming better consumers is a goal for all. Therefore learning the basics about garment purchasing would be helpful. Shopping in Style project is so much more than shopping. It helps 4-H’ers consider their own personal characteristics, their resources such as money and time spent in various types of stores. The project also has the 4-Her, examine the quality characteristics of a garment and do some comparison shopping. The focus is on getting a great bargain and meeting the needs of their wardrobe rather than impulse buying.

Below are some of the points made in the project manual which are not just going to the store and shopping.

Did you know? It takes only seven seconds to make a first-time impression. Because you never get a second chance, make sure your clothes say what you want them to say about you. In Section 1, Where I am Right Now, allows you to analyze your personality characteristics as well as learning to respect self.

In section two, one discovers that most people wear 10 percent of their clothes 90 percent of the time. Recognizing the features of the clothes you wear a lot will provide clues and guidelines for selecting clothing you will enjoy wearing again and again. This session leads nicely into the section on clothing coordination and building a wardrobe. Session three discusses the term style. A piece of advice on style indicates not to confuse personal style with being “in style”. In style means all you have to do is wear the latest fashions without checking to see if it is really right for you. “Personal style” means wearing clothes that enhance both your personality and your body type. This kind of fashion helps express the real you to others.

Finally, when you shop for something, your judgment is no better than your information. Therefore, you will need to know and identify your needs, plan and evaluate your purchases, learn to recognize quality, use comparison shopping, and consider the care procedures needed before you purchase any garment for your wardrobe.
Parliamentary Procedure

4-H meetings are a lot more enjoyable if there is order, group participation and progress. Parliamentary procedure is one of the most effective means to take order as a group. There are three different meeting styles:

**Simple Style:** No formal agenda, the group discusses business until they agree on what to do, probably no officers and discussions are open. This meeting type is usually followed in project meetings, small settings or sessions with younger members.

**Informal Style:** A flexible meeting agenda, basic parliamentary procedures, a chairperson or elected officer, controlled discussion. Meetings of this type are typically used with 4-H meetings or school/church/civic organizations.

**Formal Style:** A precise meeting agenda, standard parliamentary procedures following Robert’s Rules of Order and officers are elected.

**STEPS IN MAKING A CLUB DECISION**

**Motion** – A request that something be done or happen. Only one motion should be placed before the group at a time.

**Second** – Someone in the group must “second” or agree with the motion so that it can be discussed and voted on.

**Discussion** – Following the motion and second, the motion is “on the floor” and is discussed by all members who will address the pros and cons.

**Re-state the motion** – The president will re-state the motion prior to the group voting.

**Vote** - The group will vote by voice (aye/no), show of hands, standing, secret ballot or a roll call vote.

**TIPS FOR LEADING A GROUP DISCUSSION**

*What if no one or few persons will share ideas?*

The President can ask specific questions such as: Joe, what do you think of…. Does anyone know of any situation where this has worked? Sally, from your experience at the fair, how do you think this would work?

Special techniques can be used such as: dividing into small groups and have each group report back in a short time with their best ideas; a circle response where the discussion leader calls on each person in the group for an idea. If the person isn’t ready to share, he can say “pass”. The secretary or recorder can list the ideas for the group to review.

*What if discussion is not solving the problem?*

The President can propose that a committee be appointed to consider the information presented, do some research and propose an appropriate course of action for the club.

**Helpful Hints…**

In any discussion, carefully stated questions keep the discussion moving in the desired direction. Help club members learn orderly business procedures by demonstrations of parliamentary procedures at a meeting. A skit on Parliamentary Procedure could be done at a club meeting. The script for “Motion Potion” can be located at [http://www.boxbutte.unl.edu](http://www.boxbutte.unl.edu). This skit will show how to make motions during a meeting. The scene is a mach 4-H meeting in progress. The members are deciding what should go in their after meeting snack.
Recycling is a household word in many homes. But what does recycling include? Recycling is not only taking items to recycling sites or having them picked up at the curb. Recycling starts with buying products made from recycled products, reusing items and reducing the amount of garbage produced. By Shopping S.M.A.R.T (Saving Money and Reducing Trash) families can start the recycling process.

Each person produces an average of four pounds of garbage each day. Most of this garbage is being buried in a landfill. It is important that families become aware of what they use in their homes and how they can reduce the amount of garbage that is produced.

Shop S.M.A.R.T:

**Consider large or economy-size items.** This may include items such as laundry soap, shampoo, baking soda, toilet paper, pet food and cat litter. Larger sizes usually have less packaging per unit. For food items, select the largest size you can use before it will spoil.

**Choose the product with the least packaging.** Packaging accounts for a third of all the waste we throw away. You may be paying a higher price for the fancy wrapper. More than $1 out of every $10 we spend on food goes toward the packaging.

**Choose the reusable products.** Disposables such as razors and paper towels may create unnecessary waste. A product that can be reused is a wiser choice and can save you money.

**Choose products made from recycled materials.** Look for information on the package. Products made from “Post-Consumer” recycled materials are best. This means that the materials were used by a consumer before being recycled.

**Purchase products recyclable in your area.** Glass, tin, aluminum cans, plastic jugs, soda bottles, cardboard, etc are recycled in many areas. Check the number in the recycling triangle on plastic containers. #1 and #2 plastic are most commonly recycled.

**Club Activities**

Have members check their garbage for a week and see how many recyclable items are being thrown away. Make a list and bring it to the next club meeting. Discuss what is recyclable your area.

Take a tour of the grocery store and look at packaging. Check cereal boxes, etc. for recycled content.

Make a list of disposable items that are used in the home and discuss what items could be used in place of them.
Clover Challenge

Here is a great opportunity for your 4-H’ers! The upcoming Clover Challenge Contest is a competitive computer event for young people who are interested in learning more about Family and Consumer Sciences subject matter. The Southeast District Clover Challenge Contest will be held April 9, 2007 at 1:30 p.m. As a 4-H member, youth will have the opportunity to register to be a part of their county’s Clover Challenge team. The top two teams from each district may then compete at the State Clover Challenge Contest on June 25, 2007 at the University of Nebraska-Lincoln. To register for the Southeast District Clover Challenge contest please contact Tracy at 441-7180.