



TIPS TO SHOWCASE YOUR 4-H CAREER!

The Nebraska 4-H Awards Program begins with 4-H youth doing their very best and then documenting their accomplishments! Therefore, why not start the record keeping skills early!

With the Nebraska 4-H Career Portfolio, 4-H youth have the opportunity to record their involvement in 4-H, school and their communities. They can keep a cumulative record of the 4-Her's personal growth, knowledge learned, skills gained, community service activities and all other involvement in 4-H and beyond! As the 4-Her grows so will their career portfolio! This will also give them the opportunity to apply for county, district, state and national awards!

To begin the 4-H Career Portfolio, youth will need the following materials! A 4-H Career Portfolio Cover, the pre-printed Career Portfolio Tab Dividers (both can be purchased from your local Nebraska Extension Office) and the 4-H Career Portfolio file that can be found at <https://4h.unl.edu/careerportfolio>. The 4-H Career Portfolio has been designed to be compatible with Word and Open Office Software. They will only download this once! Don't change margins, text, or font!

Every year youth will add information to their portfolio highlighting their accomplishments! Each section has instructions to complete it correctly! Section I is for project accomplishments. Thus they will need to be enrolled in the project to put information here. Section II is for activities, contests, quizzes, educational workshops, etc. that youth have participated in that enhances their project or leadership and citizenship skills. When filling out each section, the most important detail to remember is to share "What was learned!" Have the youth reflect about the skills they gained doing the projects! Section III is for your non-4-H Experiences.

Section IV is the the Curriculum Story where they "Tell your 4-H Story!" This should be fun where youth share their passion for their 4-H curriculum area! Finally, Section V is for support materials. Each piece should have a brief caption explain the action photos! Include multi-year experiences! This shows progress and growth!

Overall, remember that this is their personal 4-H Career Portfolio! They can refer back to it when applying for 4-H awards, college scholarships and many other opportunities! 4-H is an adventure that you want to capture!



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:

- *Parliamentary Procedure is a valuable technique to use for the future. Learn ways to use more effectively in your 4-H meetings.*
- *Interested in first aid kits for club projects? Learn more about how to make safety on the go.*
- *Photo Data Tags have been updated for 2015! Learn more about these and other tips for your youth photographers.*



PARLIAMENTARY PROCEDURE -- PARLI PRO!

A 4-H Club Meeting may be one of the first places young people are exposed to Parliamentary Procedure, which is based off Robert's Rules of Order. Parli Pro is a democratic process for making decisions, it keeps the group focused, and it provides an orderly way to conduct the group's business meetings.



After the demonstration, hand out "practice motions" on notecards to a few members of the group. Have them address the chair and present these motions during the meeting. Once these motions are moved, discussed, and voted on, discussion can occur on what the group did well and what they can improve on in the future.

At 4-H meetings, the first step to incorporating Parli Pro is to have an "Order of Business," also known as an agenda, for each and every meeting. This provides structure and guidance for discussion. Once an "Order of Business" is prepared, it is time to run the meeting.

When proper Parliamentary Procedure is used, it should be fun. Try playing games to enhance the knowledge gained by young members. Play a game of definitions where the group is split into teams and a narrator reads a word or definition. The first team to answer the question is awarded a point. Parli Pro bragging rights are a great prize! Another fun activity is making Parli Pro trail mix to practice presenting motions by saying "I MOVE..." All you need is a good selection of trail mix ingredients (cereal, pretzels, etc.). To add ingredients to the mix, the members must present motions, which will be discussed, amended, and voted on. At the end the group will have trail mix to share.

When teaching Parliamentary Procedure to young people for the first time, it is most important to start with the basics; terms, proper gavel use, and proper way to "MOVE" motions. Start by teaching older members; they will serve as mentors and teachers for the younger members.

Overall, Parli Pro can be fun and exciting and a very educational experience for youth. The skills learned through proper use of Parliamentary Procedure will be used for many years after the members' 4-H experience.

A demonstration or a 5 Minute Mock Meeting, during a club meeting could be beneficial for the members, so they see how proper meetings should be conducted using Parliamentary Procedures. These can be done by the officer team, adults/leaders, or Extension Staff. This demonstration can demonstrate the proper way to address the chair, "move" motions, discuss and amend motion, and vote on motions.





Pinterest has been a great tool for inspiring creativity and finding project ideas for families on the go. However, sometimes it can lead us astray when the requirements to complete the Pinterest project do not meet the requirements to complete a **4-H Design Decisions** project.

The **Design Decisions** project allows 4-Her's the opportunity to practice design elements and techniques using a variety of media. It is important to ensure that the requirements of **Design Decisions** are kept in mind when selecting a design project to complete.

Some of the factors to keep in mind include: selecting a design medium that is included in the project, using one or more of the design elements and principles included in the project manual and successfully manipulating the medium of your choice.

What does it mean to "manipulate the medium?" In Design Decisions, it means to permanently alter or change the material. The latest Nebraska State Fair Book features expanded descriptions for each medium to help guide 4-Her's and project leaders to be successful in the Design Decisions project. Expanded descriptions of medium manipulation are provided below:

Original made from Wood – Some examples of manipulation of wood include burning, cutting or shaping the wood. These methods fulfill the requirement of manipulation because they alter the wood itself permanently. An example of a method that does not manipulate the wood is painting. This method is not considered manipulation because it does not permanently alter the wood. It simply covers it.

Original made from Glass – Some examples of manipulation of glass include etching, mosaic, staining or melting the glass. Again to successfully manipulate glass, you must permanently alter it. An example of a method that does not manipulate the glass is gluing. Gluing one glass object to another does not alter either glass object.

Original made from Metal – Some examples of metal manipulation include cutting, shaping, punching, sculpting or reassembling the metal. Simply painting the metal is not considered manipulation as it does not alter the metal.

Original made from Ceramic or Tile – Ceramic or tile exhibits must go through a process that permanently alters the medium as well. An example of this process would include firing in a kiln after glazing. This is an example of successful manipulation because the kiln permanently alters the medium. Again, painting alone is not sufficient as it does not manipulate alter the ceramic itself.



KEEPING IT SAFE - FIRST AID KITS

First Aid Kits are something each person needs to have in case of an emergency. This is why the First Aid Kits for 4-Hers is a great project to complete. It is hard to determine what all need to go into a kit but, basic supplies are needed. After this article you will be right on your way in completing the perfect First Aid Kits for this year's fair!



When you start to make your kit, make sure to you have a storage container such as a soft-side lunch box, or a plastic case that seals out dirt. Also, when making a first aid kit you want to make sure you have all the right materials, whether it is for a camping trip or a kit for in the home. You want to make sure you have all the items needed.

Here is a suggested list of materials for a general first aid kit:

- Bleeding control – Small wounds: Bandages (several of various sizes)
- Large wounds: Sterile dressings (two each: 2 x 2 inches and 4 x 4 inches)
 - Major wounds: Sterile dressings (one 11 inches by 14 inches or larger)
 - 1-,2- and 4- inch roller gauze
 - Hypoallergenic tape
- Burn treatment – Minor thermal: Non-allergenic ointment
 - Major thermal: Sterile water or saline for cooling or flushing
 - Chemical: Sterile dressings (same as bleeding control)
- Infectious disease protection – Small, medium and large vinyl or rubber gloves, Antiseptic, and Waterless hand cleaner.
- Miscellaneous – Blunt tip scissors or shears and Note pad and pencil or pen
- Fracture care – Two triangular bandages and Splint material

All items should be labeled and arranged so that anyone using the kit will know where each item is and its intended use. Also, check the expiration dates on all materials. Be sure all items are tightly closed or sealed.

If a First Aid Kit sparks an interest for you, then you can learn more about safety and more about first aid kits in the 4-H curriculum called Citizen Safety. You can find this book at your local Extension Office. Next an emergency happens, be prepared with your first aid kit!



Specific rules exist within the photography project on how to tag exhibits and display pictures. A requirement for photography exhibits is the Personal Data Tag, which consists of two parts. Part A, is a listing of the 4-H'ers personal information (name, age and county; number of years in the project and years in the current unit) and information about how the photo was taken. Part A should also describe the camera details (e.g. what type of camera was used, setting, lighting, focus type, shutter speed, etc.).

Part B of the Personal Data Tag, is a chance for the 4-H'er to communicate with the judge through writing about the process of taking the picture and their intent in capturing the image. Part B requires 4-H'ers to answer a few questions: 1.) How was the photo taken and printed? 2.) Did you make any changes made to the picture using computer software, if so describe? 3.) What did you intend to capture and what do you like about this photo? Additionally, 4-H'ers in Unit III must also describe the science of taking a photo on this part of the tag.

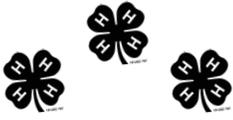
Tagging exhibits properly is just one part of entering a photography exhibit properly the other part is displaying the photo right. Picture Displays consist of three 4" x 6" photos mounted (vertically or horizontally) on a single horizontal 11" x 14" black or white poster or matting board with the photos must be pencil numbered below. Exhibit Prints are 8" x 10" prints mounted in an 11" x 14" cut mat with a sandwich mat-board backing (not foam board). Inside mat openings may be rectangular or oval shaped.



In addition to picture displays and exhibit prints, depending on the unit enrolled in 4-H'ers may also enter photo journals or photography portfolios. For Photo Journals consult your project manual and place pages in an 8 ½ " x 11" black or white three-ring binder. Photography Portfolios should consist of a selection of ten photos from your 4-H career that represent your strongest work. Place photos in plastic sleeves and present them in an 8 ½ " x 11" black or white three-ring binder, be sure to include a table of contents, narrative describing the overall intent for the portfolio, and appropriate Personal Data Tags.

These guidelines are to serve as a general guide in to help you properly enter your photography exhibit. They are not all inclusive so ALWAYS consult your County/State Fair Book in order make sure you have exhibits properly tagged and displayed.





STEAM CLOTHING : BEYOND THE NEEDLE

The newly released **STEAM Clothing** series is designed for youth to learn how Science, Technology, Engineering, Art and Math are required to create clothing and other textile products. The “Beyond the Needle” activity manual is all about the ART of clothing. The foundation of this manual is based on the design process. Youth are encouraged to create a variety of samples before working directly on a garment or fabric yardage. This allows for creative experimentation in a worry-free environment. Encourage youth to utilize the design process while creating multiple samples before settling on one particular design. Project samples can be displayed in a “**4-H Beyond the Needle Portfolio**”. Be sure to include notes on how the sample was developed, including materials used and the date completed.



The manual begins with a “**Design Basics**” section that includes the Elements and Principles of Design, as well as Color Theory activities. In these activities, youth will define the elements and principles of design through observation.



***Hint:** The principles of design are the GOALS of the design – this is what a designer wants to achieve. The design elements are the tools that designers use to achieve those goals. One garment or design can encompass more than one design element at a time. The Color Theory activities define the elements of a color wheel to inspire color mixing and color scheme development. ***Tip:** Get out the paints and brushes and have some fun experimenting with color!

The rest of the manual consists of a variety of design and embellishment techniques divided into Beginner, Intermediate and Advanced levels. Youth may choose to work through the activities in sequence or pick what appeals to them. Activities include stamping, stenciling, dye techniques, decorative stitches, applique and more! Remember to encourage creative experimentation as youth create samples of their favorite techniques.

With new curriculum comes the opportunity to offer new fair exhibit classes. Youth may enter a Design Portfolio or Color Wheel based on activities from the manual. They may also choose to enter a yardage of originally designed fabric. In this class, fabric yardage is designed using techniques such as those found in the manual; other embellishments may be added. The exhibit consists of at least one yard of finished fabric. Be sure to include information on how the fabric was designed – describe the process and materials used.

Get creative and have fun exploring the activities and techniques offered in the new “**Beyond the Needle**” activity manual!

Process and product are equally important in a Conservation and Wildlife exhibit. The science and engineering that make the fair exhibit possible are important to a judge evaluating a 4-H member's exhibit. Here are some hints for showing off your exhibit at the fair.

- 1) Pretend you are explaining the exhibit to someone who knows nothing. Start from the beginning of your process. Include what you are learning about, where your ideas came from, and who or what you consulted to make your exhibit.
- 2) Pictures can tell a person a lot. Show the judge different pictures of you making the exhibit, and pictures from your field experience. For instance, if you are entering a new shooting sports game exhibit, show pictures of you building the game, kids playing the game, and other details that make your game different or unique.
- 3) Be a salesperson. If you were to sell your exhibit to Cabela's, what interesting points would you point out to them. Tell the judges those same points.
- 4) If you are showing something that may be considered illegal, make sure to explain where you found the item (ex. bird's nest). Explain what you did or didn't do to follow wildlife and fishing laws in Nebraska.
- 5) Double check the exhibit is 'fresh'. Take time to clean it up since many exhibits are used in nature. If your exhibit is a skin or hide, check for insects that may have crawled into the fur.

6) Keep safety in mind. Many strangers will be looking at your exhibit at the county or state fair. Hooks on fishing boards need to be covered in cork, and no live ammunition or firearms should be displayed. Consider using high quality printed pictures instead.

7) Many judges judge more than one county, more than one year, and often judge at state fair. Make sure you improve your exhibit between county and state fair per the judge's recommendations, if feasible. Date your exhibit and add a timeline when your process started and fair exhibit is completed so they know it was "this year's project", or a multi-year project (ex. habitat restoration project).

Conservation and wildlife added many new projects for 4-H Shooting Sports this year. Look at the state fair book to see what is all available. The scorecards are all on-line, so take the time to score it and make improvements before submitting for competition at county fair.

Looking forward to seeing your wildlife and fishing exhibit!





CALENDAR OF EVENTS



NUTRITION, EXERCISE AND HEALTH SCIENCES

Members who have completed projects in the Healthy Lifestyle curriculum area have developed a great foundation for a career in health and fitness services. To prepare for their career encourage your members to consider majoring in nutrition, exercise and health sciences at UNL. This is a great major for members who love physical activity and encouraging others to take care of their bodies. The nutrition, exercise and health science option is designed for those students interested in planning, conducting and managing health-related fitness and wellness programs in a variety of settings. Graduates are prepared to enter a variety of health/fitness/recreation-related positions such as fitness/wellness programs provided by corporations for their employees; fitness health assessment, and cardiac rehabilitation programs provided by hospitals or medical clinics; programs provided by YMCAs, private health clubs and commercial fitness clubs; government or private agencies which provide health or fitness assessment or lifestyle behavior modification programs for employees or other groups of individuals; and community recreation centers, and other health, fitness or lifestyle related endeavors.

The Nutrition, Exercise and Health Science at UNL has a nationally and internationally recognized faculty with an integrated approach to healthy lifestyles and didactic program in Dietetics requirements can be met with additional course work. Students can also qualify for the Health/Fitness Instructor Certification Exam from the American College of Sports Medicine (ACSM).

Notable facilities include specialized laboratories for sensory analysis of food, food preparation, and testing, and nutrition research laboratories including state-of-the-art equipment.

To learn more about Nutrition, and Health Sciences major visit their website at:

<http://cehs.unl.edu/nhs/undergrad/nfhp.shtml> or contact: Timothy Carr, Chairperson tcarr2@unl.edu (402) 472-7940 or Karen Kassebaum, Student Recruitment Contact, kkassebaum2@unl.edu (402) 472-0695.

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