



Spotlight on ... 4-H!



MAY, 2008

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DISCOVER 4-H

SPECIAL POINTS OF INTEREST:

- 4-H and the American Flag are partners in patriotism!
- Is your club a 4-H Club of Excellence? Learn how to get this special designation!
- Projects are complete, but are they completed for competition? Learn how to finish projects for fair.

CITIZENSHIP ACTIVITY - AMERICAN & 4-H FLAG ETIQUETTE

4-H has a long tradition of using the American and 4-H flags as an integral part of the opening of a 4-H meeting. Although most of our 4-H Clubs use very small flags, it would be an interesting change and important learning experience for the 4-H members to learn how to respect and properly fold the flags.



The Flag is folded into the shape of a tri-cornered hat, symbolic of the hats worn by colonial soldiers during the War of Independence. In the folding, the red and white stripes are finally wrapped into the blue, as the light of day vanishes into the darkness of night.



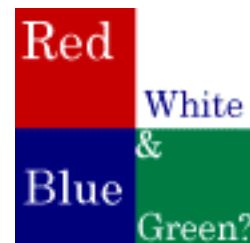
The American flag is always the first flag raised and the last to be taken down. A very moving flag folding ceremony on the web from the U.S. Air Force Academy at: www.usflag.org/foldflag.html

How to properly fold the American Flag:

1. Begin by holding it waist-high with another person so that its surface is parallel to the ground.
2. Fold the lower half of the stripe section lengthwise **over** the field of stars, holding the bottom and top edges securely.
3. Fold the flag **again** lengthwise with the blue field on the **outside**.
4. Starting at the end with the stripes, fold the flag over into a small triangle by bringing the **folded edge** of the striped corner over to the open edge. Continue to fold the flag over into triangles.
5. When the flag is completely folded, only a triangular blue field of stars should be visible.

Folding the 4-H Flag:

1. To fold the 4-H flag, hold the flag lengthwise and fold in half, with the stem of the clover on top.
2. Next, continue to hold the flag lengthwise and fold it once more so that it is one-fourth of the original width. The stem of the clover should still be on top.
3. Fold the flag to the center from each end, covering the clover.
4. Complete folding the flag by bringing the ends together. This leaves a leaf of the clover on each side.



TAKING THE MYSTERY OUT OF MYPYRAMID

Everyone can benefit from information on nutrition. We all select foods to put into our bodies every day and you can help your 4-H members make good choices. You don't even need to devote an entire club meeting to a lesson on nutrition. Just a quick nutrition lesson during the snack time of your club meeting can open the door for educational opportunities and make the 4-H'ers aware of how small steps can help them become healthier. Even if your 4-H club is youth who are interested in beef, or computers, they would all benefit from information on making healthy choices. Try to help your 4-H members select foods that fill in their food group gaps. The next time you have a club meeting try one of these quick, fun ideas to promote good health.



▲ Have each member identify what they ate yesterday and determine how each food choice fits into a MyPyramid group. Team Nutrition has a great resource called "What's Your Pyramid Style?" you could print off and make one copy per 4-H member at: <http://www.teamnutrition.usda.gov/Resources/teamupbooklet.pdf> There are also many other fun, educational resources at this website.

▲ Educate the members about whole grains and the importance of making half of your grains whole. Let members sample whole grains as part of your snack. Some might include: bran, popcorn, brown rice, muesli, whole wheat bread, oatmeal, and buckwheat.

▲ Help the 4-H members learn about portion size from the information on the Nutrition Facts label. Have the youth pour how much cereal they would normally eat into a serving bowl. Then, ask the youth to measure back with measuring cups how much they would be eating. Compare their measurement to the Nutrition Facts label. Additional ideas to teach this concept can be found in the "Nutrition Essentials Teaching Tools for Healthy Choices Guide" pages 14-17, located at: http://www.fns.usda.gov/tn/Resources/nut_essentials.pdf

▲ Create shaker salads using fresh spinach with bowls of "toppings" and measuring scoops. Try to have at least one topping from each MyPyramid area. Some ideas include: raisins, sunflower seeds, chopped turkey or ham, diced tomatoes or cucumbers, apple chunks, slivered almonds, dried cranberries, mandarin oranges or shredded cheese. Put the spinach greens in a sandwich size Zip-lock bag and once they add their toppings and low-fat salad dressing, have them "shake" their salad. You can provide a fork for them to enjoy their new creation.



For additional information on nutrition, check out the MyPyramid web-site at: <http://www.mypyramid.gov/>



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NEBRASKA CLUB OF EXCELLENCE

The overall goal of a 4-H clubs is to develop enthusiastic young people who boldly take action to demonstrate life skills as capable, caring, confident, competent kids of character thus contributing to the improvement of themselves, their family, their club, their community, and their world. If you're like a lot of leaders you're probably wondering how to help your club members develop these skills while maintaining an organized club structure. One way to help your club members develop these skills while still staying organized is by using the Nebraska Club of Excellence standards. With the Nebraska Club of Excellence guidelines you will be able to meet the goal of a 4-H Club.

Receiving this designation as a Nebraska 4-H Club of Excellence is pretty simple. All your club needs to do is meet the following criteria:

- ⇒ **Have at least five members from at least two different families**
- ⇒ **Recite the 4-H Pledge at meeting**
- ⇒ **Meet at least six times per year**
- ⇒ **Choose/elect youth officers**
- ⇒ **Give youth leadership roles**
- ⇒ **Have one club project (related to curriculum) which they do together**
- ⇒ **Have adult role models/ (parental) involvement**
- ⇒ **Are facilitated by organizational and project leaders who have successfully completed the Volunteer Profile**
- ⇒ **Have members who perform a presentation or public speaking at the club level or above**
- ⇒ **Complete one community service project**
- ⇒ **Have members who participate in a county, district or state event (s)**
- ⇒ **Celebrate member and club achievements**



Is your club a "Club of Excellence"?

"Contact your local Extension Office or go online at 4h.unl.edu/pdf/charterclubapplicationprocess.pdf to learn how to be a Club of Excellence!"

If your club meets all the requirements they will get a certificate and a seal the first year and an additional seal in subsequent qualifying years. Contact your local Extension Office or go online at 4h.unl.edu/pdf/charterclubapplicationprocess.pdf to get this form and information sheet. This form also allows you to keep track of how many of your 4-H members go to camp, the number of members that had exhibits at the county fair and much more. You can also note if they participated at the County, District, or State level with the various activities. There is even space for you to give a brief description about your club's project and community service activities.

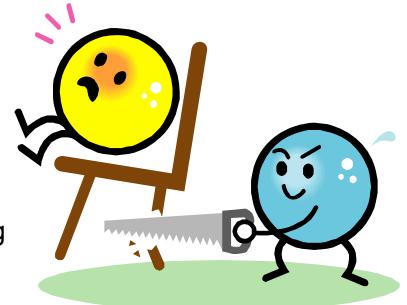
Developing enthusiastic young people who boldly take action to demonstrate life skills as capable, caring, confident, competent kids of character thus contributing to the improvement of themselves, their family, their club, their community, and their world, will be easy if you follow the simple steps laid out by the Nebraska Club of Excellence.



FINISHING HOME ENVIRONMENT PROJECTS FOR FAIR

Your 4-H'ers think they have their home environment project all finished! What a great feeling. It is important though to double check to make sure they have taken care of all these important details.

Sewn Items - Present your sewn items at their best! Cut off all loose threads. Even if you have done this once, double check and eliminate *all* dangling threads. Make sure your entry is clean. Finally, if there are any wrinkles, give your sewn item one last pressing.



Is the chair safe to sit on? Check for uneven or unsteady legs before you bring it to the fair!



Wall Hangings/Pictures - All wall hangings and pictures must be ready for hanging. If you are entering a wall hanging made of fabric, either sew on plastic rings at the top or have fabric loops attached for inserting a dowel. Pictures need to be framed. The frame needs to have a hook or wire attached to the back, so it is ready for hanging. Wall hangings and pictures not ready to hang will be dropped one ribbon at the fair.

Supporting Information - Four areas require supporting information or items will be dropped a ribbon. These are:

Quilted Items - state who did the piecing and quilting.

Furnishings on a Shoestring - include amount spent and the estimated savings to make the item.

Heirloom Treasures/Family Keepsakes - include steps taken to complete project, with before and after pictures, plus the history of the item in any format may be written, pictures, audio or video tape of interview with family member, etc.

Sketchbook Crossroads/Portfolio Pathways - many classes require a description of the technique used attached to the entry. Check your fair book.

For entries selected for the Nebraska State Fair, the 4-H home environment exhibitor should describe on half of an 8½" x 11" sheet of paper the techniques they used to create their exhibit. This is especially important if they have used unusual or complicated techniques to create their exhibit and if they would like to have their exhibit considered for the Celebration of Youth, a special showing of 4-H home environment and clothing exhibits selected for the Robert Hillestad Textiles Gallery in the Home Economics Building on UNL's East Campus.

Last but not least, all home environment entries should have the 4-H'ers name and county name attached to the back of each separate piece of the exhibit. This helps keep entries from getting lost.

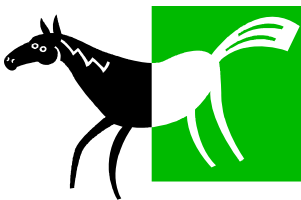
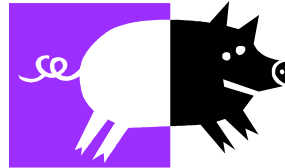
Attention to these details will allow your 4-H'ers to do their best!

"DOUBLE CHECK AND MAKE SURE ALL DETAILS ARE COMPLETE BEFORE BRINGING TO THE FAIR. HOME ENVIRONMENT PROJECTS MUST BE READY TO HANG, SIT ON, WRAP AROUND OR SIT ON, JUST LIKE IN YOUR HOME!"

THE LIVESTOCK LEARNING LABORATORY KITS

"I need something for my 4-H meeting tonight, have you got any ideas?" Have you ever been in this quandary? The Livestock Learning Laboratory Kit at your nearest UNL Extension Office may be just what you are looking for.

These Learning Laboratory Kits have many quick and easy meeting ideas for the Livestock Club. There is conformation, structure, parts, reading a medication label, meat identification, equipment, facility, breed ID, and more!



The kit has the poster with Velcro-tags for use by you or the youth as you are working the learning components. In a matter of minutes you can put together a quick educational lesson for you or your Junior Leaders to share with younger members. The laminated posters also have the correct parts identified on the back side to insure the correct teaching.

Components from one kit may also be used for other club ideas. For instance the Horse Kit has photos cards of plants, these could be used for a Plant Identification lesson. Or the Feed samples also found in the horse kit can be used for other specie of livestock. Even the meat identification cards may be useful for a 4-H cooking lesson.

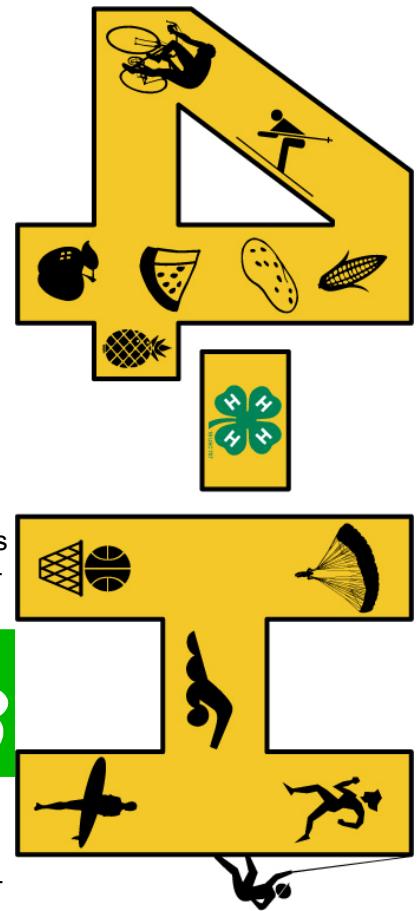


Each Extension Office should have a least one of these kits in the back store room, or on the front counter. A Quality Assurance grant obtained by UNL provided one of the following four kits to your office: Beef, Dairy, Sheep, or Swine. Your neighboring counties will probably have one of the other kits, as they were encouraged to work to get a larger variety within reasonable distance. Additional kits would be

a terrific way for clubs/counties to use treasury money they may have accumulated or secured through grant dollars.



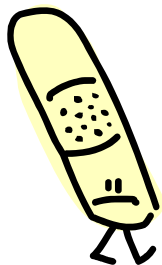
Additional kits available from Ohio State University include, Poultry, Horse, Rabbit, Goat, Dog, Lawn and Garden Equipment, Plant Identification, and Celebrate the Harvest A-Z. The kits which can be ordered online cost \$346, plus shipping (Horse and Dog are higher because of extra materials) are all excellent resource materials for your club or county to have.



If you've never looked at one of these Livestock Learning Laboratory Kits now is the time to check it out! If you've seen them, used them, start again, or use the components in a whole new way. In our local Poultry and Rabbit Kits we added a showmanship unit, complete with a stuffed animal for the youngster to practice with.

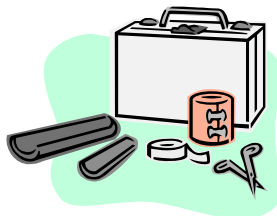
SPOTLIGHT ON 4-H!

CREATING A FIRST AID KIT IS A GOOD WAY TO TEACH YOUTH FIRST AID BASICS



Have you ever been in a situation where you cut your finger and then discovered no one had a band-aid? Or maybe your child fell and you didn't have antiseptic. You are probably not alone. Having a first aid kit available would have been helpful in both situations. Creating a first aid kit is a useful project your 4-H members will enjoy doing.

The 4-H manual, "Citizen Safety" is a great resource for creating a first aid kit. It suggests items to include in a first aid kit and gives additional information. All items need to be labeled correctly and instructions on the use of each item must be included as well. Be sure check expiration dates and that all items are tightly closed or sealed. If the kit is going to be entered in the Nebraska State Fair, the judge will look for the following primary concepts:



- ⇒ The container is the appropriate size, strength and protects contents from environment.
- ⇒ Clear explanation of the kit's purpose.
- ⇒ An understanding of the purpose of each item in the kit.
- ⇒ Items are easily identified by color and labels.

A kit that includes all items in the handbook is not guaranteed a purple ribbon. If the kit's accompanying documentation indicates a lack of understanding, five points will be deducted for errors in understanding any of the item's purpose.



The Poison Control Center has determined that ipecac syrup should no longer be given to anyone and therefore first aid kits should no longer contain it. 4-H members should list the Poison Control Center's phone number in the kit (1-800-222-1222). Remind 4-H members to check first aid kits twice a year and replace expired medications. Keep a list of everything that stays in the kit. Items should be kept as clean and sterile as possible.

Activity #1: Have 4-H members brainstorm items that should be in a first aid kit. Bring potential items for a first aid kit (also include items that are not appropriate). Have 4-H members then choose items to include in the kit. Once kit is completed, have 4-H members identify each item's use.

Activity #2: Prepare Situation Cards. Give a situation and ask what items from the kit to use.

Activity #3: Have an emergency person come to the meeting and talk about what they do, safety tips, first aid kits, etc.

Activity #4: Show 4-H members how to use each item in the kit. For example, how to wrap a gauze bandage around an arm or how to apply ointment with a Q-tip.



CALENDAR OF EVENTS

Pre-Fair Leader Training, June 5

New leaders, experienced leaders, 4-H members and parents are invited to this leader training on Thursday, June 5, 9:30 a.m. or 7 p.m. at the Lancaster Extension Education Center. Come and receive information on how to fill out the entry tags, the in's and out's of interview judging, Life Challenge, presentations contest and other important county fair information. Preregister by June 4 by calling 441-7180.

Senior Life Challenge, June 7

4-H Life Challenge judging contests help youth learn more about issues related to family and consumer science (FCS). Contests are open to all 4-H'ers, need not be enrolled in a specific project. The County-level Senior Life Challenge (for ages 12 and up) is scheduled for Saturday, June 7, 9:30 a.m. at the Lancaster Extension Education Center. Study materials may be checked out prior to the contest for studying. Preregistration is not needed. For more information, contact Tracy at 441-7180 for more information.

