June 2013
Issue 6

UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION

SPOTLIGHT ON 4-H!

Nebraska Lincoln EXTENSION
Know how. Know now.

DIAMOND CLOVER PROGRAM PROVIDES FOCUS FOR YOUR 4-H YEAR

4-H members have an exciting opportunity to participate in a program that will recognize their community service and volunteer efforts. The self-paced, six level programs is a great focus for your club for 2013 enhancing your total club program for members of all ages.

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 as competent, caring and contributing citizens. The overall goal of the program is to provide members with rich and diverse learning experiences.

4-H members gain self-esteem from successfully completing the requirements of each of the levels and value skills gained from the projects. Additional opportunities the program offers to members include: satisfaction gained through progress made towards self-set goals, supports lifelong learning, and provides opportunities for developing youth and adult partnerships. Projects completed will be valuable additions to development of future resumes.

Volunteers working with the 4-H program find that the Diamond Clover program enhances 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 of all ages in the program. 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. A great way to get all club members involved in the Diamond Clover program is dedicate one of your early club meetings to the Diamond Clover program. Complete details of the program and planning forms for each level can be found at: http://4h.unl.edu/diamondclover .

Work with members to review suggested activities for each level of the program and help them select areas to work on and develop their goals. Each meeting check on progress made toward goals and at the last meeting of the year complete their report of progress. No matter what projects members are working on nor their age, can all be involved in the Diamond Clover program.

IANR

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.

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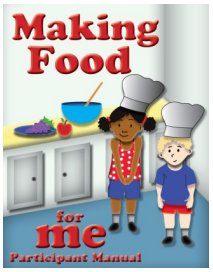
Special points of interest:

- *Learn all about the NEW Clover Kid project, Making Food for Me and some fun things to do at your next club meeting!*
- *Learn how to incorporate ag literacy into your club meetings with these fun and easy activities.*
- *What is the CWF trip all about and how can you teach more about the importance of citizenship?*

Discover 4-H, Discover YOU!
4h.unl.edu

MAKING FOOD FOR ME!



Making Food for Me is the newest curriculum for Clover Kids, youth ages 5-8. Research continually shows the value of youth learning to prepare food. Some studies show youth who prepare foods and consume meals with their families have a healthier diet. This curriculum will help youth learn about food and nutrition. It is fun, exciting, hands-on, and age appropriate. Youth and helpers will enjoy this engaging and colorful curriculum!

The Making Food for Me activity book is for youth to use as they work with the project activities. Youth will color, complete fun puzzles, record their reactions to different foods, and make their own placemat.

To complement the youth's activity book, there is a Making Food for Me Helper's Guide available on CD. It is divided into nine chapters.

1. Table Setting: Learning how to properly set a table is an important skill. To help youth practice, they will color their own place setting and set the table.
2. Manners: Table manners such as, "thank you", "please", and "excuse me" teaches youth to be kind and considerate. Youth will practice through role playing and games.
3. Utensils: Properly measuring dry and wet ingredients is a key component of using a recipe. Youth will practice these skills and make a mystery recipe.
4. Fruits & Veggies: Fruits and vegetables provide important nutrients. Youth will discover the rainbow of fruits and vegetables and identify a variety of fruits and vegetables.
5. Grains: Grains come from plants and help give us energy. To learn about grains, youth will taste different grain food products and make an art project.
6. Dairy: Dairy products provide a source of calcium. Through the Dairy Group Memory Game, youth will have fun earning dairy sources.
7. Protein: Youth will enjoy making a bean dip and learning which foods are in the protein group.
8. Beverages: Lots of beverages have added sugar. Youth will learn how much added sugar is in the beverages they drink.
9. Combination Foods: Combination foods are composed of more than one type of food. Youth will learn this as they make, "The Animal Kingdom" from their "Making Food for Me" manual.

Animal Kingdom

Ingredients:

Strawberries
Cheese
Sliced Almonds
Mini chocolate chips
Red lace licorice

Directions

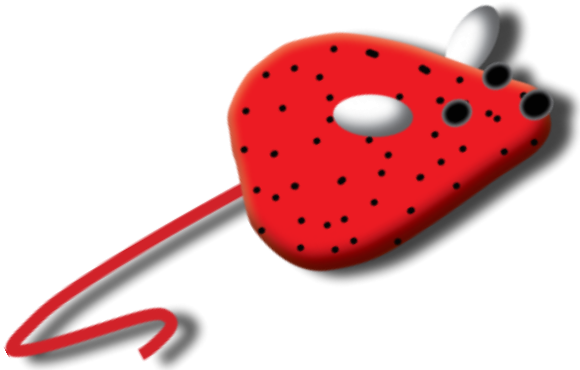
1. Cut small slice from the side of a strawberry so it sits flat on the table.

2. Press two mini chocolate chips into the strawberry for eyes and one more for a nose.

3. Stick two almond slices into the top of the strawberry for ears.

4. For a tail, use a toothpick to make a small hole in the strawberry and insert a piece of licorice.

5. Serve mice with a cheese wedge!



DECORATE YOUR DUDS IDEAS

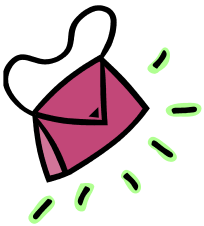
Embellishing garment or accessory is the "in" trend now. 4-H'ers are always looking for ways to get new clothing, refashioning or up-cycling is the trend and is the objective with the 4-H Decorate Your Duds project.

It is a good idea to review your county fair exhibits as well as state fair eligible exhibits. You will find that many of these "new trends will meet class specifications and can be used to create yardage of fabric for an entirely new garment. Be aware that Decorate Your Duds accessory exhibits MUST BE created on a textile fiber base. Though non-textile based creations may fit into a county fair class in General Clothing which is a recycled garment or accessory.

Let your imagination go when embellishing your next clothing duds. Keep in mind the principles and elements of design (rhythm, emphasis, proportion, balance, unity, shape/form, color, texture and line.

Possible Garments to Decorate:

Jeans
Leggings/tights
Overalls
T-shirts
Dress
Vest
Shirt
Coat/jacket
Costumes



Possible Accessories:

Socks
Hats
Umbrellas
Gloves
Scarves
Shoes
Purses/totes
Shawl
Ties

Possible Embellishment Techniques:

Crochet
V-stitch
Embroidery
Painting
Quilting
Crewel
Buttons
Cutwork
Knitting
Stamping
Sequins/jewels
Needlepoint
Ribbon
Fringe
Applique
Tie-dye

Good Ideas can be found:

On ready-to-wear garments
On the internet
In your imagination
In sewing related machines
From friends and family

On the Internet:

www.pinterest.com
www.dharmatrading.com
www.threadsmagazine.com
www.hobbylobby.com
www.ritdye.com
www.ofray.com
www.dipdye.com

Search for creative ideas:

Knee patch tights
Patchwork sweater cape
Polka dot tights
Comic decoupage shoes
DIY shoes makeover

BECOME A SCIENTIST FOR THE DAY!

4-H has been at the forefront of teaching youth about science, engineering and technology for over 100 years! Nationally though, young people pursing science college majors and occupations is very low. To change those statistics, five years ago, 4-H created a One Million New Scientists, One Million New Ideas Campaign. This launched the 4-H National Youth Day! During National 4-H Month the first week of October there is a new National 4-H Science Experiment developed that is share nationally. Topics have varied from robotics, wind power, GPS mapping, water quality, water conservation and biofuels!

Research from the Tufts Institute on Positive Youth Development shows that youth who participate in 4-H are more likely to pursue careers in science, engineering, technology or math!

This annual event seeks to spark an early youth interest in science and future science careers, and to reclaim the nation's position of leadership in scientific exploration.

If you missed an event in your area there is no need to worry. These events happen all year around! They might be at a project day, a SET camp, at your local museum during a science event and many other places in your community! Check with your local extension office for future dates!

In 2012, there were more than 750 locations held around the country participating in "The ECOBOT Challenge." Youth were given the opportunity to think like an engineer. They assembled robots created out of toothbrushes, little motors and watch batteries. Then they were given a control surface. The challenge was to manage an environmental clean-up. They tested their design numerous times to determine the most effected clean-up. This event taught the youth in a hands-on research what robots can do, how to be programmed, and the role they serve in solving issues. From automatic vacuuming to assembling cars, robots play a critical role in how we complete many tasks in our everyday life. Youth were able to grasp the idea that a robot isn't machine that looks like a human. It is a programmable device that can keep people from danger.

There are great resources available at http://www.4-h.org/4-h-national-youth-science-day/ to help imagine, prepare, promote and perform your event!

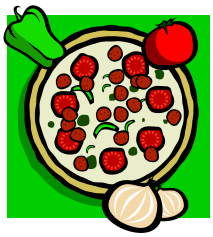
2013 marks the 6th year for the 4-H National Youth Science Day! This event brings youth together, and volunteers and educators from 111 land-grand colleges and universities to simultaneously complete the experiment. Be sure to watch your local 4-H newsletters for the reveal of the 2013 National Science Day Experiment!

4-H SET
Science, Engineering & Technology

TEACHING AG LITERACY IN EVERYDAY LIFE

Today's youth are now at least three generations removed from the farm and have become dependent on supermarkets and restaurants to supply almost all of their food needs. In the state of Nebraska 1 in 3 jobs is dependent on agriculture and agribusiness. You may be thinking "How am I going to make a difference?"

It's actually easier than you may think. One way that you can help to educate today's youth about the importance of agriculture in their daily lives is by playing the Where Does my Food Come from Game. This is a very simple activity that you can do using the snack at your club meeting or the meal that your family is eating.

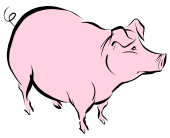


Start by simply asking the youth "Where do you think "x" comes from?" For example: "Where do you think pizza comes from?" Answer: the store, restaurant, etc.

These are all correct answers, but you can take this question one step farther by saying, "Okay, that's right but what do you think the main ingredient of crust is?" Answer: "Wheat" okay where does wheat come from? Answer: farmer's fields. Another concept you could discuss is in what states/part of the country is wheat grown. This game can continue on for each part of the pizza/meal.

Another fun activity to do with your club would be to ask all the youth's parent to tell you their career or occupation. Then try to find the relationship between their job and agriculture.

Examples could include: Farmer/Rancher (that's an easy one), Banker (loan's money to producers and producers keep their money in a bank, Car salesman (farmers/ranchers purchase vehicles), Newspaper Owner (Producers may have a subscription or take out ads), Restaurant owner (producers raise the products used to create food), the list could go on and on.



You could create a matching game out of everyday objects.

This could be accomplished by bring pictures of various plants/animals and/or items made from them.

Then you would ask the youth to match the items up with the plant/animal that they came from.

For example:

- 100% cotton t-shirt - cotton
- crayons – soybeans
- marshmallow's – corn
- leather – beef
- chewing gum –corn
- football – swine

As you can see there are many ways fun and entertaining ways in which you can teach youth about the importance of Ag Literacy each and every day. If you need additional information/activities on the topic of Agricultural Literacy please contact your local UNL Extension Office.

STATEWIDE CITIZENSHIP OPPORTUNITIES

When thinking of citizenship, think: What does it mean for an individual, 4-H member or club to be good citizens? One definition states that citizenship is the character of an individual or group viewed as a member of society; it is behavior in terms of duties, obligations, and functions of a citizen. This asks what is or what can be contributed by the individual or group to the community around them as a whole. How can we contribute in a meaningful and worthwhile way?

An opportunity for members to demonstrate their citizenship is the Citizenship Washington Focus (CWF) program. This is a national 4-H citizenship program that allows youth to travel to Washington D.C. to explore, develop, and refine the civic engagement skills they need to be outstanding leaders in their community, country, and world. The CWF program is for youth ages 15-19.

Focus on Citizenship is a new curriculum that adapts the CWF curriculum for groups and members who are not preparing for the CWF trip. This curriculum can be used in a club setting to help the group define citizenship, their role in their communities, and map assets and concerns within their community. This can be done over several meetings with each meeting having a different focus area. As a capstone project the group is challenged to plan and conduct a service project in their community to address a self-identified need. The challenge that clubs are charged with is to use their meetings to create and carry out a service project that is meaningful not only to the community but to the members as well.

As groups start to take on this challenge they will soon have the opportunity to share their efforts with other youth and clubs across the state. A new web application, mapping service projects across the state, is scheduled to be released shortly after the first of the 2013 year. This application will give 4-H clubs, individual members, and county 4-H councils the ability to use this map to promote the service activities that they are completing and to identify projects which are being done in other areas and are potentially replicable in their communities. Once the map has been populated, this application can be used as a graphic that represents the amazing service work that is being done by 4-H youth across Nebraska. So the challenge for 4-H clubs and members is to become a part of the statewide citizenship map.

CITIZENSHIP
WASHINGTON FOCUS
Better Citizens Today, Better Leaders Tomorrow

4-H: YOUR CAREER CONNECTION

4-Hers are gearing up all over the state and investigating new project areas them might be interested in. As they research the many possibilities out there....they should stop and think about their future possibilities, future plans, future options. Many clubs are already into their year's planning and activities. Most people know that 4-H members take projects to learn about various topics and then exhibit the projects at their county fair and may be selected to represent their county at the State Fair in Grand Island. It's a great learning experience; members "learn by doing".

What many don't realize, however, is that 4-H projects are very often the basis for a young person's career decision. Children begin thinking about their future careers while they are in the middle elementary years. 4-H offers many projects and activities to help a child think about their skills, their interests and their future. With over 157 projects offered in 47 project areas, there really is something related to almost every career area. Four-H projects are a great way for a young person to learn about a topic to see if they have interest and wish to learn more about it. As they develop skills in the area, they can think about careers that are available to them if they are interested and talented in that area.

4-H offers a wonderful opportunity for youth to explore a variety of topics, develop skills in those areas and then work with adults with expertise in those areas. From public speaking to presentations, to contests and camps, youth have many opportunities to learn.

Camps may specialize in computers, natural resources, arts and drama, or photography. Big Red Academic Camps offer youth an experience with a small number of participants who have access to professors from University of Nebraska-Lincoln as well as professionals from the area. These experiences offer in-depth, hands-on experiences where youth can make new friends who have the same interests and can interact in small groups with the experts in the area. They are probably one of the best experiences for youth to truly understand what their favorite career is really all about.

This "Career Connection" with 4-H helps develop workplace skills. The 4-H motto says "Make the Best Better". That is one of the work values employers are seeking. Through their 4-H activities and project work, youth learn how to work, to improve, to compete, to be fair, to serve others. 4-H is designed to teach 36 life skills needed for youth to become successful adults and contributing members of our society.

To explore more about careers try the 4-H Career Explorer game on the web site or your iPads.

Web Site (http://careerexplorer.unl.edu/)

iPads App!
(http://itunes.apple.com/us/app/career-explorer-4-h/id457621702?mt=8)

CALENDAR OF EVENTS

APPLIED SCIENCE IS ONE OF THE MOST FLEXIBLE MAJORS

The world of Agriculture is so exciting with so many opportunities for students that will provide for them endless opportunities throughout their professional careers. The UNL College of Agricultural Sciences and Natural Resources (CASNR) have a relatively new major Applied Sciences. In the Applied Science major, students select from a broad range of courses in agriculture and environmental science from CASNR offering to tailor a degree to their career goals. Applied Science is one of the most flexible majors on campus or online-students choose over 50% of the courses that they take to graduate.

Applied Sciences, formerly known as Diversified Agriculture, prepares students for the science and technology based demands in Agriculture today and far into the future. Students develop strong decision making skills through selecting and completing courses that will prepare them for their specific interests. After completing the core and required courses, students select courses in four concentration areas: Food, Animal, and Plant Science; Food Genetics, Biotechnology, and Processing; Ecology; or Entrepreneurship, Economics, and Policy. The Applied Science major also includes 18-20 credit hours of free electives - students can choose any course in the university to further their career goals, enrich their personal interests, or use the credits to incorporate a minor, such as the new Business or Entrepreneurship minors. Just a few of the possible careers include: public relations with commodity groups, plant specialist, ethanol production, extension assistant, research associate, direct involvement with farming, crop scouting.

For more informa*tion on a degree in Applied Sciences* from UNL/CASNR and set up a campus visit contact:

Steve Danielson or Lisa Silberman Applied Science Program Phone: 402-472-8693 or sdanielson1@unl.edu .

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