

Important membership information

4-H is open to all

4-H is the youth development program of University of Missouri Extension, a partnership with Lincoln University, the U.S. Department of Agriculture/Cooperative State Research, Education and Extension Service and local governments. 4-H and University of Missouri Extension programs are open to all persons. The 4-H name and emblem (clover) are protected by law. Individuals, clubs and groups who wish to use the 4-H name or emblem must follow the policies established by the U.S. Congress and the U.S.D.A./Cooperative State Research, Education and Extension Service relative to its use. www.national4-headquarters.gov

Where to join 4-H

You should participate in the 4-H program in the community where you live, whenever possible. If this is not possible, your local 4-H faculty will work with you to develop a plan for 4-H membership. A list of local University of Missouri Extension centers is on the inside back cover of this magazine.

4-H membership can be moved to another county or state. At any given time, a youth may be a member of only one 4-H club in Missouri, although he or she may participate in multiple 4-H programs. Again, consult with your local 4-H faculty if you have questions.

4-H Membership

Age or requirements are listed within the explanation of each type of membership. Age requirements may be adapted to meet special needs of the young person or group. For example, accommodations will be made for persons with developmental or physical disabilities.

4-H Clover Kids club

The 4-H Clover Kids program is designed to introduce 5- to 7-year-olds to a variety of 4-H experiences. Age requirement: Children ages 5-7 on December 31 of the program year.

4-H community club

Youths enroll in project(s) and participate in group activities and meetings. A recognized volunteer club

leader and team of recognized volunteers organize and support the group. The club elects officers and plans an educational program of business, community service, and learning together. Age requirement: Young people ages 8-18 on December 31 of the program year.

4-H single project clubs

Where available, membership in a single project club is an option. In a single project club, all members are enrolled in one specific project, for example, Photography. A recognized volunteer club leader and/or team of recognized volunteers organize and support the group. The club is similar to a community club, it elects officers, conducts educational programs, practices community service, fulfills county club expectations, etc. The only difference is that a single project is the focus. Age requirement: Young people ages 8-18 on December 31 of the program year.

4-H family club

A family may form a 4-H club in cases where a local 4-H club is not accessible or convenient, or where there is a special topic of interest to the family. Age requirement: Young people ages 8-18 on December 31 of the program year.

4-H independent or individual membership

This option is for youths living some distance from a 4-H club, who have conflicts with school, work or other obligations, attending a college or university away from home, or who have a highly specialized interest. Individual members complete a plan and file it with the local University of Missouri Extension center. Age requirement: Young people ages 8-18 on December 31 of the program year. A copy of the Individual 4-H Member Comprehensive Plan can be found under membership on the Missouri 4-H Web site at: <http://4h.missouri.edu/go/get/resources/materials/materials-pages/indexcluborganization.htm>.

4-H After School

These 4-H clubs meet during or after school and often focus on a single subject, such as computers or arts. The amount of time the groups meet varies from a short period of time to a full 4-H program year. The club may also elect officers. The club plans an educational program of business, community service, and learning



together. Age guidelines: Young people in grades K-12 or equivalent

4-H school enrichment groups

These groups meet during school time and use curricula supplied through 4-H. The groups are coordinated by partnerships of 4-H/University of Missouri Extension and school personnel. Most of the groups meet for limited number of classroom hours rather than yearlong. Age guideline: Young people in grades K-12 or equivalent.

4-H special interest groups

These groups are usually partnerships of 4-H/University of Missouri Extension with other community organizations. Most groups meet for a

choices to no more than three projects. Other 4-H club members should enroll in no more than six projects per program year.

Exhibiting 4-H project items

Exhibits are one way for young people to show what they have learned and accomplished through 4-H. County fairs, achievement days, festivals and the Missouri State Fair provide places for 4-H members to showcase their work. Some guidelines for exhibits:

- Exhibits should be 4-H member's own work.
- Exhibits should demonstrate the knowledge and skills gained by the 4-H member for the specific project in which they are enrolled.
- The exhibit should be made or completed in the current program year.

Being in good standing

Participation in certain state and county events is limited to those members who are in "good standing" with their local 4-H club or group. This includes meeting deadlines, attending a majority of project and club meetings prior to the event, and meeting other requirements established by the club, county and/or state. In all cases, these requirements must provide equal access for all youths and must not create barriers to participation.

Completing goals in 4-H

4-H club members are recognized for setting and completing goals each year. At a minimum, a 4-H member should:

1. Attend a majority of club or group meetings.
2. Enroll in at least one project and finish it. This includes attending a majority of project meetings, working on project goals, and keeping records on the project.
3. Demonstrate a skill learned or knowledge gained by making a handmade item, exhibiting a project or project animal at a show or fair, or presenting a speech, report or demonstration in a group setting such as a club or project meeting.

When a 4-H club member meets these requirements, they are recognized for "completing a year of 4-H membership." Most county 4-H programs award a yearly membership pin to all 4-H Club Members who "complete the year." County 4-H councils may establish additional standards for 4-H clubs within a county. In all cases, these requirements must provide

4-H Project Enrollment Guidelines

If the member is....	Age 10 or younger (December 31 age)	Age 11 or younger (December 31 age)
1st year of 4-H	3 projects*	3 projects*
2nd year or higher	3 projects*	6 projects*

* Exploring, Leadership and Entrepreneurship projects can be carried in addition to these totals.

Requests by youths to enroll in an additional project above the guideline need to be decided by the regional 4-H specialist and the local 4-H council.

limited number of hours and focus on a special topic of interest. Age guideline: Young people in grades K-12 or equivalent.

Enrollment

Enrollment times

Young people may enroll in county 4-H programs at any time during the program year. However, there may be some state or local deadlines for participation in certain activities or programs. These may include registration deadlines for camps or trips, award and scholarship application due dates, and due dates for participating in special opportunities such as fairs or contests. Consult your local 4-H youth faculty for current information.

Choosing 4-H projects

When enrolled in a 4-H club or group, you may select a project listed in the 4-H Clover or you may create a 4-H project to fit your interests. Choosing the right project is important. Young people vary in their ability to accept and complete responsibilities. Younger members or those new to 4-H should limit their

equal access for all youths and must not create barriers to participation.

In the event that a member cannot meet the minimum requirements due to college enrollment, family situation, employment, or other factors, the club leader may agree with the member to create options for completion. When possible, this agreement should be planned in advance by the volunteer club leader and the member. A written copy of the Y639 Individual 4-H Member Comprehensive Plan should be filed at the extension center. For a copy of the plan, go online to: 4h.missouri.edu/golget/resources/materials/materials-pages/indexcluborganization.htm.

4-H animal projects

Some 4-H members will own or manage an animal for a 4-H project. For many of these projects, there are special requirements for competition, including deadlines for owning or managing the animal. Consult your local 4-H youth faculty for current deadlines. In addition, local fair boards or other partners may establish guidelines for participation.

4-H ownership of animals

One of the objectives in owning an animal is to learn new skills in animal breeding, feeding, management and health. To accomplish this, the member should secure the animal as early in the year as possible. Livestock shows and exhibitions set up minimum dates for length of ownership necessary for exhibiting. **For the Missouri State Fair, the dates are listed in the following chart.**

Participation and guidelines

Goal setting

Every youth should be involved in a meaningful experience at the beginning of the year on what they individually/collectively want to accomplish in the short or immediate term.

Beef Cattle	Steers	3/15
	Breeding animals	6/1
Sheep	Breeding animals	7/1
	Market lambs	6/15
Swine	Breeding animals	90 days
	Breeding boars	Since farrowing
	Market hogs	90 days
Dairy cattle	All dairy cattle	6/1
Dairy goats		6/1
Meat goats		6/15
Dogs		4/1
Horses		5/1
Rabbits		6/1
Poultry	Meat pen	5-10 weeks prior to show
	Roasters	8-10 weeks prior to show
	Broilers	6-8 weeks prior to show
	Fryers	5-10 weeks prior to show

Some strategy questions are:

1. Clearly identify and write your goal.
2. Set the deadline for achieving your goal and write the date down.
3. Identify obstacles (persons or things) that you must overcome to successfully accomplish your goal.
4. Who (people, groups, etc.) can help you successfully accomplish your goal.
5. What do you need to learn to successfully accomplish your goal.
6. How will you reach your goal? Steps to move you from where you are to where you want to be.
7. Why do I want to accomplish this goal? List the benefits.

4-H Food Quality Assurance Policy

All 4-H members enrolled in food animal projects (including beef, sheep, swine, dairy cattle, meat and dairy goats, rabbits, and poultry) must complete the appropriate level of Missouri Show Me Quality Assurance (MSMQA) certification to be considered a 4-H member in good standing in that project. Other county good standing guidelines may also apply. Check with your local 4-H youth specialist for current local guidelines. The online tutorial is available at: agebb.missouri.edu/smqal/.

4-H Colors

White in the 4-H flag symbolizes purity.

Green, nature's most common color, represents life, springtime and youth.

Learning experiences in 4-H

Missouri 4-H offers opportunities to all young people to learn and grow. This catalog lists many 4-H programs that may be of interest to you, such as:

Learning Activities and Opportunities

are programs that are specifically designed for groups of 10 or more youths, in classrooms, clubs, camps, and after school programs. All of the programs are labeled with an "A" and can be found in the Learning Activities and Opportunities section on page 12.

Show-Me Nutrition

programs are specifically designed for youths in a classroom setting. Classes are taught by trained nutrition educators working in cooperation with classroom teachers. All the programs are labeled with an "S." See the Show-Me Nutrition section beginning on page 11 of this catalog for details.

4-H Projects

These are topics that may interest a young person. Most 4-H members in a club or group will select and work on at least one project. They usually work in a group with a recognized volunteer leader. (Older teens may also work independently with adult guidance.) The volunteer can buy literature to help them plan project activities. Volunteers are asked to hold project meetings with the enrolled 4-H members, helping them set and accomplish goals for learning.

"Learning by doing"

"Learning by doing" through 4-H reinforces the skills and content that youths are learning in school. See the following Web site for information on content skills of the Show-Me Standards: dese.mo.gov/divimprove/assess/content.html

Leadership for 4-H

The 4-H faculty (4-H youth development specialist and/or 4-H youth programs assistant) give leadership to county program development and work with volunteers to coordinate the 4-H program. Most counties have a 4-H Council or advisory group that provides direction for programs. The 4-H faculty serves as in ex-officio roles with the 4-H Council, but are employees of University of Missouri Extension. The 4-H Council is accountable to the County University of Missouri Extension Council with responsibilities of guiding, promoting and implementing the total 4-H youth development program in the county. The 4-H Council should include representatives from 4-H clubs in the

county, 4-H school enrichment programs, 4-H special interest groups, and other youth development partners in the county.



Volunteering in 4-H

Volunteers are essential to the 4-H program. Adults and teens may apply for a variety of volunteer positions — leading 4-H advisory groups, being a 4-H Council member, chairing a committee, leading 4-H project groups, organizing 4-H clubs, teaching 4-H school enrichment programs, helping at a camp or fair, or in many other ways.

For protection of 4-H members and volunteers, all applicants are screened for child abuse, neglect and criminal records prior to their acceptance for a volunteer position. This application process is completed each year.

See more information online at 4h.missouri.edu/go/get/materials/materials-pages/indexvolunteer.htm and 4h.missouri.edu/getinvolved/volunteer.

Effective January 1, 2009 all current 4-H Volunteers must have completed the *Making the Best Better: Volunteer Orientation*. This training will be available to new volunteers through face to face, on-line course, or CD with Quiz. Check with your local University of Missouri Extension center for available training dates and deadlines.

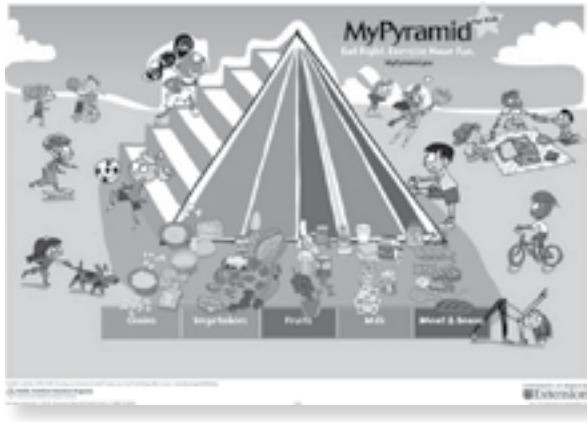
Show-Me Nutrition

Family Nutrition Education Program curricula for the classroom

The Family Nutrition Education Program (FNEP) helps low-income Missourians who are nutritionally at risk to obtain optimal lifelong health and fitness.

One component of FNEP reaches low-income youths through a school nutrition program called Show Me Nutrition. Classes are available for pre-K through grade 12 youths in Missouri schools that meet the criteria for low-income participants. A series of integrated classes, compatible with the Missouri Health and Physical Education Grade Level Expectations. Classes are taught by trained nutrition educators working in cooperation with classroom teachers. For information on the availability of Show Me Nutrition in your area, contact your local University of Missouri Extension center.

All kindergarten through fifth-grade lessons in this series include family newsletters that can be sent home to help families make healthy choices.



S56 Adventures in Nutrition with the Show-Me Chef (kindergarten)

9 lessons

Students practice new skills, such as tasting healthy foods, washing hands and having fun moving their bodies.

S57 Fun with Food and Fitness (first grade)

7 lessons

Students are introduced to MyPyramid and learn that they need to eat a variety of foods from the five major food groups to grow and stay healthy.

Show-Me Standards

There are four goals and six content areas:

Goal 1: Acquire knowledge and skills to gather, analyze and apply information.

Goal 2: Acquire knowledge and skills to communicate effectively within and beyond the classroom.

Goal 3: Acquire knowledge and skills to recognize and solve problems.

Goal 4: Acquire the knowledge and skills to make decisions and act as responsible members of society.

Show-Me Nutrition Standards are online:

extension.missouri.edu/nwregion/Nutrition/ShowMeStandards.htm

They learn the difference between television commercials and regular programming so they can begin to understand how advertising influences food choices. Students are introduced to MyActivity Pyramid and physical activity.

S58 Building MyPyramid (second grade)

7 lessons

Students learn that eating a variety of healthy foods from MyPyramid + being active = good health. To help students build a healthy body image, they learn that healthy bodies come in all sizes and shapes. Students become ad-busters by learning the techniques advertisers use to persuade consumers to buy food. Students use MyActivity Pyramid and MyActivity Log to track time spent being active.

S59 Building My Body (third grade)

6 lessons

Students use MyPyramid to plan meals and choose foods from all the food groups. They are encouraged to start the day with breakfast and learn to pay attention to body cues that help them know when they have eaten and exercised enough. Students use MyActivity Pyramid and MyActivity Log to incorporate proper nutrition and exercise into their daily lives.

S60 Choosing Foods for Me (fourth grade)

11 lessons

Students learn the recommended amounts of food to eat daily from MyPyramid. They learn to use food labels to make healthy food choices and how to make healthy choices when eating out. Students analyze how social influences like family, media, peers and coaches affect body language. They also learn that physical activity is part of a healthy lifestyle. Students use MyActivity Pyramid and MyActivity Log to incorporate choosing the right foods into their daily lives.

S61 Exploring MyPyramid (fifth grade)

11 lessons

Students are encouraged to eat a variety of foods from each food group. They learn to store and prepare foods safely. The importance of physical activity, body acceptance and food choices are addressed. Students use MyActivity Pyramid and MyActivity Log to incorporate the components of MyPyramid into their daily lives.

S62 Digging Deeper (sixth grade)

7 lessons

Students participate in hands-on activities that relate to things that interest preteens and teens, such as appearance and fitting in with their peers. Issues for preteens, such as getting enough calcium and making healthy fast-food choices, are covered in a kid-friendly format. Since sixth-graders are beginning to make more food choices, shop for food and cook meals, lessons include instruction in planning healthy meals using MyPyramid, shopping, food safety and food preparation.

S63 Choices and Challenges (seventh and eighth grades)

7 lessons

There are three levels included in the curriculum: seventh grade, eighth grade, and a seventh- and eighth-grade, mixed-class level. Teens learn to weigh their options and make healthy lifestyle choices. Hands-on activities help teens learn to deal with issues like body image, what to eat at fast-food restaurants and plan a vegetarian diet consistent with MyPyramid. Each lesson includes a fitness break and snack ideas.

Learning activities and opportunities

Designed for groups of 10 or more youths

Missouri 4-H has projects and activities to meet the needs and interests of almost any group of young people. 4-H programs are educational, fun, and action-oriented and provide a variety of experiences that can be adapted for different settings. Typical 4-H settings include school classrooms, after school programs, clubs, and camps. The following group learning opportunities are specifically designed for groups of 10 or more youths but most can easily be adapted for smaller groups.

Additional resources to support these group projects can be found online at:

4h.missouri.edu/go/get/projects/learningactivitiesandopportunities.htm

A00 Locally-sponsored Program

Use number for School Enrichment Programs developed locally with schools.

A03 MY LOGO (Missouri Youth Engaged in Local Government)

The Missouri Youth Engaged in Local Government (MY LOGO) Program is designed to teach middle and high school students about local government in Missouri and to involve them in issues confronting their communities. The basic format uses classroom learning, site visits, student-led action projects, and/or local government project fairs. The program is easily modified to meet each community's local needs and circumstances. (The program was formerly known as Local Government CECH-UP.)

Goals: 1, 2, 3, 4; **Content – Social Studies;** 1, 2.

Resources:

MY LOGO Teacher's Manual.

Online at: cech-up.org

Contact:

Sandy Diamond

Citizenship Education Clearing House

University of Missouri-St. Louis

8001 Natural Bridge Road

St. Louis, MO 63121

314-516-6820

Web site: cech-up.org

A12 Community Service

Allows 4-H'ers to develop and carry out a project or projects aimed at enhancing the community.

Ideas for community service could include:

- Carry On Suitcase Project: Fill suitcases with personal care items to assist local battered women's shelters or other assistance

Order form
for project
literature is
on page 51, or
download from
the 4-H Web
site at:
4h.missouri.edu

- organizations.
- Mail Kit Project: Create decorative shoeboxes filled with stationary items for children of offenders to write their incarcerated parent.
- Weighted Blanket Project: Make weighted blankets for autistic children
- Make A Wish Scrapbooks: Make scrapbooks for the children granted wishes through the Make A Wish Foundation.
- Camo Coolers: Make cooling neck rings for our military serving in extreme heat areas.
- Hero Packs: See A14 Operation: Military Kids. For instructions and additional community service ideas, visit: 4b.missouri.edu/projects/service/.
LG13, *Show-Me Character* brochure, NC
LG14, *Ethics in the Workplace* guide, NC
LG15, *Show-Me Character* guide, NC

A13 Show-Me Character

Show-Me Character* is a program that teaches young people to make wise ethical choices. It also encourages adults to become more involved in helping youths develop positive character traits, such as trustworthiness, fairness, respect, caring, responsibility and citizenship. Communities certainly benefit when youths and adults understand the importance of being involved as caring citizens and doing the right thing. Effective character education encourages youths to do the right thing by incorporating these core ethical values in their daily lives.

*Show-Me Character is Missouri 4-H Youth Development's Character Education Program based on CHARACTER COUNTS!TM. CHARACTER COUNTS! is a service mark used by the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics.

Goals: 1, 2, 3, 4; **Content - Communication Arts;** 1, 2.

Resources:

- LG13, *Show-Me Character* brochure, NC
- LG14, *Ethics in the Workplace* guide, NC
- LG15, *Show-Me Character* guide, NC

A14 Operation: Military Kids

Heroes come in many sizes. In fact, many of the unsung heroes of the global war on terrorism are military children. Operation: Military Kids allows 4-H clubs to support Missouri's military families in a number of ways, including:

Hero Packs — This project involves assembling a backpack with a few suggested items and a handwritten letter to a young person who has a deployed family member. The following is a list of items that you may want to put in the bags:

- stationery
- school supplies

- small photo albums
 - small stuffed animals
 - 4-H items, like frisbees or flashlights.
- The backpacks are distributed by the club or through the local University of Missouri Extension center.

Speak Out for Military Kids — After doing research or talking with young people of military families, 4-H members may talk with local service organizations or groups about what it is like to be a child with a deployed family member.

Mobile Tech Lab — The 4-H club can reserve a 15-computer, mobile technology lab for use with children of military families. Visit our Web site at: 4b.missouri.edu/programs/military to learn more about Operation: Military Kids and how your club can be involved.

A15 Hatching Chicks in the Classroom, Grades 2-5

This curriculum brings action and experience to the classroom, using a still-air incubator. Students observe the development of the chick in the egg, hatching and post-hatch care.

Goals 1, 3; **Content - Science;** 3, 4, 7.

Resources:

- LG1502, *Hatching Classroom Projects*. \$6
4hembryology.psu.edu
urbanext.uiuc.edu/eggs

A16 Embryology: Experiments in Poultry Science, Grades 6-8

This curriculum provides you with background information and exciting experiential activities dealing with life science for use in your classroom. Each activity is designed to be grade-level appropriate and has been correlated to U.S. National Science Education Standards.

Goals 1, 3; **Content - Science;** 3, 4, 7.

Resources:

- LG1503, *Embryology: Experiments in Poultry Science*. \$6
4hembryology.psu.edu
urbanext.uiuc.edu/eggs

A17 Community Mapping

Community Mapping is a service-learning activity involving youths, citizens, community professionals and community decision-makers working together to learn and use geospatial tools and data to address community and environmental

Show-Me Standards

Check out the following Web site for more information on the six content areas of the Show-Me Standards.

Content areas are Communication Arts, Mathematics, Science, Social Studies, Fine Arts and Health/Physical Education.
dese.state.mo.us/divimprove/assess/content.html

Promote your school enrichment program!

Post a school enrichment sign (LGS00) in the classroom. These can be ordered through Extension Publications, free of charge. See page 51 for ordering information.

4-H activities are defined as group projects selected and carried out by all members of a club or group.

Activity leaders can request copies of available publications. Three copies will then be sent. Most 4-H publications are free. Others are available for a small fee.

issues. Geospatial tools are Global Positioning Systems (GPS), Geological Information Systems (GIS), and Remote Sensing. The community mapping process can be used for a wide range of service learning projects. Missouri 4-H, MU Extension and statewide community partners are focusing on four model projects:

- Disaster Preparedness — mapping emergency shelters
- Water Quality — helping stream teams use advanced geospatial tools
- Healthy Communities — mapping recreation resources
- Tourism — mapping agrotourism resources

For more information visit the Missouri 4-H Web site at 4h.missouri.edu/programs/mapping.

A33 Healthy Lifestyles

As the saying goes, “when you have your health, you have everything!” Health is the fourth “H” on the 4-H logo and a common topic for youths today. Nutrition, physical fitness and emotional well-being are just some of the health issues that contribute to healthy lifestyles for all individuals. The following resources provide interactive activities that promote health for youths. Youths can learn about healthy lifestyles, learn about themselves, and have fun!

- **The Couch Potato Challenge**

The goal of this resource is to provide information about physical fitness and hands-on fitness activities. Promote physical fitness by including these simple and easy-to-use activities in club meetings, camps, school programs or any other setting that includes young people. Help them take the Couch Potato Challenge and engage in more physical activity!

- **The Dating Mystery...and All That Relationship Stuff**

Help youths explore healthy relationships and positive ways to get along with others. This resource uses popular movies to help young people discover and then discuss relationship issues that can be so confusing. This activity is designed for youths ages 13 and older.

- **Steppin’ Out: Fitness Walking**

Walking offers a simple yet healthful approach to physical activity — one that almost anyone can achieve. Help youths practice healthy behaviors by walking, either solo or with a group. This resource provides walking information and activities designed to inspire healthy behavior! How do you get a copy of these resources? Visit the Missouri 4-H Web site at: 4h.missouri.edu/projects/health/ to download a copy

A36 4-H Global Education

4-H’ers can participate in activities designed to improve communication/understanding among people of different cultures.

Resources:

LG2210, “...And My World...” \$9

A44 Recreation and Leisure

Every club meeting should include games, songs and other activities in drama, music or sports.

Resources:

LG582, *Recreation Leader Handbook*, NC
LG585, *Social Recreation Leadership*, NC

A66 Streets to Streams

This curriculum provides educators and students with background information and hands-on fun for children in grades 5-9 about the properties of water, watershed basics, stream ecology, dynamics of contaminants in water, and personal responsibility for one’s community. The materials have been designed to help teachers involve students in hands-on activities rather than lecturing or reading to them. Most require only inexpensive, readily-available materials. The authors have tried to suggest activities for students in urban and rural areas, and for students of different backgrounds and abilities.

Resources:

LG9690, *Leader’s manual*, NC

A68 Safety

Safety is everyone’s concern and business. We suggest that a local 4-H Club examine the safety needs in the community and develop a safety education program based on these needs. Possible topics might include: abandoned well identification and proper closing; fire alarm, seat belts, water safety, safety with pets, etc.

A76 Self-determined

Interests of members/leaders may go beyond previously listed activities. When this happens, they should feel free to design an activity that meets both the interests and needs of the group and perhaps the larger community. In some counties, County 4-H council approval may be required.

Resources:

Y951, *Choose Your Own Direction*, \$1

A100 Guide to Exploring African-American Culture

Through information, illustrations and fun activities, youths are challenged to explore African-American culture in the following areas: skin and hair, language, arts and crafts, cuisine, music, poetry, holidays and notable African-Americans.

Resources:

LG1000, *Guide to Exploring African-American Culture*, \$20

A110 ¡Que' Rico! LaCultura — Latino Cultural Arts

Youths discover the Latino culture as they develop an understanding of the Latino people and their traditional art forms through the experience of instrument making, jewelry making, weaving, muraling and mask making. Youths experience the celebrations that surround the holidays in the Latino culture. Sample the flavors of the Latino people through the activities of storytelling, mosaics and yarn arts.

Resources:

LG1100, ¡Que' Rico! LaCultura, \$9.50

A210 4-H Teen Community Emergency Response Teams (CERT)

Tornados, floods, earthquakes, ice storms - disasters happen. In the case of a wide spread disaster, professional emergency personnel will not be able to respond to every citizen's needs. How can you learn the skills that will be needed before, during and after a disaster? Take the 4-H Teen CERT Training! This class covers basic, critical skills needed to prepare for and protect yourself, your family, your friends, and your community in the event of a disaster. 4-H youths and volunteers will work with youth staff and local emergency management agencies to plan and conduct the CERT training. For many communities, this program is the beginning of a youth-adult partnership for ongoing youth participation in community emergency response planning and training. Teen CERT teams will learn all the skills taught in the federal CERT program, be introduced to many career opportunities within the emergency response field, and help their community prepare for a disaster.

4-H Teen CERT includes:

- Disasters, Disaster Preparedness and Mitigation
- Light Search and Rescue
- Disaster First-Aid
- Emotional First-Aid
- Disaster Teamwork

- Disaster Communications
- Animals in Disasters
- Technology in Disaster Preparation

Curriculum and more information:

- 4-H Teen CERT materials from Oregon 4-H or CERT/teen CERT materials recommended by partnering local emergency management agencies.
- 4-H Community Readiness Network: www.crn4h.org/
- Citizen Corp CERT information: citizencorps.gov/cert/index.shtm
- Contact local 4-H office or local emergency management agency: citizencorps.gov/

A211 Citizenship — Public Adventures

Discover public issues important to you and others by making things happen. Plan a project. Create, change or improve something that is valuable to many people. Learn to be an active citizen in a democracy. Public Adventures isn't only about one project. Public Adventures is about your engagement in changing a piece of the public world, discovering the possibilities of democratic citizenship and building a commitment to taking action in new and exciting ways.

Resources:

LG2110, Citizenship Adventures Kit, \$5.95
LG2111, Citizenship Guide's Handbook, \$3.95

A215 Youth-Adult Partnerships

Young people can contribute to their communities now — they do not have to wait until they are voting age! 4-Hers can be planners, advisors, evaluators, decision-makers and more! Youth-adult partnerships give youths and adults opportunities to exercise voice, influence and decision-making, side-by-side in programs, organizations and communities. 4-H members may serve on a local board or task force, be county extension council youth representatives, conduct community surveys, start new community programs or form youth councils.

Resources:

Available online: 4h.missouri.edu/go/programs/yaap

A356 3,2,1...Action

...is a videography workshop for teams of youths and adults coming together to learn new skills and create public service announcements. Originally sponsored by Operation: Military Kids the workshop encourages PSA development about military youth programs, 4-H and life as a military kid. Teams are encouraged to include team

Order form for project literature is on page 51, or download from the 4-H Web site at: 4h.missouri.edu

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4h.missouri.edu

members from Active Duty Military, National Guard, Reserves and community and must be interested in learning about information technology to create digital videos.

Participants will:

- Learn marketable technology skills
- Gain leadership skills
- Use skills/knowledge you already have
- Experience cutting-edge technology (digital video editing, Pinnacle, etc.)
- Work with technology experts from around the world
- Gain access to the latest technology tools
- Develop a public service announcement using technology

Members of the 3, 2, 1...Action Team will help develop public service announcements that explain how Army youth programs and 4-H work together to make life for kids in the military and the community better. 3...2...1...Action events will be posted online at: 4h.missouri.edu/go/programs/military.

A441 Entrepreneurship

Ever wonder what it would be like to start your own business, or to go into business with your friends? Do you currently earn money from a 4-H project? Do you and your friends have ideas for something you could market and sell to others? You could be entrepreneurs in the making! Entrepreneurship starts teams of youths out on the path to planning and doing what they love and loving what they do — for profit! Identify your team's abilities, locate market opportunities in your community, learn from adult business owners, identify resources for your business, and launch your team's venture!

Resources:

See Entrepreneurship Project for more information

Additional resources online:

4h.missouri.edu/go/programs/vista

A476 — 4 Habitat

NEW!

4 Habitat is a partnership between 4-H, MU Human Environmental Sciences—Architectural Studies Extension, and Habitat for Humanity. A 4 Habitat team integrates:

1. 4-H/Extension staff, volunteer, and youth abilities and skills,
 2. Opportunities for 4-H youths to apply skills and practice service to others,
 3. Support for low-income homeowner families.
- Working with a Habitat for Humanity family, youths and volunteers engage in a service experience that enhance youth skills in the areas of

project planning and implementation, home maintenance, interior design, energy efficiency, landscaping and nutrition. A family learns about interior design and to care for their new home in a more energy efficient and cost efficient manner. For more information about starting a local 4 Habitat program visit 4h.missouri.edu/go/programs/4habitat/.



NEW!

A775 — 4-H Move Across Missouri (MOVE)

Move Across Missouri promotes physical activity! MOVE encourages youths to engage in physical activities they enjoy from a broad range of possibilities such as, walking, biking, running, swimming, dance, taekwondo, gardening, and more. Using an online system youths and their families can “log” the number of miles they accumulate throughout the year and during the competitive component of the MOVE program. 4-H members can enroll in the online MOVE program as individuals or as a part of a team. A team may consist of a family or members of a 4-H club or group. MOVE awards will be provided! Stay tuned!

For more information visit: 4h.missouri.edu/programs/move/.

A913 Environmental Stewardship: Conserving Natural Resources

4-H groups can learn and practice skills in the conservation of natural resources such as soil, water, forests, grasslands, wildlife and energy.

Many kinds of conservation projects can be done by 4-H groups.

Resources:

LG147, Planning 4-H Conservation Programs, \$1

A931 — 4-H Million Tree Project

NEW!

Missouri 4-H members, families, project groups, community clubs, afterschool clubs, school enrichment programs and camps are invited to participate in the 4-H Million Tree Project. This daunting project was conceived after a Pacifica (CA) 4-H member, decided to do something to combat global climate change. Here is a 4-H service project that improves the quality of our environment.

The Vision: 1,000,000 new trees planted by 4-H youths across the United States and Canada means:

- Native trees will add beauty and heritage to urban, suburban, and rural communities across the nation.
- Plantings will improve local air quality.
- New trees absorb runoff, and bring groundwater to the surface.
- Shade from these trees can help cool buildings, reducing air conditioning electricity needs, and eliminating pollution and carbon emission associated with this power generation.
- Newly planted trees will offset greenhouse gas emissions from fossil fuel combustion by absorbing and sequestering about 48,000,000 million pounds of atmospheric carbon dioxide per year.
- New trees replace trees lost to deforestation worldwide.
- 4-H youths learn they make a difference and can change the world both individually and as a group.

Any 4-H member can participate, but we do ask that you take time to officially sign up as a participant and to report your tree plantings.

To access the national 4-H Million Tree Project, visit: 4billiontrees.org. Then click on the “Registration” button to sign up.

Check out the Missouri 4-H Million Trees Web site: 4b.missouri.edu/programs/milliontrees for tree planting tips, Missouri publications, and local information.

A971 Garden 'n Grow

The University of Missouri Extension Garden 'n Grow Program is a volunteer gardening program designed to educate youths about horticulture. Youths ages 8-12 are encouraged to participate. Not only will they learn about gardening, but

also science, math, social studies, language arts — and have fun while learning! Each participant will plant and harvest his or her vegetables for home use and donation to the local food bank. The goals of this program are to teach young gardeners the pleasures of being outdoors and instill in them the importance of helping others. Garden 'n Grow participants will develop a sense of self, a sense of usefulness and purpose, a sense of responsibility to contribute to society, and a feeling of success.

For more information, contact Mary Kroening, Extension specialist, University of Missouri, at 573-882-9633 or kroeningm@missouri.edu.

4-H program In the Spotlight



Missouri AfterSchool Network

The Missouri AfterSchool Network fills the strong need for high quality afterschool programs. The gap between regular school hours and parental work hours can be as much as 25 hours a week. With over 77 percent of school-age Missouri students having either single or dual working parents, this leaves as many as 700,000 students alone each day beyond the normal classroom time.

How students spend their time out of school greatly affects their ability for success in school and in life. Research shows that children participating in afterschool programs that provide systemic training and monitoring support:

- improve their academic performance twice as much as non-participating students
- increase regular school day attendance by 17 days/year
- markedly improve social behavior, and
- decrease grade-level retention by three times that over non-participating students.

The Missouri AfterSchool Network is a joint program of the Missouri Department of Elementary and Secondary Education and the University of Missouri 4-H Center for Youth Development. Learn more online at moasn.org.

4-H Clover Kids Club

The 4-H Clover Kids Club Program is designed to introduce 5- to 7-year-olds to a variety of 4-H experiences. 4-H Clover Kids are involved in activities led by an adult that will help them learn how to get along and share with others; explore many different interests; learn basic living skills; build self-confidence; learn to communicate effectively; and learn how to be a part of a group. The ultimate goal is to make this age group so excited about 4-H that they'll continue their enrollment in 4-H beyond the 4-H Clover Kids experience.

The adult/child ratio for these clubs is five to eight children per one adult leader. Weekly meetings are recommended. Clover Kids do not participate in competitive events, contests or shows. 4-H CLOVER KIDS DO NOT ENROLL IN PROJECTS OR RAISE PROJECT ANIMALS.

One copy of the Clover Buds curriculum from The Ohio State University is available in your local University of Missouri Extension center.

Leader materials

- LG4811 4-H Clover Kids, \$3
- LG4812 Explore the World of Small Animals, \$5

Small animal safety policies

- No wildlife allowed — follow Department of Conservation rules as specified in the Wildlife Code of Missouri.
- All animals must be caged, leashed, and/or contained as appropriate and manageable by the child during 4-H Clover Kids meetings and events.
- Parent or guardian must be present with his or her child(ren) when animals are involved.

4-H Clover Kids small animal policy

4-H Clover Kids are encouraged to experience a wide range of activities. Learning about and enjoying small animals is one of the many opportunities children can have in a 4-H Clover Kids program. 4-H Youth Development programs developed the following list of approved small animals and policies to help ensure that children and volunteers have safe and meaningful experiences with these animals.

480 Crazy About Corn

This fun-filled, software-based activity teaches children about corn in early American history, the impact it has had on our culture and the nutritional and economic value of corn in modern society. Each local University of Missouri Extension center has a copy of *Crazy About Corn* to loan.

481 4-H Clover Kids Club Unit 1

- Y4812 Clover Kids: Membership Cards, NC
- Y4813 Clover Kids: Pledge Poster, NC
- Y4815 Clover Kids Membership. Pins- White, NC

482 4-H Clover Kids Club Unit 2

- Y4812 Clover Kids: Membership Cards, NC
- Y4813 Clover Kids: Pledge Poster, NC
- Y4816 Clover Kids Membership Pins-Black, NC

483 4-H Clover Kids Club Unit 3

- Y4812 Clover Kids: Membership Cards, NC
- Y4813 Clover Kids: Pledge Poster, NC
- Y4817 Clover Kids Membership Pins-Red, NC

Clover Kids Opportunity

Clover Kids Day at the Missouri State Fair

Approved small animals:

Amphibians:	Dogs
frogs, toads	Fish
Birds	Hedgehogs
Cavies:	Lizards
guinea pigs,	Mice
gerbils,	Rabbits
hamsters	Rats
Cats	Snakes
Chinchillas	

Order form for project literature on page 51, or download from the 4-H Web site at: 4h.missouri.edu