



4-H Clover

The 2009-2010 catalog of Missouri 4-H programs, projects, events and publications



4-H Center for Youth Development
University of Missouri

What is 4-H? More than you imagined!

4-H is a community of 94,000 young people across Missouri learning leadership, citizenship and life skills.



4-H is more than a club.

4-H is young people preparing to be the leaders of today and tomorrow. 4-H'ers attend camps, display their work at fairs, travel the world, host youths from other countries, attend meetings and much more. In 4-H you will prepare yourself for the future while making new friends and memories.

What will I do in 4-H?

Want to race bicycles? Become a veterinarian? Take award-winning photographs? 4-H members have the opportunity to learn more about activities they are interested in. In addition to participating in community service projects, attending county fairs, camps, club parties and trips to other states and countries, members can select from a wide variety of activities, including:

- Art
- Camping
- Computers
- Conservation and recycling
- Cooking
- Horsemanship
- Leadership
- Pet care
- Photography
- Rockets
- Sewing
- Speech and drama
- Sportfishing
- and LOTS more!

How old do I have to be to join 4-H?

4-H welcomes all young people ages 5 to 18. For kids ages 5 to 7, there is a special 4-H program called the Clover Kids.

Who sponsors 4-H?

Missouri 4-H is sponsored by University of Missouri Extension in partnership with the University of Missouri, Lincoln University, and state, federal and county governments in each Missouri county.

Can my parents or guardians be involved in 4-H?

Parents and guardians can volunteer as much as they would like. Whether it's making food for a meeting, driving members to activities or becoming a project leader, there is always room for parents and guardians to become involved.

Does it cost to join 4-H?

There is a small fee to join 4-H — check with your local University of Missouri Extension center for details. In addition, some projects may require a small investment to get started, and there may be charges for materials or special trips.

How do I join 4-H?

It's easy. Call your local University of Missouri Extension center. A 4-H staff member will guide you to the 4-H opportunities in your area.



You can find helpful information on the Missouri 4-H Web site: 4h.missouri.edu or call 1-800-642-8041.

On the cover:

4-H provides opportunities for young people to learn leadership and life skills. Clockwise from upper left: Youths form relationships between legislators and 4-H as well as acquire skills in legislative advocacy during the 4-H Legislative Academy in Jefferson City; 4-H clowning project participants show off their newly learned skills to nursing home residents; 4 Habitat project members assemble a bookshelf; and participants in 4-H Camp Food and Fitness learn safe food preparation, healthy eating habits and fitness skills.

4-H program in the spotlight

4-H Camp — the Adventure

Join thousands of other 4-Hers in the great adventure this summer — 4-H camp!

Leave home and routine behind for a couple of days and participate in one of the great experiences of your 4-H career. Turn off the Xbox, get off your duff and experience camp. Stretch your horizons, meet new friends, breath fresh air, sing silly songs, share in camp responsibilities, crawl into a sleeping bag, laugh with friends, learn something new, try something out of the ordinary, be independent, create your own skit, play in the outdoors. 4-H Camp — be part of it this summer.

Parents: Not only is camp a fun adventure for your child but in recent studies conducted across Missouri, youths and parents alike indicated that 4-H campers did indeed develop valuable Life Skills. Specific life skills measured were: Teamwork, Social Skills, Learning to Learn, and Self-Responsibility. Parents surveyed used a scale of 1 to 4; 1= Strongly Disagree, 2=Disagree; 3=Agree, 4=Strongly Agree.

After attending camp, my child:

- is more willing to try new things: 3.18
- is better at meeting new people: 3.09
- takes more responsibility for self: 3.03
- To me, the benefits of camp outweigh the costs: 3.53

Each county or camp group determines what to offer according to their individual needs and abilities. Contact your local MU Extension center to find out about camp opportunities. Watch the monthly 4-H newsletter for important camp information. Applications are often due in April. Camp information and some of Missouri 4-H camps are listed at 4h.missouri.edu/programs/camp.



Find out about the Missouri AfterSchool Network on page 17, and the 4-H LIFE Program on page 50.

Head

4-H is an adventure. You will discover the world around you and find new ways to see it and yourself. You will learn how to think and act as a team member while working with others to accomplish your goals. You will have the opportunity to build your knowledge, skills and attitude.

Heart

You will have the chance to talk with other 4-H members and leaders about what is important to you. You will share ideas, thoughts and emotions and form lasting friendships and memories.

Hands

As a 4-H member, one of the benefits is gaining hands-on experience. In 4-H you'll learn new skills and have the opportunity to explore careers that interest you. You'll have fun improving your community while preparing for the future. Better yet, you'll make lifetime friends while sharing your talents and ideas with others.

Health

Being healthy means feeling good inside and out, which is important to 4-H'ers. You will begin to develop a healthy lifestyle by learning which foods are good for you and exercises that can give your physical and emotional well-being a real lift.

4-H Motto

To make the best better.

4-H Pledge

I pledge:

- My HEAD to clearer thinking,
- My HEART to greater loyalty,
- My HANDS to larger service, and
- My HEALTH to better living,

For my club, my community, my country and my world.

4-H...creating environments where young people are valued, contributing members of their community

4-H Clover

The 4-H Clover is a catalog of Missouri 4-H projects, programs and publications. It is designed to help volunteers, members and their families select projects and activities. It will also help in setting goals. In most cases, project levels need not be taken in sequence. However, you may want to consult with the project leader before skipping a level.

The 4-H Clover is published by the 4-H Center for Youth Development, a division of University of Missouri Extension.

How to contact the 4-H Center for Youth Development

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573-882-2719 or 573-882-7430, or 1-800-642-8041

Fax 573-882-4225 or online at 4h.missouri.edu

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4-H Clover projects by project number

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112	Rabbits Unit 2	44	315	Scrapbooking	21
113	Rabbits Unit 3	44	321	Crochet	27
115	Country Cured Hams	41	331	Knitting Unit 1	40
116	Meat Evaluation Project	41	332	Knitting Unit 2	40
117	Livestock Judging	40	341	Quilting	43
121	Beef	21	351	Photography Level 1	41
131	Dairy Unit 1	28	352	Photography Level 2	41
132	Dairy Unit 2	28	353	Photography Level 3	42
133	Dairy Unit 3	28	361	Cake Decorating Unit 1	22
134	Judging Dairy Cattle	28	362	Cake Decorating Unit 2	22
135	Bucket Calf Project	21 and 28	363	Cake Decorating Unit 3	22
136	Dairy Goats Unit 1	35	411	Child Development Unit 1	23
137	Dairy Goats Unit 2	35	412	Child Development Unit 2	23
138	Dairy Goats Unit 3	35	413	Child Development Unit 3	23
139	Meat Goats	35	421	Financial Champions Unit 1	31
141	Horse Unit 1	37	422	Financial Champions Unit 2	31
142	Horse Unit 2	37	431	Consumer 1	27
143	Horse Unit 3	37	432	Consumer 2	27
144	Horse Unit 4	37	433	Consumer 3	27
148	Horseless Horse	38	441	“Be the E” Entrepreneurship	30
149	Horse Judging	38	442	Entrepreneurship Investigation (ESI) Unit 1	30
151	Poultry Unit 1	42	443	Entrepreneurship Investigation (ESI) Unit 2	30
152	Poultry Unit 2	42	444	Entrepreneurship Investigation (ESI) Unit 3	30
153	Poultry Unit 3	42	471	Home Environment Units 1 & 2	36
161	Sheep	45	472	Home Environment Units 3 & 4	36
171	Dogs Unit 1	28	473	Home Environment Units 5 & 6	37
172	Dogs Unit 2	28	474	Home Environment Unit 7	37
173	Dogs Unit 3	28	475	Designing a Space of My Own	37
177	Cat Care Unit 1	23	480	Clover Kids: Crazy About Corn	18
178	Cat Care Unit 2	23	481	4-H Clover Kids Club Unit 1	18
179	Cat Care Unit 3	23	482	4-H Clover Kids Club Unit 2	18
181	Swine	48	483	4-H Clover Kids Club Unit 3	18
191	Veterinary Science Unit 1: Normal Animal	49	521	Sewing Expressions Level 1	24
192	Veterinary Science Unit 2: Animal Disease	49	522	Sewing Expressions Level 2	24
193	Veterinary Science Unit 3: Animal Health	49	523	Sewing Expressions Level 3	24
200	Public Adventures	23	524	Buying Clothes Level 1	24
221	Global Education	35	525	Buying Clothes Level 2	24
231	Clowning	24	551	Foods A	32
237	Communications 1	25	552	Foods B	32
238	Communications 2	25	553	Foods C	32
239	Communications 3	25	554	Foods D	32
241	Communications Toolkit	25	555	Dairy Foods	32
242	Public Speaking	43	557	International Foods, Unit 1	32
243	Making the Point	43	558	International Foods, Unit 2	32
251	Theatre Arts 1	48	561	Microwave Magic A	32
252	Theatre Arts 2	48	562	Microwave Magic B	32
253	Theatre Arts 3	48	563	Microwave Magic C	33
261	Exploring the Treasures of 4-H	31	564	Microwave Magic D	33
271	Step Up to Leadership Level 1	40	571	Food Preservation	33
272	Step Up to Leadership Level 2	40	581	Breads Unit 1	22
273	Step Up to Leadership Level 3	40	582	Breads Unit 2	22
283	Virtual Communities	23	583	Breads Unit 3	22
311	Arts and Crafts	21	611	Amphibians and Reptiles	20
312	Advanced Visual Arts — Level 1	21	711	Bowling	36
313	Advanced Visual Arts — Level 2	21	712	Golf	36

4-H Clover projects by project number

724	Wildlife	49	923	Entomology Unit 3	30
725	Sportfishing Unit 1	47	924	Beekeeping	30
726	Sportfishing Unit 2	47	931	Forestry Level 1	33
727	Sportfishing Unit 3	47	932	Forestry Level 2	33
731	Bicycle Unit 1	22	933	Forestry Level 3	33
732	Bicycle Unit 2	22	941	Geology	34
740	Shooting Sports Safety	46	950	Self-determined	45
741	Archery	46	961	Floriculture Level A	38
742	Air Rifle (BB and/or Pellet)	46	962	Floriculture Level B	38
743	Smallbore Rifle (.22 Cal.)	46	963	Floriculture Level C	39
744	Air Pistol	46	964	Floriculture Level D	39
745	Shotgun	46	971	Gardening Unit A	39
747	Smallbore Pistol	46	972	Gardening Unit B	39
748	Muzzleloading	46	973	Gardening Unit C	39
749	Hunting and Outdoor Skills	46	974	Gardening Unit D	39
761	Hiking Unit 1	41	981	Forages	19
762	Camping Unit 2	41	982	Grains	20
763	Backpacking Expeditions Unit 3	41	991	Exploring Spaces, Going Places	34
771	First Aid	36	A00	Locally-sponsored Program	12
772	Staying Healthy	36	A03	My LOGO (Missouri Youth Engaged in Local Government)	12
773	Keeping Fit	36	A12	Community Service	12
774	Physical Activities in 4-H Clubs	36	A13	Show-Me Character	13
775	Move Across Missouri (MOVE)	36	A14	Operation: Military Kids	13
811	Aerospace Unit 1	19	A15	Hatching Chicks in the Classroom, Grades 2-5	13
812	Aerospace Unit 2	19	A16	Embryology: Experiment in Poultry Science, Grades 6-8	13
813	Aerospace Unit 3	19	A17	Community Mapping	13
814	Aerospace Unit 4	19	A33	Healthy Lifestyles	14
831	Electricity Unit 1	29	A36	4-H Global Education	14
832	Electricity Unit 2	29	A44	Recreation and Leisure	14
833	Electricity Unit 3	29	A66	Streets to Streams	14
834	Electricity Unit 4	29	A68	Safety	14
846	Welding	49	A76	Self-determined	14
851	Small Engines Unit 1	47	A100	Guide to Exploring African-American Culture	15
852	Small Engines Unit 2	47	A110	¡Que' Rico! La Cultura — Latino Cultural Arts	15
853	Small Engines Unit 3	47	A210	4-H Teen Community Emergency Response Teams (CERT)	15
861	Power of the Wind	29	A211	Citizenship — Public Adventures	15
871	Woodworking Unit 1	50	A215	Youth-Adult Partnerships	15
872	Woodworking Unit 2	50	A356	3,2,1...Action	15
873	Woodworking Unit 3	50	A441	Entrepreneurship	16
874	Woodworking Unit 4	50	A476	4 Habitat	16
881	Robotics 1	44	A775	4-H Move Across Missouri (MOVE)	16
882	Robotics 2	44	A913	Environmental Stewardship: Conserving Natural Resources	16
891	Computers 1	25	A931	4-H Million Tree Project	17
892	Computers 2	25	A971	Garden 'n Grow	17
893	Computers 3	26	S56	Adventures in Nutrition With the Show-Me Chef (kindergarten)	11
894	Computers 4	26	S57	Fun With Food and Fitness (first grade)	11
895	Scratch	26	S58	Building MyPyramid (second grade)	11
896	Alice	26	S59	Building My Body (third grade)	11
911	Conservation Frontiers	27	S60	Choosing Foods for Me (fourth grade)	12
913	Environmental Sciences Unit 1	31	S61	Exploring MyPyramid (fifth grade)	12
914	Environmental Sciences Unit 2	31	S62	Digging Deeper (sixth grade)	12
915	Environmental Sciences Unit 3	31	S63	Choices and Challenges (seventh and eighth grades)	12
921	Entomology Unit 1	29			
922	Entomology Unit 2	29			