

Spotlight on ... 4-H!



JANUARY, 2008

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DISCOVER 4-H

SPECIAL POINTS OF INTEREST:

- Learn about the rich rewards with the *New* Diamond Clover Program!
- Great ideas for club projects inside as you organize for a new year of 4-H fun!
- Learn about the Livestock Skill-a-thon and how to enroll in the contest!

4-H INTRODUCES DIAMOND CLOVER RECOGNITION PROGRAM

4-H members in Nebraska have an exciting opportunity to participate in a new non-competitive recognition program that provides them with opportunities to make their community service and volunteer efforts shine. The self-paced, six level program will be introduced in January 2008.

The Diamond Clover program is designed to encourage 4-H youth to engage in a variety of projects and activities that will enable members to acquire the life skills necessary to lead successful lives. The overall goal of the program is to provide members with a rich and diverse learning experience.

4-H members of all ages are encouraged to get involved in the program. It is a new statewide form of recognition and is not intended as a replacement for the existing awards program. Participation in the program is optional. Member's participation will enhance their efforts with their [Career Portfolio](#).

4-H members will gain self esteem from successfully completing the requirements of each of the levels. Other opportunities the program will offer include: satisfaction gained through progress made towards self set goals, provides opportunities for developing youth and adult partnerships and projects completed will be valuable additions to resumes.

Adults working with the 4-H program will find that the program will enhance their efforts to help members develop: positive leadership skills, community service attitudes, planning and communication skills, and expand their horizons while providing a wealth of benefits to their communities.



The frame work of the program provides levels of activities and recognition for members at all ages. It is designed to help recruit members to the 4-H program and retain them by challenging and recognizing them for their efforts.

The Diamond Clover program provides exciting opportunities for communities to connect with their youth to tackle community improvement projects. Youth and adult partnerships will build a strong sense of community and generate community pride for all.

Communities are encouraged to work with 4-H members encouraging them to participate in the Diamond Clover Program. Begin by finding out the member's interests and provide learning environments where they can develop skills and succeed in completing the project they design. To learn more about the Diamond Clover Program and all six levels contact the extension office.



COMING UP QUICKLY—IT'S FAST FOODS!

Welcome to Fast Foods - Your one stop shop for everything you need to know to go from 0 to 60 in the world of fun with food! We'll take you and your family from meal planning to food prep to sitting down to eat at the table! So what are you waiting for? Ladies and Gentlemen: Start Your Engines!

Fast Foods, a new manual in the 4-H foods curriculum, was introduced last year for youth ages 11-14, aligned with the Nebraska State Education Content Standards. A new CD ROM, a companion piece to the manual, will be available in the spring of 2008. The CD-ROM will appeal to all audiences. Identifying kitchen utensils, viewing the proper cooking techniques, and developing basic cooking skills. The interactive CD includes an Introduction, Cool Cook's Tools, Teacher's Corner, Substitutions, and Cooking Terms.



In the Substitutions section, click on pumpkin pie spice, for instance, and the substitution is given. In the Cooking Terms section, click on knead, for example, and you will learn the definition of the term and see a video clip demonstrating the technique.

The Teacher's Corner includes "Your Game Plan for Food Safety", a 25 page teacher's activity and experiment guide. This is a 4-H volunteer's answer to everything you wanted to know about food safety. Help youth make a BAC-Catcher game, complete their home

food safety survey, or turn your kitchen into a "food safety science lab"! Children will discover the science behind food safety as they experiment, investigate, and explore.

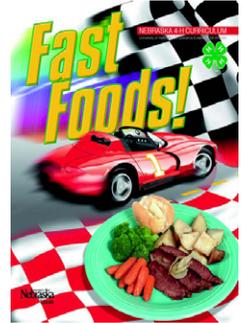
Travel Down the Fast Food Tips Street!

Nutrition	Grocery Store Tour
Stocking the Pantry	Spicing Things Up
Substitutions	Food Equivalentents
Cool Cooks Tools	Cooking at High Altitudes
The Art of Menu Planning	Cooking Terms
Table Setting	Scaling Recipes
Food Safety Basics	Internet Resources
Recipe Cards	Picture This— Foods You Can Fix!
Nebraska State Education Content Standards	

Additional resources will send participants racing toward victory lane:

- Fast Foods Cooking Terms Crossword Puzzle
- Glo-Germ Hand-washing Experiment
- Taking It Further - Recipe Search
- Taking It Further - Cooking Correctly With Utensils

The Fast Foods manual is basic and full of ways to help participants reach their goal of quick and tasty meals made at home. Participants will develop a love of preparing and sharing food. Call your Extension Office to preview the new Fast Foods CD-ROM as you head to the winner's circle. There's excitement ahead at every turn!



Focus on Fast Foods!

"Fast Foods will become your fast track to wholesome meals, made at home in an hour or less with inexpensive ingredients, a healthier lifestyle and a way to enjoy life by sharing a meal with family and friends."

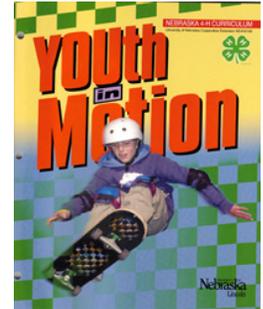


LET'S GET MOVING: HELPING KIDS TO BECOME PHYSICALLY ACTIVE

4-H can help children choose a lifestyle that combines sensible eating with regular physical activity. Consider **Youth in Motion** as a club project where 4-Hers learn about resting and working heart rates and discover fun ways to incorporate daily exercise. A questionnaire is one way to have kids think about their physical activity.

Children need at least 60 minutes of physical activity daily. Try there to get you moving for your hour of good health and great fun:

- Be spontaneously active.
- Play tag.
- Jump rope.
- Ride a bicycle or tricycle.
- Walk, skip, or run.
- Ice skate, roller skate or in-line skate.
- Dance.
- Play a game of table tennis.
- Jump on a trampoline.



Youth in Motion 4-H Project Manual

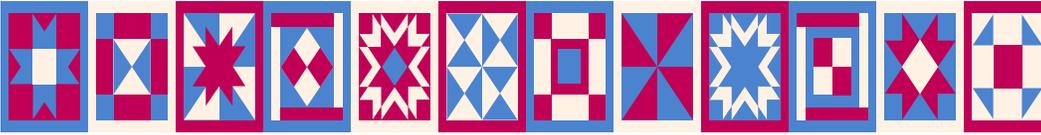
“Set a good example for your child by being physically active yourself. Arrange club activities or family events which everyone takes part!”



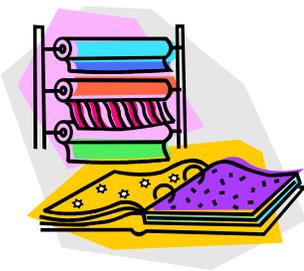
Set a good example for your child by being physically active yourself. For example, arrange active club or family events in which everyone takes part. Join your children in as many types of physical activities as you can. Help your children limit television watching, computer games, and other inactive forms of play by alternating with periods of physical activity.

Physical Activity Survey	Times Per Week	Length of Time
1. How often and for how long do you participate in low-intensity physical activities? <i>Examples: walking, picking up around the house.</i>		
2. How often and for how long do you participate in moderate-intensity physical activities? <i>Examples: fast walking, playing outdoors, bicycling, dancing, mowing or raking lawn, hiking.</i>		
3. How often and for how long do you participate in high-intensity physical activities that make your heart beat rapidly? <i>Examples: jogging, basketball, soccer, swimming.</i>		
4. How often and for how long do you participate in strength-building activities? <i>Examples: push-ups, pull-ups, sit-ups, or weights.</i>		
Activities Limiting Physical Activity	Hours Per Day	
1. How many hours each day do you spend watching television or movies?		
2. How many hours each day (home and school) do you spend working or playing games on the computer or similar device?		

SELECTING FABRICS FOR QUILTING PROJECTS



When 4-H'ers make quilts, they are going to put a lot of time and effort into their project. It is important that they have appropriate fabric of a good quality. Poor fabric choices can lead to disappointment, no matter how high the quality of their workmanship.



To help 4-H'ers choose good fabrics for their quilts, bring a variety of fabrics to your club meeting and have them discuss the advantages and disadvantages of each. Have at least a few pieces that are appropriate for quilts. These would be 100% cotton, medium weight, plain weave.

Emphasize that quilt fabrics should be 100% cotton. Many fabrics that look a lot like cotton, have polyester in them. Polyester fabrics are great for some purposes, but not for quilts. They will cause puckers and wrinkles, and may not be

the same size when they go to sew them together as they were when they cut them. That is because of polyester's ability to "pop back". Have some cotton polyester blends on hand so 4-H'ers can begin to recognize the difference in the way they feel compared to 100% cotton.

If possible, have a fabric bolt on hand so they can read the label on the end of the bolt. They will find fiber content, brand name, width, and other information. Encourage them to always read the label.

Discuss the weight of the fabric. Heavier fabrics such as flannel, which is usually 100% cotton, may make nice quilts, but they are bulky and more difficult for beginning quilters to use. Synthetics such as rayon, acetate, and acrylic, and others, are more difficult to sew. They are sometimes used in art quilts by professionals, but are not recommended for 4-H'ers. Wool is a 100% natural fiber, but is bulky to sew and not often used in quilts.

Lighter weight fabrics, such as those named lawn, organdy, organza, and others, are not usually used in quilts unless for the technique known as shadow appliqué. They should not be used alone as the batting will show through. There are some light weight

cottons in the less expensive range that are also too thin to use for quilts as they don't hold their shape and also let the batting creep through between the fibers.

Quality quilt shops have beautiful quilt fabrics that are wonderful to use. They may be in an upper price range. If this is beyond the 4-H'ers budget, they can still make wonderful quilts from fabrics from discount stores if they make their selections carefully.



"QUILT FABRICS SHOULD BE 100% COTTON... HAVE SOME COTTON POLYESTER BLENDS ON HAND SO 4-H'ERS CAN BEGIN TO RECOGNIZE THE DIFFERENCE IN THE WAY THEY FEEL COMPARED TO 100% COTTON."

LIVESTOCK SKILLATHON

The Livestock Skillathon contest was offered as an official contest for the first time in 2007 at PASE. There are two divisions, Intermediate (ages 12-13) and Senior (ages 14-19), with a team consisting of 3—5 individuals. The winner of the Senior Division qualifies for the National 4-H Livestock Skillathon Contest at Louisville, KY. For a complete listing of rules, visit <http://pase.unl.edu/lifechallenges/4hlivestockskillathoncontest.html>

The Livestock Skillathon is appealing to youth because they get to work together throughout the contest. Each team member doesn't need to know all the answers. The contest tests the skills and knowledge of the teams in beef, sheep and swine, making it helpful to have members with expertise in each of these areas. The contest has six team stations. Each station is worth 100 points, for a total of 600 points. Stations are 18 minutes each. It is expected that stations will have enough tasks or problems to complete that in order to complete an entire station, all team members will not be able to work together on all tasks/problems. Stations will include:

Meats – Participants will need to know different cuts of meat, meat safety information, yield grade, quality grade and carcass measurement information.

Breed and/or equipment identification and use – This is a very production minded station where participants will be tested on their knowledge of breeds and equipment that is used in livestock production.

Breeding scenario problem – This station may include a brief oral defense of a breeding decisions, made by the group according to information that was provided.

Feed Id and Use – Here teams can be giving feeds to identify or a feeding/performance problem which they must solve.

Quality assurance – Participants that have been actively involved in the 4-H Assuring Quality Training through out their 4-H career will have not problems in this station as problems will be based on Assuring Quality principles.

Animal evaluation and/or marketing – A problem addressing a marketing issue or the evaluation of a live animal will be given to participants at this station.

Preparing a team for this contest, or simply introducing the event to club members would make excellent 4-H Club meeting activities as so many of the stations are excellent learning activities for livestock exhibitors. A list of sample activities and answer keys can be found at <http://pase.unl.edu/lifechallenges/resources.html#skillathon> . They are in Word format and are ready to be printed off and used.



2007 Skillathon participants completing the Breeds Id portion of the contest.



2007 Skillathon youth weighing a lamb for a quality assurance skillathon activity.



2007 Skillathon participants working together to identify tools used in livestock production.

SPOTLIGHT ON 4-H!



4-H SET MISSION MANDATE

American students' low science, engineering, and technology (SET) proficiency is a major impediment to the nation's 21st century global competitiveness. Too many young Americans do not have the science, engineering and technology career skills necessary to succeed—and meet our country's needs.

In the next decade, our nation will face a significant workforce shortage in the critical science, engineering and technology fields that will put our leadership at risk—unless action is taken (National 4-H SET Leadership Team, 2007).

SET in Nebraska

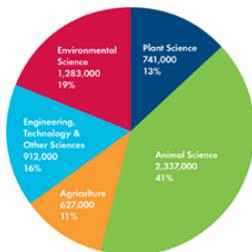
New to Nebraska 4-H this year is the *Robotics and GPS/GIS in 4-H: Workforce Skills for the 21st Century* program. The program uses the latest tools in technology like the LEGO Mindstorm NXT Robot Kits, handheld geographical

Science Foundation (NSF) as part of the Information Technology Experiences for Students and Teachers (ITEST) competition. The goal of the program is to provide an immersive hands-on, minds-on experience in information technology for youth ages 11-15.

An important part of the program is the summer camp component. The camps will provide an opportunity for youth to explore the robotics, GPS/GIS and aerial photography and how they can be integrated. For example, youth will shoot video of the camp from a wireless camera attached to a remote control helicopter and place the images on a map. Next, they will program their robots to complete a course while pulling a trailer with a GPS receiver and track the robots progress in real-time on a GIS computer map like what is done in the fields using precision agriculture.

The experience will begin for most youth as a summer camp experience in June of 2008. After the camp, clubs will be expected to meet during the year for 8 - 10 hours per month. Then, during the second year of the program, youth will return to Nebraska for another 5-day camp in June of 2009 where they will explore robotics and GPS/GIS concepts in more detail. Youth will then return to their clubs and meet for 8-10 hours per month until May of 2010. In all, youth will have 120 contact hours per year for a total of 240 contact hours over two years.

Breakdown of Youth Participating in 4-H SET Projects*



*Data from 2005 4-H Youth Development ES-237 Statistics published by National 4-H Headquarters, USDA. Youth in 4-H often participate in more than one project.

positioning system (GPS) devices, and geographical information systems (GIS) to prepare youth for the 21st century workplace.

The funding for the 4-H Robotics and GPS/GIS Program project was received in the form of a grant from the National



CALENDAR OF EVENTS

Public Speaking Workshop, Jan. 27

Speaking in public is a life skill all youth need to grow into competent and caring adults. Public speaking provide 4-H'ers the opportunity to learn to express themselves clearly and convincingly, organize their ideas and present them in logical order, research subjects and have confidence in themselves. To help 4-H members obtain this life skill, a public speaking workshop will be held Sunday, Jan. 27 at 2 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Veteran 4-H members who competed in national public speaking events will share their expertise with youth and adults. These former 4-H members now judge several public speaking events. This is a great opportunity to learn from the experts about the Speech Contest, Presentation Contest, horse speeches and demonstrations. Call 441-7180 by Jan. 23 to RSVP.

Achievement Night, Feb. 12

Achievement Night will be Tuesday, Feb. 12, 6:30 p.m. at the University of Nebraska—Lincoln Animal Science Complex, East Campus 39th Street and Fair Street. See the February Neblin for additional details.



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