The Illinois Clover
A Guide to the Illinois 4-H Program 2008-09
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 Members Creed
I believe in 4-H Club work for the opportunity it will give me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to think, plan and to reason.

I believe in the training of my HEART for the nobleness it will give me to be kind, sympathetic and true.

I believe in the training of my HANDS for the ability it will give me to be helpful, skillful and useful.

I believe in the training of my HEALTH for the strength it will give me to enjoy life, resist disease and to work efficiently.

I believe in my country, my state and my community and in my responsibility for their development.

In all these things I believe, and am willing to dedica...
Welcome to the 2008-09 Illinois Clover: A Guide to the Illinois 4-H Program

Welcome to the new Illinois Clover: A Guide to the Illinois 4-H Program. The revised Clover is designed to be a one-step guide to helping new and returning 4-H members, families, and volunteers navigate the Illinois 4-H program. Projects, events, activities, resources, and awards are grouped by topic to help users quickly find information. Following is an overview of the new Clover.

4-H Member Handbook — introduces 4-H members and families to 4-H clubs, projects, fairs, camps, international programs, special events, service projects, and leadership opportunities. This section highlights the fun, exciting opportunities available to 4-H members in addition to local 4-H club and project work.

4-H Individual Projects — describes individual projects for 4-H club members. You will find many familiar projects and some new, but they are organized differently. Illinois is working with National 4-H to group 4-H projects by Mission Mandate areas — Citizenship and Leadership, Healthy Living, and Science, Engineering, and Technology (SET). These Mission Mandate areas are our program priorities for the next several years. By grouping 4-H project work by the Mission Mandates, we are better able to report how the 4-H program makes a difference in the lives of young people.

Project Support and Activities — provides information on activities and additional resources to help members with project work.

Group or Classroom Projects — describes projects designed for a group or school setting.

Cloverbuds — describes projects for youth ages 5-7.

Awards and Recognition — presents Illinois awards and recognition opportunities.

Information for 4-H Volunteers — the “go-to” place for finding volunteer opportunities, resources, and support.

You may be missing the many photos of 4-H youth that were included in past issues of The Illinois Clover. Due to budget and staff cuts, we had to eliminate this popular feature. I hope you enjoy the new format of The Illinois Clover. We look forward to another great year with Illinois 4-H.

Richard W. Clark, Ph.D.
Interim Assistant Dean and Director
University of Illinois Extension 4-H Youth Development
How to Use
The Illinois Clover

As you look over the 2008-09 Illinois Clover, you will see many changes. The publication is divided into sections so you can easily find what you are looking for. The following tips will guide you as you look for projects, project support, 4-H activities and events, etc.

4-H Projects

- Projects are grouped by our 4-H Mission Mandates: Citizenship and Leadership, Healthy Living, and Science, Engineering, and Technology (SET). These mission mandates are our program priorities for the next several years. By connecting projects to these mission mandates, members understand that they are learning life skills in these important subjects.
- An alphabetical list of projects is provided to help you quickly locate the project you are looking for. Projects are also listed by mission mandate.
- Since many 4-H awards are given in subject matter categories such as, foods and nutrition or animal science, these categories are listed for each project. See the Awards and Recognition section for more information.
- 4-H club members ages 8-18 enroll in individual projects.
- 4-H Cloverbud members ages 5-7 enroll in Cloverbud projects.
- Youth in special interest groups or school clubs usually enroll in group projects.
- All new projects for 2008-09 are identified with a NEW! symbol.
- Each project lists the age or skill level suggested for the project, some project activities and learning experiences, the date the publication was printed or revised, and the publication number.
- When members enroll in a project, they can request the project book listed for that project. Project books are not sent automatically.
- If you plan to exhibit your project at your local or state fair, ask for the project exhibit requirements and information from your county Extension office. Exhibit requirements are not listed in The Illinois Clover.

Project Support and Activities

- This section lists the additional activities that are available for projects. These include contests, competitions, judging events, trips, etc.
- Some project resources are available online and are marked with the W symbol. Web addresses are provided.

Helper’s Guides

- Members are encouraged to ask an adult or older youth with experience in a project area to help them with their project work. Many projects offer Helper’s Guides that provide additional information for project helpers. Helper’s Guides (if available) are listed at the end of project categories in the 4-H Project section. Helper’s Guides should be ordered through the local Extension office.
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The Illinois Clover, 2008-09 8
If you are new to 4-H or even a long-time member, you may not know all the different experiences 4-H offers. This Member Handbook highlights some favorite 4-H fun — from exhibiting your work at the State Fair, to camping with your friends, to traveling to other countries. Keep reading to find out more!

The 4-H program year begins on September 1 and concludes on August 31 the following year.

**4-H Membership Opportunities**

**4-H Clubs or Groups**

Illinois 4-H offers a variety of membership opportunities for youth ages 8-18 through 4-H clubs or groups. Young people can choose the club or group that best meets their needs, interests, and skill levels. 4-H clubs and groups can meet in a community, school, after school, or military setting. There are different types of 4-H clubs and groups that youth can join. Keep reading to find out more.

**Community Clubs**

If you want to meet new people, make life-long friends, and enjoy a variety of educational and social events and activities, join a 4-H club. Through club work, 4-H members plan programs, hold club leadership positions, and explore a variety of projects. 4-H clubs have five or more members and meet at least six times throughout the year. 4-H clubs are organized in a community — that includes a town, a suburban community, a city block, or housing complex. A typical club meeting includes a business meeting, social time, and educational programs or activities.

**School Clubs**

4-H clubs can also meet in a school setting. Similar to community clubs, school clubs have five or more youth who participate in an on-going educational program for at least six sessions or meetings. Youth participation in school clubs is voluntary. Just like other school clubs or groups, meetings are held during lunch, an activity period, or a special time designated by school administration.

**Afterschool Clubs**

4-H clubs can also meet after school in urban, suburban, and rural communities. Just like other 4-H clubs, the members explore projects, practice leadership skills, and participate in county 4-H events and activities. To join an afterschool club, check with your school about including a 4-H club in the afterschool program.

**Military 4-H Clubs**

If you are part of a military family, 4-H has special clubs just for you that meet on or near military bases. Currently there are 4-H clubs at the Rock Island Arsenal and Scott Air Force Base, and a new one is starting at the Great Lakes Naval Base. If you need help finding a military club or want to know how to start one, contact Pat McGlaughlin at patm@illinois.edu.

**Special Interest Groups**

4-H Special Interest groups are another way to participate in 4-H. Just like 4-H clubs, these groups have five or more members who participate in an educational program for at least six sessions. They focus on one topic that interests them, for example, model rocketry, dog obedience training, or horsemanship.

**Short-term Groups**

Some youth want to learn about a topic that interests them, but they want to explore it in a short period of time. Short-term groups meet less than six times and focus on a single topic such as robotics, bicycle safety, or environmental education.

**Independent Participation**

Some youth are not able to participate in a 4-H club or group for various reasons. There may not be a
club that meets in the community; he/she enjoys working independently; or the member may be away at college. These youth can enroll in 4-H as independent members. Independent members must have an adult mentor to guide project work and complete an enrollment form available through the local Extension office.

Cloverbud Groups
4-H Cloverbud groups are for youth ages 5-7. Cloverbuds participate in hands-on learning activities to explore art, plants, animals, science, and the environment. 4-H Cloverbud groups can be an independent group or a “project group” affiliated with a community club.

4-H Membership Policies
• Any youth, regardless of race, color, religion, gender, national origin, ancestry, marital status, familial status, sexual orientation, or disability, may enroll as a 4-H member.
• Youth who are 5 through 7 years of age on or before September 1 may enroll in 4-H Cloverbud groups.
• Youth who are 8 years of age (or in the third grade) and have not reached their 19th birthday on or before September 1, may enroll in 4-H clubs and groups or as independent members.
• Persons considered to be mentally challenged may participate fully in the 4-H program regardless of age.
• A youth who enrolls in a 4-H club or group must attend at least one meeting, tour, workshop or other activity of that club/group to be called a 4-H member.
• All 4-H members must be enrolled in at least one project.
• Cloverbuds may be enrolled in Cloverbud projects only.

• A member may add or delete project enrollments at any time during the 4-H year.

Multiple-County/ Multiple-State Memberships
• A young person can be a member of multiple 4-H clubs or groups within a county in Illinois.
• Youth are expected to join the 4-H program of their main county/state of residence or club membership location. Membership/participation experiences are transferrable between counties within the state and between states. The original enrollment date shall be used as a basis for determining years of eligibility for participation in 4-H programs and events

Introduction to 4-H
If you are new to 4-H, ask your club leader for a copy of the following publications.
Welcome to 4-H — An Introduction to 4-H
Publication # M90310 (2006)
• helps new members learn about several project areas
• allows new members to do a mini-project, make a friend in 4-H, learn about their own 4-H club, and involve his/her family in 4-H

4-H Big Friend
Publication # L90310 (1997)
• designed for members who have completed two or more years in 4-H and are willing to help a new 4-H member
• provides information and support for a new 4-H'er throughout the year
• should be used with a copy of Welcome to 4-H (# M90310)

4-H Parent Handbook
Publication # L90320 (2007)
• should be provided to all new 4-H families upon enrolling
• provides space to enter local and county information
• provides a role description for parents
• includes facts about 4-H, projects, and activities
• includes a 4-H glossary of common terms

4-H Projects
After joining a 4-H club, one of the first things members will do is select at least one project to work on throughout the year. Members can choose from almost 100 different project areas — from aerospace to woodworking. The state 4-H projects are described in this book. Projects help youth learn more about a topic of interest, develop skills to use throughout life, and share with others what they have learned.

Statewide Projects
The 4-H projects listed in this book are offered statewide. Members choose projects to work on throughout the year. Most projects have a project book that members can order. The book is sent a few weeks after the enrollment form is completed. If members want any items in The Illinois Clover that are marked as “available by special order,” they must be ordered. They are not sent automatically.

County Projects
Some counties offer additional projects of local interest. Check with your county Extension office for a list of these projects. Counties provide the materials and books for county projects.

Clover Challenge
Clover Challenge allows 4-H members, ages 15-18 (4-H age as of
September 1) to continue exploring a state 4-H project area after successfully completing the other levels in the project area. Clover Challenges must relate to a current 4-H category (curriculum area) listed in the Clover. It is not a “do-your-own thing” project. It is an opportunity for members to explore advanced educational opportunities within a specific project area. Members should complete a Clover Challenge Agreement (see section Project Plans). A 4-H mentor should assist the member with the in-depth study.

**Explore Projects**

Explore projects allow members to explore a topic that is not available as a 4-H project. Members are encouraged to work with an adult or older youth who has expertise in the area of interest and find other youth who are interested in the project. The adult or older youth will mentor and guide the group as they work through the project. An important part of Explore projects is sharing with others what members have learned. Members may do this through presentations to community groups, a display at a 4-H event or activity, or creating a web page on the 4-H project. There are no exhibit opportunities for Explore projects.

**Project Plans**

Project plans guide members in planning, completing, and evaluating project work. Members set goals for what they want to accomplish for their project and determine a timeline to reach those goals. When the project is complete, use the Project Plan to determine if project goals were met. The Project Plans are available at the local Extension office or on the Illinois 4-H website. The web addresses are listed.

- **Planning for My Project Work** (ages 8-11)
  Publication # R90311 (2008)
  [http://web.extension.uiuc.edu/4h/lunch.cfm?id=3791](http://web.extension.uiuc.edu/4h/lunch.cfm?id=3791)

- **Illinois Project Plan** (ages 12-14)
  Publication # R90312 (2000)
  [http://web.extension.uiuc.edu/4h/lunch.cfm?id=3794](http://web.extension.uiuc.edu/4h/lunch.cfm?id=3794)

- **Illinois Advanced Project Plan** (ages 15-18)
  Publication # R90313 (2000)
  [http://web.extension.uiuc.edu/4h/lunch.cfm?id=3796](http://web.extension.uiuc.edu/4h/lunch.cfm?id=3796)

- **Illinois 4-H Clover Challenge Agreement** (ages 15-18)
  Publication # 90111 (2000)
  [http://web.extension.uiuc.edu/4h/lunch.cfm?id=3791](http://web.extension.uiuc.edu/4h/lunch.cfm?id=3791)

- **4-H Mentor — A Guiding Hand** (ages 15-18)
  Publication # 90112 (2000)
  [http://web.extension.uiuc.edu/4h/lunch.cfm?id=3792](http://web.extension.uiuc.edu/4h/lunch.cfm?id=3792)

- **My 4-H Activities** (all ages)
  Publication # R90314 (1996)
  [http://web.extension.uiuc.edu/4h/lunch.cfm?id=3784](http://web.extension.uiuc.edu/4h/lunch.cfm?id=3784)

**Fairs and Exhibits**

**Exhibiting Your Project Work**

Counties provide an opportunity for 4-H members to display their project work. It may be a “show day” or a fair. Check with the local Extension office to obtain exhibit guidelines and show or fair dates. Some 4-H members are selected to exhibit at the Illinois State Fair.

**Exhibit Requirements**

- Youth competing in state and/or county events and exhibitions must be 8 to 18 years of age by September 1 of the program year.
- Youth must be enrolled in the project during the current year.
- Exhibit requirements may vary, are determined locally, and are not in this publication.
- Not all projects have exhibit opportunities.
- Fair and exhibit information is revised regularly. Contact your local Extension office for updates.

**Illinois State Fair Junior Department**

The State Fair Junior Department offers Illinois 4-H members opportunities to take part in the Illinois State Fair.

**Members can:**

- exhibit the products and skills of project work
- showcase talents of individual participants, 4-H clubs, or groups

**State Fair premium book** information is available in April via the Illinois State Fair website. [http://www.agr.state.il.us/isf/index.php](http://www.agr.state.il.us/isf/index.php)

**Illinois State Fair Junior Department Animal Shows**

4-H members may exhibit in the areas of beef, dairy, dogs, goats, horses, poultry, rabbits, sheep, and/or swine. Exhibitors must be enrolled or registered in the specific animal species within the 4-H program. Before exhibiting for the first time at the State Fair, exhibitors in beef, dairy, goats, horses, poultry, sheep, and swine must also have completed a certified Quality Assurance and Ethics Clinic (prior to 1999) or the QACE website program. Deadlines for completion are set each year.

Members must be 10 years of age and must not have passed their 19th birthday by September 1 to exhibit at the State Fair.

All animal entries except dogs and horses are due to the State Fair office by July 1. Dog entries are due August 1. Horse entries are due June 9.

The Superior Young Producer Scholarship Program is open to exhibitors in the following species: horses, beef, sheep, swine, and dairy. Exhibitors must be 14 years of age. Scholarships are awarded based on knowledge and skills demonstrated in different contests within the species. These contests may include: live animal judging, skillathon, management test, and showmanship.

General Exhibits
4-H members may exhibit in other project areas at the State Fair. Exhibits must be selected at a local 4-H show in order to be exhibited at the State Fair. Entries must be made by local Extension offices. Members must be 10 years of age and must not have passed their 19th birthday by September 1 in order to exhibit at the Illinois State Fair. All exhibitors will receive an Award of Excellence ribbon for their exhibit. Exceptional exhibits may be awarded a Superior ribbon or other special recognition. Rules, dates, and other details about exhibiting at the State Fair are generally available from the local Extension office in January.

Camping
Make new friends and have a summer “getaway” at 4-H camp. Experience cabin living in a beautiful outdoor setting. Camp sessions vary from 5 days/4 nights or fewer.

Campers can:
- choose from many activities offered daily
- make lots of new friends and have fun
- participate in your choice of learning projects (for example: model rocketry, conservation, cooking, guitar, electricity, etc.).
- learn about animals, wildlife, and the outdoors
- make a variety of arts and crafts projects
- participate in evening programs including campfires, campouts, skits, and a big dance

For more information about camps, visit http://web.extension.uiuc.edu/4h/launch.cfm?id=8693

Contact any one of these camps for details:
- Central Illinois 4-H Camp Association
  U of I 4-H Memorial Camp, Monticello, IL
  (217) 762-2741 http://web.extension.uiuc.edu/4h/launch.cfm?id=8694
- Northern Illinois 4-H Camp Association
  Camp Shaw-Waw-Nas-See, Manteno, IL
  (815) 933-3011; fax (815) 933-3028 http://web.extension.uiuc.edu/4h/launch.cfm?id=8695
- North-Western Multi-County Camping Program
  Quad Cities Extension Center, East Moline, IL
  (309) 792-2500
- Western Illinois Youth Camp Association
  Western Illinois Youth Camp, Jacksonville, IL
  (217) 673-3771 or (866) 827-CAMP http://web.extension.uiuc.edu/4h/launch.cfm?id=8696
- Southern Illinois 4-H Camp Association
  Mt. Vernon Extension Center, Mt. Vernon, IL
  (618) 242-9310 http://web.extension.uiuc.edu/4h/launch.cfm?id=8697

4-H International Programs
International programs provide 4-H members with the opportunity to spend 4-6 weeks in a foreign country. Available countries vary from year to year. Contact your local Extension office for details.

IFYE Ambassador
The IFYE (International Four-H Youth Exchange) Ambassador program is a 4-6 week opportunity for young people ages 15-18 to live with host families in other countries. Young people from around the US increase global understanding, and improve leadership and communication skills. Participants can explore international 4-H programs, experience different cultures as they live with host families, and gain foreign language skills.

Outbound 4-H/Japanese Exchange
4-Hers, ages 12-18, may participate in the exchange program for a one-month stay with a Japanese host family (and an optional extra three weeks of language study). A chaperone accompanies the group to and from Tokyo and is available for consultation during the stay.

Be a 4-H Host Family
One of the most exciting opportunities of Global Education programs is hosting young adults ages 12-18 who visit this country. Many 4-H families find the experience both fun and educational. Opportunities are available for sharing life with a
Japanese child or adult, an IFYE Ambassador, or a professional staff member from another country. Urban and rural families are invited to host. Host family visits usually last three to four weeks.

In-bound IFYE visits during June through December, while Japanese participants visit in July and August.

**In-bound 4-H/Japanese**

Japanese youth ages 12-18 arrive in mid-July for a one-month stay. Host families may apply through the local Extension office. Host families receive orientation and assistance throughout the home stay.

**Japanese High School Exchange**

Illinois hosts high school students from Japan. They arrive in August and enroll in local high schools as juniors and seniors. Families provide home stay and support for the youth. Students provide their own medical insurance and spending money for school and personal supplies. They depart mid-June.

**Special Events**

Each year, the Illinois 4-H Program offers a variety of special events — both fun and educational.

Contact the local Extension office for an updated list or for more information visit the State 4-H website at [http://web.extension.uiuc.edu/4h/launch.cfm?id=8685](http://web.extension.uiuc.edu/4h/launch.cfm?id=8685).

**4-H Legacy of Leadership Scholarship**

Six $1,000 scholarships are available each year for 4-H members through the Legacy of Leadership Scholarship program. The Legacy of Leadership Scholarship is merit-based and available to 4-H members who are high school seniors, or in their last year of 4-H membership. Scholarship deadline is March 1. Illinois 4-H Foundation donations fund the scholarships. [http://web.extension.uiuc.edu/4h/launch.cfm?id=3642](http://web.extension.uiuc.edu/4h/launch.cfm?id=3642).

**4-H Legislative Connection**

Hundreds of 4-H members and their families take a crash course in state lawmaking during 4-H Legislative Connection at the State Capitol. Participants learn about the legislative process and help government officials learn more about 4-H. Youth participate in workshops, tour the capitol, and meet legislators during the one-day event.

A mid-day rally salutes Illinois 4-H and its impact on youth. Several state officials, many of whom were 4-H members, take part in the event. The next 4-H Legislative Connection will be held in the spring of 2009. [http://web.extension.uiuc.edu/4h/launch.cfm?id=8687](http://web.extension.uiuc.edu/4h/launch.cfm?id=8687).

**Illini Summer Academies**

Teens from across Illinois gather to meet new friends, learn life skills, explore college curriculum, recognize outstanding 4-H members, and have a great time. Specialized “Academies” focus on an intense exploration of a variety of career areas. The academies are held in June and are planned by a committee of teens and adults. [http://web.extension.uiuc.edu/4h/launch.cfm?id=8688](http://web.extension.uiuc.edu/4h/launch.cfm?id=8688).

**Junior Leadership Conference**

The Junior Leadership Conference is for 7th-8th grade 4-H members. This event is organized and conducted by the State 4-H Youth Leadership Team. Workshops help participants develop leadership skills, learn about 4-H opportunities, and explore 4-H project areas. Details are available from local Extension offices in late November. The 2009 conference is set for February 21-22. [http://web.extension.uiuc.edu/4h/launch.cfm?id=8689](http://web.extension.uiuc.edu/4h/launch.cfm?id=8689).

**National 4-H Conference**

Eight Illinois teens travel to Washington, D.C. each spring to participate in this working conference. Delegates from the United States, Canada, and Puerto Rico spend time attending workshops and working on action plans for the national, state, and local levels. Some sight-seeing is included. First opportunity to attend this trip is provided to the teens serving on the State 4-H Youth Leadership Team. Open spaces are filled by application to provide a diverse Illinois delegation. [http://web.extension.uiuc.edu/4h/launch.cfm?id=8690](http://web.extension.uiuc.edu/4h/launch.cfm?id=8690).

**National 4-H Engineering Challenge**

This annual event provides educational opportunities for 4-H
Youth Leadership Opportunities

4-H Representatives for Illinois Farm Bureau Youth Education Committee
Two Illinois 4-H members are selected each year to serve on this committee. Committee members include representatives from Illinois Farm Bureau and their affiliate companies, State 4-H Office, and Illinois Association FFA.

The Youth Education Committee plans, implements, and evaluates various programs throughout the year, including youth trips to Washington D.C., youth conferences, and the 4-H LCP Award program. 4-H representatives are selected by application and recommendation. Terms are for one year, starting August 1. 4-H members (or recent alumni) must be between the ages of 17-19 to apply.

Applications and recommendation letter(s) are due to the State 4-H Office postmarked by June 15 each year. Applications are available in the spring through local Extension offices or on the 4-H website at http://web.extension.uiuc.edu/4h/launch.cfm?id=8698

Illini Summer Academy Planning Committee
A committee of teens, adult volunteers, and Extension staff plans this annual event for Illinois teens. Details at http://web.extension.uiuc.edu/4h/launch.cfm?id=8688

Illinois State 4-H Youth Leadership Team
YLT offers an opportunity for teens to plan 4-H programs. Responsibilities are to:
- provide leadership and public relations support as requested at statewide events

The team is comprised of 15-20 young adults, 16-21 years old, who are selected by application and interview. Terms are two years. See the website for details. http://web.extension.uiuc.edu/4h/launch.cfm?id=8699

State Fair Jr. Department Advisory Committee
A committee of teens, adult volunteers, and Extension staff recommends future directions for the non-livestock portion of the Illinois State Fair Junior Department, including the 4-H exhibit requirements, staffing, 4-H promotional windows, and dormitory. Terms are for two years.

National GIS Leadership Team
A national leadership opportunity for state 4-H youth to support 4-H GIS and community mapping programs. The leadership team is typically 40 teens and adults from 10-15 states. A team of two youths and one adult will be selected to represent University of Illinois Extension 4-H. In June, the team will participate in the ESRI International GIS Conference in San Diego which is attended by 14,000 GIS educators and professionals from over 100 countries. Members of the leadership team also serve as reviewers for 2009 4-H GIS software grant applications, and participate on committees during the year to support and promote 4-H GIS activities nationally and at the state and local level. Contact your local Extension office for specific dates and application.

Service Opportunities

Operation Military Kids
Operation Military Kids (OMK) is a great community service opportunity. OMK provides support and programs for families of all military branches, Active Duty, Guard, and Reserve. 4-H clubs can host hands-on activity days for youth of military families to explore 4-H projects; assist in Hero Pack assembly or secure donations; and invite youth of military families to join their local 4-H club. For more information, contact your local Extension office or Linda Kupferschmid, Illinois OMK Program Coordinator, lkupfers@illinois.edu. Information is also available at www.operationamilitarykids.org and http://web.extension.uiuc.edu/4h/launch.cfm?id=8692
Citizenship

- **Citizenship 1**
  - *All About Me*
  - Publication # MC0240 (2003)
  - Suggested for Grades 3 - 5
  - Members can:
    - learn more about self, family, and friends
    - learn about good citizenship

- **Citizenship 2**
  - *My Neighborhood*
  - Publication # MC0241 (2003)
  - Suggested for Grades 6 - 8
  - Members can:
    - find out about their neighborhood
    - learn how to be a good neighbor
    - discover how groups and clubs work

- **Citizenship 3**
  - *My Community and Me*
  - Publication # MC0242 (2004)
  - Suggested for Grades 9 - 12
  - Members can:
    - organize a tour of their local village, city hall, or courthouse
    - learn how township, village, or city government functions and how it is financed
    - learn about police and fire protection, health and sanitation, safety, and tourism
    - investigate the community’s heritage and culture

Public Adventures

- **Youth Adventure Kit**
  - Publication # MI-7329 (2001)
  - Suggested for Grades 4 - 12
  - Members can:
    - learn what being an active citizen in a democracy is all about
    - plan and conduct a project that will create change in the community
    - record achievements on a passport and journal personal progress

- **Helper’s Guide for Public Adventures**
  - Publication # BU-7330 (1999)

Service Learning 1

- **Agents of Change**
  - Publication # BU-08182 (2005), includes Service Learning CD
  - Suggested for Grades 5 - 8
  - Members can:
    - plan and carry out a service project

- **Helper’s Guide for Service Learning 1 - 2**
  - Publication # BU-08184 (2005)

Communities

- **Communications 1**
  - *Picking Up the Pieces*
  - Publication # BU-08156 (2005)
  - Suggested for Grades 3 - 5
  - Members can:
    - explore different ways to communicate
    - decode a message
    - learn about responses to bullying
    - compose a song
    - write a script to a video clip
    - prepare and present illustrated talk
Communications 2

Putting It Together
Publication # BU-08157 (2005)
Suggested for Grades 6 - 8

Members can:
• practice making a good first impression
• create a list of cyber etiquette rules
• learn to use humor in speeches
• write a press release
• deliver a speech/presentation and critique it
• use technology to deliver a speech

Communications 3

The Perfect Fit
Publication # BU-08158 (2005)
Suggested for Grades 9 - 12

Members can:
• plan and present a speech
• debate an issue
• become a candidate for an office and present personal platform
• compose a personal resume
• practice the job interview process
• participate in a job shadowing experience

Helper's Guide for Communications 1 - 3

Communication Helper's Guide
Publication # BU-08159 (2005)

Journalism

Journalism
Publication # MB0200 (2003)
Suggested for Grades 7 - 12

Members can:
• learn about different types of news
• explore careers in journalism
• gather news and write different kinds of news stories
• study and compare opinion pieces, photojournalism, and broadcast news stories

Public Presentations

Public Presentations
Publication # MB0115
(Reprinted 2005)
Suggested for Grades 3 - 12

Members can:
• plan and present a speech or demonstration
• talk to a civic group
• make a radio appearance
• participate in contests

Consumer Education

Consumer Savvy 1

The Consumer in Me
Publication # BU-08030 (2004)
Suggested for Grades 4 - 5

Members can:
• learn their shopping style
• make wise shopping decisions
• develop a written savings plan
• track their spending
• learn to make cost comparisons
• shop safely in cyberspace

Consumer Savvy 2

Consumer Wise
Publication # BU-08031 (2004)
Suggested for Grades 6 - 8

Members can:
• understand consumer behavior
• learn the decision making process
• recognize how peer pressure influences purchases
• evaluate advertisements
• learn to be a good cyber-consumer

Consumer Savvy 3

Consumer Roadmap
Publication # BU-08032 (2004)
Suggested for Grades 9 - 12

Members can:
• develop online shopping skills
• evaluate quality of advertising
• learn about consumer rights and responsibilities
• resolve a consumer problem or complaint
• identify cost of living

Helper's Guide for Consumer Savvy 1 - 3

Consumer Savvy Helper's Guide
Publication # BU-08033 (2004)

Entrepreneurship

Be the “E” Entrepreneurship Activity Guide
Publication # BU-08035 (2004)
Suggested for Grades 7 - 12

Beginning members can:
• learn what an entrepreneur is
• identify traits of entrepreneurs
• identify personal talents, strengths, and resources
• consult business owners
• learn about different types of business

Intermediate members can:
• learn common language of business
• develop a game plan for their product
• learn about marketing their product
• identify target customers

Experienced members can:
• evaluate business opportunities
• design a marketing plan
• market their ideas
• practice business ethics
• create a business plan and start a business
Helper’s Guide for Entrepreneurship

Be the “E” Entrepreneurship Helper’s Guide
Publication # BU-08036 (2004)

Financial Champions 1

Money FUNdamentals
Publication # BU-07710 (2003)
Suggested for Grades 7 - 8
Members can:
• determine their money personality
• learn about needs vs. wants
• learn about money motivators
• track income and expenses

Financial Champions 2

Money Moves
Publication # BU-07711 (2002)
Suggested for Grades 9 - 10
Members can:
• determine their money personality
• learn about needs vs. wants
• learn about money motivators
• track income and expenses

Helper’s Guide for Financial Champions 1 - 2

Financial Champions Helper’s Guide
Publication # BU-07712 (2002)

Intercultural

Passport to the World

4-H Passport to the World: A Country Study Guide
Publication # MC0510
(Reprinted 2006)
Suggested for Grades 7 - 8
Members can:
• study a country’s government, agriculture, housing, and industry
• host a person from an area of our country or from another country
• explore different cultures through foods, clothing, housing, music, and crafts

Helper’s Guide for Passport to the World

4-H Intercultural Leader’s Guide
Publication # LC0502 (1986)

Intergenerational

Walk in My Shoes

Walk in My Shoes: A 4-H Aging Awareness Project
Publication # ME0170 (1994)
Suggested for Grades 3 - 12
Members can:
• explore attitudes about aging and older people
• interview an older person
• learn to communicate with an older person
• participate in simulated aging activities

Helper’s Guide for Walk in My Shoes

Walk in My Shoes Leader’s Guide
Publication # NCR 548 (1994)

Leadership

These projects help members develop leadership skills. Leadership skill areas include: understanding self, communicating, getting along with others, learning, making decisions, managing, and working with groups.

Leadership 1

Skills You Never Outgrow: Individual Skills for Younger Members
Publication # MC0630
(Reprinted 2002)
Suggested for Grades 3 - 5
Members can:
• identify and develop skills in seven different areas of leadership

Leadership 2

Skills You Never Outgrow: Individual Skills for Older Members
Publication # MC0632 (2001)
Suggested for Grades 6 - 8
Members can:
• build leadership skills based on the seven areas introduced in book 1

Helper’s Guide for Leadership 1 - 2

Leadership: Skills You Never Outgrow Helper’s Guide
Publication # LC0630 (1986), pamphlet

Leadership 3

Use What’s Leadership? (Publication # MC0700) or Step Up to Leadership: My Leadership Portfolio (Publication # BU-07907). See Group Projects Leadership listing for more information

Leadership 4

Skills You Never Outgrow: Skills Leading Groups
Publication # MC0636
(Reprinted 2001)
Suggested for Grades 9 - 12
Members can:
• practice leadership skills by guiding groups to reach their goals

<table>
<thead>
<tr>
<th>Helper's Guide for Leadership 1 - 4</th>
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<tbody>
<tr>
<td>Leadership: Skills You Never Outgrow Leader's Guide</td>
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<tr>
<td>Publication # LC0631 (1997)</td>
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</tbody>
</table>

## Performing Arts

### Theatre Arts 1

*Play the Role: Theatre Arts Acting Activities*
Suggested for Grades 3 - 12

Members can:
• express themselves through movement, voice, speech, and characterization  
• create and present a play  
• do improvisation, pantomime, monologs, and clowning

<table>
<thead>
<tr>
<th>Helper's Guide for Theatre Arts 1-3</th>
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<tbody>
<tr>
<td>Theatre Arts Group Activity Helper's Guide</td>
</tr>
<tr>
<td>Publication # BU-08073 (2004)</td>
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</table>

### Theatre Arts 2

*Become a Puppeteer: Theatre Arts Puppetry Activities*
Publication # BU-08071 (2004)  
Suggested for Grades 3 - 12

Members can:
• learn about types of puppets  
• create a puppet and puppet stage  
• create and present a puppet skit  
• do puppet therapy

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<tr>
<td>Publication # LF0115 (Reprinted 2002)</td>
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</table>

## Visual Arts

### Visual Arts

*4-H Visual Arts Member's Manual*
Publication # MF0115 (Reprinted 2005)  
Suggested for Grades 3 - 12

Members can:
• learn the basics of design  
• make paper and use papier-mâché  
• weave a wall hanging  
• learn embroidery  
• create art from wood, leather, paper, or clay  
• draw or paint with various mediums (chalk, charcoal, paint, etc)  
• etch glass or metal

<table>
<thead>
<tr>
<th>Advanced Visual Arts: Draw/Fiber/Sculpt</th>
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</thead>
<tbody>
<tr>
<td>Sketchbook Crossroads: Drawing, Fiber, and Sculpture Activity Guide</td>
</tr>
</tbody>
</table>
| Publication # BU-08140 (2005)  
Suggested for Grades 7 - 12 |

Members can:
• use color and space in artwork to create balance  
• create calligraphy  
• do cartooning  
• appliqué with felt wool  
• learn batik  
• learn about weaving  
• experiment with dyes  
• sculpt with clay, cardboard, and wire

<table>
<thead>
<tr>
<th>Advanced Visual Arts: Paint/Print/Graphics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portfolio Pathways: Painting, Printing, and Graphic Design</td>
</tr>
</tbody>
</table>
| Publication # BU-08141 (2005)  
Suggested for Grades 7 - 12 |

Members can:
• explore artistic techniques with acrylics, watercolors, and colored sand  
• experiment with oil painting  
• create dry point etching  
• make a wood block stamp  
• try melted wax resists  
• create color expressions  
• personalize and market a CD/DVD package  
• investigate optical illusions
Bicycles

■ Bicycle 1

Bicycle Adventures 1
Publication # BU-7503 (2001)
Suggested for Grades K - 3

Members can:
• learn and practice bicycle safety
• learn street signs
• practice signaling

■ Bicycle 2

Bicycle Adventures 2
Publication # BU-7504 (2001)
Suggested for Grades 4 - 6

Members can:
• identify parts of their bicycles
• make minor bicycle adjustments
• practice safe cycling

■ Bicycle 3

Bicycle Adventures 3
Publication # BU-7505 (2001)
Suggested for Grades 7 - 9

Members can:
• learn bicycle maintenance and repair
• learn bicycle gears and shifting skills
• practice safely bicycling at night and in wet conditions

——

Helper’s Guide for Bicycle Adventures 1 - 3
Bicycle Adventures Helper's Guide
Publication # BU-7506 (2001)
Available online:
Illinois Bicycle Rules of the Road, Illinois Secretary of State

Child Development

■ Child Development 1

Growing on My Own
Publication # BU-08075 (2004)
Suggested for Grades 3 - 4

Members can:
• understand four ways kids grow
• make masks to show different feelings
• create a time management clock
• inspect toys for safety

■ Child Development 2

Growing with Others
Suggested for Grades 5 - 6

Members can:
• develop self-care, sibling care, and babysitting skills
• develop a personal “home alone” plan
• select appropriate toys for children
• identify family rules
• plan and make healthy meals and snacks

■ Child Development 3

Growing in Communities
Suggested for Grades 7 - 10

Members can:
• explore careers in child development
• teach or coach young children
• lead a community service project
• learn about children’s different abilities and needs

——

Helper's Guide for Child Development 1 - 3

Child Development Helper's Guide
Publication # BU-08078 (2004)
Available by special order for Levels 2 - 3:
Red Cross Babysitting Guide
Publication # ST# 655600 (1998)

Food and Nutrition

Available online for all Food & Nutrition projects:

4-H Foods Demonstration Guide
Publication # ME0385 (2008)
http://web.extension.uiuc.edu/4h/launch.cfm?id=3806

My Pyramid for Families
Publication # CNPP-18
http://www.mypyramid.gov/

■ 4-H Cooking 101

4-H Cooking 101
Publication # ME0120 (2007)
Suggested for Beginner Level

Members can:
• learn the basics of cooking “How To”
• conduct food science experiments
• prepare some 4-H classic recipes
• practice food and kitchen safety

■ 4-H Cooking 201

4-H Cooking 201
Publication # ME0121 (2008)
Suggested for Intermediate Level

Members can:
• learn how to prevent foodborne illness

The Illinois Clover, 2008-09
• conduct food science experiments
• prepare a variety of recipes from each food group
• experiment with basic meal planning

Breads and Cereals

Breads and Cereals
Publication # ME0341 (2004)
Suggested for Intermediate to Advanced Levels

Members can:
• make a variety of quick breads, yeast breads, casseroles, and pastries
• conduct experiments comparing leavening in baked products, methods of cooking pasta, the effects of temperature on yeast, etc.
• use the nutrition labels and compare nutrient content of bread and cereal products

Dairy Foods

Dairy Foods
Publication # ME0348 (1998)
Suggested for Intermediate to Advanced Levels

Members can:
• plan, prepare, and serve a variety of dairy food dishes including milk, cheese, dry milk, ice cream, and yogurt
• investigate the role dairy foods play in a nutritious diet

Food Preservation

Food Preservation
Available only online at http://web.extension.uiuc.edu/4h/lau nch.cfm?id=3809
Publication # ME0376 (2007)
Suggested for Intermediate to Advanced Levels

Members can:
• prepare, package, and freeze fruits, meat, fish, poultry, vegetables, and baked foods
• can fruits, vegetables, and tomatoes
• make jelly and jam
• prepare pickles, chutney, relish, and ketchup

International Foods

Foods with an International Flavor
Publication # ME0360 (Reprinted 2004)
Suggested for Intermediate to Advanced Levels

Members can:
• study different countries’ foods, traditions, holiday customs, and cultures
• prepare meals from foreign lands
• learn how other countries meet nutritional needs
• evaluate protein source foods
• compare cooking methods
• learn about safe food handling and cooking procedures
• plan and prepare a variety of dishes using meat and other protein sources including beef, lamb, pork, poultry, fish, eggs, dried beans, and soy.

■ Microwave Magic A

Bag of Tricks
Publication # BU-08087 (2005)
Suggested for Beginner Level

Members can:
• learn how to use and care for a microwave
• easily prepare foods and snacks
• learn about MyPyramid

■ Microwave Magic B

Micro Magicians
Publication # BU-08088 (2005)
Suggested for Intermediate Level

Members can:
• learn about microwave power and watts
• plan and prepare foods, including vegetables, cakes, and casseroles
• learn good food safety practices

■ Microwave Magic C

Amazing Rays
Publication # BU-08089 (2005)
Suggested for Intermediate Level

Members can:
• learn proper defrosting and browning techniques
• learn meat cooking techniques

■ Microwave Magic D

Presto Meals
Publication # BU-08090 (2005)
Suggested for Advanced Level

Members can:
• test the doneness of foods
• prepare baked items in the microwave
• compare microwave cooking to conventional cooking methods
• cook full meals in the microwave

■ Outdoor Meals

S'mores and More: 4-H Outdoor Cooking and Living Basic Skills Guide
Publication # 4-H 93211 (2001)
Suggested for Beginner Level

Members can:
• safely build basic types of fires
• learn about outdoor cooking and equipment
• learn about camp safety and first aid
• practice food safety and preparation
• plan outdoor meals

■ Sports Nutrition

Sports Nutrition
Publication # ME0350 (1995)
Suggested for Grades 4 - 6

Members can:
• prepare power snacks
• identify foods that are sources of energy
• explore fitness myths and facts
• learn about activities that improve fitness

■ Health and Fitness

■ Health 1

First Aid in Action: First Aid Activities for Youth
Publication # BU-08174 (2005)
Suggested for Beginner Level

Members can:
• practice first aid skills
• learn how to help someone who is choking
• assemble a first aid kit
• interview medical professionals

■ Health 2

Staying Healthy: Health Project Activities for Youth
Publication # BU-08175 (2005)
Suggested for Beginner Level

Members can:
• identify personal areas of strength
• teach others about personal hygiene
• plan nutritional and physical activities
• share what you have learned with others

■ Health 3

Keeping Fit: Fitness Activities for Youth
Publication # BU-08176 (2005)
Suggested for Intermediate Level

Members can:
• design a personal fitness plan
• create a fitness file
• manage personal fitness
• share what you have learned with others
**Aerospace**

- **Aerospace 2**
  - Lift-Off
  - Publication # BU-6843 (2003)
  - Suggested for Grades 3 - 5
  - Members can:
    - build and launch a rocket
    - build and fly a model plane
    - learn about different types of aircraft
    - make a paper helicopter

- **Aerospace 3**
  - Reaching New Heights
  - Publication # BU-6844 (2003)
  - Suggested for Grades 6 - 8
  - Members can:
    - build and launch a balloon rocket
    - experiment with various gliders
    - make a fighter kite
    - learn about remote-control flights

- **Aerospace 4**
  - Pilot in Command
  - Publication # BU-6845 (2003)
  - Suggested for Grades 9 - 12
  - Members can:
    - construct an altitude tracker
    - explore pilot certification

- **Beef**
  - **Beef 1**
    - Bite into Beef
    - Publication # BU-08143 (2005)
    - Suggested for Beginner Level
    - Members can:
      - learn about breeds of beef cattle
      - identify symptoms of sick cattle
      - halter break a calf
      - fit a steer

  - **Beef 2**
    - Here's the Beef
    - Publication # BU-08144 (2005)
    - Suggested for Intermediate Level
    - Members can:
      - learn about cattle feeds and how they are digested
      - judge beef cattle and present oral reasons
      - identify livestock safety hazards

- **Beef 3**
  - Leading the Charge
  - Publication # BU-08145 (2005)
  - Suggested for Advanced Level
  - Members can:
    - calculate yield grade for a beef animal
    - evaluate beef carcasses
    - learn how to read and use sire summaries
    - interview people in agriculture careers

- **Helper's Guides for Aerospace 1 - 4**
  - Flight Crew: Aerospace Group Helper's Guide
  - Publication # BU-6846 (1998)

- **Launching Youth Aerospace Programs: Community Organizer's Guide**
  - Publication # BU-6847 (1999)

- **Beef Helper's Guide**
  - Publication # BU-08146 (2005)

- **Available online:**
  - Illinois 4-H Livestock Record
  - Publication # RA0102
  - [http://web.extension.uiuc.edu/4h/lau nch.cfm?id=3796](http://web.extension.uiuc.edu/4h/launch.cfm?id=3796)

**Camping and Outdoor Living**

- **Outdoor Adventures 1**
  - Hiking Trails
  - Publication # BU-08043 (2004)
  - Suggested for Beginner Level
  - Members can:
    - plan a day hike and pack a backpack
    - select appropriate clothing for hikes
• assemble a basic first aid kit
• learn “Leave No Trace” ethics
• identify hazardous weather situations
• learn shelter selection

Outdoor Adventures 2
Camping Adventures
Publication # BU-08044 (2004)
Suggested for Intermediate Level

Members can:
• select a camp site
• learn ways to purify water
• tie various knots
• plan a menu and necessary food supplies
• select a camping stove

Outdoor Adventures 3
Backpacking Expeditions
Publication # BU-08045 (2004)
Suggested for Advanced Level

Members can:
• select a backpack and tent
• plan food supplies
• use a map and compass
• develop an emergency procedure
• adopt “Leave No Trace” principles

Helper’s Guide for Outdoor Adventures 1 - 3
Outdoor Adventures Group Activity Helper’s Guide
Publication # BU-08046 (2004)

Cats
Cat 1
Purr-fect Pals!
Publication # BU-08148 (2005)
Suggested for Beginner Level

Members can:
• learn responsible cat care
• identify breeds of cats
• name and locate at least 15 cat body parts
• handle, groom, and care for a cat

Cat 2
Climbing Up
Publication # BU-08149 (2005)
Suggested for Intermediate Level

Members can:
• identify cat behavior
• observe and record a cat’s six senses
• investigate declawing a cat
• understand cats nutritional needs and diets
• understand signs of cat illness and health

Cat 3
Leaping Forward
Publication # BU-08150 (2005)
Suggested for Advanced Level

Members can:
• learn about genetics
• practice cat showmanship
• investigate cat reproduction and breeding
• organize a cat quiz bowl
• learn about animal welfare and animal rights issues

Helper’s Guide for Cat 1 - 3
Cat Helper’s Guide
Publication # BU-08151 (2005)

Clothing and Textiles
Clothing Decisions 1
Discovering Choice
Publication # BU-7360 (2000)
Suggested for Grades 6 - 8
(Intermediate)

Members can:
• record body measurements and determine appropriate clothing sizes
• understand clothing labels
• conduct a clothing inventory
• learn differences between warm and cool colors

Clothing Decisions 2
Managing Choice
Publication # BU-7361 (1999)
Suggested for Grades 9 - 12
(Advanced)

Members can:
• make garment selections according to body shape, proportion, and balance
• make decisions about clothing purchases by comparing fiber, care requirements, cost, brand, and style
• develop a clothing budget and analyze clothing advertisements

Helper’s Guide for Clothing Decisions 1 - 2
Clothing Decisions Helper’s Guide
Publication # BU-7362 (2000)

Sewing and Textiles 1
Under Construction
Publication # BU-08060 (2004)
Suggested for Beginner Level

Members can:
• learn about basic sewing tools and their function
• understand fabric grains
• learn seam finishes and hemming
• explore pattern sizes and information
• make a drawstring bag

Sewing and Textiles 2
Fashion Forward
Publication # BU-08061 (2004)
Suggested for Intermediate Level

Members can:
• sew on knits, wovens, or denim
• construct an item with a patch pocket
• insert zippers, buttonholes, and buttons
• make polar fleece hats

Sewing and Textiles 3

Refine Design
Publication # BU-08062 (2004)
Suggested for Advanced Level

Members can:
• try out new patterns and fabrics
• make a bed covering and pillows
• create a computer printed design on fabric
• investigate careers in the textile industry

Helper's Guide for Sewing and Textiles 1 - 3

Sewing Helper's Guide
Publication # BU-08063 (2004)

Available by special order for all levels:
Let's Sew by Nancy Zieman
Publication # ME0208 (1991)

Computer Science

Computer Science 1

NEW!

Computer 1 — Inside the Box
Publication # BU-08347 (2008),
requires internet access
Suggested for Intermediate Level

Members can:
• build and repair computers
• learn how computer components work together
• learn to enhance connectivity
• learn how to upgrade and create connections
• install operating systems
• create a “dream machine”

Computer Science 2

NEW!

Computer 2 — P2P — Peer to Peer
Publication # BU-08348 (2008),
requires internet access
Suggested for Advanced Level

Members can:
• discover how to create and manage networks
• explore the issues of responsible computer use
• make decisions about network management, security issues, and trouble shooting

Computer Science 3

NEW!

Computer 3 — Teens Teaching Tech
Publication # BU-08349 (2008)
Suggested for older teens or adults who teach others about computers

Members can:
• organize a computer club or technology team
• establish a computer lab
• develop leadership skills
• use Newbie Know-How to teach others

Crops

Corn

Corn: Illinois 4-H Crops and Soils
Publication # MJ0101 (2006)
Suggested for Grades 5 - 12

Level 1 and 2 members can:
• test corn germination
• study growing degree-days
• study production costs and market prices
• experiment with soil tilth
• compare pest management costs

Level 3 and 4 members can:
• cross-pollinate corn plants
• figure drying time
• learn about maintaining corn quality
• compare pest management costs
• determine harvest losses

Small Grains

Small Grains — Wheat, Oats, Barley, and Rye: Illinois 4-H Crops and Soils
Publication # MJ0110 (2006)
Suggested for Grades 5 - 12

Level 1 and 2 members can:
• study variety and selection
• display stages of plant development
• test seed germination and methods of seeding
• learn about seasonal pests
• determine pesticide hazards

Level 3 and 4 members can:
• take soil samples
• learn to recognize diseases, pests, and weeds
• study production costs and market prices
• learn about necessary nutrients
• determine field acreages
Dairy Cattle

■ Dairy 1
Cowabunga!
Publication # BU-08161 (2005)
Suggested for Beginner Level

Members can:
• identify the six breeds of dairy cattle
• identify the body parts of a cow
• understand basic needs of cattle throughout the life cycle
• explore the milk production system
• select, fit, and show a calf

■ Dairy 2
Mooving Ahead
Publication # BU-08162 (2005)
Suggested for Intermediate Level

Members can:
• choose the right dog for you
• identify various breed groups
• create a house-training plan
• explore dog behavior and body language
• understand dog health and grooming

■ Dairy 3
Rising to the Top
Publication # BU-08163 (2005)
Suggested for Advanced Level

Members can:
• evaluate the body condition of dairy animals
• debate animal welfare issues
• identify the estrous cycle of cattle
• learn pregnancy detection and delivery techniques
• explore career options in the dairy industry

—
Helper's Guide for Dairy 1 - 3
Dairy Cattle Helper's Guide
Publication # BU-08164 (2005)
Available by special order for all levels:
Learning About Dairy
Publication # NCR 593 (1996)
Available online:
Illinois 4-H Livestock Record
Publication # RA0102
http://web.extension.uiuc.edu/4h/lau nch.cfm?id=3796

Dogs

■ Dog 1
Wiggles and Wags
Publication # BU-08166 (2005)
Suggested for Beginner Level

Members can:
• assess a dog's vital signs
• explore careers working with dogs
• learn local dog laws and ordinances
• consider the needs of older dogs
• recognize the value of guide dogs and service dogs

—
Helper's Guide for Dog 1 - 3
Dog Helper's Guide
Publication # BU-08169 (2005)
Electricity

■ Electricity 1

Magic of Electricity
Publication # BU-6848 (2003)
Suggested for Beginner Level

Members can:
• make a flashlight, a switch, or a simple circuit
• find out about magnetism and make a compass
• build an electromagnet, galvanometer, and motor

■ Electricity 2

Investigating Electricity
Publication # BU-6849 (2002)
Suggested for Intermediate Level

Members can:
• learn about Ohm’s law and use a volt-ohm meter
• build a parallel or series circuit
• build a 3-way switch and burglar alarm

■ Electricity 3

Wired for Power
Publication # BU-6850 (2002)
Suggested for Advanced Level

Members can:
• assemble an electric tool kit
• measure electric usage of appliances
• replace electrical switches and determine electrical loads

■ Electricity 4

Entering Electronics
Publication # BU-6851 (2002)
Suggested for Advanced Level

Members can:
• learn about diodes, transistors, LED’s, and photocells
• understand resistors and capacitors
• build an amplifier

—

Helper’s Guide for Electricity 1 - 4

Electric Group Helper’s Guide
Publication # BU-6852 (1999)

Entomology

■ Entomology 1

Creepy Crawlies
Publication # BU-6853 (2002)
Suggested for Grades 3 - 5

Members can:
• learn the major parts of an insect
• observe and collect insects
• explore how insects view the world

■ Entomology 2

What’s Bugging You?
Publication # BU-6854 (1999)
Suggested for Grades 6 - 8

Members can:
• understand how insects are used in advertising
• find out how insects move and communicate
• observe an insect as it changes

■ Entomology 3

Dragons, Houses, and Other Flies
Publication # BU-6855 (1998)
Suggested for Grades 9 - 12

Members can:
• identify different types of forests, trees, and forest products
• learn how to tell the age of a tree
• understand the process of transpiration
• learn how to classify various types of trees

Forrstry

■ Forests of Fun 1

Follow the Path
Publication # BU-08038 (2004)
Suggested for Grades 3 - 5

Members can:
• identify different types of forests, trees, and forest products
• learn how to tell the age of a tree
• understand the process of transpiration
• learn how to classify various types of trees

■ Forests of Fun 2

Reach for the Canopy
Publication # BU-08039 (2004)
Suggested for Grades 6 - 8

Members can:
• learn how trees absorb water and nutrients
• learn the parts of a leaf
• decode a tree's rings
• identify tree diseases

■ Forests of Fun 3

Explore the Deep Woods
Publication # BU-08040 (2004)
Suggested for Grades 9 - 12

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Guide to Preserving and Mounting Insects for Display
http://web.extension.uiuc.edu/4h/launch.cfm?id=8665

Instructions for Insect Display Boxes
http://web.extension.uiuc.edu/4h/launch.cfm?id=8490

Insect Identification Labels
Publication # MH0401a (2001)
http://web.extension.uiuc.edu/4h/launch.cfm?id=3805

Instructions for Insect Display Boxes
http://web.extension.uiuc.edu/4h/launch.cfm?id=8490

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The Illinois Clover, 2008-09
Members can:
- identify a tree using a tree key
- identify trees by their bark
- explore fruits from flowering trees
- identify how different cultures use forests

Helper’s Guide for Forests of Fun 1-3
Forestry Helper's Guide

Geology

What on Earth — Geology Study Guide
Publication # MH0602 (1999)
Suggested for Grades 3 - 12

Level 1 members can:
- learn the difference between a mineral and a rock
- learn how to identify a fossil

Level 2 members can:
- use the hardness and streak tests to identify minerals
- recognize six basic crystal structures of minerals
- recognize fossils by their general types

Level 3 members can:
- describe and identify types of rocks found in Illinois
- understand stages of the rock cycle
- use specific gravity to identify minerals

Level 4 members can:
- understand the formation of volcanoes
- use scientific method to solve problems
- research areas of geology

Geospatial

Exploring Spaces, Going Places 1 - 3
CD includes all three levels and Helper’s Guide
Publication # CD-08358 (2006)
Available by special order only.

Goats

Dairy Goat 1
Getting Your Goat
Publication # BU-08352 (2006)
Suggested for Beginner Level

Members can:
- identify breeds of goats
- learn about responsible goat ownership
- solve goat care problems
- prepare a goat for a show

Dairy Goat 2
Stepping Out
Publication # BU-08353 (2006)
Suggested for Intermediate Level

Members can:
- learn goat management practices
- keep a goat herd healthy
- keep track of kids’ growth
- learn to exhibit and judge dairy goats

Dairy Goat 3
Showing the Way
Publication # BU-08354 (2006)
Suggested for Advanced Level

Note: Check local Extension office for availability of GPS units and access to GIS software.
Members can:
• organize a goat field day
• develop a herd health calendar
• learn about breeding systems
• evaluate a goat herd

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Helper's Guide for Dairy Goat 1 - 3
Goat Helper's Guide
Publication # BU-08355 (2006)

Available online:
Illinois 4-H Livestock Record
Publication # RA0102
http://web.extension.uiuc.edu/4h/launch.cfm?id=3796

■ Meat Goat 1
Just Browsing
Publication # BU-07909 (2003)
Suggested for Beginner Level

Members can:
• identify parts of a meat goat
• identify meat goat breeds
• learn about goat nutrition and health
• practice basic management skills

■ Meat Goat 2
Growing with Meat Goats
Publication # BU-07910 (2003)
Suggested for Intermediate Level

Members can:
• recognize meat goat diseases
• work with a veterinarian
• identify goat predators
• fit and show meat goats

■ Meat Goat 3
Meating the Future
Publication # BU-07911 (2003)
Suggested for Advanced Level

Members can:
• host a judging clinic
• investigate biosecurity
• select breeding stock
• evaluate feed ingredients

■ Horse 1
Giddy Up & Go
Publication # BU-08053 (2004)
Suggested for Beginner Level
This project may be completed without having a horse.

Members can:
• learn the basics of horse behavior
• practice safety around horses
• learn about horses without owning a horse
• assess horse health

■ Horse 2
Head, Heart & Hooves
Suggested for Intermediate Level
This project may be completed without having a horse.

Members can:
• learn about horse anatomy
• understand horse health, nutrition, and grooming
• select bedding material
• practice horse judging

■ Horse 3
Stable Relationships
Publication # BU-08055 (2004)
Suggested for Intermediate to Advanced Level
This project may be completed without having a horse.

Members can:
• understand breeding and genetics
• learn about diseases and health care
• design a horse health program
• explore the financial side of showing horses

■ Horse 4
Riding the Range
Publication # BU-08056 (2004)
Suggested for Advanced Level

Members can:
• practice basic riding skills
• learn horsemanship skills
• use training techniques
• explore trail riding

■ Horse 5
Jumping to New Heights
Publication # BU-08057 (2004)
Suggested for Advanced Level

Members can:
• learn advanced riding skills
• evaluate horsemanship skills
• learn about ethics and competition
• teach horsemanship and safety

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Helper's Guide for Horse 1 - 5
Horse Project Helper's Guide
Publication # BU-08058 (2004)

Available by special order:
Horses and Horsemanship
Publication # CO 200 (2001)
Horse Science
Publication # CO 201 (2001)

Guidelines for Junior Horse Show
http://web.extension.uiuc.edu/4h/launch.cfm?id=8667
**Horticulture**

■ **Floriculture A**  
**Floriculture Level A**  
Publication # 4-H-966 (2005)  
Suggested for Grades 3 - 4  
**Members can:**  
• design, plant, and enjoy a cutting garden  
• learn about flowers grown from seeds, bulbs, and transplants  
• identify plant parts  
• learn about color and floral design

■ **Floriculture B**  
**Floriculture Level B**  
Publication # 4-H-967 (2005)  
Suggested for Grades 5 - 6  
**Members can:**  
• plan and grow a theme garden  
• learn about houseplants and their care  
• experiment with growing mediums  
• learn how to dry flowers

■ **Floriculture C**  
**Floriculture Level C**  
Publication # 4-H-968 (2005)  
Suggested for Grades 7 - 9  
**Members can:**  
• design a garden planter  
• grow plants from cuttings  
• learn five elements of floral design  
• make wearable flowers  
• experiment with drying methods

■ **Floriculture D**  
**Floriculture Level D**  
Publication # 4-H-969 (2005)  
Suggested for Grades 10 - 12  
**Members can:**  
• design an all-seasons garden  
• plan a floral business  
• force bulb flowers  
• create a bridal bouquet and centerpiece  
• explore careers and community service opportunities

**Horticulture 1**  
**Budding Gardeners**  
Publication # BU-7153 (2002)  
Suggested for Beginner Level  
**Members can:**  
• learn about plant parts and their functions  
• make soil in a bottle  
• observe how plants respond to light, water, and gravity  
• plant a dish or “yardstick” garden

**Horticulture 2**  
**Branching Out**  
Publication # BU-7154 (1998)  
Suggested for Intermediate Level  
**Members can:**  
• learn what happens to plants as they grow  
• use air layering to start new plants  
• explore hydroponics  
• make a compost pile and plant a garden

**Horticulture 3**  
**Digging Deeper**  
Publication # MJ0610 (1996)  
Suggested for Advanced Level  
**Members can:**  
• learn landscaping basics  
• do horticultural experiments  
• learn about the horticulture business and careers

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**Helper’s Guide for Horticulture 1 - 3**  
**Horticulture Project Activity Guide**  
Publication # BU-7156 (1998)

**Available online:**  
- [Plant Identification Lists](http://web.extension.uiuc.edu/4h/lau nch.cfm?id=8668)  
- [Exhibiting Vegetables](http://web.extension.uiuc.edu/4h/lau nch.cfm?id=3815)  
- [Vegetable Gardening](http://web.extension.uiuc.edu/4h/lau nch.cfm?id=9495)

**Interior Design**

■ **Interior Design**  
**Design Decisions**  
Publication # 440 (1999)  
Suggested for Grades 5 - 12  
**Members can:**  
• learn about color schemes  
• practice painting techniques (sponging, rag rolling, stenciling, stamping, and murals)  
• select window treatments  
• analyze furniture styles  
• plan a room arrangement  
• select and arrange room accessories

**Natural Resources**

■ **Natural Resources 1**  
**Step Into Nature**  
Publication # MH0101 (1999)  
Suggested for Beginner Level  
**Members can:**  
• classify animals as domestic or wildlife  
• build a miniature ecosystem  
• plan and build an indoor wildlife habitat  
• do a splash erosion experiment

The Illinois Clover, 2008-09  29
Natural Resources 2
Explore the Natural World
Publication # MH0102 (1999)
Suggested for Intermediate Level

Members can:
• make a compost column
• develop habitat improvement plan
• film an interview with a water quality expert
• conduct a soil percolation test

Natural Resources 3
Blaze the Trail
Publication # MH0103 (1999)
Suggested for Advanced Level

Members can:
• plan and conduct a nature hike
• design a landscape using trees
• develop an instructional video on a natural resources topic
• interview persons in natural resources careers

Helper’s Guide for Natural Resources 1 - 3
Stewardship Guide
Publication # LH0101 (1999)

Sportfishing 1
Take the Bait
Publication # BU-07598 (2001)
Suggested for Grades 3 - 5

Members can:
• tie fishing knots
• practice casting a lure
• organize a fishing tackle box
• identify types of fish in their area
• identify fish parts

Sportfishing 2
Reel in the Fun
Publication # BU-07599 (2002)
Suggested for Grades 6 - 8

Members can:
• practice different types of casting
• prepare fish to eat
• learn state fishing regulations
• learn what attracts fish
• make their own fishing tackle

Sportfishing 3
Cast Into the Future
Publication # BU-07600 (2002)
Suggested for Grades 9 - 12

Members can:
• clean and maintain a fishing reel
• make artificial flies and lures
• refurbish old fishing equipment
• build and use a kick net

Wildlife A
4-H Wildlife Manual Level A
Publication # 4-H 903P (2003)
Suggested for Grades 3 - 4

4-H Wildlife Manual — Illinois Wildlife Project Supplement
Publication # MH0400 (2004)

Members can:
• identify species of wildlife
• match wildlife to their habitats
• observe wildlife behavior

Wildlife B
4-H Wildlife Manual Level B
Publication # 4-H 904P (2003)
Suggested for Grades 5 - 6

4-H Wildlife Manual — Illinois Wildlife Project Supplement
Publication # MH0400 (2004)

Members can:
• study wildlife population changes
• identify animals by their body parts
• learn about migration

Photography
Photography 1
Focus on Photography
Publication # PC-1 (2007)
Suggested for Beginner Level

Members can:
• practice techniques for taking quality photographs
• learn about lighting
• select interesting backgrounds for photos
• learn about photo composition

Wildlife A
4-H Wildlife Manual Level A
Publication # 4-H 903P (2003)
Suggested for Grades 3 - 4

4-H Wildlife Manual — Illinois Wildlife Project Supplement
Publication # MH0400 (2004)

Members can:
• identify species of wildlife
• match wildlife to their habitats
• observe wildlife behavior

Wildlife B
4-H Wildlife Manual Level B
Publication # 4-H 904P (2003)
Suggested for Grades 5 - 6

4-H Wildlife Manual — Illinois Wildlife Project Supplement
Publication # MH0400 (2004)

Members can:
• try wide angle and telephoto lenses
• create different lens filters
• use a light meter
• use exposure to create a mood and tell a story
**Plant and Soil Science**

- **Plants and Soils 1**  
  *It's More Than Just Dirt*  
  Publication # 380-020 (2007)  
  Suggested for Beginner Level  
  **Members can:**  
  - collect soil and discover what animal life is present  
  - demonstrate how plants prevent soil erosion  
  - compare the effect of different soil types on plant growth  
  - learn how to do a soil test and understand the results

- **Plants and Soils 2**  
  *Stems and Stamens*  
  Publication # 380-021 (2007)  
  Suggested for Intermediate Level  
  **Members can:**  
  - identify the stages of a plant's life cycle  
  - recognize plant parts and their function  
  - experiment with different seed germination methods  
  - propagate plants through various methods

- **Plants and Soils 3**  
  *Sprouting Out and Growing Up*  
  Publication # 380-022 (2007)  
  Suggested for Advanced Level  
  **Members can:**  
  - demonstrate how plants compete for air, water, light, and nutrients  
  - demonstrate the importance of soil nutrients in healthy plant growth  
  - learn how plants adapt to different light levels  
  - understand seeds and planting depths

**Poultry**

- **Poultry 1**  
  *Scratching the Surface*  
  Publication # BU-6363 (2003)  
  Suggested for Beginner Level  
  **Members can:**  
  - learn about poultry breeds and poultry body parts  
  - examine the parts of a chicken egg and their function  
  - develop a care plan for chicks  
  - practice showmanship techniques

- **Poultry 2**  
  *Testing Your Wings*  
  Publication # BU-6364 (2003)  
  Suggested for Intermediate Level  
  **Members can:**  
  - learn how eggs are formed  
  - learn how to keep poultry healthy  
  - select and judge broilers  
  - make an egg candler and examine an egg

- **Poultry 3**  
  *Flocking Together*  
  Publication # BU-6365 (2001)  
  Suggested for Advanced Level  
  **Members can:**  
  - manage a small laying flock  
  - learn to process a chicken  
  - determine inheritance in chickens  
  - learn about poultry biotechnology

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**Helper's Guide for Poultry 1 - 3**

**Poultry Group Activity Guide**  
Publication # BU-6366 (1995)

**Rabbits**

- **Rabbit 1**  
  *What's Happening?*  
  Publication # BU-08080 (2004)  
  Suggested for Beginner Level  
  **Members can:**  
  - learn how to care for a rabbit  
  - groom and show a rabbit  
  - build a nest box

- **Rabbit 2**  
  *Making Tracks*  
  Publication # BU-08081 (2004)  
  Suggested for Intermediate Level  
  **Members can:**  
  - learn how to select a rabbit  
  - judge rabbits  
  - learn about rabbit housing and care

- **Rabbit 3**  
  *All Ears!*  
  Suggested for Advanced Level  
  **Members can:**  
  - learn about genetics and rabbit breeding  
  - design a rabbitry  
  - promote and use rabbit products

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**Helper's Guide for Rabbit 1 - 3**

**Rabbit Helper's Guide**  
Publication # BU-08083 (2004)

Available online:  
[Illinois 4-H Livestock Record](http://web.extension.uiuc.edu/4h/launch.cfm?id=3796)
**Robotics**

*Note: LEGO® MINDSTORM™ NXT kit and software recommended for Robotics 1 and 2. Check local Extension office for kit availability or purchase directly from www.legoeducation.com or call to order at 1-800-362-4308.*

Additional resources available online: http://www.n4hccs.org/robotics

**Robotics and You CD (optional)**
Publication # CD-08368 (2006)
Available by special order only.

This CD contains information on programming a robot as well as stories and pictures of how robotic technology is used in the world today. The robot programming information consists of short tutorial videos from Robolab Video Trainer. Topics include: motors & timers, point turns, modifiers, loops, light sensors, line tracking, touch sensors, and rotation sensors.

### Robotics 1

**Robotics Explorer**
Publication # BU-08364 (2006)
Suggested for Beginner Level

**Members can:**
- design a robot
- program a robot to run a maze
- program a robot to accomplish different tasks
- design a challenge course for a robot

### Robotics 2

**Robotics Probe**
Publication # BU-08365 (2006)
Suggested for Intermediate to Advanced Level

**Members can:**
- design and program a robot to accomplish tasks with gripper attachment
- design and program a robot using rotational sensors, different gears, or a pulley system
- analyze and interpret data to solve robotic engineering problems

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**Helper's Guide for Robotics 1 - 2**

**Robotics Helper's Guide**
Publication # BU-08366 (2006)

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**Sheep**

### Sheep 1

**Rams, Lambs, and You**
Publication # BU-6367 (2003)
Suggested for Beginner Level

**Members can:**
- learn about the parts and uses of sheep
- determine the age of sheep by their teeth
- learn how to care for sheep
- show sheep

Available online:

**Showing and Fitting Your First 4-H Lamb**, 4-H Manual 145, Clemson University
http://web.extension.uiuc.edu/4h/lau/nch.cfm?id=8671

### Sheep 2

**Shear Delight**
Publication # BU-6368 (2003)
Suggested for Intermediate Level

**Members can:**
- explore sheep diseases and health problems
- determine lamb yield grades
- learn various care practices such as ear tagging and vaccinating
- deliver a lamb

### Sheep 3

**Leading the Flock**
Publication # BU-6369 (2002)
Suggested for Advanced Level

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**Helper's Guide for Sheep 1 - 3**

**Sheep Group Activity Guide**
Publication # BU-6370 (2003)
Available online:

**Illinois 4-H Livestock Record**
Publication # RA0102
http://web.extension.uiuc.edu/4h/lau/nch.cfm?id=3796

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**Small Engines**

### Small Engines 1

**Crank It Up**
Publication # BU-08186 (2005)
Suggested for Beginner Level

**Members can:**
- identify parts of an engine
- learn to identify different oil grades
- do experiments on engine systems
- learn to safely start a small engine

### Small Engines 2

**Warm It Up**
Publication # BU-08187 (2005)
Suggested for Intermediate Level

**Members can:**
- distinguish between engine types
- learn to use engine specialty tools
- make carburetor adjustments
- prepare lawn mower for storage
Small Engines

Tune It Up
Publication # BU-08188 (2005)
Suggested for Advanced Level

Members can:
• learn to identify engine problems by sound
• take engines apart and reassemble them
• remove, sharpen, and replace a mower blade
• research starting a mowing service

Helper’s Guide for Small Engines 1 - 3
Small Engines Helper's Guide
Publication # BU-08189 (2005)

Small Pets

Small Pets 1
Pet Pals
Publication # BU-6359 (2003)
Suggested for Grades 3 - 4

Members can:
• identify hazards for pets
• design a shelter or space for a pet
• learn about a pet's nutritional needs

Small Pets 2
Scurrying Ahead
Publication # BU-6360 (2002)
Suggested for Grades 5 - 7

Members can:
• learn about a pet's digestive tract
• invent and design a pet toy
• examine a pet's health

Small Pets 3
Scaling the Heights
Publication # BU-6361 (2002)
Suggested for Grades 8 - 12

Members can:
• learn about pet photography
• learn to classify animals
• care for newborn animals
• explore careers in pet care

Swine

Swine 1
The Incredible Pig
Publication # BU-08065 (2004)
Suggested for Beginner Level

Members can:
• learn about swine breeds
• feed and care for a pig
• complete an income and expense budget
• identify pork by-products

Swine 2
Putting the Oink in Pig
Publication # BU-08066 (2004)
Suggested for Intermediate Level

Members can:
• learn how to select quality pork
• learn how to keep swine healthy
• design a swine operation
• explore the swine industry

Swine 3
Going Whole Hog
Publication # BU-08067 (2004)
Suggested for Advanced Level

Members can:
• learn about swine genetics and breeding
• practice baby pig management
• design a farrowing facility
• prevent swine diseases

Tractor

Tractor A
Starting Up: Getting to Know Your Tractor
Publication # 4-H-961 (2005)
Suggested for Beginner Level

Members can:
• learn the parts of a tractor
• learn about tractor maintenance
• learn how to avoid machine hazards

Tractor B
Tractor Operation: Gearing Up for Safety
Publication # 4-H-962 (2005)
Suggested for Intermediate Level

Members can:
• learn about farm and tractor safety
• learn about different fuels
• learn about an engine cooling system

Tractor C
Moving Out: Learning About Your Tractor and Farm Machinery
Publication # 4-H-963 (2005)
Suggested for Intermediate to Advanced Level

Members can:
• learn about different oil systems
• learn how to safely connect PTO and hydraulics
• increase their knowledge of farm safety and tractor maintenance

Available online:
- Illinois 4-H Livestock Record
  Publication # RA0102
  http://web.extension.uiuc.edu/4h/lau nch.cfm?id=3796
Tractor D

*Learning More: Learning More About Agricultural Tractors and Equipment*
Publication # 4-H-964 (2005)
Suggested for Advanced level

**Members can:**
- learn about the mechanics and maintenance of an engine
- learn safety with chemicals
- advance their skills in operational systems and equipment

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Veterinary Science

**Veterinary Science 1**

*The Normal Animal*
Publication # 4-H 131 (2003)
Suggested for Grades 7 - 12

**Members can:**
- learn about the makeup of the animal body
- study the attitudes and behaviors of animals
- learn how to maintain animal health

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**Veterinary Science 2**

*Animal Disease*
Publication # 4H 48 (2004)
Suggested for Grades 7 - 12

**Members can:**
- learn the cures of common diseases
- learn about internal and external parasites
- study the effects of nutrition, stress, and heredity on animal health

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**Veterinary Science 3**

*Animal Health and Our World: A Self Study Course*
Publication # 4H 133
Suggested for Grades 10 - 12

**Members can:**
- explore environmental influences on animal health
- learn how animal health affects public health
- learn about veterinary medicine as a career

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**Veterinary Science 1-3**

*Leader’s Guide 4-H Veterinary Science Units 1, 2, & 3*
Publication # 4H 192

Welding

**Welding**

*Arcs and Sparks (Shielded Metal Arc Welding)*
Publication # 4-H 573 (2007)
Suggested for Grades 7 and older

**Members can:**
- Identify welding equipment
- Learn about electrodes
- Learn basic arc welding skills
- Demonstrate appropriate welding skills by making at least two weldments

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Woodworking

**Woodworking 1**

*Measuring Up*
Publication # BU-6875 (2003)
Suggested for Beginner Level

**Members can:**
- learn basics of woodworking, including measuring and cutting a board
- select and use hand tools
- learn to use a hammer, drive and pull nails

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**Woodworking 2**

*Making the Cut*
Publication # BU-6876 (2003)
Suggested for Intermediate Level

**Members can:**
- learn about wood species
- learn how to select the proper type of wood
- use a combination square, cut on an angle, and sand wood
- build a bird house, letter holder, or foot stool

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**Woodworking 3**

*Nailing It Together*
Publication # BU-6877 (2002)
Suggested for Intermediate to Advanced Level

**Members can:**
- learn about wood species
- learn how to select the proper type of wood
- use a combination square, cut on an angle, and sand wood
- build a bird house, letter holder, or foot stool

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**Woodworking 4**

*Finishing Up*
Publication # BU-6878 (2002)
Suggested for Advanced Level

**Members can:**
- use a table saw, router, circular saw, and scroll saw
- expand their capabilities with joining techniques
- experiment with adhesives and chemical wood strippers

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**Woodworking 1 - 4**

*Helper’s Guide for Woodworking 1 - 4*
Publication # BU-6879 (2002)
Extend your project work by participating in project activities and contests. The events and available resources are outlined below. Check websites for event and contest details or contact your local Extension office.

**Aerospace**

**Rocket Launch Event**
4-H members enrolled in Aerospace compete with other members from around the state in rocket spot landing, parachute duration, and launch contests. A rocketry expert works with the members to make it a fun and educational event for youth and their families.

**Beef**

**Livestock Judging**
Members learn the criteria used to select a quality beef animal, rank livestock classes, and participate in local and state judging events.

**Meat Judging**
Members learn the criteria used to select quality meat products and participate in local and state judging events.

**Quality Assurance and Ethics Training**
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=8421

**Bicycles**

**Project Support**

*Don't Get Stuck: Fix It! Bike Repair Clinic Video*
Publication # BU-7507 (2000)
Contact your local Extension office for loan availability.

**Communications**

**Public Presentations**
Members may participate in local and state events. Public presentations include demonstrations, formal speech, extemporaneous speaking, illustrated speech, oral interpretation, and original works.

**Communications Guide: Extempore Speaking**
Publication # MB0140c (2003)
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=6106

**Communications Guide: Oral Interpretations**
Publication # MB0140d (2003)
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=6107

**Communications Guide: Original Works**
Publication # MB0140e (2003)
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=6108

**Communications Guide: Master of Ceremonies**
Publication # MB0141 (2003)
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=6109

**Citizenship**

**Citizenship Washington Focus**
See Special Events and Opportunities section for more information.

**Dairy**

**Dairy Judging**
Members learn the criteria used to select a quality dairy animal, rank dairy classes, and participate in local and state judging events.

**Dairy Quiz Bowl**
Members participate as team members and demonstrate knowledge on dairy related subjects.

**Quality Assurance and Ethics Training**
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=8421

**Project Support**

*Learning About Dairy*
Publication # NCR 593 (1996)
**Electricity**

*Electricity Skillathon Contest*
Members demonstrate their knowledge of the efficient use of electricity; care, maintenance, and safety of electrical equipment; and electrical tools found on the farm and in the home.

**Goats**

*Quality Assurance and Ethics Training*
Available at [http://web.extension.uiuc.edu/4h/launch.cfm?id=8421](http://web.extension.uiuc.edu/4h/launch.cfm?id=8421)

**Horse and Pony**

*Contests*
For detailed information on horse competitions, check the Illini Horsenet website at [http://web.extension.uiuc.edu/4h/launch.cfm?id=8540](http://web.extension.uiuc.edu/4h/launch.cfm?id=8540)

**Illinois 4-H Horse Formal Speech Contest**
Members develop self-confidence and public speaking skills by sharing their knowledge on horse-related subjects.

**Horticulture**

*Horticulture Judging Contests*
Members learn to judge horticulture crops and practice identifying bulbs, flowers, fruits, herbs, indoor plants, nuts, ornamentals, seeds, shrubs, and vegetables.

**Horticulture Public Presentations Contest**
Members present a talk or demonstration about horticulture, flower arranging, landscaping, marketing, production, or home use of horticulture practices.

**Foods and Nutrition**

*Food Demonstration Contest*
Members share what they have learned with others. Members may demonstrate how to: prepare a food item, use a cooking technique, or cook an unusual food product.

**Forestry**

*State Forestry Judging Contest*
Rules, entry form, and additional information available at [http://web.extension.uiuc.edu/4h/launch.cfm?id=8519](http://web.extension.uiuc.edu/4h/launch.cfm?id=8519)

**Horticulture**

*Horticulture Photography*
*Experimental Horticulture*
*Marketing Contest*
*Environmental Beautification*
*Gardening*
*Plant Propagation*

For information and rules on these contests, see the website at [http://web.extension.uiuc.edu/4h/launch.cfm?id=8675](http://web.extension.uiuc.edu/4h/launch.cfm?id=8675)

**Project Support**

*Project Support & Activities*
Performing Arts

Illinois State Fair 4-H Performance Showcase
One show is presented during the State Fair. Acts may be individual (such as vocal or instrumental solo, dance, magic) or a group act (choir, small instrumental group, short skit). Entries are submitted on video and selected for the State Fair by a theatre director, who directs the stage show.

Swine

Livestock Judging
Members learn the criteria used to select a quality animal, rank swine classes, and participate in local and state judging events.

Meat Judging
Members learn the criteria used to select quality pork products and participate in local and state judging events.

Clothing & Textiles

SMART Kit provides resources to teach youth sewing skills for clothing and home décor. Kit contains: irons, pressing cloth, pressing hams, scissors, pinking shears, rotary cutter and mat, dressmaker rulers, five beginner sewing kits, and teaching resources. Contact your local Extension office for kits available in your region. A complete inventory is available at http://web.extension.uiuc.edu/4h/launch.cfm?id=8705

Project Kits

Leaders may check out teaching aids. Contact your local Extension office for details about this loan program.

Electricity Kit contains basic supplies for simple electricity experiments, including: magnet kit, horseshoe magnet, bar magnet, miniature socket, mini lamps, 2.3V and 6.3V batteries and battery holder, white, red, black and
enamel copper wire, paper clips, masking tape, ammeter, tester, and soldering iron. Kits are available through your local Extension office or from a Center Educator.

**Geospatial Kit**
provides resources to teach geographic and geospatial topics to youth of all ages. Items vary but may include mobile GPS (global positioning system) units, field markers, laptops with GIS (geographic information system) software, and other materials related to conducting geocaches and community mapping projects. Contact your local Extension office for geospatial resources available in your region.

**Get Up & Move Activity Kit**
contains supplies needed for youth to participate in the Get Up & Move! physical activities. Kits contain: stop watches, tape measure, burlap bags, balloons, cones, assorted balls, whistle, jump ropes, Frisbees, hacky sacks, bandanas, sidewalk chalk, bean bags, tape, and rope. A complete inventory of kit contents is available at http://web.extension.uiuc.edu/4h/launch.cfm?id=5786

**Pampered Chef Foods Preparation SMART Kit**
provides resources to teach basic food preparation skills including kitchen safety, nutrition, and cleanliness. Kits contain (for groups of up to 20 youth): mixing bowls, measuring cups and spoons, cookie cutters, knives, spatulas, vegetable peelers, cutting boards, colanders, pastry blenders, oven mitts, towels and food safety thermometers. All items were donated by The Pampered Chef. Contact your local Extension office to reserve the kit in your region. A complete inventory is available at http://web.extension.uiuc.edu/4h/launch.cfm?id=8706

**Photography SMART Kit**
provides resources to teach youth (grades 3-12) basic photography skills and camera operation. Kit contains: lights, cameras (digital and 35mm), materials to create a photo background, and teaching resources. Contact your local Extension office to reserve the kit in your region. A complete inventory is available at http://web.extension.uiuc.edu/4h/launch.cfm?id=8707

**Robotics Kit**
provides resources to introduce youth of all ages to robotics and computer programming. Lego Mindstorm Robotics materials and software allow youth to design a programmed robot to accomplish different tasks, and to analyze and interpret data to solve robotic engineering problems. Contact your local Extension office for resources available in your region.

**Teen Leadership SMART Kit**
provides resources to teach interpersonal and leadership skills to youth, ages 6-19, in a variety of settings. Kits contain: assorted balls, markers, bandanas, assorted paper, scissors, glue sticks, balloons, and supplies to teach several of the activities in the Step Up to Leadership project. A complete inventory is available at http://web.extension.uiuc.edu/4h/launch.cfm?id=8708

**Walk in My Shoes Kit**
suggested for use with the Intergenerational project, Walk in My Shoes. Loan kits, including the “immediate-aging” supplies, are available through local Extension offices. Kits must be reserved in advance.

**Wonderwise Kits**
provides resources to teach youth (grades 4-6) about women scientists. Each kit includes a video, activity book, and CD-ROM highlighting a scientist and her work. Contact your local Extension office to reserve the kit in your region.

- **Sea Otter Biologist** — members learn how to conduct oil spill investigations, discover how scientists track sea otters, and observe sea otter behavior.
- **Pollen Detective** — members dissect a flower to find pollen, analyze a pollen sample to learn about allergies, and dig for ancient pollen in artificial rocks.
- **Vet Detective** — members explore how to safely interact with animals, learn to make sense of animal behavior, compare animal digestive systems and simulate the process of digesting grass.
- **Rainforest Ecologist** — members construct a sturdy rainforest tree, learn about poisonous frogs, and test the strength and fat content of different types of nuts.
- **Parasite Sleuth** — members create a parasite, make and dissect an Ascaris Worm, solve mysterious diseases by finding problem parasites, and unravel the stages of a developing tapeworm.
- **African Plant Explorer** — members discover poisons in everyday foods, examine chemical properties of starch, and follow the world travels of foods.
- **Urban Ecologist** — members learn how to test the health of the environment, predict and test seed travel, and explore the effects of water pollution.
- **Space Geologist** — members explore the earth’s history, make an impact crater and investigate how craters take shape, create strata, and take a core sample.
- **Genetic Counselor** — members take a genetic survey about inherited traits, track different combinations of genes to create the face of a baby, build a gene model, learn about DNA, and read a chromosome chart.
The following projects are recommended for classroom or structured group settings. In addition to these, many other 4-H individual projects are adaptable to the classroom.

**Citizenship**

■ Leadership

*Development through Community Action*

*Leadership Development through Community Action Teacher’s Guide and Notebook of Activity Masters (1999)*

Suggested for Grades 6 - 8

Through this service-learning curriculum, youth and adults work together to make a difference in the community. The group explores community issues and plans a project to improve the community. The curriculum includes 30 lessons with experiential activities, ideas for reflection, handouts, and visuals.

■ Public Adventures

*Youth Adventure Kit*

Publication # MI-7329 (2001)

Suggested for Grades 4 - 12

Youth can:

- learn what being an active citizen in a democracy is all about
- plan and conduct a project that will create change in the community

- record achievements on a passport and journal personal progress

■ Service Learning 1

*Agents of Change*

Publication # BU-08182 (2005), includes Service Learning CD

Suggested for Grades 5 - 8

Youth can:

- plan and carry out a service project
- choose a project
- research a need
- develop a plan
- journal personal experiences

■ Service Learning 2

*Raise Your Voice*

Publication # BU-08183 (2005), includes Service Learning CD

Suggested for Grades 9 - 12

Youth can:

- plan and conduct a service project
- conduct a walk-about to observe needs and assets in a community
- survey community members about needs
- identify solutions to meet a specific need
- journal the experience

■ Exploratory

■ Exploring 4-H Group Activities

*Exploring the Treasures of 4-H: Fun, Friends, & Learning Youth Guide*

Publication # BU-08171 (2005)

Suggested for Grades 2 - 4

Youth can:

- learn all about 4-H
- discover personal interests
- learn more about their friends and family
- explore the community
- enjoy a project hunt

■ Exploring 4-H Group Activities

*Exploring the Treasures of 4-H*  
*Helper’s Guide for Exploring 4-H Group Activities*  
*Publication # BU-08172 (2005)*
Intercultural

Cultural Connections

Cultural Connections (Helper's Guide)
Publication # MC0550 (2006)
Suggested for Grades 4 - 6
Youth will learn about their own cultures and about similarities and differences that exist among people.

Youth can:
• understand the importance of diversity
• learn how to communicate with others who have different cultural backgrounds
• learn how to react when confronted with stereotypes and prejudices
• participate in a game to learn about foods, clothes, and customs from around the world
• create an action plan to address an issue within the group, club, school, or community

Latino Cultural Arts

¡Que Rico! La Cultura Bilingual (Helper's Guide)
Publication # BU-08180 (2005)
Suggested for Grades K - 8
Youth will discover the Latino culture as they develop an understanding of the Latino people and their traditional art forms.

Youth can:
• learn to appreciate Latino art and expression
• understand visual arts in relation to history and cultures
• make a rain stick, pole puppet, clay pot, piñata, mural, and more
• prepare a Latino recipe

Passport to the World

4-H Passport to the World: A Country Study Guide
Publication # MC0510 (Reprinted 2006)
Suggested for Grades 3 - 12
Youth can:
• study a country’s government, agriculture, housing, and industry
• host a person from an area of our country or from another country
• explore different cultures through foods, clothing, housing, music, and crafts

Leader's Guide for Passport to the World

4-H Intercultural Leader’s Guide
Publication # LC0502 (1986)

Intergenerational

Walk in My Shoes

Walk in My Shoes: A 4-H Aging Awareness Project
Publication # ME0170 (1994)
Suggested for Grades 3 - 12
Youth can:
• explore attitudes about aging and older people
• interview an older person
• learn to communicate with an older person
• participate in simulated aging activities

Helper's Guide for Walk in My Shoes

Walk in My Shoes Leader's Guide
Publication # NCR 548 (1994)

Leadership

Step Up to Leadership 1

Leadership Mentor Guide for Grades K - 5
Publication # BU-07903 (2003)
Members can:
• identify good qualities in leaders
• practice being a leader
• learn to communicate without talking
• plan, serve, and eat breakfast
• make peace puppets

Step Up to Leadership 2

My Leadership Workbook
Publication # BU-07905 (2003)
Suggested for Grades 3 - 5
Youth can:
• explore leadership skills
• learn communication skills
• untangle a human knot

Step Up to Leadership 3

My Leadership Journal
Publication # BU-07906 (2003)
**Personal Development**

**Focus on Character**

*4-H Focus on Character and Focus on Character for Youth Groups CD*

Publication # LC0400 (2007)
Suggested for Grades 3 - 6

This CD contains plans to introduce the Six Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship; plus an introduction to character and ethical decision-making. Each plan gives background on the lesson topic, life skills, roll call ideas, a challenge, quotation, poster, calendar, family piece to send home, news release, and newsletter article. Lessons may be printed from the CD and duplicated.

**Polite Is Right**

*Polite Is Right (Helper's Guide)*

Publication # LC0361 (1999)
Suggested for Grades K - 5

This curriculum is designed to teach social skills and encourage the use of considerate behavior. Family pages are included to distribute to the parents each week of the program. It is suggested for use at the beginning of the school (or 4-H) year when rules are being set and the tone of the classroom is being established.

Youth can:
- learn how rules help us
- gain respect for others
- learn social skills, meal-time manners, and good sportsmanship
- review electronic etiquette

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**Performing Arts**

**Theatre Arts 1**

*Play the Role: Theatre Arts Acting Activities*

Suggested for Grades 3 - 12

Youth can:
- express themselves through movement, voice, speech, and characterization
- create and present a play
- do improvisation, pantomime, monologs, and clowning

**Theatre Arts 2**

*Become a Puppeteer: Theatre Arts Puppetry Activities*

Publication # BU-08071 (2004)
Suggested for Grades 3 - 12

Youth can:
- learn about types of puppets
- create a puppet and puppet stage
- create and present a puppet skit
- do puppet therapy

**Theatre Arts 3**

*Set the Stage: Theatre Arts Stagecraft Activities*

Publication # BU-08072 (2004)
Suggested for Grades 3 - 12

Youth can:
- express themselves through movement, voice, speech, and characterization
- create and present a play
- do improvisation, pantomime, monologs, and clowning
Youth can:
• design costumes and stage sets
• create sound effects
• apply makeup for a specific character
• understand the use of lighting

**Helper's Guide for Theatre Arts 1 - 3**
*Theatre Arts Group Activity Helper's Guide*
Publication # BU-08073 (2004)

**Visual Arts**

**Arts & Crafts**
*A Palette of Fun with Arts & Crafts Helper's Guide*
Publication # BU-07597 (2001)
Suggested for Grades K - 6

Youth can:
• cut paper designs based on traditions from around the world
• create drawings in shades of black and gray
• sculpt with clay and papier-mâché
• design, make, and use block prints
• create paper products from recycled items
• build a box float representing your state

**Workforce Preparation**

**WOW! Wild Over Work**
*Wow! Wild Over Work: A Helper's Guide to Workforce Preparation Activities*
Publication # CCS-6880 (1997)
Suggested for Grades K - 6

This material provides several fun activities to help youth identify and develop the skills needed to succeed in the working world.

Youth can:
• explore the work of family members
• learn about work within the community
• interview people about different types of work
• learn about work and products from around the world
• explore work for their future
Healthy Living
Group Projects

Food and Nutrition

■ Food Science

*Food Science Member's Guide*
Publication # ME0335
(Reprinted 1997)
Suggested for Grades 3 - 4
Experiments are the primary activities.

Youth can:
• investigate what happens when liquids and/or solids are mixed together
• find out how oxygen and heat cause foods to change
• test foods and various nutrients
• discover the importance of water in food

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*Helper's Guide for Food Science*

*Food Science Leader's Guide*
Publication # LE0335
(Reprinted 1997)

■ Sports Nutrition

*Sports Nutrition*
Publication # ME0350 (1995)
Suggested for Grades 4 - 6
Youth can:
• prepare power snacks
• identify foods that are sources of energy
• explore fitness myths and facts
• learn about activities that improve fitness

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*Helper's Guide for Sports Nutrition*

*Sports Nutrition Leader's Guide*
Publication # LE0350
(Reprinted 1997)

Health and Fitness

■ Get Up & Move!

*Get Up & Move! Series 1 - 3*
Suggested for Grades 3 - 12

Get Up and Move! helps youth learn about physical activity and healthy lifestyles in a fun, interactive way. Youth learn about nutrition and ways to increase physical activity.

Each series includes:
• leader activity guide
• educational activity
• recipe for a healthy snack
• family activity
• parent newsletter
• community challenge
• additional support materials

Physical activity calendar masters include a chart for youth and adults to track the number of physical activity minutes completed on a monthly basis.

*Project Support References*
Available by special order or download at http://web.extension.uiuc.edu/4h/launch.cfm?id=8529

■ Get Up & Move! Series 1

*Leader Activity Guide*
Publication # LB0300 (2005)

*Physical Activity Calendars — 2008-09 (masters to copy)*
Publication # LB0310 (2007)

■ Get Up & Move! Series 2

*Leader Activity Guide*
Publication # LB0301 (2006)

*Physical Activity Calendars — 2008-09 (masters to copy)*
Publication # LB0311 (2007)

■ Get Up & Move! Series 3

*Leader Activity Guide*
Publication # LB0302 (2007)

*Physical Activity Calendars — 2008-09 (masters to copy)*
Publication # LB0312 (2007)
Science, Engineering, and Technology

Agricultural Science

■ Afterschool Agriculture 1

_Acres of Adventures 1_
Publication # BU-08330 (2006)
Suggested for Grades 3 - 5

Youth can:
• make homegrown play dough
• make paper from recycled products
• play the Fruitmaster Strategy Game
• make a sandwich safe package
• guess foods using sense of smell, taste, and touch
• conduct a seed sorting exercise

■ Afterschool Agriculture 2

_Acres of Adventures 2_
Publication # BU-08331 (2006)
Suggested for Grades 3 - 5

Youth can:
• make fruit leather and other snacks
• get water and oil to stick together
• conduct an experiment to move water uphill
• conduct an egg drop activity
• go on a bug collection hunt
• explore the nature of spider webs

Entomology

■ Scientific Inquiry with Butterflies

_Scientific Inquiry with Butterflies: A Teacher’s Guide for Grades 3 - 5_
Publication # MH0500 (2007)
Suggested for Grades 3 - 5

Youth will engage in experimental activities about butterflies including raising butterfly larvae in the classroom.

Youth can:
• raise painted lady butterflies from larva
• explore an insect’s anatomy
• examine the four stages of a butterfly’s life cycle
• learn about butterfly survival mechanisms and migration
• understand butterflies’ interaction with the environment

Food Science

See Healthy Living: Food and Nutrition

Geospatial

■ Exploring Spaces, Going Places 1 - 3

CD includes all three levels and Helper's Guide
Publication # CD-08358 (2006)

■ Exploring Spaces, Going Places 1

_Setting Out_
Suggested for Beginner Level

Youth can:
• learn about geospatial organization
• use navigation tools such as GPS, compasses, maps, and globes
• identify locations
• measure distances

■ Exploring Spaces, Going Places 2

_On the Trail_
Suggested for Intermediate Level

Youth can:
• collect geographic and geospatial data
• combine data with geographical positions
• learn about different types of maps
• create various maps
Exploring Spaces, Going Places 3

Reaching Your Destination
Suggested for Advanced Level

Youth can:
• use and create multilayered data maps
• understand the association of data with position
• use multiple data layers to solve problems

Poultry

Embryology 1

Hatching Classroom Projects Helper's Guide
Publication # BU-07595 (2002)
Suggested for Grades 2 - 5

Youth can:
• identify parts of an egg
• study embryology by incubating eggs
• build candlers and examine fertile eggs
• plan and build a brooder box
• learn to handle chicks safely

Embryology 2

Experiments in Poultry Science Helper's Guide
Publication # BU-07596 (2001)
Suggested for Grades 6 - 8

Youth can:
• study embryology by incubating eggs
• identify parts of an egg and their function
• build candlers and examine fertile eggs
• build a brooder
• hatch and care for chicks
• understand chicken behavior

Project Supplement available by special order:
Poultry Chick Development Poster
Publication # VH-07900 (2002)

Robotics

Note: LEGO® MINDSTORM™ NXT kit and software recommended for Robotics 1 and 2.

Check local Extension office for kit availability or purchase directly from www.legoeducation.com or call to order at 1-800-362-4308.

Additional resources available online:
http://www.n4hccs.org/robotics

Robotics and You CD (optional)
Publication # CD-08368 (2006)
This CD uses short tutorial videos to show how to program a robot and how robotic technology is used in the world today. Topics include: motors & timers, point turns, modifiers, loops, light sensors, line tracking, touch sensors, and rotation sensors.

Robotics 1

Robotics Explorer
Publication # BU-08364 (2006)
Suggested for Beginner Level

Members can:
• design a robot
• program a robot to run a maze
• program a robot to accomplish different tasks
• design a challenge course for a robot

Robotics 2

Robotics Probe
Publication # BU-08365 (2006)
Suggested for Intermediate to Advanced Level

Members can:
• design and program a robot to accomplish tasks with gripper attachment
• design and program a robot using rotational sensors, different gears, or a pulley system
• analyze and interpret data to solve robotic engineering problems

Helper's Guide for Robotics 1 - 2

Robotics Helper's Guide
Publication # BU-08366 (2006)
The 4-H Cloverbud program is for youth ages 5-7, as of September 1. Most of the following Cloverbud projects are leader-guided and do not provide individual member books. These projects can be completed with minimal reading and writing skills. Some projects do provide individual member manuals and are better suited for older Cloverbud members who can read and write.

- **Cloverbud Series 1 and 2**
  These introductory projects contain activities from eight areas: science/technology, expressive arts, healthy lifestyles, environment, personal development, citizenship, consumer/family science, and plants and animals. The program guides have enough activities to use over several years.

- **Cloverbud Series 1**
  **Cloverbud Program: Curriculum Instructional Materials**
  Publication # 4H 710 GPM (Reprinted 2003)
  Recommended for all new Cloverbud groups

- **Cloverbud Series 2**
  **Cloverbud Program: Series 2 Curriculum Instructional Materials**
  Publication # 4H 711 GPM (2000)
  Recommended for all new Cloverbud groups

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**Helper's Guide for Cloverbud Series 1 - 2**

**Illinois 4-H Cloverbud Leader Guide**
Publication # LE0140 (2005)

**Aerospace 1**

**Pre-Flight**
Publication # BU-6842 (2003)
Suggested for Grades 1 - 3

**Members can:**
- build an edible rocket
- compare birds and airplanes
- identify aerospace careers
- design and make a spacecraft

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**Helper's Guides for Aerospace**

**Flight Crew: Aerospace Group Activity Guide**
Publication # BU-6846 (1998)

**Launching Youth Aerospace Programs: Community Organizer's Guide**
Publication # BU-6847 (1999)

**Arts & Crafts**

**A Palette of Fun with Arts & Crafts Helper's Guide**
Publication # BU-07597 (2001)
Suggested for Grades K - 6

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**Members can:**
- cut paper designs based on traditions from around the world
- create drawings in shades of black and gray
- sculpt with clay and papier-mâché
- design, make, and use block prints
- create paper products from recycled items
- build a box float representing your state

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**Bicycle 1**

**Bicycle Adventures 1**
Publication # BU-7503 (2001)
Suggested for Grades K - 3

**Members can:**
- learn and practice bicycle safety
- learn street signs
- practice signaling

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**Helper's Guide for Bicycle Adventures 1 - 3**

**Bicycle Adventures Helper's Guide**
Publication # BU-7506 (2001)

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**Embryology 1**

**Hatching Classroom Projects Helper's Guide**
Publication # BU-07595 (2002)
Suggested for Grades 2 - 5
Members can:
• identify parts of an egg
• study embryology by incubating eggs
• build candlers and examine fertile eggs
• plan and build a brooder box
• learn to handle chicks safely

■ Exploring 4-H Group Activities

Exploring the Treasures of 4-H: Fun, Friends, & Learning Youth Guide
Publication # BU-08171 (2005)
Suggested for Grades 2 - 4

Members can:
• learn all about 4-H
• discover personal interests
• learn more about their friends and family
• explore the community
• enjoy a project hunt

Exploring Your Body (Helper's Guide)
Publication # BU-6857 (1999)

Members can:
• do a “germ test” for clean hands
• learn about being a good friend
• assemble a first aid kit
• learn about bicycle safety

■ Latino Cultural Arts

¡Que Rico! La Cultura Bilingual (Helper’s Guide)
Publication # BU-08180 (2005)
Suggested for Grades K - 8

Youth discover Latino culture and develop understanding of the Latino people and their traditional art forms.

Members can:
• learn to appreciate Latino art and expression
• understand visual arts in relation to history and cultures
• make a rain stick, pole puppet, clay pot, piñata, mural, and more
• prepare a Latino recipe

■ Polite Is Right

Polite Is Right (Helper's Guide)
Publication # LC0361 (1999)
Suggested for Grades K - 5

This curriculum is designed to teach social skills and encourage the use of considerate behavior. Family pages are included to distribute to the parents each week of the program. It is suggested for use in the beginning of the school (or 4-H) year when rules are being set and the tone of the classroom is being established.

Members can:
• learn how rules help us
• gain respect for others
• learn social skills, meal-time manners, and good sportsmanship
• review electronic etiquette

■ Step Up to Leadership 1

Leadership Mentor Guide for Grades K - 5
Publication # BU-07903 (2003)

Members can:
• identify good qualities in leaders
• practice being a leader
• learn to communicate without talking
• plan, serve, and eat breakfast
• make peace puppets

■ WOW! Wild Over Work

Wow! Wild Over Work: A Helper’s Guide to Workforce Preparation Activities
Publication # CCS-6880 (1997)
Suggested for Grades K - 6

This material provides several fun activities to help youth identify and develop the skills needed to succeed in the working world.

Members can:
• explore the work of family members
• learn about work within the community
• interview people about different types of work
• learn about work and products from around the world

■ Project Support for All Cloverbud Projects

Available online:

My 4-H Cloverbud Story Level 1
Publication # R90315 (1999)
http://www.4-h.uiuc.edu/staff/r90315.pdf

My 4-H Cloverbud Story Level 2
Publication # R90316 (1999)
http://www.4-h.uiuc.edu/staff/r90316.pdf

My 4-H Cloverbud Story Level 3
Publication # R90317 (1999)
http://www.4-h.uiuc.edu/staff/r90317.pdf

Parent Brochure — Cloverbuds
Publication # LE0125A (2005)
http://www.4-h.uiuc.edu/staff/clvrbud/04A-2_confKids.pdf
The Illinois 4-H Recognition for Excellence Program recognizes the accomplishments of all Illinois 4-H members. Members are recognized for participation, progress towards goals, achievement of standards, and competition. Donations to the Illinois 4-H Foundation support the awards. See the following information for award details.

Recognition for Participation
- All 4-H members are recognized at the beginning of the 4-H year with a Membership Card.
- 4-H members receive Certificates of Participation (# W90110) at the conclusion of the 4-H year.
- 4-H Cloverbud members receive a Participation Ribbon (# W90111) once during the 4-H year.
- The Illinois 4-H Alumni Pin (# W90120) is presented to members completing their last year of eligibility for 4-H membership.

Recognition for Progress
To recognize the individual growth and accomplishments of each member, leaders and parents are encouraged to consult with the members to determine what they would like to do and learn — their 4-H goals; provide guidance to determine realistic project goals; and recognize progress members make toward achieving those goals.

Members use project planning guides to record project plans and accomplishments. These forms may be completed online. Select the hand tool option to fill in the blanks.

- **Planning for My Project Work**, for members ages 8-11
  
  Publication # R90311
  
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3793](http://web.extension.uiuc.edu/4h/launch.cfm?id=3793)

- **Illinois Project Plan**, for members ages 12-14
  
  Publication # R90312
  
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3794](http://web.extension.uiuc.edu/4h/launch.cfm?id=3794)

- **Illinois Advanced Project Plan**, for members ages 15-18
  
  Publication # R90313
  
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3795](http://web.extension.uiuc.edu/4h/launch.cfm?id=3795)

- **Illinois 4-H Clover Challenge Agreement**, for members ages 15-18
  
  Publication # 90121
  
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3791](http://web.extension.uiuc.edu/4h/launch.cfm?id=3791)

- **The 4-H Mentor — A Guiding Hand**, for members ages 15-18
  
  Publication # 90112
  
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3792](http://web.extension.uiuc.edu/4h/launch.cfm?id=3792)

- **My 4-H Activities**, for all members
  
  Publication # R90314
  
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3784](http://web.extension.uiuc.edu/4h/launch.cfm?id=3784)

Use this link to complete the form online. [http://web.extension.uiuc.edu/4h/launch.cfm?id=3785](http://web.extension.uiuc.edu/4h/launch.cfm?id=3785)

The achievements and growth of each 4-H member are recognized with the presentation of the

- **Certificate of Progress** (# W90139) when first year goals are complete.
- **Award Seal** (# W90139a). Each year a member achieves his/her goals, an additional seal is awarded to attach to the Certificate of Progress.

Recognition for Achievement of Standards
An important goal of 4-H is to teach youth life skills that can be used throughout their lives. Members use established standards of excellence as guidelines to determine how well they have learned life skills.

Project Standards
Members may elect to have their 4-H projects evaluated by a judge against individual project standards at a local or county 4-H show, fair, or other exhibit opportunity. Each project is awarded a recognition ribbon. The ribbons signify the following levels of achievement:

<table>
<thead>
<tr>
<th>Rating</th>
<th>Accomplishment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Award</td>
<td>Project meets standards</td>
</tr>
<tr>
<td>Red Award</td>
<td>Project needs some improvement</td>
</tr>
<tr>
<td>White Award</td>
<td>Project needs much improvement</td>
</tr>
</tbody>
</table>

Members' efforts are evaluated by achievement of project standards, not by competing against other youth. Conference judging allows...
4-H'ers to receive the judge's feedback directly and ask questions on how to improve. Premium money may also be awarded for some 4-H exhibit opportunities.

**4-H Member Performance Standards of Excellence**
Members are recognized for achieving certain performance standards in the Illinois 4-H Program. These awards are presented at the end of the 4-H year to members achieving the standards appropriate for their age group. Available at [http://web.extension.uiuc.edu/4h/launch.cfm?id=3616](http://web.extension.uiuc.edu/4h/launch.cfm?id=3616)

**Project Achievement Award**
8-11 years old
First year — Project Achievement Medal (# W90153)
Additional Years — Certificate (# W90152)
[http://web.extension.uiuc.edu/4h/launch.cfm?id=3630](http://web.extension.uiuc.edu/4h/launch.cfm?id=3630)

**Standards to Achieve:**
- Establishes project plans and reports project work to leader.
- Independent members must present completed Project Plan to Unit staff.
- Attends at least two-thirds of club meetings (or number determined by the club). Independent members must meet with mentor a minimum of four times during the program year.
- Shares project experiences by giving a presentation or exhibiting project work.

**Service Achievement Award**
12-14 years old
First Year — Service Achievement Medal (# W90156)
Additional Years — Certificate (# W90155)
[http://web.extension.uiuc.edu/4h/launch.cfm?id=3631](http://web.extension.uiuc.edu/4h/launch.cfm?id=3631)

**Leadership Achievement Award**
15 to 18 years old
**Age Award**
15 Key Ring (# W90158)
16 Sportspack (# W90163)
17 Plaque (# W90162)
18 Key Award (# W90161)

**Recognition for Competition**
Some 4-H members enjoy the opportunity to compete with peers to determine the “best” project, performance, or achievement. In 4-H competitions, members should be prepared to accept the results of the judge’s decision and appreciate the learning experiences before, during, and after the competition. See **Competitive Awards** section for more information on competitive events.

Research shows that most children younger than age eight are not ready for competition. They have fragile self-esteem and are developing at different rates. Therefore, Cloverbuds are not eligible for competition or competitive events. Recognition for Cloverbuds is important and should be positive and noncompetitive.

Youth who want to participate in state competition must complete the Illinois 4-H Award Application which is available online:
- [Illinois 4-H Award Application (2007)](http://web.extension.uiuc.edu/4h/launch.cfm?id=3620)
  - State award recognition in various program areas. Some local Extension units may also use it for their local 4-H award application.
  - See application for instructions and scoring criteria.
  - Submit the completed application to local Extension office for advancement to state competition.

**Other Recognition Items**
Special certificates are available to recognize members, parents, or other community leaders during the 4-H year. The following certificates are available for download:
- **Certificate of Merit**
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3632](http://web.extension.uiuc.edu/4h/launch.cfm?id=3632) (color)
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3633](http://web.extension.uiuc.edu/4h/launch.cfm?id=3633) (black & white)
- **Certificate of Achievement**
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3634](http://web.extension.uiuc.edu/4h/launch.cfm?id=3634) (color)
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3635](http://web.extension.uiuc.edu/4h/launch.cfm?id=3635) (black & white)
- **In Recognition Of . . . Certificate**
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3638](http://web.extension.uiuc.edu/4h/launch.cfm?id=3638) (color)
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3639](http://web.extension.uiuc.edu/4h/launch.cfm?id=3639) (black & white)
- **Friend of 4-H Certificate**
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3640](http://web.extension.uiuc.edu/4h/launch.cfm?id=3640) (color)
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3641](http://web.extension.uiuc.edu/4h/launch.cfm?id=3641) (black & white)
- **Junior Leadership Recognition**
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3625](http://web.extension.uiuc.edu/4h/launch.cfm?id=3625) (color)
  [http://web.extension.uiuc.edu/4h/launch.cfm?id=3626](http://web.extension.uiuc.edu/4h/launch.cfm?id=3626) (black & white)
The organized club or group is an important part of the 4-H program. Members work and play together while developing life skills. Club recognition can build group unity and pride. It also encourages the club members to grow as they identify and work toward club goals. The Recognition for Excellence program offers award opportunities to clubs and groups for participation, progress toward goals, meeting standards of excellence, and competition between clubs.

Local Extension offices can provide the items listed below for clubs/groups in their unit.

**Recognition for Participation**
- Club Charter recognition to 4-H clubs
- Flag Set for new 4-H clubs

**Recognition for Progress**
- Progress Patch and/or Date Patch for demonstrated progress toward club or group goals.

**Recognition for Achievement of Standards**
- Award of Excellence Patch and/or Date Patch are presented for achieving 11 of the 14 items from the Illinois 4-H Standards of Excellence.

[View Illinois 4-H Standards of Excellence for 4-H Groups](http://web.extension.uiuc.edu/4h/lunch.cfm?id=3617)

**Recognition for Competition**
- State Award Patches, certificates, and a cash award are presented in each curriculum area to the top 10 clubs or groups in the state based on information provided on the Illinois 4-H Club/Group Report Form.


Applications are due in the State 4-H Office no later than **August 15, 2009**.

**Note:** Awards and Recognition information is revised on a regular basis. Contact your local Extension office for updates.
Competitive Awards

Illinois 4-H members can compete for a variety of awards — cash awards, trips, medals, certificates, plaques, and more. Most competitive awards require a completed application, an interview, recommendation letters, and other information. Members should check with their local Extension office for policies, deadlines, and up-to-date information concerning any of the following awards.

Medals of Honor
Through the generosity of the Illinois 4-H Foundation, Inc., the Illinois 4-H program provides county Medals of Honor in a variety of curriculum and program areas. Any 4-H member may apply for these medals; however, local Extension offices may require special applications to be completed. Local 4-H programs may also provide other awards and/or medals. Medals of Honor are given by local 4-H programs in the following areas:

- Achievement
- Animal Sciences
- Community Involvement & Global Awareness
- Engineering & Technology
- Environment & Natural Resources
- Food, Nutrition & Health
- Home & Family
- Personal Development
- Plants & Soils

Members can receive an award medal only once in a specific award category. Local Extension programs may award County Blue Award Certificates to members who continue to excel in any program area.

A 4-H Alumni medal is also available for local Extension units to recognize outstanding 4-H alumni.

National 4-H Dairy Conference
Each year, the Illinois 4-H Foundation, Inc. and its donors provide four trips to National 4-H Dairy Conference for outstanding 4-H members in the dairy project. National 4-H Dairy Conference is held in late September/early October and coincides with the World Dairy Exposition in Madison, Wisconsin.

To apply for 2009 National 4-H Dairy Conference, members must have completed at least three years working in the 4-H dairy area and must be 15-18 years of age by September 1, 2008. Members must be no older than 18 by January 1, 2009. An Illinois 4-H Award Application must be completed, approved by the local Extension staff, and submitted to state competition. The four members selected for the trip pay a participant fee to attend.

National 4-H Congress
National 4-H Congress is a five-day, educational experience provided by the USDA Cooperative State Research Education and Extension Service. National 4-H Congress is held in Atlanta, Georgia. It begins Friday after Thanksgiving, and concludes the following Tuesday.

County 4-H programs nominate 4-H members to attend National 4-H Congress. Members must complete the Illinois 4-H Award Application and be no younger than 15, nor older than 18, by September 1, 2008 to compete for the 2009 trips. Finalists must participate in a 4-H interview.

Applications are due to the state in early January 2009. Interviews will be conducted in Spring 2009, with final selections made by mid-June.

Specific deadlines will be provided to local Extension offices in 2008.

Categories for State 4-H Award Winners:
- Achievement — 10 awards/trips
- Animal Sciences — 5 awards/trips
- Community Involvement & Global Awareness — 1 award/trip
- Engineering & Technology — 2 awards/trips
- Environment & Natural Resources — 1 award/trip
- Food, Nutrition & Health — 3 awards/trips
- Home & Family — 2 awards/trips
- Personal Development — 5 awards/trips
- Plants & Soils — 1 award/trip

The number of trips awarded in any area is subject to change.

4-H Premier LCP Awards
Sponsored by Illinois Farm Bureau and Affiliates

The Illinois Farm Bureau, GROWMARK, Inc., Country Financial Services, IAA Credit Union, and Prairie Farms Dairy provide two levels of awards for 4-H members excelling in the areas of leadership, citizenship, and professionalism (LCP). Ten 4-H members are invited to attend a two-day Farm Bureau and Affiliates Young Leaders Conference in April. The top five 4-H members will be recognized with special plaques at the 2009 Illini Summer Academies.

Each county can annually submit two applicants. Applicants must be juniors or seniors in high school or freshmen in college (or equivalent). An application is required, along with letters of recommendation. Applications are available from local Extension offices in early fall and are due to the Illinois Farm Bureau by December 15 of each year.
State Project & Award Areas

Achievement
Includes all 4-H project work, leadership, and community service during the member’s 4-H career.

Animal Science
Includes Beef, Cat, Dairy, Dog, Goat, Horse & Pony, Poultry, Rabbit, Sheep, Small Pets, Swine, Veterinary Science, and any related county projects.

Community Involvement & Global Awareness
Includes Citizenship, Intercultural, Service Learning, and any related county projects.

Dairy
Includes Dairy Cattle, Dairy Foods, Dairy Goats, and any related county projects.

Engineering & Technology
Includes Aerospace, Bicycle, Computer Science, Electricity, Geospatial, Robotics, Safety (all areas), Small Engines, Tractor, Welding, Woodworking, and any related county projects.

Environment & Natural Resources
Includes Camping & Outdoor Living, Entomology, Forestry, Geology, Natural Resources, Sportsfishing, Wildlife, and any related county projects.

Food, Nutrition & Health
Includes all Foods & Nutrition projects, Health (Physical and Mental), and any related county projects.

Home & Family
Includes Child Development, Consumer Education, Entrepreneurship, Intergenerational, Interior Design, Sewing & Textiles, and any related county projects.

Personal Development
Includes Communication, Leadership, Photography, Theater Arts, Visual Arts, and any related county projects.

Plants & Soils
Includes Crops, Floriculture, Horticulture, Plant & Soil Science, and any related county projects.
Any 4-H member, regardless of race, color, religion, gender, national origin, ancestry, marital status, familial status, sexual orientation, or disability may compete in county and state 4-H award programs providing they meet the eligibility requirements. This includes all 4-H youth enrolled in community clubs, special interest groups, EFNEP groups, school enrichment programs, etc.

County Award Policies
- Counties may determine selection criteria, policies, and procedures for local awards, as long as those procedures and policies do not violate Illinois 4-H policy.
- Candidates may receive a state-provided award medal only once in a specific award category. Continued success in any curriculum area may allow the member to be presented a County Blue Award Certificate.
- To eliminate any potential conflict of interest or appearance of impropriety, all county 4-H Award Selection Committees should be comprised of individuals who have no personal ties* to any of the award applicants.

State Award Policies
Candidates for state award consideration must
- Be between 15 and 18 (inclusive) years of age at the time of their enrollment (September 1, 2008).
- Complete a minimum of one year in the 4-H program, including the current 4-H year.
- Be currently enrolled in 4-H at the time the application is submitted for state recognition (Jan. 2009).
If award applications are being submitted in a specific award area, the member must be currently enrolled in a project or activity area in that award area. Members may attend National 4-H Congress at age 19 or 20, even though they may be a 4-H alumni at the time of the event. National 4-H Dairy Conference applicants must be no more than 18 years of age as of January 1, 2009.
- Complete the Illinois 4-H Award Application and submit it to the local Extension office for review. The application must be reviewed and verified by an Extension staff member (salaried or designated volunteer) in the unit making the nomination and submitted by the Extension staff for nomination to the State 4-H Award Selection Committee.
- Adhere to instructions provided in each of those applications, including maximum number of pages, size of type, etc.
- Members may use one Illinois 4-H Award Application to compete in several different award areas; however, a different 4-H Story is needed for each different area in which the member competes.
- Members may attend National 4-H Congress or National 4-H Dairy Conference only once; however, a member may accept both award trips during the same year.
- State 4-H Blue Award Winners, who have not previously attended National 4-H Congress, may attend the event at their own expense (registration, travel, meals, and hotel). Youth interested in this option must meet all state and national deadlines for registration. They will be a part of the Illinois 4-H delegation and therefore will be subject to the same requirements, conduct codes, etc.
- Any 4-H member, who has attended National 4-H Congress or National 4-H Dairy Conference (as a state winner or at own expense), is not eligible to apply for the same trip again. However, they are eligible to apply for State 4-H Blue Award Winner status by marking the appropriate box on the Illinois 4-H Award Application and submitting an updated Summary of Accomplishments.
- As a means of ensuring individual rights to participate and/or resolve irregularities in the selection process, the Director of 4-H and his/her designee reserve the right to submit a candidate's award application directly to the State 4-H Award Selection Committee in an "at-large" category.
- To eliminate any potential conflict of interest or appearance of impropriety, members of the State 4-H Award Selection Committee must not have any personal ties* to any of the award applicants.
*Personal ties are defined as immediate family members as determined by blood, marriage, or step-relationship (step-parent, guardian, sibling, aunt/uncle, grandparent, etc.). A leader of the award candidate’s 4-H club/group or independent study mentor would also be defined as a personal tie.
Volunteer Opportunities

University of Illinois Extension 4-H Youth Development takes great pride in the quality of its adult leadership. Being a registered volunteer in the 4-H youth development program is a privilege, not a right. The quality of the 4-H program and safety of our youth members requires that the selection of volunteers be taken seriously and that our organization works to recruit the best possible volunteers.

Volunteers Needed in 4-H

Volunteers are the backbone of the 4-H program. They are the organizers, teachers, and counselors who make the program available to youth. Utilizing volunteers effectively can ensure the success of the local program. Positive youth development research shows the importance of caring adults in the lives of young people. Contact your local Extension office for details about the following volunteer opportunities or access the information on the county Extension webpage. Resources that are available on the web are labeled with 🌐.

Club/Group Volunteers

The formal roles volunteers fill at the local level fall into three general categories: organizational leaders, project leaders, and activity leaders. Organizational leaders provide overall leadership to club or group organization, overseeing the structure and operation, and serving as the club’s/group’s contact with Extension staff and county/unit volunteers. They involve and coordinate activities of other volunteers who support the club/group. Project and activity leaders help members plan and conduct projects and group activities.

Volunteers can help with tasks that take place throughout the year and with tasks that can be completed in a short time period. There are volunteer roles working directly with 4-H members and others that support the club behind the scenes. The most successful clubs/groups encourage each member’s family to take on volunteer roles, each contributing what it can.

County Volunteers

At the county level, the 4-H program needs volunteers to give guidance to policy and priority setting in administrative roles, to conduct or assist with county-level events, and to provide leadership to program expansion and promotion.

State Volunteers

At the state level, volunteers are needed for a variety of events and activities as well as to serve on planning and advisory committees such as the Illini Summer Academies Planning Committee, State Fair Junior Department Advisory Committee, and as chaperones for state events.

Volunteer Placement

Volunteer Application Process

Staff in local Extension offices will assist new and potential volunteers with the volunteer application process. The procedures for becoming an Illinois 4-H youth development volunteer are as follows:

➤ Prospective volunteer completes and submits an Extension Volunteer Application to the Extension office.

➤ Information is requested from three references provided by the potential volunteer — one personal character, one work-related, and one family member reference.

➤ Extension staff or designee conducts an interview with the prospective volunteer.

➤ Prospective volunteer completes the Authorization for Background Check Form. This is done through the Illinois Department of Child and Family Services (DCFS) Child Abuse and Neglect Tracking System (CANTS).

➤ The name of the prospective volunteer is checked against the Registered Sex Offenders List, Illinois Department of Children and Family Services (DCFS) Child Abuse and Neglect Tracking System (CANTS).
which is on a State of Illinois website.

➢ For volunteers who intend to drive youth as part of their role, verification of a valid driver's license and proof of auto liability insurance must be provided annually. Drivers must be at least 21 years of age.

Prospective volunteers will be informed of the decision of their application. Once a prospective volunteer has been accepted, then he/she can be enrolled as a 4-H volunteer through the 4-H enrollment system at the local Extension office. He/she must complete a 4-H Individual Enrollment Form on an annual basis. Rescreening of all volunteers occurs on a five-year rotation.

Once 4-H volunteers are fully screened, approved, and enrolled as volunteers, they will be covered by the University of Illinois liability insurance. This is an excess policy meaning that insurance coverage. This is an excess policy meaning that coverage applies after all other available insurance has been exhausted.

.nlm Resources found on the Illinois 4-H website:


CANTS Check Authorization Form http://web.extension.uiuc.edu/4h/launch.cfm?id=3879

Conviction Information Name Check Request Form http://web.extension.uiuc.edu/4h/launch.cfm?id=3881

4-H Individual Enrollment Form, (2005) http://web.extension.uiuc.edu/4h/launch.cfm?id=3648

Volunteer Role Descriptions
A variety of 4-H volunteer role descriptions is available on the Illinois 4-H website. This includes volunteer roles for club, county, and state programs as well as Cloverbud, camp, and afterschool programs. If you are looking for a new volunteer opportunity or ideas to involve others in the program, check out these samples on the web or contact your local Extension office.

Volunteer Policies
♦ Volunteer Selection: All volunteers who work directly with youth in Extension programs are required to complete full background checks as part of the volunteer selection process.

♦ Volunteer Appointment: University of Illinois Extension County Directors or their designees may appoint volunteers to positions of program responsibility. Volunteers may be reassigned at the discretion of the County Director.

♦ Volunteer Behavior Guidelines: All volunteers who work directly with youth in Extension programs are expected to read, sign, and abide by the Volunteer Behavior Guidelines.

♦ Volunteer Protection: An adult volunteer may not share a room with an individual youth at a 4-H event.

♦ Volunteer Felony Charges: A volunteer charged with a felony but not yet convicted will be removed from active 4-H leadership ranks and be placed on “inactive” status. Upon resolution of the felony matter, the individual may request his/her volunteer appointment be restored to “active” status. The County Director, in consultation will determine whether the volunteer’s appointment should be restored based on the known risks at that time. If the felony charges are related to crimes that present risk to the safety of youth, the individual may be further restricted to no contact with 4-H youth.

♦ Volunteer Guidelines Leading to Termination: Policies are provided to ensure a safe and successful experience for 4-H participants, their families, and the volunteers who work with them. Failure to comply with any of the University of Illinois Extension volunteer policies may constitute reason for dismissal. Other conduct that undermines the mission and goals of the 4-H youth development program may also be reason for dismissal.

Volunteer Behavior Guidelines
All volunteers who work directly with youth in Extension programs are expected to read, sign, and abide by the Volunteer Behavior Guidelines. In addition, they are expected to follow the Child Safety Recommendations. Housing Recommendations are also expected to be followed. The Child Safety and Housing Recommendations are available on the Illinois 4-H website.

The following behavior guidelines are expected of volunteers working in University of Illinois Extension 4-H youth development programs.

➢ Treat others in a courteous, respectful manner demonstrating behaviors appropriate to a positive role model for youth.

➢ Obey the laws of the locality, state, and nation and University of Illinois Extension policies and guidelines.

➢ Make all reasonable effort to ensure that 4-H youth development
programs are accessible to youth without regard to race, color, religion, gender, national origin, ancestry, marital status, familial status, sexual orientation, or disability.

➤ Recognize that verbal and/or physical abuse and/or neglect of youth is unacceptable in 4-H youth development programs and report suspected abuse to the authorities.

➤ Neither participate in nor condone neglect or abuse inflicted upon 4-H participants outside the program, and report suspected abuse to authorities.

➤ Treat animals humanely and teach 4-H youth to provide appropriate animal care.

➤ Operate motor vehicles (including machines or equipment) in a safe and reliable manner when working with 4-H youth. Adults must possess a valid operator's license and legally required insurance coverage.

➤ Do not consume alcohol or illegal substances while responsible for youth in 4-H activities nor allow 4-H youth participants under supervision to do so.

Resources found on the Illinois 4-H website:

Volunteer Behavior Guidelines http://web.extension.uiuc.edu/4h/launch.cfm?id=3882

Child Safety Recommendations http://web.extension.uiuc.edu/4h/launch.cfm?id=3840

Housing Recommendations http://web.extension.uiuc.edu/4h/launch.cfm?id=3841

Volunteer Orientation

Orientation for all volunteers is critical. Orientation familiarizes the volunteer with Extension and 4-H, and increases their awareness and understanding of the specific expectations and responsibilities of the volunteer role. Orientation will prepare volunteers for beginning their new roles.

4-H Volunteer Orientation

All new volunteers are expected to participate in the 4-H Volunteer Orientation Session. This can be done in a group setting at the county level, one-on-one with an experienced leader, or online. Available at www.urbanext.uiuc.edu/4horientation

A face-to-face meeting with Extension staff and a tour of the Extension office are also recommended. A number of informational items including role descriptions and a 4-H glossary may be shared at this session.

Child Protection Orientation

New volunteers may also participate in the Child Protection orientation session titled “A 4-H Pledge — Keeping Youth Safe” which helps volunteers understand child abuse and neglect, how to recognize and report abuse and neglect, and reviews the Child Safety and Housing Recommendations for the 4-H program. This session typically lasts 45 minutes.

4-H Overnight Chaperone Orientation

Chaperones at all levels must complete the Illinois 4-H volunteer application process and complete the 4-H Overnight Chaperone Orientation. Available at http://web.extension.uiuc.edu/4hchaperone

4-H Cloverbud Orientation

All new 4-H Cloverbud volunteers are encouraged to attend the 4-H Cloverbud Orientation. This will include an overview of the philosophy and objectives of the 4-H Cloverbud program, developmental characteristics of youth ages 5-7, 4-H Cloverbud curriculum, program management, and volunteer management.

VALUED Volunteer Orientation Series

Are you a new volunteer eager to learn more about 4-H and Extension? Are you a second or third year leader ready to expand your 4-H club opportunities for your members? Join the VALUED (Volunteers And Leaders United in Educational Discovery) Volunteer program! More tenured volunteers are welcome too!

The 4-H VALUED Volunteer Orientation Program is offered statewide annually. Orientation includes six hours of instruction. Topics are:

• 4-H volunteer roles
• Positive youth development
• Club organization
• Club program planning
• Communications
• Experiential learning

A variety of formats are used for this educational series including face-to-face meetings, fact sheets, discussion guides, self-study packets, web-based learning, and telephone conferencing sessions. 4-H volunteers are asked to enroll in this series and commit to attending the six hours of educational sessions during the 4-H year. Those who
complete the series receive special recognition.

If you are interested in participating in the VALUED Volunteer Orientation Program Series contact your local Extension office or Sheri Seibold at sseibold@illinois.edu in early fall. All new volunteers are welcome to participate in the series.

Letters to New Leaders Series
This is a set of print materials to go along with the Letters for New Leaders Video and the Welcome to the World of 4-H DVD Series. The videos and/or DVD are available on a loan basis from many local Extension offices. The “print” letters are available on the Illinois 4-H website. Topics include:

- **What is 4-H?**
  http://web.extension.uiuc.edu/4h/lunch.cfm?id=6208 (pdf)

- **Starting a Club**
  http://web.extension.uiuc.edu/4h/lunch.cfm?id=6212 (pdf)

- **Planning and Conducting Meetings**
  http://web.extension.uiuc.edu/4h/lunch.cfm?id=6216 (pdf)

- **Leadership and Teaching Techniques**
  http://web.extension.uiuc.edu/4h/lunch.cfm?id=6220 (pdf)

- **4-H Activities**
  http://web.extension.uiuc.edu/4h/lunch.cfm?id=6226 (pdf)

- **Opportunities for 4-H Leaders**
  http://web.extension.uiuc.edu/4h/lunch.cfm?id=6228 (pdf)

The videos and/or DVD are available on a loan basis from many Extension offices. The “print” letters are available on the Illinois 4-H website.

Resources from the local Extension office:
- A 4-H Pledge — Keeping Youth Safe Video/DVD — available for viewing at the local Extension office
- 4-H Cloverbud Orientation Video — available for viewing at the local Extension office

Volunteer Training
Volunteer training is essential so that volunteers not only understand the expectations of their role but also have the skills, competencies, and information necessary to be successful. 4-H offers a variety of training opportunities at the county, multi-county, state, and regional levels.

VALUED Volunteer Training Series
A new advanced training series is now available statewide for more experienced 4-H volunteers. The series includes the topics of

- Ages and Stages of Youth Development
- Behavior Management
- Involving Families in 4-H
- Making Meetings Fun
- Parliamentary Procedure
- Public Presentations
- Risk Management
- Working with Officers and Committees

If you are interested in participating in the VALUED Volunteer Training Series contact your local Extension office or Sheri Seibold at sseibold@illinois.edu in early fall. More experienced or tenured volunteers are encouraged to participate in this series.

Other Training Topics
A variety of training topics is available through the local Extension office. Some of these include:

- Goal Centered Learning
- I Move...Making Meetings Fun and Effective
- Working with Youth Leaders

Online Training Packets
4-H Program Planning
This online resource provides the 4-H program planning tools for 4-H clubs to develop their own yearly 4-H program plans. This can be found at www.urbanext.uiuc.edu/4hplanning/

Working with Committees
This website contains fact sheets, role descriptions, worksheets, and additional resources to assist volunteers and 4-H members in developing effective committees within their clubs. Available at www.urbanext.uiuc.edu/committees/

North Central Region Volunteer Forum
The North Central Region Volunteer Forum is held each year in the fall and offers workshops, speakers, entertainment, networking, and idea sharing among volunteers. The forum rotates among the twelve states in the North Central Region. Contact your local Extension office for dates, location, and registration information. The forum is open to all 4-H volunteers.

Resources found on the Illinois 4-H website:

- 4-H Leadership Development Inventories are available for
volunteers to assess their own training needs. These should be shared with Extension staff to help determine training needs in your local area.

Cloverbud Leader Inventories
http://web.extension.uiuc.edu/4h/lunch.cfm?id=9393

Mentor Leader Inventories
http://web.extension.uiuc.edu/4h/lunch.cfm?id=3906

Organizational Leader Inventories
http://web.extension.uiuc.edu/4h/lunch.cfm?id=3907

“Project Leader” Curriculum Inventories
http://web.extension.uiuc.edu/4h/lunch.cfm?id=3908

Assessment of Project Content Training Needs for 4-H Project Leader Inventories
http://web.extension.uiuc.edu/4h/lunch.cfm?id=3909

Unit Key Leader Inventories
http://web.extension.uiuc.edu/4h/lunch.cfm?id=3910

Volunteer Support

Club Meeting Resources
Several resources are available to help volunteers plan and carry out club meetings and activities.

Helping You Help Officers and Committees
Publication # 90410 (2006), Order one per club
• Guides for each club officer (president, vice-president, secretary, treasurer, reporter, and recreation leader)
• Guide sheets for helping officers plan and conduct meetings

Illinois Clover
Publication # M90301 (2008)
• Provides an overview of Illinois 4-H events, opportunities, and projects
• Outlines information on project experiences, learning activities, and resources
• Includes information and resources for volunteers

Secretary's Record Book
Publication # 90402 (2008)
• Suggested constitution for 4-H clubs
• List of members, leaders, and officers of club
• Record of minutes of meetings held

Treasurer's Record Book
Publication # 90403 (2008)
• Record of club finances
• Inventory of 4-H club possessions
• Club audit procedures

Leader Resources

4-H Parent Handbook
Publication # L90320 (2007)
• Should be provided to all new 4-H families upon enrolling
• Provides space to enter local and county information
• Provides a role description for parents
• Includes facts about 4-H, projects, and activities
• Includes a 4-H glossary of common terms

4-H Frequently Asked Questions Brochure
Online brochure that answers many of the most frequently asked questions about 4-H. This is a handy reference piece for new or interested 4-H families and volunteers. Available at www.urbanext.uiuc.edu/4H/faq.html

Getting Started as a 4-H Project Leader
Publication # L90530 (1991)
• Learn the role of a project leader
• Gain ideas for project meetings and workshops

Illinois Leader
The Illinois Leader is a bimonthly newsletter from the State 4-H Office that is sent to local Extension offices to distribute to 4-H volunteers. It is also posted on the Illinois 4-H website.

A Valuable Partnership: Volunteers and the 4-H Youth Program
Publication # L90540 (1999)
• Expectations volunteers may have of the Illinois 4-H youth programs and expectations the program has of its volunteers
• Mission of Illinois 4-H youth programs
• Behavior guidelines

Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3573

Recognition Resources
Illinois 4-H Recognition for Excellence Leader’s Guide
Publication # L90240 (2008)
• Explanation of four components of the Illinois Recognition for Excellence program: participation, progress toward goals, standards of excellence, and peer competition
• Types of recognition available, ideas for local recognition, and sample ideas for club and individual goals
• Master copy of a Recognition for Excellence order form that leaders may use to order recognition supplies

Illinois 4-H Standards of Excellence for 4-H Groups
Publication # 90230 (2001)
• Checklist of club standards
• Checklist to complete and submit to local Extension office
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3569
Illinois 4-H Club/Group Report Form
Publication # 90231 (2007)
- Award applications for state recognition in curriculum areas
- Application to complete and submit to local Extension office for award consideration
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=5962

Risk Management Resources

- Required for any photo that will be used publicly or published in a newsletter, brochure, or on the web.
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3831

Adult Medical Form (2003)
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3838

Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3836 (English)
http://web.extension.uiuc.edu/4h/launch.cfm?id=3837 (Spanish)

Incident/Accident Investigation Form
http://web.extension.uiuc.edu/4h/launch.cfm?id=3855

Youth Description for 4-H Trips
http://web.extension.uiuc.edu/4h/launch.cfm?id=3857

4-H Event Activity Planning Sheet
http://web.extension.uiuc.edu/4h/launch.cfm?id=9394

Helping Leaders Be 4-H Savvy
The following series of fact sheets provide additional support for 4-H volunteers. These can all be found online at www.urbanext.uiuc.edu/4hfacts/

Becoming a 4-H Youth Development Volunteer
University of Illinois Extension takes great pride in the quality of its adult leadership. Being a registered volunteer in the 4-H youth development program is a privilege, not a right. Available at http://www.urbanext.uiuc.edu/4hfacts/becomvol.html

Positive Youth Development Through 4-H Community Clubs
In recent years, there has been considerable research conducted to identify the characteristics of effective programs for positive youth development. Available at http://www.urbanext.uiuc.edu/4hfacts/pyd00.html

Suggested 4-H Club Constitution and Bylaws
Sample constitution and bylaws for a 4-H club are available at http://www.urbanext.uiuc.edu/4hfacts/bylaws.html

The 4-H Club Business Meeting
An annual ritual at the beginning of the 4-H year is the election of the club officers and the planning of the club program for the year. While it is important for those elected to learn about their roles and duties, it is also necessary for all members to assume their responsibilities to the club. Available at http://www.urbanext.uiuc.edu/4hfacts/busmeeting.html

Junior Leader Responsibilities
Junior leadership gives members a chance to help others and to grow and develop their own leadership skills. There is no “magic” age for a junior leader, but he/she should be respected by the other members, demonstrated some success in project work, or expressed an interest in helping the club and other members. Available at http://www.urbanext.uiuc.edu/4hfacts/responsibilities.html

Project Selection by 4-H Members
The Illinois Clover
Available at http://www.urbanext.uiuc.edu/4hfacts/members.html

Setting Project Goals
Now that 4-H members have selected their projects and will soon be receiving their project manuals, it is time to begin to set project goals. Members should receive one program planning goal sheet for each project in which they enroll. These may be obtained from the local Extension office. Available at http://www.urbanext.uiuc.edu/4hfacts/goals.html

Project Completion and Evaluation
Project completion and evaluation are two areas in 4-H project work that can be neglected. Parents and project leaders often get off to a good start helping members select projects, set goals, and begin to do some project work. This fact sheet offers tips in helping to finish projects and evaluate results. Available at http://www.urbanext.uiuc.edu/4hfacts/evaluation.html

Preparing for 4-H Fair/Show Exhibits
4-H fairs or shows are often the highlight of the 4-H year. From a youth development perspective, fairs allow 4-H members to display projects and to participate in educational experiences critiqued by an adult expert. Available at http://www.urbanext.uiuc.edu/4hfacts/fair.html

Information for Volunteers
The Illinois Clover, 2008-09 59
One of the greatest fears identified by many people is that of speaking in front of others! 4-H members can develop their communications skills through public presentations. Available at http://www.urbanext.uiuc.edu/4hfacts/presentations.html

Helping You Help Youth Fact Sheet Series
The following series of fact sheets provide support for volunteer leaders.

Introduction to 4-H
Publication # L90501a (2002)
• Objectives and purposes of 4-H
• Life skills developed
• Ways youth can participate in 4-H
• Early history
• Pledge, motto, colors, and emblems
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3575

4-H Volunteer Leaders
Publication # L90501b (1999)
• Involve volunteers in clubs
• Organization, project, and activity leaders
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3576

Organizing a New 4-H Club
Publication # L90501c (2002)
• Contact potential members
• Recruit leaders
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3577

Working with Boys and Girls
Publication # L90501d (2007)
• Identify physical, mental, social, emotional, and vocational characteristics of youth at various ages (middle childhood, late childhood, early adolescence, and adolescence)

Projects and Activities
Publication # L90501e (2002)
• Role description for 4-H project leader
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3578

Others Can Help
Publication # L90501g (1990)
• Suggestions for gaining support from parents and community
• Explanation of state and national Extension services and private organizations that support 4-H

Helping 4-H Members Select Projects, Set Goals, & Evaluate Experiences
Publication # L90501h (2003)
• Guide to helping 4-H members assess their interests, set personal goals, choose projects, and evaluate the year's experience
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3579

Communicating with Youth
Publication # L90501i (2007)
• Listen to youth
• Observe nonverbal cues
• Help youth make decisions

Working with Club Officers and Committees
Publication # L90501j (2006)
• Elect club officers
• Help officers carry out their responsibilities
• Make 4-H meetings effective

Understand Their Own Culture and Appreciate Other Cultures
Publication # L90501k (2004)
• Learn about their own culture
• Bring a multi-cultural perspective to youth
• Include activities to help youth appreciate other cultures

Avoiding a Can of Worms: Risk Management for 4-H Clubs/Groups
Publication # L90501m (2004)
• Define risk management
• Identify and analyze risks
• Plan for safe activities
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=6126

Enhance Social and Emotional Development (SED)
Publication # L90501n (2006)
• Learn about SED and why it's important
• Explanation of how 4-H supports SED
• Suggestions for promoting SED
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3585

Involve Caring Adults in 4-H
Publication # L90501o (2007)
• Learn about benefits to members, parents, and the 4-H program
• Parental support
• Parenting styles
Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3587

Build Character
Publication # L90501p (2008)
• Learn the importance of building positive character skills
• Learn what volunteers can do to teach character skills
• Learn how to incorporate character building into club activities

Available at http://web.extension.uiuc.edu/4h/launch.cfm?id=3580
Volunteer Recognition

Local Extension offices offer a variety of recognition events and strategies to recognize 4-H volunteers. Listed below are two state recognition programs.

Salute to Excellence Program

National 4-H Council in conjunction with the Monsanto Company offers the Salute to Excellence Program. Each year, state 4-H programs are invited to nominate two outstanding individual volunteers, one in each of two categories:

The Lifetime Volunteer Award is given to an individual who has spent 10 or more years volunteering for 4-H.

The Volunteer of the Year Award is given to an individual who has volunteered for 4-H less than 10 years.

Recipients of the 4-H Salute to Excellence Volunteer Recognition Awards are chosen from nominees submitted by state 4-H offices. For more information on this program visit the Illinois 4-H website.

Cloverbud Volunteer Resources

This leader reference includes an overview of the developmental characteristics of youth, volunteer management, using 4-H Cloverbud curricula, program management, and resources. This resource should be shared as part of the 4-H Cloverbud Orientation session.

Transitioning 4-H Cloverbuds to the 4-H Community Club Program
Publication # L905011 (2005)
- Club and county transition suggestions
- Introduction with older 4-H members and groups
- Parent involvement
http://web.extension.uiuc.edu/4h/launch.cfm?id=6126

Cloverbud Certificates (2004)
http://web.extension.uiuc.edu/4h/launch.cfm?id=8683

My 4-H Cloverbud Story Level I
Publication # R90315 (1999)
http://www.4-h.uiuc.edu/staff/r90315.pdf

My 4-H Cloverbud Story Level II
Publication # R90316 (1999)
http://www.4-h.uiuc.edu/staff/r90316.pdf

My 4-H Cloverbud Story Level III
Publication # R90317 (1999)
http://www.4-h.uiuc.edu/staff/r90317.pdf

Cloverbud Participation Ribbon
Publication # W90111

Cloverbud Parent Brochure
Publication # LE0125A (2005)
http://www.4-h.uiuc.edu/staff/clybud/04A-2_confKids.pdf

Cloverbud Volunteer Brochure
Publication # LE0125B (2005)

Cloverbud Brochure
Publication # L91141 (2004)

VALUED Volunteer Recognition

Illinois 4-H offers recognition to volunteers who complete the VALUED Volunteer Orientation and VALUED Volunteer Training Series. Participants receive a recognition item and special acknowledgement at the Illinois State Fair.
Thank You

To the individuals, organizations & companies that invest in 4-H youth through their gifts to the Illinois 4-H Foundation.

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