Have youth interested in robotics, GPS or GIS? Nebraska’s GEAR-Tech-21 program is a great place to begin! This program integrates robotics, GPS, and GIS to provide over 200 hours of activities. The first step to starting a GEAR-Tech-21 Robotics Club is to have an adult volunteer register with the GEAR-Tech-21 website at 4hset.unl.edu. This website is where you will find the curriculum, helper’s guides which include hints for volunteers, and online training videos to help you out. All of the curriculum is posted on-line and is FREE!!

Here is the step by step process on how to become a GEAR-Tech-21 Club:
1. Create a user account for the GEAR-Tech-21 website and begin exploring the resources available.
2. Start forming your club: Find adult volunteers, youth participants, and a meeting location. If your group is not already affiliated with 4-H, follow the steps to become a 4-H Club if you are not a registered 4-H club already.
3. Submit GEAR-Tech-21 Club Registration Form .
4. Borrow or purchase equipment needed for GEAR-Tech-21 activities. Use the equipment list to determine what you already have available to your club. GEAR-Tech-21 has a limited amount of equipment available for clubs to borrow for a small rental fee. The equipment request form is available on-line and equipment is loaned on a first come-first serve basis.
5. Attend online and, if possible, in person training (recommended) Youth (and, if possible, adults) attend a GEAR-Tech-21 Summer Camp (recommended – you do not have to attend a camp before beginning a club!!)
6. Start meeting as a club!

After getting organized, club members are asked to participate in the research evaluation surveys (their choice to participate or not does not have any effect on participation with the project). The surveys will be mailed to the club leader for distribution to the youth. After returning the surveys to the project staff, the leader will receive a COOL GEAR-Tech-21 prize!

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture. The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

Inside this issue:
Clover Kids and Clubs  
Green by Design  
My Pyramid Focus on Grains  
How Do You Pick a 4-H Project?  
4-H at UNL

Special points of interest:
- Clover Kids are great fun—how do you add them to your 4-H club and meet all your members needs?
- Going Green isn’t just about 4-H! Learn how to think “green” with 4-H projects!
- How to help your 4-H’ers pick the perfect 4-H project!
Several 4-H Clubs have Clover Kids attending their regular meetings. Clover Kids are 4-H members age 5 to 7 by January 1st. You can incorporate Clover Kids into your regular 4-H club meeting or you can have a stand-alone club strictly for Clover Kids.

In order to mix 4-H members with Clover Kids, it is best to have a “Clover Kid manager”, a senior 4-H member or parent that plans 4-H related activities that are conducted during the business portion of the meeting or throughout the whole 4-H club meeting. Clover Kid activities need to be age appropriate. Clover Kids are starting to get a taste of a 4-H meeting. It offers them the opportunity to participate in democracy in action, develop friendships, exchange ideas, explore new ideas and areas of interest and develop life skills. This is there stepping stone into the 4-H program and your chance at 4-H recruitment.

It is important that a parent or adult or older teen volunteer be with Clover Kid members while they participate in 4-H activities at all levels. The recommended ratio is one adult or older teen for every six children. Some activities may require a higher ratio of adults or older teens to children. For example, animal activities require a 1- to-1 ratio.

**At the local level** – Clover Kids may participate through community clubs, project clubs and special interest groups. Activities may include meetings, community service activities, recreation and tours.

**At the county level** – Clover Kids may participate in noncompetitive, age-appropriate activities that are designed for this age group. These activities may include day camp, workshops or the fair.

4-H Clover Kids Club Meeting Outline:

- One hour is a good time span for Clover Kids
- Allow time at the beginning to greet all members and make them feel welcome.
- Open meeting with the 4-H Pledge and an action song.
- Talk about and do the project activity. Remember “theme activity” does not necessarily mean that the member will have a finished product. An outdoor project, for example, would teach the members about “their own back yard”. The member will have gained understanding and awareness of the environment around them, but would not have made a finished product. Because the members have short attention spans, be sure to keep the activity simple and have plenty of “adult hands” to help members.
- Refreshments and a short time for play and games should be a part of the meeting.

For more ideas of what to do with your Clover Kids, refer to the website: http://4h.unl.edu/web/4h/joinclover

"Clover Kids are a neat way to involve little brothers or sisters with established 4-H clubs or a great way to get new families involved in 4-H at an early age!"
Are you looking for new ways for you club to “Go Green” in 4-H? Try experimenting with recycled materials. A variety of regular household items have the potential to be transformed into unique projects. Get creative and encourage your club to try making one of these “green” 4-H projects.

**Magazine Beads**

http://www.craftstylish.com/item/45111/how-to-make-a-magazine-reed-box/page/3

**Supplies:** Magazine Pages, Bamboo Skewers, Stick Glue

**Tips:**
Cut the beads to various lengths and frame a circular mirror, creating a sunburst effect.
Flatten the long beads using a rolling pin. Roll them up into a pinwheel shape and glue the ends. Arrange the small beads on a picture frame or shape them into a decorative bowl.

**Plastic Fabric**

http://www.hobbylobby.com/assets/pdf/recycle/projects/5.pdf

**Supplies:** Plastic Bags, Parchment Paper, Fusible Interfacing, Iron

**Tips:**
When cutting the plastic shopping bags, you may choose to use a specific logo, graphic or single color to create a unique design.
Try layering white bags with crayon shavings in between for a colorful tie-dye effect.
Try making a laptop case or handbag with larger pieces.
Omit the fusible interfacing and just iron the fabric on both sides. Frame your artwork for a unique wall hanging.

**Recycled Dress**

**Supplies:**
1 skirt from a thrift store, garage sale or hand-me-down – preferably with a print design
1 complimentary knit tank top
3/8” elastic in a complimenting color

**Instructions:**
1. Prepare the skirt. Remove the waistband or zipper as needed.
2. Measure and cut the skirt to the appropriate length. Be sure to cut length from the top in order to preserve the hem. Baste the skirt lining to the shell if needed.
3. Measure and cut the tank top to the appropriate length. Consider an empire waist, dropped waist or natural waist placement. Be sure to leave at least ½” excess for seam allowance.
4. Sew the tank to the skirt, right sides together. Ease in skirt fullness to fit the tank. Cut off excess if needed. Be sure to match up side seams.
5. Finish the waist seam by zigzagging or serging the seam allowances together. Press seam toward the tank.
6. Measure and cut elastic according to waist size.
7. Sew elastic to seam allowance on waist seam stitch line. Stretch elastic slightly as you sew to fit the waist seam.
WHOLE GRAINS IN THE DIET
TIPS FROM MYPYRAMID.GOV

My Pyramid recommends that we make at least half of the grains that we eat whole grains and to eat at least 3 ounces of whole grain bread, rice or pasta every day.

AT MEALS

• To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole wheat bread instead of white bread or brown rice instead of white rice. It’s important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product.
• Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
• Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
• Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
• Use whole-grain bread or cracker crumbs in meatloaf.
• Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
• Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.
• Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

WHAT TO LOOK FOR IN A FOOD LABEL

Choose foods that name one of the following whole-grain ingredients first on the label’s ingredient list: brown rice, bulgur, graham flour, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat or wild

AS SNACKS

• Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
• Add whole-grain flour or oatmeal when making cookies or other baked treats.
• Try a whole-grain snack chip, such as baked tortilla chips.
• Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

WHOLE GRAIN TIPS FOR CHILDREN

• Set a good example for children by eating whole grains with meals or as snacks.
• Let children select and help prepare a whole grain side dish.
• Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains at the top of the list.
Selecting the right 4-H projects can be one of the hardest parts of a 4-H project. There are so many to choose from and different levels for many. Careful planning and decision making up front will increase member satisfaction, improve project completion and reduce frustrations.

A resource to help you make a decision is the Pick-A-Project Guide available at your local Extension Office or on the web at:

http://4h.unl.edu/programs/curriculum/pickaproject/.

The Pick-A-Project guide lists the projects and resources with a brief description all the projects available in Nebraska 4-H.

The key to selecting projects is not pick too many projects. Accepting responsibility is an important 4-H life skill. Completing a project is a good way for a 4-H’er to demonstrate he or she can accept responsibility. It is better to complete one project than to enroll in too many, become overwhelmed and not complete any.

Parents and club leaders might encourage their members to do more work in a few projects than just a tiny amount in many different projects. Often there are related projects that members might enroll in - such as foods and horticulture, home environment and woodworking, or horse and veterinary science.

Selecting the right level and knowing when to move on. Many of the projects have several levels. The Pick-A-Project guide gives a level suggestion for each project unit, but more important is the ability of the individual 4-H member. Many areas have beginning, intermediate and advanced project units that allow for progression from year to year. Parents and members need to find the best level for each child. Older members may start at a higher level if the beginning projects are too elementary for them. It is suggested to progress to the next level after you feel you have accomplished your current level or have been in that level for several years. If you need help selecting which level you need to be in please contact your local Extension Office.

Here are a few questions to consider when selecting a project.

- What do you like to do for fun?
- What do you want to learn?
- What do you already know about your interest area(s)?
- How many years have you taken this project or project level?
- What do you need to complete your projects? (space, equipment, supplies, financial resources)
- How much time do you have to commit to the project?
- Who can help you with the project?
Bountiful Opportunities for 4-H Members at UNL

The University of Nebraska–Lincoln College of Agricultural Sciences and Natural Resources (CASNR) is noted for preparing students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, and food to forensic science. They have 28 programs of study and two pre-professional programs. We encourage all 4-H members to build on their 4-H experiences by choosing a major in CASNR. With a major in CASNR 4-Hers may find their classes are filled with friends from 4-H.

The best way to learn more about the College of Agricultural Sciences and Natural Resources (CASNR) is to visit UNL’s picturesque East Campus. Students can schedule a campus visit online at least two weeks from the visit date. If you wish to visit sooner or if you have questions, call the Campus Visitors Office toll free, 1-800-742-8800 (select Campus Visit option) or directly at 402-472-4887. If 4-Hers prefer to just visit East Campus and focus on the opportunities offered by CASNR, contact Laura Frey at (402) 472-4445 or lfrey2@unl.edu. Laura will set up a tour that is personalized to their interests and include the majors that they are considering. CASNR has a program for every interest. 4-Hers do not have to live on a farm or have been involved in ag based projects to complete a CASNR degree. An additional bonus is that nearly 50 percent of CASNR students receive scholarships.

Encourage 4-Hers to give UNL CASNR a serious look as they consider where they will attend college! For more information visit casnr.unl.edu.

4-H! Your First Class at the University of Nebraska!