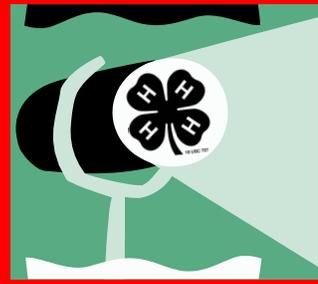




4-H POLICY



4-H is like many other organizations and is designed to follow a set of policies that help keep the integrity of the program intact across our country, our state and our local counties. In Nebraska, the 4-H Policy provides a consistent framework for 4-H programs throughout the state. The 4-H Policy and Procedure Handbook is an established set of rules, recommended guidelines and implementation procedures for 4-H professionals to utilize as they provide leadership for 4-H Youth Development work and programming at various levels within the organization. Policy is created to ensure that 4-H programming is consistent, fair and legal.

The policy has been approved by University of Nebraska–Lincoln Extension Administration and is the official policy of the Nebraska 4-H Youth Development program. All Extension faculty, staff, volunteers and families must adhere to these policies. Extension staff across the state uses the state policy to design their local programs. This policy must be followed as presented and as a result not following policy can put local programs at risk. As leaders and volunteers we hope you will respect the governance of the program and assist in helping families understand the necessity and understanding of policies in our system. The policy handbook used by staff identifies and explains the policies that are used in Nebraska. As a leader it is important for you to know that the handbook contains policy in the following areas:

- | | |
|---------------------------------|--|
| Organization and Administration | 4-H Council/Foundations/Partnerships |
| 4-H Lore | Financial Management |
| 4-H Eligibility | 4-H Resources and/or Project Materials |
| Enrollment | Competitive Events |
| Methods of Participation | County/State Fairs |
| 4-H Club Standards | 4-H Project Requiring Special Policy |
| 4-H Volunteers | 4-H Trips |
| Risk Management | Federal Reporting Regulations |

Throughout the year you may hear staff refer to this policy and the newly updated manual. This past year we spent a considerable amount of time updating polices, clarifying the information and making sure we have policy that is in the best interest of the youth involved in our program. The updated manual includes new information on volunteer risk management, financial information for clubs/councils, Clover Kid clarifications and more. Staff will be reviewing their local programs to make sure they are in alignment with these polices. We hope as a program, policy can be respected and followed to create a youth development program we can all be proud of!!



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.

UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION



SPOTLIGHT
ON 4-H!



Inside this issue:

- Virtual 4-H Field Trips** 2
- 4-H Communication Contests** 3
- Fun with 4-H Fairy Gardens** 4
- Repurpose/Reclaim/Redesign** 5
- UNL - Agronomy Opportunities** 6

Special points of interest:

- *Explore a field trip across the country with the virtual world!*
- *Everything you ever needed to know about how to communicate the 4-H message through 4-H Communication Contests!*
- *The truth about "Tie" Dying....with real ties! Create your own designs and decide how to use them!*



THE VIRTUAL FIELD TRIP FOR YOUR 4-H CLUB STARTS HERE!

Youth love to use technology! More and more youth also have access to iPhone's and iPads! So why not use this technology to take them on a virtual field trip (VFT) during your club meetings.

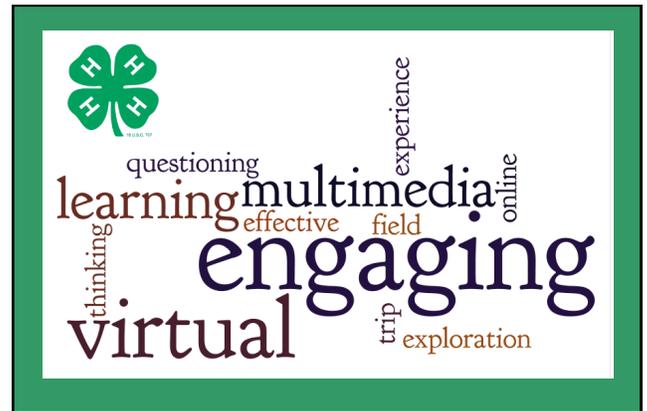
A VFT is a guided exploration using the internet. There are numerous interactive sites out there that are topic-specific, age targeted and organized to take your club members on an unforgettable trip! A VFT is a real time guided field trip that creates "real" experiences for students. Some are in a movie format and others have still photos and descriptions. Where else can you "take a trip" to see The University of Nebraska–Lincoln Campus and Hershey's Chocolate Park in Pennsylvania all in the same day!

A VFT gives the opportunity for members to explore and see places, things, and people that you don't normally see on a typical day. These "trips" can spark your member's interest and motivate their learning in a specific curriculum area.

The VFT is also very cost effective. Most are free! Check out some of the great website below to enhance your club meetings!

- Interested in learning about your future career? Travel to Lincoln, Nebraska and visit The University of Nebraska–Lincoln. Take a tour of campus to learn more about the academic and student life experiences at: <http://gobig.unl.edu/>.
- Hungry for food science? Then head to Hershey, Pennsylvania for the adventure in making Hershey's Chocolate. View this self-guided tour about making yummy chocolate at: <http://www.thehersheycompany.com/about-hershey/our-story/making-our-chocolate.aspx>.
- Blast off to science with NASA's Geological Exploration throughout the World at: <http://quest.nasa.gov/vft/>. This website has a program that you download to explore the earth!
- Citizenship and government is the next stop inside the White House. Watch exclusive videos and take a tour of the White house at: <http://www.whitehouse.gov/about/inside-white-house/interactive-tour>.
- And on this farm he had a cow. E-I-E-I Oh my check out this farm field trip website to visit different animal's farms and to learn more about agriculture and farm life at <http://www.farmfieldtrip.com/info.htm>.

A simple web search for virtual field trips will give you many options and opportunities to explore areas of interest! Also, search different virtual field trip apps. There are great apps available right at your fingertips! With technology today, we can travel the world without even leaving the comfort of our own homes! Have fun on your online adventure!



Experience The Adventure

PRESENTATIONS/MULTIMEDIA CONTEST: THE SHOW & TELL OF 4-H

The 4-H Presentations/Multimedia Contest awards 4-H members the opportunity to improve their communication skills while “showing off” what they have learned and worked towards during the year.

A presentation is a method used to communicate an idea by showing and/or telling. It can be a personal demonstration that uses posters and props, or it can be given while utilizing multimedia technologies. Either type of presentation helps young people improve upon leadership skills while gaining more self-confidence to present in front of a public audience.

As 4-H members start to think about the possibility of presenting, a planning guide may be beneficial to them. Below is a four steps presentation planning guideline that can be used when preparing demonstrations or multimedia presentations.

Pick a Topic: Choose one that the presenter is comfortable with and passionate about. For a demonstration, it should be one that can be easily broken down into steps which can be demonstrated and presented in a short amount of time; for a multimedia presentation, it should be a topic that can be explained entirely with the PowerPoint, audio, and video, in which no demonstration is needed. Also, in this step create an exciting title which relates to the subject and is intriguing to the audience.



Prepare an Outline: This will help guide the presentation and keep it flowing. Important sections include an introduction, body, and summary. Really try to draw the audience in during the introduction with an attention getter statement. This could be a question, story, or quotation related to the topic. The body is the show and tell part of the presentation. Explain what you are doing and how you are doing it. All necessary important information and any demonstration should be in this section. Finally, close out the outline and presentation with a summary highlighting the “take home thoughts” of the presentation and always remember to ask for questions.

Practice: Perfect practice makes perfect. Practice out loud, with any props, in front of the mirror, or in front of a sample audience. The more practice that is done prior to the actual day, the more comfortable the presenter will be on the day of presentation.

Present: Dress neatly, be sure all items are in place, and keep notes available in case they need to be referred to, but don't read directly from them. Look at the audience and speak clearly. Most importantly take a few deep breaths, relax, and have fun. Smile and enjoy what you are presenting!



FAIRY GARDENS

Fairies and other magical wee folk have long been fixtures in fables, myths and ancient folklore. Fairies are magical miniature creatures of good will that bring luck, prosperity, and good health to the chosen few whose garden they inhabit.

Interactive fairy gardens are a magical space for children to play and a lovely addition to any garden. Making one is quite simple and quick, but will bring hours of family enjoyment. The real imagination and magic comes alive when choosing the small details to place in your garden...with so many fantastic possibilities your garden will always be changing and evolving!

Location, Location!

Location is everything in the miniature world! In planning your fairy garden, select a location to take advantage of the natural elements of your garden. Many miniature plants require protection from the elements and garden travelers. Take advantage of your natural landscape.

You can also create your fairy gardens in flower pots and raised containers to provide miniature, portable gardens that provide great protection. Any container can be transformed into an enchanted fairy garden. Use flower pots, raised terracotta saucers, bowls—virtually any discarded material can be used to create a magical one of kind fairy garden!

Fairy Garden Plants

Any type of plant, tree and flower can easily be incorporated into your fairy gardens. Try to layer your plants by planting ground-cover plants, medium-height flowers, and taller flowers. Planting flowers of different heights will give your garden a lovely, layered look. Be sure to select plants of your particular gardening environment and zone. It's helpful to look for plants at your local nurseries.

Fairy Garden Houses

When creating your fairy garden you'll need some type of fairy house that encourages fairies to make their homes in your garden and provide an outlet to hide from humans. A fairy house can be any type of miniature dwelling whether you purchase a fairy house or create one yourself. The fairies will love anything you create in your fairy gardens!

Now it's time to have fun in your fairy gardens! Fill your magical miniature fairy gardens with miniature fairy garden furniture, miniatures and garden accessories to create a unique fairy garden that everyone will love! Unleash your imagination and fill your miniature fairy gardens full of magical tiny miniatures—the possibilities are limitless!



REPURPOSED, RECLAIMED! UPCYCLED, UPSCALED!

Turning “old” into “new” to create unique accessories such as pillows, wall art, bed and table coverings, seat cushions and more to “finish the look” for any chosen room can be a fun and rewarding experience as 4-Hers explore different design techniques and methods as part of the **4-H Design Decisions** project.

Dye fabric with old silk ties and then create an accessory – it’s chemistry at the same time!! Incorporate science to find the “why’s” and “why not’s” of what’s happening. The following website from *Science Buddies* is one good science resource:

<http://www.scientificamerican.com/article.cfm?id=bring-science-home-silk-egg-dyeing>

Reviewing design elements and principles (*Design Decisions 4-H project manual*) and making an edible color wheel found under the *Volunteer Information Series* at the following website as a good starting point.



<http://4h.unl.edu/educationalresources>

Are there old printed silk neckties or scarves lurking in the back of closets just waiting to be **Upcycled?** Or try shopping thrift stores and garage sales.



Repurpose a large old pot for dying (don’t use for food again), add unprinted silk fabric, undyed cotton fabric such as muslin, string, scissors, white vinegar and water and you’re ready to experiment!



Basic directions: Cut ties and/or scarves into different length strips about 2-3 inches wide. Make layers.



Bottom – one solid layer cotton fabric – any size.



Middle – place tie pieces (print side up) to cover cotton fabric, not overlapping, random order of size and direction.



Top - one solid layer silk fabric. (One extra layer cotton fabric on top if there’s lots of red in the ties since red bleeds lots and could cause staining). Roll up as tightly as possible, starting at one short end.



Tie with string at 1” intervals. Fill pot with cold water; add 2 Tablespoons vinegar. Add fabric roll and top with heavy pan to keep fabric under water during boiling process to avoid uneven printing.



Heat water to boiling; then begin timing to boil fabric 20 minutes on high heat. Drain pot and rinse fabric roll with cold water in pot until water runs off clear.

Cut ties and unroll fabric. Voila!! A one and only original piece of fabric to be used whole or cut for creating. Hang to dry; then press with hot iron to help set color (colors will never be totally colorfast so care will need to be taken if the final piece needs to be washed in the future) – thus a decorative piece rather than functional accessory. Educational display such as a poster, journal or portfolio of samples can also be prepared for fair entry.





CALENDAR OF EVENTS



UNIVERSITY OF NEBRASKA - AGRONOMY OPPORTUNITIES

Agronomists help to develop and grow the plants and design the integrated systems that the world will need for its food, fuel, and fiber. They manage soil to enhance its quality for multiple uses from crop production to storing water and carbon. Careers include working with crop producers, in sales of agronomic products, in laboratories, with state or federal agencies, and in international agricultural development. The UNL Agronomy degree program is designed for students who are interested in plants and soils as they relate to economic crop production and environmental protection.

From farming, crop consulting, and sales to continuing your education in graduate school, opportunities for UNL Agronomy graduates are abundant. Their graduates are in demand by national and international agricultural companies, hometown local businesses, and state and federal agencies.

For 2013–14, more than \$60,000 was awarded in departmental scholarships to Agronomy students. As a new freshman or transfer student, your departmental scholarship application is due **April 7, 2014**.

You can be part of a team and enhance your professional skills by working 10–15 hours a week in an area of your interest. More than 200 undergraduate students are hired in the Department of Agronomy and Horticulture each year. Many students gain analytical, technical, and organizational skills by working with a researcher. Other students gain public speaking, leadership, and time management skills by assisting teaching faculty in the classroom, laboratory, or greenhouse.

To learn more about the undergraduate programs in the Department of Agronomy & Horticulture or schedule a campus visit, contact Anne Streich at 402-472-1640 or astreich2@unl.edu.

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