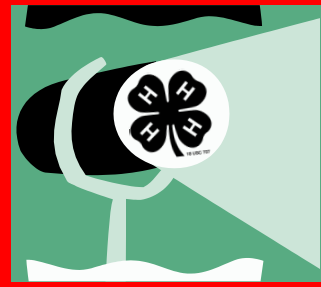




## GET ON THE FAST TRACK!



On your Marks, Get Set, Go...online to view the Fast Track Volunteer Training! In your role as a 4-H volunteer, you have the opportunity to be a teacher, leader, mentor and role model for youth in your community. It is a challenge to design learning experiences in an informal, fun way that will motivate 4-H members to make their best better. This 4-H volunteer training, meetings or conferences will help you to more fully understand 4-H.

One opportunity is the Fast Track Volunteer Training. These web based modules found at <http://4h.unl.edu/fast-track-training> will help you get on the right track to a valuable experience as a volunteer in 4-H. The different modules will assist you in understanding the 4-H program to guide you to resources to help make you the best volunteer you can be.

### Current modules include:

#### Welcome to 4-H

#### Life Skills Module:

Life skills are identified and divided on the basis of the familiar four H's from the 4-H Clover that represent Head, Heart, Hands and Health.

#### Fundamentals of 4-H:

#### Successful 4-H Meeting:

Explanation of the Pledge, Motto, Emblem, Ages

Gain a better understanding of the benefits of clubs, club structure, and components of meetings

#### Club/Volunteer Recognition:

Learn about becoming a Club of Excellence or a Volunteer of Excellence

#### Competition/ Evaluation:

Handling competition and evaluation in a positive manner

#### Working With Parents:

Gain knowledge in utilizing and working with parents in your club.

#### Just For Volunteers:

Keep your club up to date with their financial responsibilities.

#### 4-H Projects:

How to select the right 4-H projects.

### Modules coming soon:

#### University/ County Connection

#### 4-H Philosophy

#### Essential Elements of 4-H

#### Ways to Volunteer

#### Alternative Audiences

#### Youth Recognition

#### Educational Experiences

#### Career Exploration

#### Animal Identification

#### 4-H Advocacy

#### And more focusing on club projects and activities



As a volunteer you can provide young people with developmental assets that last a lifetime – a positive relationship with a caring adult; an inclusive and safe environment; opportunities to value others and master a skill; and much more. For more information on volunteer resources and educational opportunities contact your local University of Nebraska-Lincoln Extension Office.



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.

### Inside this issue:

#### Recruiting 4-H Leaders

2

#### Citizenship Projects

3

#### The Science of 4-H

4

#### Simple Sewing Kits

5

#### Focus on UNL

6

### Special points of interest:

- *Need to do some recruiting for 4-H Leaders? Use these tips for success!*
- *4-H is about giving back to communities. Learn an easy project for citizenship for your club.*
- *Who says science is about beakers and burners? 4-H is full of science projects! Learn more about how to intrigue those curious minds of your 4-H'ers.*





# RECRUITING 4-H LEADERS

One in three age-eligible youth in all 93 counties in Nebraska are 4-Hers. Over 42,000 youth in Nebraska were 4-H club members. With all these youth in 4-H and in clubs, we have to agree that 4-H leaders are the stepping stone to the success of this program.



As our leaders show great success, we always have to look towards the future for additional outstanding 4-H leaders. Recruiting 4-H leaders is something we all work hard to do. Whether it be for a large club, small club or a specific area club; 4-H Leaders are always needed. When looking for the right 4-H Leader, here are 5 tips in helping your search.

## Work with Youth

Adult and youth partnerships are important in the 4-H program. Leaders must show the ability to work with youth in a way, youth can communicate with them. Each youth is unique and leaders must be able to adapt to many different situations.

## Enjoys areas in the 4-H program



Finding an adult who is interested in a specific area could be a great start to finding new 4-H leaders. Parents of 4-Hers are normally interested in one area then another. This is the opportunity to invite the parent to be a leader for the club when focusing in the area of interest..

## Time

Time is crucial in everyone's day to day life. Having time in your schedule is important for a 4-H Leader. Leaders need to make sure they are present at club meeting, have time to work with 4-H members and have time for them. Being a new 4-H leader will take some time, but will be worth it in the end.

## Parents with Children in 4-H

Finding parents of youth already in 4-H is a great way of recruiting. These parents already know the time commitment, the different areas of 4-H and know the goal of what 4-H strives for. These parents may be the next outstanding 4-H leader, you just have to ask.



## Adults who were once a 4-H'er

In many counties there are adults who were once a 4-Her and now don't participate in 4-H at all. These adults might have the desire to help and possibly become a 4-H leader. This is an opportunity to reach out to the community and get the community involvement.

Recruiting new 4-H leaders might not be the easiest thing we do each day, however it is something we all need to keep in mind as the future approaches. All 4-H leaders are the stepping stones in the continuing success of the 4-H program!



# “CASE BY CASE” 4-H CITIZENSHIP PROJECT

Remember the 4-H pledge: “my hands to larger service”. Is your club looking for their next service-learning challenge? Consider changing lives one dress at a time by participating in Little Dresses for Africa. It is a non-profit, Christian organization, which provides relief to the children of Africa. Simple dresses are made out of pillow cases and distributed throughout orphanages, churches, and schools in Africa to plant in the hearts of little girls that they are worthy.



Fold down the top of the strip about 3/8” and stitch a casing. Slide a 6” piece of elastic at the top so it will be gathered.



Finish the arm holes with double biased tape leaving enough at the ends to tie at the shoulders.

Don't be concerned about exact measurements. All sizes are welcome and variations are fine. Some may choose to use fabric over pillow cases. This “Case by Case” 4-H Citizenship Project can be entered at the fair as a Service Item (A-120-009) or as a 4-H Club Exhibit (DA-120-010). Youth are required and encouraged to take multiple photos and write an explanation of who the recipient will be and how the service project was made and used

Clothing is a simple necessity that many of us take for granted. Participating in a “Case by Case” 4-H Citizenship Project will give youth the behind the “seams” view of how truly fortunate they are in many ways.



Put a new “stitch” on service-learning by involving the whole community. Leaders, challenge 4-Hers, parents, and grandmothers to dust off their sewing machines and create as many pillow case dresses as possible. Together they will be creating “threads” of hope for those in need.

Any size, new or gently used, pillow case can be quickly turned into a prized possession of a grateful little girl in Africa. Kids of all ages will enjoy making pillow case dresses and they can be as simple or as elaborate as they choose by adding pockets, lace, and other embellishments. Follow these simple steps or visit [http://www.nancysnotions.com/text/pdf/LittleDressesforAfrica\\_pattern.pdf](http://www.nancysnotions.com/text/pdf/LittleDressesforAfrica_pattern.pdf) for a pattern.



Cut the sewn end of the pillow case top off leaving the hem



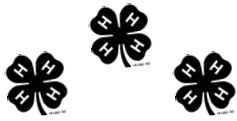
Fold the pillow case in half and cut out the arm holes so they will be the same on each side. The measurements depend on the size of the pillow case but it is about 4 inches down and 2 inches in.

To learn more visit:

<http://www.littledressesforafrica.org>



Picture source: Nancy's Notions



## ADD SOME 4-H SCIENCE TO PROJECTS

Adding **4-H Science** (Science, Engineering, Technology and applied math) to projects is easier than you think! Many 4-H projects already integrate science concepts; all it takes is inventive teaching to get youth contemplating the science they are experiencing. Here are a few popular 4-H projects that incorporate 4-H Science!

**DECORATE YOUR DUDS:** An example of Science used in a Decorate Your Duds project is a colored t-shirt embellished using bleach. The effect of bleach on the color of the t-shirt is an excellent instance of chemistry at work. Another experiment to try is the effects of bleach on different types of fabric.




**PHOTOGRAPHY:** Technology in Photography exhibits can be used in unique ways. It could be a photograph of technology, such as mist coming from a center pivot, or a robot performing a task. It could also be the use of technology to edit a photo by removing the color or using special effects to capture the image.

**ENGINEERING:** Engineering can easily be applied to a crops poster. Youth can create a poster describing and illustrating how genetically engineered foods are helping feed the world. Another option is to interview a mechanical engineer designing machinery increasing farming efficiency.

**VET SCIENCE:** Applied math skills are utilized in a Veterinary Science display comparing animal feed rations. Youth can calculate the percentage of protein in types of feed and measure the animal's average daily gain along with feed efficiency and cost.

These projects and many more, qualify for the new Premier 4-H Science Award. The goal of the Premier 4-H Science Award is to recognize youth for incorporating 4-H Science into fair projects across all static curriculum areas at the Nebraska State Fair.

In order for youth to be considered for the award, all they have to do is designate that they would like to be considered. If a special technique or additional information is necessary to explain how 4-H Science is used, it may be included with the project, but is not required. The following questions will be considered when judging for the award:

-  Does the exhibit demonstrate a **science, engineering, technology, or applied math** concept or design?
-  Was the exhibit created to solve or emphasize a problem?
-  Did the youth adopt or use new methods or improved technology to create the exhibit or as part of the exhibit?

All projects successfully answering these questions will be recognized with a certificate attached to the exhibit. Up to 20 top 4-H Science exhibits will receive a \$100 cash award sponsored by the Nebraska 4-H Foundation.





# SIMPLE SEWING PROJECTS.....

Have you ever started to make a recipe for a fabulous dish, only to find that you don't have all of the necessary ingredients? It doesn't come out quite the same, does it? Like cooking, one of the keys to successful sewing is having the right tools on hand to complete your project.

## The Hand Sewing Kit

If you've ever seen those little travel sewing kits, you get the basic idea: a pair of scissors, some needles, thread in several basic colors. What you need for successful sewing takes a few extras – These are absolute essentials, so skip an item at your own risk!

### Materials Needed:

Straight Pins  
Hand Sewing Needles  
Needle Threader  
Shears  
Seam Ripper  
Tape Measure  
Seam Gauge  
Clear Gridded Ruler  
Fabric Marking Pens/Pencils  
Thread  
Thimble



## The Machine Sewing Kit

First and foremost, you will need a sewing machine. Most machines come with a few of the basics listed below, but it's doesn't hurt to check!

### Materials Needed:

Sewing Machine  
Sewing Machine Needles  
Bobbins  
Presser Foot  
Zipper Foot  
Small Screwdriver  
Sewing Machine Oil  
Small Brush

## Practice Machine Sewing

Once you have your sewing machine and accessories in hand, practice some simple seams and seam finishes to get comfortable with your machine and its capabilities. The more you practice, the easier it will be to actually sew a garment together.



## Practice Hand Sewing

Now that you have your hand sewing kit together, it's a good time to practice some simple hand sewing stitches. Some hand stitches are used during the sewing and construction process, others are for finishing hems and seams. Once you get comfortable with these stitches, it will be easy to incorporate them when you're ready to sew up an actual garment from a pattern.

Now remember...Sewing should be fun, and the projects you make should be things you display or wear with pride. Sewing is all about expressing yourself and creating things that make you happy. Start your first sewing project with a simple project. Make sure it has straight sewing lines and an easy to read pattern. There are a multitude of ideas on the web. Start your search for "simple sewing projects" and you are bound to find one that interests you. Here are a few suggestions to get you started:

Ten Easy Projects: <http://sewing.about.com/od/freeprojects/tp/teneasiest.htm>

Martha Stewart's Easy Sewing Projects for Beginners:

<http://www.marthastewart.com/274690/easy-sewing-projects-for-beginners/@center/326405/sewing-projects>

Better Homes and Gardens Easy Sewing Projects: <http://www.bhg.com/crafts/sewing/accessories/easy-sewing-projects/>



# CALENDAR OF EVENTS



## ASSIST CLUB MEMBERS WITH THEIR SEARCH FOR EDUCATIONAL OPPORTUNITIES

4-H members look to you as their leader for assistance with developing their personal goals and exploring educational opportunities. As Extension Educators we are charged with recruiting students to the **University of Nebraska-Lincoln**. We can help open doors at the University for your members to explore many options available to them as they start preparing for their futures. We also encourage members to participate in events/ contests held on campus to help them become comfortable with the environment. This space will feature information that can be used for great club discussions.

**The University of Nebraska–Lincoln College of Agricultural Sciences and Natural Resources (CASNR)** is noted for preparing students for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, and food to forensic science. CASNR has 28 programs of study and two pre-professional programs. We encourage all 4-H members to build on their 4-H

experiences by choosing a major in CASNR. With a major in CASNR 4-Hers may find their classes are filled with friends from 4-H.

The best way to learn more about the **College of Agricultural Sciences and Natural Resources (CASNR)** is to visit UNL's picturesque East Campus. To visit East Campus and focus on the opportunities offered by CASNR, contact Laura Frey at (402) 472-4445 or lfrey2@unl.edu . Laura will set up a tour that is personalized to your 4-H'ers' interests and include the majors that they are considering. CASNR has a program for every interest. 4-Hers do not have to live on a farm or have been involved in Agriculture based projects to complete a CASNR degree. An additional bonus is that nearly 50 percent of CASNR students receive scholarships. For more information visit [casnr.unl.edu](http://casnr.unl.edu).

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