

2016-2017

200.B-3
(R-2016-2017)



New Mexico 4-H

Projects and Literature Handbook and 2016-2017 Curriculum Kits



All About Discovery!



Cooperative Extension Service
College of Agricultural, Consumer
and Environmental Sciences

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**Dear New Mexico 4-H Members,
Volunteers, and Staff:**

Thank you for being a part of the premier youth development organization in New Mexico. You will notice in this Literature Handbook project descriptions are included to help you understand what is involved in each project. We at the State 4-H Office are pleased that you have chosen to be a part of this organization and wish you much success with your 4-H career.



Sincerely,
New Mexico State 4-H Office
Faculty and Staff

Table of Contents

Introduction.....	2
Age Categories.....	3
Delivery Modes.....	4
NM 4-H Vision & Mission.....	4
4-H Offers Youth.....	4
Animal Science.....	5
The Differences We Make.....	15
Horticulture & Agronomy.....	16
Natural Science.....	18
Engineering Science.....	21
Personal Growth & Development.....	25
Creative Arts.....	29
NM 4-H on the Web.....	33
Home Economics.....	34
Consumer Education & Home Management.....	43
Stay Up-to-Date On New Mexico 4-H.....	44
Family Life.....	45
Self-Determined Projects.....	46
New Mexico 4-H Statistics.....	47
Cloverbud Projects.....	48
NM 4-H Positive Youth Development.....	50
NM 4-H Greentops.....	51
Additional Publications.....	52
Home Economics Lettermen.....	57
Ask Our Answer People.....	58
Statewide Events.....	60
4-H Name & Emblem.....	61
2016-2017 Curriculum Kits.....	62
Citizenship Washington Focus.....	102
National 4-H Congress.....	103
State 4-H Staff.....	104
Life Skills and Eight Essential Elements of Youth Development.....	104

INTRODUCTION

The 4-H youth development program is pleased to present the State 4-H Projects and Literature Handbook for 2016-2017. The handbook was prepared to help 4-H members, parents, leaders and agents select the materials and projects that are best suited to each individual and program.

Project packets include project manuals and record forms. Members receive packets by enrolling in the project and requesting a packet from their local County Extension office. Leaders and teachers may also request packets to conduct programs.

Greentops are project descriptions with suggestions for exhibits, community service, and leadership activities. Greentops are available in PDF form on our website: <http://nm4h.nmsu.edu> and in project packets.

As you look through the handbook, the projects are listed by subject matter area:

- Animal Science
- Horticulture & Agronomy
- Natural Science
- Engineering Science
- Personal Growth & Development
- Creative Arts
- Home Economics
- Consumer Ed & Home Management
- Family Life
- Self-Determined
- Cloverbud Projects
- Additional forms, publications, and audio visuals

The listing of each project details the components of that specific project. If a Leader's Guide is available it will be listed immediately following the project. Pilot projects are new projects available in draft form.

There is a detailed section of this Catalog called the *New Mexico 4-H Youth Development Curriculum Kits*. This section is also available on the 4-H Website at <http://nm4h.nmsu.edu>. These materials may be used with audiences including public school youth, home-schooled youth, other youth groups and 4-H clubs. Kits must be requested through your County Extension Office.

The New Mexico 4-H Youth Development Program

Youth ages 5-18 can be involved in 4-H programs. County Extension Agents and

Program Assistants, Adult Volunteers, Partnership Agency Staff, and others provide the adult leadership.

There are four age categories in New Mexico 4-H. 4-H age is determined by your age as of January 1st of the current program year. Categories are as follows:



4-H MEMBERSHIP REQUIREMENTS

4-H programming in New Mexico addresses the needs and interests of young people. Any boy or girl age 5 through 18 years of age, who enrolls in the 4-H Youth Development Program of the Cooperative Extension Service is a 4-H member. The 4-H program year is October 1 through September 30. The following guidelines address specific age requirements for the 4-H program:

	Cloverbud	Novice	Junior	Senior
Grade*	Kinder, 1st, 2nd	3rd, 4th, 5th	6th, 7th	8th and up
Age as of January 1 of the current 4-H Year (October-September)	5, 6, 7-8 year olds in the 2nd grade	8 year olds in the 3rd grade, 9 year olds, 10 year olds, 11 year olds in the 5th grade	11 year olds in the 6th grade; 12 year olds; 13 year olds in the 7th grade	13 year olds in the 8th grade; 14 year olds; 15 year olds; 16 year olds; 17 year olds; 18 year olds; Youth who are 19 by December 31 of the current 4-H year are not eligible to enroll as a 4-H member.

*These are standard grades based on public school general ages. Exceptions such as home or private schools or youth who have skipped a grade must be determined under the appropriate age.

Youth do not move up in an age group until October of the next 4-H year, therefore, youth participate in summer and fall fair activities as the grade they just completed.

Programs can be delivered in any or all of the following 4-H delivery modes:

Club

Clubs meet on a regular scheduled basis over an extended period of time during the 4-H program year. The 4-H program year is October-September. Each club plans its own program which includes hands-on education, recreation and business meeting component where members serve in the role of officers and gain key leadership skills. Clubs may form around projects (subject matter topics) or there may be general 4-H clubs with many projects involved.

Special Interest

Special Interest groups focus on a project (subject matter topic) for a minimum of 6 hours. Projects can include any of those pursued by club members, in addition to those specifically designed for shorter term involvement. Groups may be formed in a variety of settings: After School Programs, Summer Day Camps, Weekend Retreat, etc. Leadership is provided to the group by adult volunteers, youth and/or paid staff.

School Enrichment

School Enrichment groups are conducted in the classroom with the support of school administration and the classroom teacher. The group focuses on a subject matter topic. Topics can include any of those pursued by club members, in addition to those specifically designed for shorter time involvement. Adult leadership can be provided by classroom teacher, County Extension Agent, teen and adult 4-H volunteers, other community volunteers or a combination of these individuals.

New Mexico 4-H Vision

Develop all New Mexico youth to become productive citizens and leaders for positive change.

New Mexico 4-H Mission

To create self directing, productive, contributing members of society; 4-H, the youth development program of New Mexico State University Cooperative Extension Service provides youth the opportunities to acquire leadership, citizenship, and life skills. This is accomplished through educational programs for New Mexico youth of diverse backgrounds. New Mexico 4-H programs are based on the Eight Essential Elements of Positive Youth Development.

1. A positive relationship with a caring adult.
2. A safe environment.
3. An inclusive environment.
4. Engagement in learning.
5. Opportunity for Mastery.
6. Opportunity to see oneself as an active participant in the future.
7. Opportunity for self-determination.
8. Opportunity to value and practice service for others.

4-H offers youth:

- Membership in positive peer groups
- Year-round community clubs
- Special-interest and short-term groups
- School enrichment programs
- Leadership experiences
- Events, camps, and activities
- There are also project schools, such as horse, lamb, goat, pig, and steer schools; and sewing camps.
- Student scholarships are available

ANIMAL SCIENCE

BEEF

01001 4-H Beef Project 100.B-11 (R-10)

This project educates 4-Hers on selection, feeding, grooming, showmanship, and record keeping techniques needed to raise and exhibit beef cattle successfully at county, regional, and state fairs.

GreenTop - NM 4-H Market & Breeding Beef Project 400.F-10 (N-99)

This project summary guide gives tips on project success, activities, and additional resources.

Beef Halter 100.B-20

Step by step guide to making a calf halter.

Beef Advancement Levels 100.L-7 (R-10)

Comprehensive record of accomplishments related to beef projects and designed to assist 4-Hers in developing the necessary skills for advancement.

You Be The Judge – Beef Cattle 100.V-1 (94)

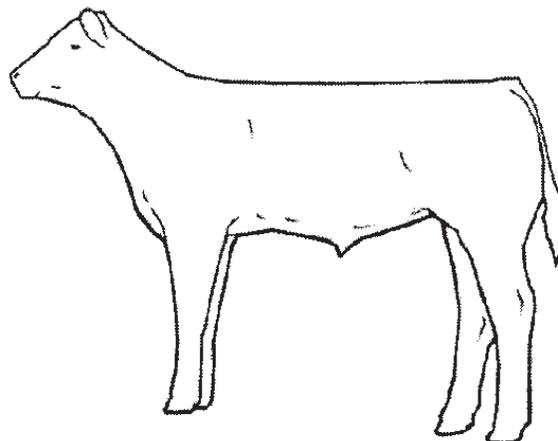
One-page publication on what judges look for and presenting your animal in the show ring.

Livestock Record Sheet 300.L-5 (R-11)

01002 NM 4-H Feeder Beef 100.B-12 (N-12)

This project is designed to teach the principles of the cattle industry and help youth build the foundation for a career related to cattle.

Livestock Record Sheet 300.L-5 (R-11)



01003 Cattle Breeding 4-H Beef Project 100.B-11 (R-10)

This project educates 4-Hers on selection, feeding, grooming, showmanship, and record keeping techniques needed to raise and exhibit beef cattle successfully at county, regional, and state fairs.

GreenTop - NM 4-H Market & Breeding Beef Project 400.F-10 (N-99)

This project summary guide gives tips on project success, activities, and additional resources.

Livestock Record Sheet 300.L-5 (R-11)

LEADER MATERIALS

Guide for Teaching Livestock Judging 200.R-1

Guide designed to assist leaders in training youth to judge livestock based on quality standards and participate in judging competitions. Includes information on standards, ranking, and giving oral reasons.

4-H Member Branding Agreement (Horse & Cattle) 200.R-7

Contract for members with market cattle or horses to use the 4-H Brand on their project.

CATTLE (DAIRY)

01051 Dairy Cattle – Units I&II 100.B-5

This project is designed to introduce you to the dairy industry and how to raise, feed, groom, show, and manage a dairy calf. You will also learn about milk and other by-products of the dairy industry.

GreenTop - NM 4-H Dairy Cattle 400.B-5 (N-04)

This project summary guide gives tips on project success, activities, and additional resources.

Livestock Record Sheet 300.L-5 (R-11)

01052 Dairy Cattle – Units III&IV 100.B-5B

This project continues to teach the 4-Her how to raise, feed, groom, show, and manage a dairy calf. They will also learn about milk and other by-products of the dairy industry.

GreenTop - NM 4-H Dairy Cattle 400.B-5 (N-04)

This project summary guide gives tips on project success, activities, and additional resources.

Livestock Record Sheet 300.L-5 (R-11)



01053 Feeding Your Replacement Dairy Heifer 100.B-5C (R-14)

Guide designed to help you raise, feed, groom, show, and manage a dairy replacement heifer.

GreenTop - NM 4-H Feeding Your Replacement Dairy Heifer 400.B-5c (N-04)

This project summary guide gives tips on project success, activities, and additional resources.

Fitting Dairy Heifers for the Show Ring 100.B-5D (R-14)

This publication provides tips on equipment, grooming, washing, clipping, trimming hooves/horns and preparation for the show.

Livestock Record Sheet 300.L-5 (R-11)

LEADER MATERIALS

Dairy Showmanship 100.B-5A (R-14)

This publication covers training your dairy heifer for the show ring and what to expect the day of the show.

Dairy Cow-Parts I.D. 200.R-31

Poster-size chart with cutout tags and diagram to allow members to label and learn the parts of a dairy cow.

GOAT

01101 Dairy Goat Level 1 – Getting Your Goat 100.B-9 (N-06)

Whether youth own a dairy goat or are just curious about goats, these activities will provide enjoyable, hands-on experiences that focus on the following topics: selecting a goat, recognizing breeds, identifying parts, investigating ruminant digestion, examining diets, keeping goats safe, assessing goat health, creating a management skill timeline, keeping project records, getting ready for a show, fitting a goat for show, showing a goat, practicing sportsmanship, investigating dairy products.

Livestock Record Sheet 300.L-5 (R-11)

01103 4-H Meat Goat Project 100.B-7

This project teaches 4-Hers about selection, management, nutrition, and health of Market Goats. Through active involvement in this project participants will gain the skills necessary to begin and develop a market goat project.

GreenTop - NM 4-H Market Goat Project 400.M-11 (N-05)

This project summary guide gives tips on project success, activities, and additional resources.

Livestock Record Sheet 300.L-5 (R-11)

01104 4-H Pygmy Goat Project 100.B-8

The objective of this project is to teach the member about selection, breeding, nutrition, management, showmanship and the health requirements of a Pygmy goat. Members will also learn life skills such as record keeping, show ethics and animal welfare.

GreenTop - NM 4-H Pygmy Goat Project 400.P-10 (N-05)

This project summary guide gives tips on project success, activities, and additional resources.

Livestock Record Sheet 300.L-5 (R-11)

LEADER MATERIALS

Dairy Goat-Parts I.D. 200.R-32

Poster-size chart with cutout tags and diagram to allow members to label and learn the parts of a dairy goat.



DOG CARE & TRAINING

01151 Dog I – Wiggles & Wags 100.B-10A (N-02)

In this project youth learn basic skills for dog care and training. Activities include knowing breeds, selecting a dog, knowing the parts of a dog, keeping a dog healthy and groomed, training and much more.



GreenTop – NM 4-H Dog I Project
400.B-10 (N-06)

This project summary guide includes suggested learning activities, requirements for completing the project and where to find additional information relating to the Dog I project.

Dog Care and Training Record
300.B-10 (R-08)

01152 Dog II – Canine Connection
100.B-20A (N-02)

In this project youth explore more about dog health, nutrition and care, genetic problems, population control, showmanship, training, ethics and budgeting.

GreenTop – NM 4-H Dog II Project
400.B-20 (N-06)

This project summary guide includes suggested learning activities, requirements for completing the project and where to find additional information relating to the Dog II project.

Dog Care and Training Record
300.B-10 (R-08)

01153 Dog III – Leading the Pack
100.B-30A (N-02)

In this project experienced youth investigate responsible breeding, diseases, caring for geriatric dogs, training, service dogs, dog roles and careers related to dogs. This guide provides youth with numerous leadership opportunities.

GreenTop – NM 4-H Dog III Project
400.B-31 (N-06)

This project summary guide includes suggested learning activities, requirements for completing the project and where to find additional information relating to the Dog III project.

Dog Care and Training Record
300.B-10 (R-08)

LEADER MATERIALS

Leader Packets contain project books and supplements identical to those in the member packet.

Dog - Parts I.D. **200.R-33**

Poster-size chart with cutout tags and diagram to allow members to label and learn the parts of a dog.

4-H Dog Showmanship Scorecard
300.B-9

CATS

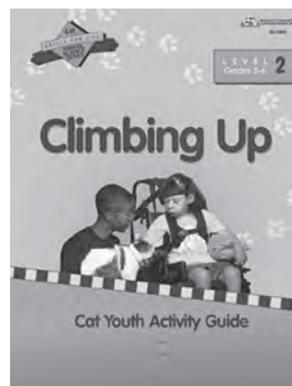
01154 Cat I – Purr-fect Pals
100.F-30 (N-01)

As youth begin their learning about cats, they engage in activities to select a cat, identify breeds, name the parts of a cat, handle and groom a cat, care for its health and budget for its care.

GreenTop – NM 4-H Cat I Project
400.F-30 (N-06)

This project summary guide includes suggested learning activities, exhibit and demonstration ideas for completing the project, and leadership and citizenship activities related to the Cat I project.

Pet Record Form **300.B-24**



01155 Cat II – Climbing Up

100.F-31 (N-01)

Youth step up their learning through activities on cat senses, the meaning of cat sounds, tricks they can teach a cat, signs of illness and health, emergency situations, feeding, special diets, traveling with a cat and showing it.

GreenTop – NM 4-H Cat II Project

400.F-31 (N-06)

This project summary guide includes suggested learning activities, exhibit and demonstration ideas for completing the project, and leadership and citizenship activities related to the Cat II project.

Pet Record Form

300.B-24

01156 Cat III – Leaping Forward

100.F-32 (N-01)

Youth explore veterinary procedures, cat body systems, diseases, reproduction, genetics, older cat needs, behavior, showmanship, community laws, animal welfare and personal strengths.

GreenTop – NM 4-H Cat III Project

400.F-32 (N-06)

This project summary guide includes suggested learning activities, exhibit and demonstration ideas for completing the project, and leadership and citizenship activities related to the Cat III project.

Pet Record Form

300.B-24

LEADER MATERIALS

Leader Packets contain project books and supplements identical to those in the member packet.

HORSE

01202 NM 4-H Horse Project

100.B-6 (N-12)

This project will educate 4-H members on horse: behavior, selection, breeds, identification, body parts, colors, fitting, showing, tack, feeding, and facilities. This project is designed for members who have access to a horse(s) to ride.

GreenTop – NM 4-H Horse Project

Horse & Horsemanship **400.B-9 (N-06)**

This project summary guide includes suggestions for learning activities, completing the project, leadership activities, citizenship activities, demonstrations, and where to find additional information relating to the NM 4-H Horse and Horsemanship project.

4-H Horsemanship Adv.

100.R-45

Level Score Sheets (1st & 2nd Levels)

4-H Horsemanship Adv.

100.R-46

Level Score Sheets (3rd & 4th Levels)

4-H Horse Certificate

100.L-2 (R-15)

(Fillable PDF online)

Horse Record Sheet

300.L-3

01204 Horse Science I & Advanced

100.B-4 (N-04)

This project covers horse behavior, anatomy, reproduction, feed nutrients, health & sanitation, disease, parasites.

GreenTop – NM 4-H Horse Science I & Advanced Projects

400.B-4 (N-06)

This project summary guide includes suggestions for learning activities, completing the project, leadership activities, citizenship activities, demonstrations, and where to find additional information relating to the Horse Science projects.

Horse Record Sheet 300.L-3

LEADER MATERIALS

Horse Judging Manual 200.R-48 (N-16)
Guide designed to assist leaders in training youth to judge livestock based on quality standards and participate in judging competitions. Includes information on standards, ranking, and giving oral reasons.

Horse Judging – for Good Reason 200.R-48b
A handbook of terms and sample reasons for the competitive horse judge. Includes class descriptions and sample reasons.

Horse Parts I.D. 200.R-34
Poster-size chart with cutout tags and diagram to allow members to label and learn the parts of a horse.

2-Yr.-Old Western/Pleasure Futurity Nomination Form 300.L-4a
(Fillable PDF online)

3-Yr-Old Versatility Class Nomination Form 300.L-4b
(Fillable PDF online)



RODEO

01221 Rodeo Project Book 100.R-3 (R-10)
This project involves youth and adults in all aspects of 4-H Program Rodeo Events. Youth will learn about available events, necessary skills, and how to compete.

GreenTop – NM 4-H Rodeo Project 400.R-3 (N-06)
This project summary guide includes a description of the project, Rodeo project objectives, activities to complete before entering first rodeo, and suggestions for personal development and citizenship activities related to the NM 4-H Rodeo project.

4-H Rodeo Requirements & Advancement Levels 100.R-3A
This supplement outlines advancement levels for youth involvement in rodeo throughout their 4-H career. Includes project objectives and activities.

Rodeo Record Book 300.R-3B (R-08)

Rodeo Waiver 300.R-7

LEADER MATERIALS

Leader Packets contain project books and supplements identical to those in the member packet.

Rodeo Rule Book 200.R-4 (R-16)
New Mexico 4-H rules and regulations related to sanctioned 4-H rodeos, points, and awards.



POULTRY**01251 Poultry Project 4-H Member Guide 100.D-3 (N-16)**

This project will introduce you to the poultry management skills and how to raise, feed, care for, groom, show, and manage broilers.

**How to Produce Broilers and Roasters for Show (Supplement) 100.D-3 (N-16)****Nutrition and Feeding of Show Poultry (Supplement) 100.D-4 (N-16)****Greentop - New Mexico 4-H Poultry Project 400.D-3 (R-16)****4-H Poultry Record Sheet 300.D-5****LEADER MATERIALS****Poultry - Parts I.D. 200.R-35**

Poster-size chart with cutout tags and diagram to allow members to label and learn the parts of poultry.

RABBIT**01301 Rabbit I – What’s Hopping 100.D-7 (N-01)**

Youth will discover how to identify breeds, handle and show rabbits, identify rabbit parts and equipment, recognize a healthy rabbit, read a pedigree and kindle a litter.

GreenTop – NM 4-H Rabbit I Project 400.D-7 (N-06)

This project summary guide includes suggestions for completing the project, possible exhibits and learning activities, and other projects that might be enjoyed if the 4-H'er enjoyed the Rabbit I project.

Rabbit Record Sheet 300.L-6**01302 Rabbit II – Making Tracks 100.D-8 (N-01)**

Youth will recognize body types, judge and show rabbits, tattoo a rabbit, keep records, identify diseases, administer medication, record growth rates and market products.

GreenTop – NM 4-H Rabbit II Project 400.D-8 (N-06)

This project summary guide includes suggestions for completing the project, possible exhibits and learning activities, and other projects that might be enjoyed if the 4-H'er enjoyed the Rabbit II project.

Rabbit Record Sheet 300.L-6**01303 Rabbit III – All Ears 100.D-9 (N-01)**

Older youth will develop a breeding program, design a rabbitry, cull based on production, prevent diseases, develop sportsmanship and develop a marketing plan.

GreenTop – NM 4-H Rabbit III Project 400.D-9 (N-06)

This project summary guide includes suggestions for completing the project, possible exhibits and learning activities, and other projects that might be enjoyed if the 4-H'er enjoyed the Rabbit III project.

Rabbit Record Sheet 300.L-6**LEADER MATERIALS**

Leader Packets contain project books and supplements identical to those in the member packet.

Rabbit Parts I.D. 200.R-36

Poster-size chart with cutout tags and diagram to allow members to label and learn the parts of a rabbit.

SHEEP**01351 4-H Market Lamb Production 100.B-14**

This project educates 4-Hers on selection, feeding, grooming, showmanship, and record keeping techniques needed to raise and exhibit market lambs successfully at county, regional, and state fairs.

Market Lamb Showmanship 100.B-14B

Publication designed to assist 4-H members in preparing lambs for show and show ring presentation.

GreenTop – NM Sheep Production & Management 400.B-15 (N-04)

This project summary guide gives tips on project success, activities, and additional resources.

Lamb Halter 100.B-21

Step by step guide to making a lamb halter.

Advancement Level Sheets 100.L-1

Comprehensive record of accomplishments related to sheep projects and designed to assist 4-Hers in developing the necessary skills for advancement.

Livestock Record Sheet 300.L-5 (R-11)**01353 Sheep Production and Management 100.B-15**

The objective of this project is to teach 4-Hers about selection and breeding, management, nutrition, reproduction, and health of breeding sheep. Through active involvement in this project participants will gain the skills necessary to begin and improve a sheep flock.

Livestock Record Sheet 300.L-5 (R-11)**You Be The Judge – Market Lamb 100.V-2**

One-page publication on what judges look for and presenting your animal in the show ring.

LEADER MATERIALS**Sheep Parts I.D. 200.R-37**

Poster-size chart with cutout tags and diagram to allow members to label and learn the parts of a lamb.

SWINE**01401 NM 4-H Market Swine 100.B-13 (N-02)**

The objective of this project is to develop the 4-Her's skills in selection, feeding, preparation, and showing techniques needed to exhibit market swine at the county, state, or regional shows. Members will also learn enterprise skills such as record keeping, management, and animal welfare.

Advancement Level Sheets 100.L-8

Comprehensive record of accomplishments related to swine projects and designed to assist 4-Hers in developing the necessary skills for advancement.

GreenTop-NM 4-H Market Swine 400.B-13 (N-04)

This project summary guide includes suggestions on completing the project, learning activities, project resources, and additional projects 4-Hers might find interesting.

Livestock Record Sheet 300.L-5 (R-11)**LEADER MATERIALS****Hog Parts I.D. 200.R-38**

Poster-size chart with cutout tags and diagram to allow members to label and learn the parts of a hog.

VETERINARY SCIENCE**01451 The Normal Animal 100.B-16**

To introduce you to the fundamentals of animal health, animal diseases, and veterinary medicine.

GreenTop - NM 4-H Vet Science Project 400.B-16 (N-04)

This project summary guide includes suggested learning activities, requirements for completing the project and where to find additional information relating to the Veterinary Science Projects.

Record Form 300.A-7

01452 Animal Diseases 100.B-17

To introduce you to the fundamentals of animal health, animal diseases, and veterinary medicine.

GreenTop - NM 4-H Vet Science Project 400.B-16 (N-04)

This project summary guide includes suggested learning activities, requirements for completing the project and where to find additional information relating to the Veterinary Science Projects.

Record Form 300.A-7

01453 Animal Health & Our World 100.R-42

To introduce you to the fundamentals of animal health, animal diseases, and veterinary medicine.

GreenTop - NM 4-H Vet Science Project 400.B-16 (N-04)

This project summary guide includes suggestions on completing the project, learning activities, project resource, and additional projects 4-H'ers might find interesting.

Record Form 300.A-7

LEADER MATERIALS**Veterinary Science Leader Guide Units I, II, & III 200.R-42**

Companion guide for leaders working with Vet Science Projects. Designed to help in idea and project development.

**PETS****01501 Pet Pals 100.B-22 (N-09)**

This project workbook features 14 activities including pet selection, body part identification, pet art, communications, handling, housing and daily needs.

GreenTop – NM 4-H Pet Pals Project 400.B-2 (R-16)

This project summary guide includes suggestions for completing the project, possible exhibits and learning activities, and other projects that might be enjoyed if the 4-H'er enjoyed the Pet Pals project.

Pet Record Form 300.B-24

01502 Scurrying Ahead (replacing Pocket Pets) 100.B-24 (N-09)

This project workbook helps youth develop planning and decision-making skills, learn about exhibiting, debate pet sayings, create a story, observe pet behavior, promote a product and learn how to feed and care for their pet.

GreenTop – NM 4-H Scurrying Ahead
400.B-24 (R-14)

This project summary guide includes suggestions on completing the project, exhibits to enter, and additional projects 4-Hers might find interesting.

Pet Record Form **300.B-24**

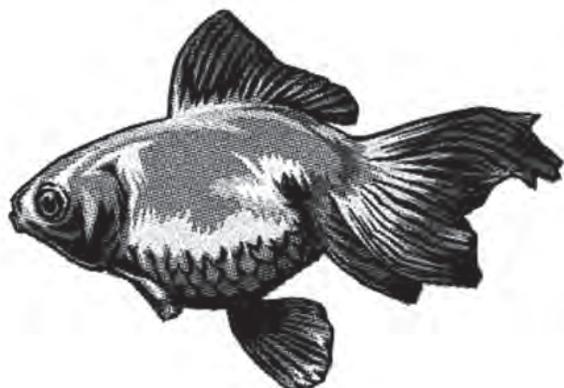
01504 Tropical Fish **100.B-26**

This project educates 4-H members about tropical fish. You will learn about breed characteristics, anatomy, health, identification, and behavior of fish. You will also learn aquarium management, including set up (plants, temperature, pH levels, gravel), maintenance, and cleaning of the tank, as well as nutrition and expenses associated with owning tropical fish.

GreenTop – NM 4-H Tropical Fish
400.B-26 (N-04)

This project summary guide includes suggestions on completing the project, exhibits to enter, and additional projects 4-Hers might find interesting.

Pet Record Form **300.B-24**



01506 Hamster **100.B-28**

This project educates 4-H members about hamsters. You will learn about the characteristics, anatomy, housing, health, identification, and behavior of these animals. The project is designed to teach you about how to care for a hamster in your home as it focuses on cage management, nutrition, grooming, breeding, and expenses associated with owning a pet hamster.

GreenTop – NM 4-H Hamster
400.B-28 (N-04)

This project summary guide includes suggestions on completing the project, exhibits to enter, and additional projects 4-Hers might find interesting.

Pet Record Form **300.B-24**

01508 Guinea Pig **100.B-30**

This project educates 4-H members about guinea pigs. You will learn about the guinea pig's history and origin, breed characteristics, anatomy, housing, health, identification, and behavior. The project is designed to teach you about how to care for a guinea pig in your home as it focuses on cage management, nutrition, grooming, breeding, and expenses associated with owning a pet guinea pig.



GreenTop – NM 4-H Guinea Pig
400.B-30 (N-03)

This project summary guide includes suggestions on completing the project, exhibits to enter, and additional projects 4-Hers might find interesting.

Pet Record Form **300.B-24**

01510 Birds (Indoor)

100.B-32

This project educates 4-H members on indoor birds. You will learn about the characteristics, differences, anatomy, environments, diseases, identification, and behavior of indoor birds. The project is designed to teach you about how to care for a bird in your home, as it focuses on cage management, nutrition, and expenses associated with owning a pet bird.

GreenTop – NM 4-H Birds (Indoor)

400.B-33 (N-04)

This project summary guide includes suggestions on completing the project, exhibits to enter, and additional projects 4-Hers might find interesting.

Pet Record Form

300.B-24



The Differences We Make!

There really is a difference!

4-H has something special to offer when it comes to youth development programs. We're different from what you think - and we are getting stronger every year!

Did you know that kids who participate in 4-H...

- are involved in more citizenship activities than other youth.
- get better grades than kids who aren't in youth groups.
- are less likely to be involved in risky behaviors.
- learn life skills that help them become more productive adults.
- tend to take on more leadership roles as kids and as adults.

That's a big difference we make!



HORTICULTURE & AGRONOMY

PLANT & SOIL SCIENCE

02001 Unit I – Exploring the World of Plants and Soils 100.A-6

In this project you will learn about soil, plant growth factors, plant characteristics, plant reproduction, and growing and using plants.

Record Sheet (Included in Project Book)

LEADER MATERIALS

Exploring the World of Plants & Soils Leader's Guide 200.M-10

This guide provides tips for the leader on organizing project meetings, keeping records, and selecting activities. Exercises are outlined as related to each section of the member guide.



Land Judging Manual (OK) 100.A-2

This guide, published by Oklahoma State University, outlines the purpose and procedure for land evaluation. Information on using scorecards is also available. May be used as an educational resource, or in training land judging teams.

FLOWER GARDENING

02102 4-H Flower Gardening Project 100.BH-1U2 (N-09)

This project is a fun way for youth to learn about planting and growing flowers. This project is designed so youth can create and plant their very own flower garden. They will learn to design and plant a flower garden; grow flowers from seed in a garden or in a container; create a floral arrangement and create and complete a science experiment with a flower project.



GreenTop – NM 4-H Flower Gardening 400.BH-1U2 (N-09)

This project summary guide provides information on suggested learning activities, projects to exhibit, and leadership and citizenship activities.

Record Sheet (Included in Project Book)

Record Form 300.A-7

LANDSCAPE GARDENING

02201 Landscape Gardening I - IV Landscape Gardening I - Lawns

100.BH-3U1

This project will teach you to improve an existing lawn or establish a new lawn as appropriate. Youth will also learn record keeping skills.

Record Sheet 300.BH-6

Landscape Gardening II - Front Lawn Area 100.BH-3U2

This project teaches you to landscape your home by making a simple plan, completing a portion of the plan, and keeping a record.

Record Sheet 300.BH-7

Landscape Gardening III - Service & Private Areas **100.BH-3U3**

This project teaches you to add outdoor “rooms” to your home using such things as cut-flower gardening, vegetable gardening, small fruit areas, compost piles, and others. Members will plot the area and complete a final plan.

Record Sheet **300.BH-8**

Landscape Gardening IV - Trees for Home Grounds **100.BH-3U4**

This project teaches you to utilize trees as landscape plants. Members learn the parts and functions of a tree, make a plan including trees, and plant at least two nursery grown trees.

Record Sheet **300.BH-9**

Record Form **300.A-7**



HOME VEGETABLE GARDENING
02251 4-H Garden Project

100.BH-4 (R-13)

In this project youth will learn How to properly prepare soil for optimum vegetable production in the garden, how to identify various diseases and insects in the garden, to identify technical sources (county agent, Master Gardeners, nursery personnel, books, etc.) for solving garden problems and how to keep records.

Record Form **300.A-7**

LEADER MATERIALS

4-H Garden Project Leader’s Guide

200.M-11 (R-13)

This guide includes information on planning and organizing project meetings, including proposed outlines for each meeting.

RANGE PLANT MANAGEMENT

02300 Range Plant Management

At Home on the Range **2300 (N-11)**

This manual will help you understand the role that wild lands play in supporting our modern style of life by learning about range lands or lands typically used for grazing.

Record Form **300.A-7**

LEADER MATERIALS

Leader Packets contain project books and supplements identical to those in the member packet.

FORESTRY

02401 Forestry (A) – Trees **100.A-16**

This project teaches youth all about trees, including how they grow, reproduction, identification, and their importance.

GreenTop – NM 4-H Trees Project

400.A-16 (N-06)

This project summary guide includes suggestions for completing the project, learning objectives through completing the project, and other projects that might be enjoyed if the 4-H'er enjoyed the 4-H Trees project.

Record Form **300.A-7**

LEADER MATERIALS

Leader Packets contain project books and supplements identical to those in the member packet.

NATURAL SCIENCE

ENTOMOLOGY

03051 & 03052 Insects Rule the Planet: Bugs, Butterflies, Beetles, Beasties

100.J-10 (R-15)

Do you like bugs? Did you know there are more different kinds of insects in the world than all other living things put together? Some are quite small; others may be several inches in size. Insects are so numerous that you can study them almost anywhere – in the backyard, the garden, at the lake or in the open field. They are fascinating creatures and you can learn many things by observing, studying, and collecting them in this project.

GreenTop – NM 4-H Entomology I

400.J-1 (R-07)

GreenTop – NM 4-H Entomology II

400.J-2 (R-07)

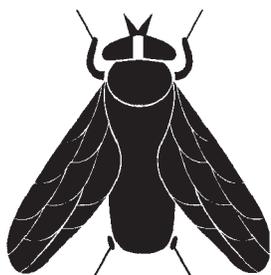
GreenTop – NM 4-H Advanced Entomology

400.J-3 (N-07)

These project summary guides gives tips on what you will learn, what you need to complete the project, items to exhibit, project references, leadership activities, and citizenship activities.

Record Form

300.A-7



LEADER MATERIALS

110 of NM Most Common Insects

200.J-11 (R-14)

List of the common 110 insects in New Mexico for training youth in identification and making insect displays.

WILDLIFE

03101 Discovering Wildlife in New Mexico

100.J-12

This project educates youth on wildlife management including life zones, pollution, predators, game, and hunting.

Record Form

300.A-7



03102 Small Game of New Mexico

100.J-24

This project educates youth on small game management including quail, pheasant, grouse, pigeons, rabbits, squirrels, prairie dogs, marmot, and porcupines.

Record Form

300.A-7

03103 Waterfowl Management SW-408

This project educates youth on waterfowl management including types of waterfowl, migration, habitat, and improvement.

Record Form

300.A-7

03104 Big Game of New Mexico

100.J-26 (N-06)

This project educates youth on big game management including mule deer, white-tailed deer, Rocky Mountain elk, bighorn sheep, mountain lion, pronghorn, Barbary sheep, oryx, ibex, javelina and black bear.

GreenTop - Big Game of New Mexico
400.J-26 (N-06)

This summary guide gives tips for participating in activities, demonstrations, contests, and completion of the project.

Scoring Your Trophy Buck
100.J-26 (N-16)

(Supplement for 03104 Big Game of New Mexico.)

Record Form **300.A-7**

SHOOTING SPORTS

03201 Rifle **100.F-38 (N-16)**

This project introduces youth to the fundamentals of the art of shooting a rifle, shooting safety and good sportsmanship, and appreciation for the outdoors.

GreenTop – NM 4-H Shooting Sports
400.F-2 (N-99)

This summary guide gives tips for participating in activities, demonstrations, contests, and completion of the project.

GreenTop – NM 4-H Rifle
400.F-38 (N-04)

This summary guides gives suggested steps for the completion of the rifle projects, various activities, leadership activities, demonstrations, exhibits, and contests.

Rifle Record Form **300.F-38**

03202 Pistol **100.F-39**

This project introduces youth to the fundamentals of the art of shooting a pistol, shooting safety and good sportsmanship, and appreciation for the outdoors.

GreenTop - NM 4-H Shooting Sports
400.F-2 (N-99)

This summary guide gives tips for participating in activities, demonstrations, contests, and completion of the project.

GreenTop - NM 4-H Pistol
400.F-39 (N-04)

This summary guides gives suggested steps for the completion of the pistol projects, various activities, leadership activities, demonstrations, exhibits, and contests.

Pistol Record Form **300.F-39**

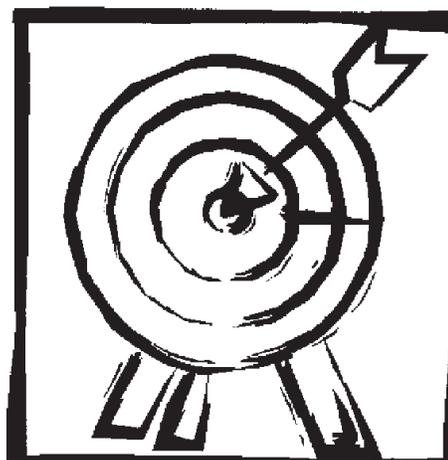
03203 Shotgun **100.F-40**

To teach sportsmanship and shooting sports safety while developing an appreciation for the sport and outdoors. While developing techniques, this project also allows 4-H'ers and their families, friends, and club to learn skills together.

GreenTop-NM 4-H Shooting Sports
400.F-2 (N-99)

This summary guide gives tips for participating in activities, demonstrations, contests, and completion of the project.

Record Form **300.F-1**



03204 Basic Archery 100.F-41A

To teach sportsmanship and shooting sports safety while developing an appreciation for the sport and outdoors. While developing techniques, this project also allows 4-H'ers and their families, friends, and club to learn skills together.

GreenTop – NM 4-H Shooting Sports 400.F-2 (N-99)

This project summary guide gives tips for participating in activities, demonstrations, contests, and completion of the project.

Archery Record Form 300.F-3

03206 Muzzleloading Manual 100.F-44 (N-14)

This comprehensive manual includes information on safety, parts and accessories, loading, cleaning and storage of black powder firearms. A section on hunting and ethics is also included.

GreenTop – NM 4-H Shooting Sports 400.F-2 (N-99)

This summary guide gives tips for participating in activities, demonstrations, contests, and completion of the project.

Muzzleloading Record Form 300.F-4



LEADER MATERIALS

Rifle – Leader’s Guide 200.F-38

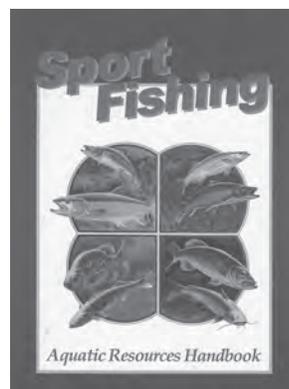
Leader Packets contain project books and supplements identical to those in the member packet.

Contact your local County Extension Office for information on ordering targets.

SPORT FISHING & AQUATIC RESOURCES

03401 Sport Fishing and Aquatic Resources Handbook 100.F-60 (N-98-99)

This project explores the elements of sports fishing including safety, history, tackle, fish care, biology and ecology, ethics and tackle crafting.



Greentop – NM 4-H Sport Fishing 400.F-11

This project summary guide includes information on what you will learn and steps to completing the project.

NM 4-H Sport Fishing Project Worksheets 100.F-61

Complete packet of worksheets to assist in setting goals and project planning and allow for accurate record keeping.

Fishing: Unit I Beginning Fishing Leadership Record 100.F-62

ENGINEERING SCIENCE

ELECTRIC ENERGY

04151 Electricity 1 – Magic of Electricity 100.I-8 (N-05)

In this project youth explore why certain things insulate from electricity better than others, the effect that magnetism has on various substances, how to build a flashlight, build and test a compass, build an electro-magnet and electric motor. The life skills emphasized in this unit are communication and record keeping.

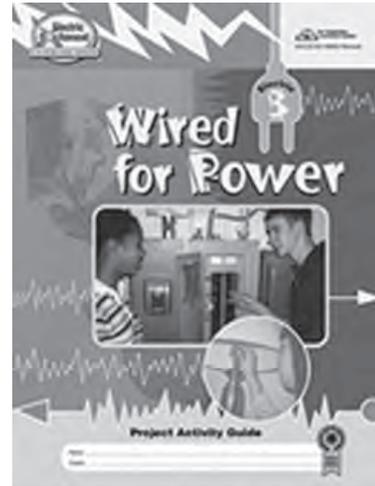
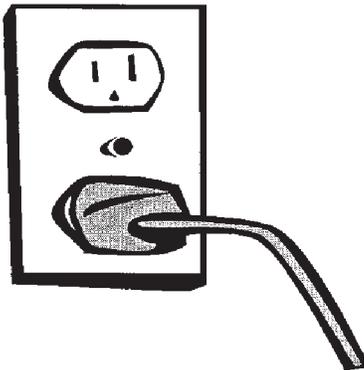
GreenTop – NM 4-H Electricity 1 – Magic of Electricity 400.E-101 (N-05)

This project summary guide includes tips for successful completion of the project, learning activities, and suggestions for additional resources.

Record Form 300.I-8

04152 Electricity 2 – Investigating Electricity 100.I-9 (N-05)

Decoding circuit diagrams, sending messages by Morse code and building three-way switches are just a few of the challenges youth will face in this experiential unit. Youth build circuits and test voltages, build a rocket launcher and a burglar alarm as they practice decision making and communication. This unit is designed for youth who understand magnetism, electron flow and circuit design.



GreenTop – NM 4-H Electricity 2 – Investigating Electricity 400.E-102 (N-05)

This project summary guide includes tips for successful completion of the project, learning activities, and suggestions for additional resources.

Record Form 300.I-8

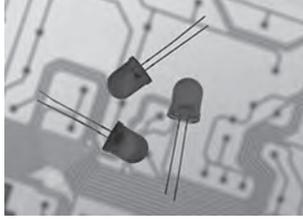
04153 Electricity 3 – Wired for Power 100.I-10 (N-05)

Youth build on skills learned in levels 1 & 2 plus learn some new ones. This includes measuring electrical usage, replacing electrical switches and determining electrical loads. Youth will also evaluate different light bulbs and test for electrical power. Important life skills practiced are problem solving, communication, decision making and wise use of resources.

GreenTop – NM 4-H Electricity 3 – Wired for Power 400.E-103 (N-05)

This project summary guide includes tips for successful completion of the project, learning activities, and suggestions for additional resources.

Record Form 300.I-8



04154 Electricity 4 - Entering Electronics
100.I-11 (N-05)

This publication explores LED's and SCR's, transistors, and the construction of an SCR intruder alarm. It is recommended that before participating in this project that youth complete Electricity I, 2, and 3. This unit introduces the basics of solid-state electronics and provides hands-on activities that give youth practical experience in understanding modern day electronic equipment. This unit is for the intermediate to advanced learner. Youth will learn how a diode operates, how to assemble a circuit using a transistor, build a "blinky" flasher and an amplifier.

GreenTop – NM 4-H Electricity 4 – Entering Electronics **400.E-104 (N-05)**

This project summary guide includes tips for successful completion of the project, learning activities, and suggestions for additional resources.

Record Form **300.I-8**

LEADER MATERIALS

Electric Excitement Helper's Guide
200.I-8 (N-05)

This helper guide has a number of exciting group activities that will keep members coming back for more. It includes a variety of group activities that can be organized quickly and conducted with 3 to 15 youth in a group. You will learn how to conduct an electric skillathon, quiz bowls, electric bingo and how to calculate amperage. In addition there is helpful information on working with youth of varying ages. Answers to various activities in the member's manuals are included.

ENGINES (SMALL)

04251 Small Engines 1 – Crank It Up
100.I-13 (N-05)

Youth focus on basic small engine knowledge, study external engine parts, discover tools of the trade and learn about the concepts behind what makes small engines work. They explore the uses of small engines and safety issues.

GreenTop – NM 4-H Small Engines 1 – Crank It Up **400.SE-10 (N-05)**

This project summary guide includes tips for successful completion of the project, learning activities, and suggestions for additional resources.

Record Form **300.A-7**

04252 Small Engines 2 – Warm It Up
100.I-14 (N-05)

Youth explore the internal parts of engines, learn about engine sizes, compression ratios, seasoning their engines and safety issues. Youth also learn about occupational possibilities and about starting their own business.

GreenTop – NM 4-H Small Engines 2 – Warm It Up **400.SE-11 (N-05)**

This project summary guide includes tips for successful completion of the project, learning activities, and suggestions for additional resources.

Record Form **300.A-7**

04253 Small Engines 3 – Tune It Up
100.I-15 (N-05)

Youth tear down and rebuild an engine, use diagnostic tools, research rules and regulations about using small engine machines and select replacement engines.

**GreenTop – NM 4-H Small Engines 3 –
Tune It Up 400.SE-12 (N-05)**

This project summary guide includes tips for successful completion of the project, learning activities, and suggestions for additional resources.

Record Form 300.A-7

LEADER MATERIALS

**Small Engines Helper's Guide
200.I-13 (N-05)**

The Helper's Guide includes group activities, helpful hints for each activity in the three youth guides and additional small engine project meeting ideas.

WELDING

**04301 The Basics of Oxy-Acetylene
Cutting - Introduction Guide for Members
and Leaders 100.I-12 (R-16)**

The objective of this project is to develop 4-Her's skills with the cutting and welding of metal after demonstrating their safety skills and becoming familiar with the necessary equipment. This project is the first step in the 4-H welding project curriculum.

**Green Top – NM 4-H Oxyacetylene
Cutting 400.L-12 (N-04)**

This project summary guide includes tips for successful completion of the project, learning activities, and suggestions for additional resources.

**Shooting Sports Silhouette Patterns 3207
and Record Form 300.A-7
included in project book**



04302 Basics of Welding 100.I-33 (R-05)

The objective of this project is to develop 4-Her's skills in arc welding after demonstrating their safety skills and becoming familiar with necessary equipment.

**GreenTop- NM 4-H Welding
400.L-33 (N-04)**

This project summary guide includes tips for successful completion of the project, learning activities, and suggestions for additional resources.

Record Form 300.A-7

LEADER MATERIALS

Leader Packets contain project books and supplements identical to those in the member packet.



ROCKETRY

**04401 Basic Model Rocketry I & II
100.I-26 (R-06)**

In this project you are introduced to the world of model rocketry. This project provides instruction on completing level I and skill level II model rockets as well as calculating the altitude the rocket reaches when launched. There are opportunities for leadership development, citizenship, exhibits, and demonstrations. In Unit II you will learn to construct multi-stage rockets and rockets that carry payloads.

**GreenTop – NM 4-H Basic Model Rocketry
Unit I 400.I-26 (N-02)**

**GreenTop – NM 4-H Basic Model Rocketry
Unit II 400.I-27 (N-02)**

This project summary guide includes suggested activities for the year as well as leadership and citizenship activities.

Record Form 300.A-7

LEADER MATERIALS

Leader Packets contain project books and supplements identical to those in the member packet.

WOOD SCIENCE

04451 Woodworking 1 – Measuring Up 100.I-23 (N-05)

This curriculum is designed for the beginning woodworker. Youth will develop the same skills that wood-workers use, such as measuring, squaring and cutting a board, driving nails, and using clamps and screws. It is suggested that all youth begin with this guide to be grounded in the basics of woodworking.



GreenTop – NM 4-H Woodworking 1 – Measuring Up 400.W-10 (N-05)
This project summary guide includes tips for successful completion of the project, learning activities, and what may be exhibited.

Record Form 300.A-7 (R-08)

04452 Woodworking 2 – Making the Cut 100.I-24 (N-05)

This level is designed for youth who have had experience using basic hand tools, such as a hammer, hand saw, or drill. Youth will measure, cut, sand, drill, use advanced hand and power tools, apply paint, and use bolts and staples.

GreenTop – NM 4-H Woodworking 2 – Making the Cut 400.W-11 (N-05)
This project summary guide includes tips for successful completion of the project, learning activities, and what may be exhibited.

Record Form 300.A-7 (R-08)

04453 Woodworking 3 – Nailing it Together 100.I-25 (N-05)

This curriculum is for the youth who are competent with hand tools and have used power tools. Youth will practice measuring angles, cutting dado and rabbet joints; use a circular saw, a table saw and a radial arm saw; smooth lumber with a hand planer; and learn to sand and stain wood.

GreenTop – NM 4-H Woodworking 3 – Nailing It Together 400.W-12 (N-05)
This project summary guide includes tips for successful completion of the project, learning activities, and what may be exhibited.

Record Form 300.A-7 (R-08)

04454 Woodworking 4 – Finishing Up 100.I-26 (N-05)

This curriculum is for the wood craftsman who is competent with a table saw, radial arm saw, drill press, and jig saw. Specific woodworking skills include using a router, portable planer and jointer; making a blind mortise and tenon joint; making dovetail joints; and experimenting with adhesives and various wood strippers.

Record Form 300.A-7 (R-08)

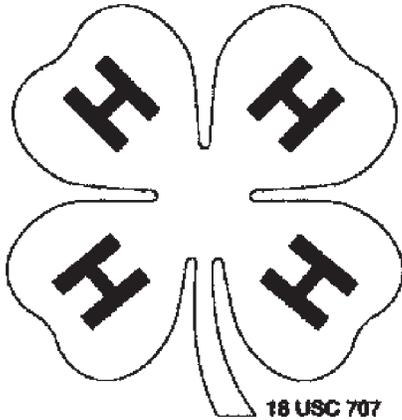
LEADER MATERIALS

Woodworking Helper's Guide 200.I-3 (N-05)

This guide provides the helper with a variety of group activities that will help youth broaden their understanding of the basic woodworking concepts. A number of ideas for additional woodworking activities are included. Each chapter in this guide contains ideas to reinforce a life skill. For example, chapter three has a variety of games that youth can play which will promote communication.

PERSONAL GROWTH AND DEVELOPMENT

4-H GROWTH & DEVELOPMENT



05001 Welcome to New Mexico 4-H (formerly This is 4-H) 100.L-1 (R-08)
This project is designed in a workbook format to assist members in learning about what 4-H is, what they can do, and their own club. Strongly recommended that all 4-Hers take this project at some point, ideally within the first year.

Record Form 300.A-7 (R-08)

HEALTH

05040 4-H Training With Weights 100.K-11

This project introduces the member to some aspects of overall physical fitness and provides instruction in the basic aspects of resistance training, cardiovascular endurance, and sports nutrition. It also teaches goal setting and the role that physical fitness plays in obtaining and sustaining an overall healthy lifestyle.

Record Form 300.A-7 (R-08)

LEADER MATERIALS

Leader Packets contain project books and supplements identical to those in the member packet.



LEADERSHIP

05201 Leadership I – Skills You Never Outgrow 100.F-52 (R-09)
This is the first, in a series of three, project manuals that focus on seven leadership skills. It offers over 45 project activities for youth to complete in two to three years.

Record Form 300.F-5 (R-08)

05203 Leadership II – Skills You Never Outgrow 100.F-54 (R-10)
This project will assist the 4-H'er in building on leadership skills learned in project I.

GreenTop – NM 4-H Leadership Skills You Never Outgrow II 400.F-53 (R-15)
This project summary guide provides a detailed list of what you will learn, suggestions for activities, and other projects of interest.

Record Form 300.F-5 (R-08)

05205 Leadership III – Skills You Never Outgrow 100.F-56 (R-11)

This project will assist the 4-Her in building on leadership skills learned in project I and II and build on skills needed for working with and in groups.

GreenTop – NM 4-H Leadership Skills You Never Outgrow III 400.F-54 (R-15)

This project summary guide provides a detailed list of what you will learn, suggestions for activities, and other projects of interest.

Record Form 300.F-5 (R-08)

LEADER MATERIALS

Leadership Skills You Never Outgrow I, II, & III 200.F-51

This Leader's Guide is designed to assist in conducting programs related to the Leadership Projects. This guide includes information on what leadership is, why we teach it, using the project guides, understanding different age groups, and lesson plans.

SPEAKING

05301 Simply Speaking (replacing Up Front with Groups) 100.F-4 (N-09)

Once finished with the project, the member will be able to: Effectively organize presentations and demonstrations utilizing effective introductions, bodies, and conclusions; prepare effective visual aids for demonstrations, illustrated talks; develop and utilize an effective speaking voice using pitch, rate, and force and cope with nerves in the presenting of presentations or workshops.

GreenTop – NM 4-H Simply Speaking 400.F-4 (R-09)

This project summary guide includes steps to completing the project, learning activities, and where to find additional resources.

Record Form (Included in Project Book)

STORY TELLING

05311 Digital Story Telling Pilot Project 100.F-11 (N-16)

From record keeping to scrapbooking to public speaking, we are training story tellers. This project will teach youth to use technology to tell their story in their own words.

GreenTop – NM 4-H Digital Story Telling Pilot Project 400.F-11 (N-16)

CITIZENSHIP

05351 My Clubs and Groups-Unit I 100.F-23 (R-10)

This project will help 4-H youth learn what good citizenship is by learning more about themselves, their families and their friends. By completing this project, 4-H youth will be able to share what they have learned about citizenship with their family and friends.

GreenTop – NM 4-H Exploring Citizenship, Unit I 400.F-23 (N-04)

This project summary guide tells you what you will learn, steps for project completion, what you can exhibit, as well as suggestions for leadership and citizenship activities.

Record Form (Included in Project Book)

05352 My Community-Unit II 100.F-24 (R-10)

In this unit 4-H'ers will learn that being a good citizen is important. 4-H youth will get to know their neighbors and work at helping others to be good neighbors as well. Youth will also learn how to practice good citizenship at their school.



Green Top – NM 4-H Exploring Citizenship, Unit II 400.F-24

This project summary guide tells you what you will learn, steps for project completion, what you can exhibit, as well as suggestions for leadership and citizenship activities.

Record Form (Included in Project Book)



05353 My Heritage-Unit III 100.F-25 (R-10)

The 4-H Citizenship III project, “My Heritage,” allows 4-H youth to discover links with their past that can enrich their lives. By learning family traditions, 4-H’ers will be motivated to preserve family treasures for future generations to enjoy.

GreenTop – NM 4-H Exploring Citizenship, Unit III 400.F-25 (N-05)

This project summary guide tells you what you will learn, steps for project completion, what you can exhibit, as well as suggestions for leadership and citizenship activities.

Record Form (Included in Project Book)

05354 My Government-Unit IV 100.F-26 (R-10)

“Exploring Citizenship, My Government” is designed for the older Intermediate and Senior 4-H member desiring to learn about government at the local, state and national level. 4-H members will understand the importance of citizen involvement in government.

GreenTop – NM 4-H Exploring Citizenship, Unit IV 400.F-26 (N-05)

This project summary guide tells you what you will learn, steps for project completion, what you can exhibit, as well as suggestions for leadership and citizenship activities.

Record Form (Included in Project Book)

05355 My World-Unit V 100.F-27 (R-10)

The 4-H Citizenship V Project, “My World” is designed to help the senior 4-H member develop skills in relating with youth and adults from varied backgrounds.

GreenTop – NM 4-H Exploring Citizenship, Unit V 400.F-27 (N-05)

This project summary guide tells you what you will learn, steps for project completion, what you can exhibit, as well as suggestions for leadership and citizenship activities.

Record Form (Included in Project Book)

LEADER MATERIALS

Leader Packets contain project books and supplements identical to those in the member packet.





CLOWNING

05401 The Art of Clowning 100.A-36

The Art of Clowning introduces youth to the opportunities, projects, and fun related to clowning. Youth explore what clowning is and create projects that assist them in becoming a clown.

GreenTop – NM 4-H The Art of Clowning 400.A-30 (N-05)

This project summary guide provides information on available materials, suggested activities, and other interesting projects.

Record Form 300.A-7 (R-08)

CULTURAL EDUCATION

05501 New Mexico Flavor 100.F-49

New Mexico is called The Land of Enchantment because of its beautiful scenery, rich culture and unique authentic food. Taking this project, you will appreciate the state's rich culture and learn about the importance of agriculture in New Mexico. Primary focus is on chile.

GreenTop – NM 4-H New Mexico Flavor 400.F-49 (N-04)

This project summary guide outlines what can be done in this project at the club, county, district and state levels.

Record Form (Included in Project Book)

05502 Uniquely New Mexico 100.F-50

This project continues the introduction to New Mexico's culture from growing products to eating them. Primary focus is on corn.

GreenTop – NM 4-H Uniquely New Mexico 400.F-51 (N-04)

This project summary guide outlines what can be done in this project at the club, county, district and state levels.

Record Form (Included in Project Book)

05503 New Mexico Roundup 100.F-51

4-H members will be introduced to the variety of New Mexico foods and the culture that brings those foods to us. Includes sections on rodeo, making rope, and weaving.

GreenTop – NM 4-H New Mexico Roundup 400.F-51 (N-04)

This project summary guide outlines what can be done in this project at the club, county, district and state levels.

Record Form (Included in Project Book)



LEADER MATERIALS

Uniquely New Mexico (New Mexico Flavor II) 200.F49 (R-05)

This Leader's Guide is included in the Uniquely New Mexico (5502) – Leader Packet. The Guide contains tips on planning and conducting project meetings, as well as New Mexico Trivia and other suggested games.

CREATIVE ARTS

LEATHERCRAFT

06001 4-H Leathercraft Basics Unit I **100.F-9 (N-06)**

In Unit I youth will learn the basics of Leathercraft, including preparation, tooling, lacing, and finishing. This project book includes hands on educational activities related to Leathercraft and the leather industry.

GreenTop – NM 4-H Leathercraft Basics Unit I **400.F-9 (N-06)**

This project summary includes information on project materials, resources, leadership and citizenship activities as well as demonstration ideas.

Record Form (Included in Project Book)

06002 Introduction to Leather Craft Unit II: Beginning Carving and Stamping **100.F-10 (R-16)**

In Unit II youth expand on the skills learned in Unit I and build on them by learning to use a swivel knife and do decorative cuts.

Record Form **300.A-7 (R-08)**

06003 Advanced Leather Carving Unit III **100.F-11**

Unit III allows youth to advance skills in carving, stamping conventional or stylized designs, background dying, overall one-color dying, designing and assembly.

Record Form **300.A-7 (R-08)**

LEADER MATERIALS

Leader Packets contain project books and supplements identical to those in the member packet.



BRAIDING

06011 Beginning Braiding & Knotting Unit I **100.F-13 (R-14)**

Unit I teaches youth the basics of braiding using three and four plait braids. Guide includes terms and tools needed as well as preparation techniques for nylon and leather braiding.

Record Form **300.A-7 (R-08)**

06012 Intermediate Braiding & Knotting Unit II **100.F-14**

In Unit II youth build on the skills learned in Unit I by adding strands to complete a five and six plait braid and design their own projects.

GreenTop – NM 4-H Braiding II **400.F-14 (N-05)**

This project summary guide includes an introduction to the project, activities to participate in while completing the project, what to enter in fairs as exhibits, and leadership and citizenship activities related to the Braiding II project.

Record Form **300.A-7 (R-08)**

06013 Advanced Belt Braiding 100.F-22

In this project youth use skills learned in Units I & II to create belts with 4 to 14 plaits in flats or rounds. Guide includes tips for color, design, and technique.

GreenTop – NM 4-H Advanced Braiding 400.F-22 (N-05)

This project summary guide includes an introduction to the project, activities to participate in while completing the project, what articles can be made in the project, and leadership and citizenship activities related to the Advanced Braiding project.

Record Form (Included in Project Book)



FIBERCRAFT

06041 Knitting I & Advanced

100.C-4 (N-07)

This publication introduces members to the basics of knitting including equipment, materials, steps, and stitches. Members follow this guide to complete Knitting I, II, and III.

GreenTop – NM 4-H Knitting I & Advanced Projects 400.C-4 (N-07)

This project summary guide includes suggestions for learning activities, completing the project, leadership activities, citizenship activities, exhibits, and other related projects.

Record Form – First Year 300.C-8 (R-08)

Record Form – Second Year and Advanced 300.C-9 (R-08)

06051 Embroidery I & Advanced 100.C-1 (R-05)

This publication introduces members to the basics of embroidery including equipment, materials, steps, and stitches. Members follow this guide to complete Embroidery I, II, and III.

GreenTop – NM 4-H Embroidery I & Advanced Projects 400.C-1 (N-05)

This project summary guide includes suggestions for learning activities, completing the project, leadership activities, citizenship activities, exhibits, and other related projects.

Record Form – First Year 300.C-8 (R-08)

Record Form – Second Year and Advanced 300.C-9 (R-08)

06055 Cross Stitch I & Advanced 100.C-6 (R-05)

This publication introduces members to the basics of cross stitch including equipment, materials, steps, and stitches. Members follow this guide to complete Cross Stitch I, II, and III.

GreenTop – NM 4-H Cross Stitch & Advanced 400.C-6 (N-09)

This project summary guide includes suggestions for learning activities, completing the project, leadership activities, citizenship activities, exhibits, and other related projects.

Record Form – First Year 300.C-8 (R-08)

Record Form – Second Year and Advanced 300.C-9 (R-08)

06061 Crochet I & Advanced 100.C-3

This publication introduces members to the basics of crochet including equipment, materials, steps, and stitches. Members follow this guide to complete Crochet I, II, and III.

GreenTop – NM 4-H Crochet I & Advanced Projects 400.C-3 (N-06)

This project summary guide includes suggestions for learning activities, completing the project, leadership activities, citizenship activities, exhibits, and other related projects.

Crochet Patterns 100.C-33 (R-04)

This is a set of patterns to be used in completing the Crochet I & II Projects. Included are: scarf, ribbed crochet hat, crocheted beret, granny square pillow cover, and decorative pillow.

Record Form – First Year 300.C-8 (R-08)

Record Form – Second Year and Advanced 300.C-9 (R-08)

06065 4-H Weaving Pilot Project 100.C-65 (N-16)

Weaving has been a part of New Mexico culture as far back as anyone can remember. This project reviews basic weaving, including history and its relevance to Native Americans, as well as how to complete a woven item.

Greentop - NM 4-H Weaving Pilot Project 400.C-65 (N-16)

06071 Needlepoint I & Advanced 100.C-5 (R-06)

This publication introduces members to the basics of needlepoint including equipment, materials, steps, and stitches. Members follow this guide to complete Needlepoint I, II, and III.

GreenTop – NM 4-H Needlepoint I & Advanced Project 400.C-5 (N-06)

This project summary guide includes descriptions of learning activities, suggestions and requirements for completing the project, leadership and citizenship activities, possible exhibits and demonstrations to be entered in fairs and other related projects.

Record Form – First Year 300.C-8 (R-08)

Record Form – Second Year and Advanced 300.C-9 (R-08)

06081 Macramé I & Advanced 100.C-11

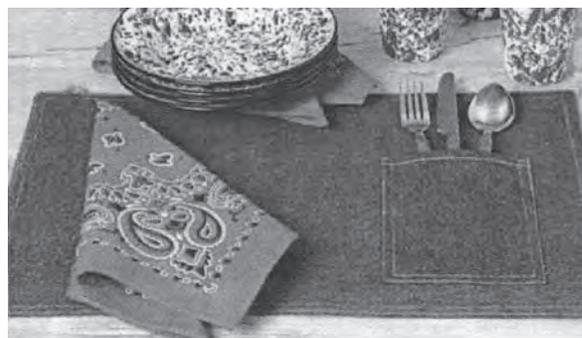
This project will introduce you to the art of tying knots. The information provided in this project is divided into three levels-Macramé I, Macramé II, and Macramé III. Each level will increase the student skills and accuracy.

GreenTop – NM 4-H Macramé 400.C-11 (N-04)

This project summary guide includes steps to completing each level of the project, items to exhibit, and suggested leadership and citizenship activities.

Record Form – First Year 300.C-8 (R-08)

Record Form – Second Year and Advanced 300.C-9 (R-08)



07163 Duded Up Denim 100.L-1 (N-09)

This project recycles old jeans into fun new craft projects. Some items require sewing, but not all. Youth will learn not only how to recycle denim but to make handy items for themselves and to give as gifts. Some projects included are magnetic boards, vests, picture frames, rugs and many more.

Record Form (Included in Project Book)

LEADER MATERIALS

Knitting I & Advanced Leader's Guide 200.C-20

This guide is designed to help leaders in selecting project levels, choosing activities, and organizing project meetings. Includes special tips and record keeping techniques.

Needlepoint I & Advanced Leader's Guide 200.C-5

This guide is designed to help leaders in selecting project levels, choosing activities, and organizing project meetings. Includes special tips and record keeping techniques.

Crochet I & Advanced Leader's Guide 200.C-22 (R-05)

This guide is designed to help leaders in selecting project levels, choosing activities, and organizing project meetings. Includes special tips and record keeping techniques.

Cross Stitch I & Advanced Leader's Guide 200.C-6 (R-05)

This guide is designed to help leaders in selecting project levels, choosing activities, and organizing project meetings. Includes special tips and record keeping techniques.

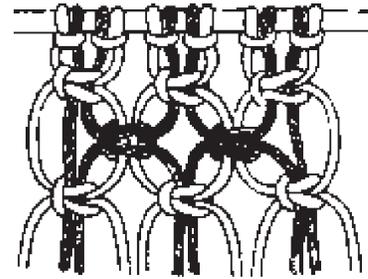
Embroidery I & Advanced Leader's Guide 200.C-21

This guide is designed to help leaders in selecting project levels, choosing activities, and organizing project meetings. Includes special tips and record keeping techniques.



Macrame I & Advanced Leader's Guide 200.C-11

This guide is designed to help leaders in selecting project levels, choosing activities, and organizing project meetings.



Includes special tips and record keeping techniques.

CERAMICS

06101 4-H Ceramics Units 1-6 100.C-25 (R-07)

This project guide teaches youth about cast and hand-formed ceramics using earthenware, stoneware, and porcelain. Units are: Glazes, Underglazes, Overglazes, Unfired Finishes, Hand-Molded Clay, and Greenware Application.

GreenTop – NM 4-H Ceramics Project 400.C-25 (N-05)

This project summary guide includes descriptions of learning activities, activities related to completing the project, possible exhibits and demonstrations to be entered in fairs and other related projects.

Record Form 300.A-7 (R-08)

JEWELRY

06111 Jewelry Making Pilot Project 100.J-11 (N-16)

This project will teach color selection and coordination and beading to create a finished jewelry product! Members will also learn about presentation and display of jewelry and review the basics of jewelry making as a business.

Greentop - NM 4-H Jewelry 400.J-11 (N-16)



PHOTOGRAPHY

06201 Focus on Photography Level 1 (Introductory Level) 100.P-1 (N-08)

This project workbook is the introductory manual for photography. This project focuses on Equipment, Lighting, Composition and Skill Building.

4-H Photography Project Record Form 300.P-1 (R-08)

06202 Controlling the Image Level 2 (Intermediate Level) 100.P-2 (N-08)

This project workbook is the intermediate manual for photography. This project builds on Equipment, Lighting, Composition and Other Skills learned in Level 1.

4-H Photography Project Record Form 300.P-1 (R-08)

06203 Mastering Photography - Level 3 (Advanced Level) 100.P-3 (N-16)

This project provides insight on the use of wide-angle and telephoto lenses, filters and special film, light meters, and shooting photos with different light sources.

4-H Photography Project Record Form 300.P-1 (R-08)

06204 Digital Photography (N-06)

This interactive, web-based project allows youth to learn skills related to taking digital photos, using software and sharing. Upon enrollment youth receive a link to access project resources through the website.

GreenTop – NM 4-H Digital Photography 400.P-2 (N-06)

This project summary contains hints for completing your Digital Photography Project, ideas for leadership and citizenship activities and additional resources.

4-H Photography Project Record Form 300.P-1 (R-08)

SCRAPBOOKING

06206 Let's Scrapbook! 100.P-10 (N-06)

This project allows youth to explore the world of Scrapbooking and create their own layouts. Instructions are included for getting started, techniques, simple projects and gift books.

GreenTop – NM 4-H Let's Scrapbook! 400.P-10 (N-06)

This project summary includes information on project materials, additional resources, ideas for community service and leadership as well as other projects that may be of interest.

Record Form (Included in Project Book)

New Mexico 4-H on the Web

<http://nm4h.nmsu.edu>

Can't find it? Check out our website! You can find information on 4-H Projects, Volunteer Leaders, Scholarships, Leadership Opportunities, State Events and much more!

HOME ECONOMICS

CLOTHING CONSTRUCTION AND COORDINATION

07002 “Sew” Much Fun – Sewing I 100.Q-1B (N-00)

In this project you will: Choose fabrics and trims that are unique, make simple clothes and accessories to wear, learn how to use a sewing machine, use sewing tools correctly and construct a sewing tool kit, complete exciting games, greeting cards, and puzzles and evaluate your sewing projects.

GreenTop – NM 4-H “Sew” Much Fun, Sewing I 400.Q-1 (N-00)

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.

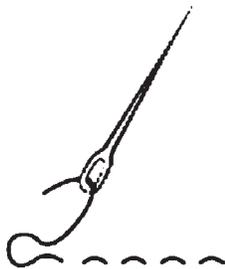
Record Form (Included in Project Book)

4-H Clothing Construction Project Summary 100.C-7

This summary sheet provides an overview of the 4-H Clothing Construction projects. It includes a list of projects, items to exhibit, learning guide, and appropriate age levels.

07003 Sew Much More Fun – Sewing II 100.Q-2B (R-09)

In this project you will construct a patchwork pillow, multi-purpose apron, pants, and shirt. You will learn how to use patterns this year as well as ways to organize your closet and look your best.



GreenTop – NM 4-H Sew Much More Fun, Sewing II 400.Q-1 (N-01)

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.

Record Form (Included in Project Book)

Pattern Sheets

X-citing Pants	100.Q-2BF(a&b)
X-tra Special Shirt	100.Q-2BE(a&b)
Handy Dandy Apron	100.Q-2BD

4-H Clothing Construction Project Summary 100.C-7

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.

07101 Mix & Match I 100.C-2 (R-08)

You’ve learned the basic skills of sewing in the Sewing 1 and 2 projects. Now, it’s time to make an outfit from a commercial pattern, using woven fabric. Have fun and learn new skills as you sew unique clothing items for yourself or others.

Record Form 300.A-7 (R-08)

4-H Clothing Construction Project Summary 100.C-7

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.

07102 Mix & Match II 100.C-18 (R-09)

Continue learning new skills this year as you complete a more challenging, coordinated outfit. Have fun as you learn to inventory your wardrobe, shop wisely, mend and construct your own one-of-a kind clothing.

Record Form 300.A-7 (R-08)

4-H Clothing Construction Project

Summary 100.C-7

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.

07103 Let's Make a T-Shirt 100.C-16

In this project youth learn to construct a t-shirt with a rounded neck, set in sleeves, and finished hem. Youth learn to select pattern, select and prepare fabric, and sew and finish seams.

Record Form 300.A-7 (R-08)

GreenTop – NM 4-H Let's Make a T-Shirt 400.C-16 (N-06)

This project summary guide includes descriptions of learning activities, suggestions and requirements for completing the project, leadership and citizenship activities, possible exhibits and demonstrations to be entered in fairs and other projects related to the Let's Make a T-Shirt project.

4-H Clothing Construction Project

Summary 100.C-7

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.



07104 Sew & Go 100.C-15 (R-07)

This project teaches youth sewing skills through the construction on luggage items. Youth will complete at least three of the following items: quick sack, handy duffel, super duffel, or jumbo garment bag.

GreenTop – NM 4-H Sew & Go 400.C-15 (N-06)

This project summary guide includes descriptions of learning activities, suggestions and requirements for completing the project, leadership and citizenship activities, possible exhibits and demonstrations to be entered in fairs and other projects related to the Sew & Go project.

Record Form 300.A-7 (R-08)

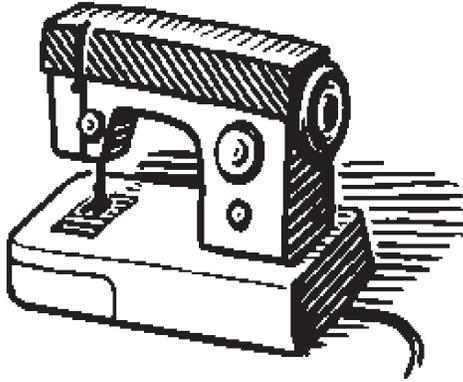
07105 Creative Touches 100.C-30

This project is targeted to 4-H youth who have completed Sewing I & II or 4-Hers who have developed "intermediate" sewing skills. Projects will be constructed using ready-to-wear clothing.

GreenTop – NM 4-H Creative Touches 400.Q-20 (N-01)

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.

Record Form (Included in Project Book)



07106 4-H Serger Sewing
100.C-23 (R-07)

In this project you will learn to recognize types of sergers, identify machine parts and what they do, sew seam finishes, apply lace, elastic and ribbing, use a variety of threads, and use serger construction techniques.

GreenTop – NM 4-H Serger Sewing
400.C-25 (N-04)

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.

Record Form (Included in Project Book)

07153 Senior Clothing Construction I
100.C-19 (R-08)

Once finished with the project, the 4-H member will be able to: coordinate a wardrobe for themselves or others, select quality fabrics and use those specific fabrics in making a garment, apply special finishing techniques to garments, and complete a personal body analysis.

Senior Clothing Construction Guide
100.C-29

This publication identifies categories and appropriate items for each category related to the Senior Construction projects and competition.

GreenTop – NM 4-H Senior Clothing Construction I – Intermediate
400.C-3 (R-08)

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.

Record Form (Included in Project Book)

4-H Clothing Construction Project Summary
100.C-7

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.



07154 Senior Clothing Construction II
100.C-8 (N-09)

In this newly updated project, youth will learn to recognize the importance of clothing and accessories as tools for individual expression. They will also learn to refine sewing construction skills; determine personal colors and the effects of color in clothing; identify the effects of lines, color, and texture in clothing construction; identify basic garment construction shapes and design and create a personal garment. The Senior Clothing Construction project is divided into two project levels: Intermediate and Advanced. The Advanced level includes constructing garments which require more construction knowledge and skill refinement than the intermediate level.

Senior Clothing Construction Guide 100.C-29

This publication identifies categories and appropriate items for each category related to the Senior Construction projects and competition.

GreenTop – NM 4-H Senior Clothing Construction II – Advanced 400.C-4 (N-09)

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.

Record Form (Included in Project Book)

4-H Clothing Construction Project Summary 100.C-7

This project summary guide includes steps to completing the project, items to be exhibited, and suggested leadership and citizenship activities.



Fashion Magic Projects (R-10)

The Fashion Magic project series is designed for male and female senior 4-Hers, ages 14-19, who have an interest in clothing and a desire to learn more about successful dressing. These projects offer an alternative to the traditional clothing construction series for the non-sewer, and offer depth and experience to the 4-Her who has a dedicated interest in the field of clothing and textiles. Though a 4-Her may enter only one Fashion Magic option for competition during a given year, options may be repeated if desired. The following options are available:

07155 Wardrobe Planning 100.C-7

This project emphasizes getting to know yourself, including your physical appearance, personality, lifestyle and your current wardrobe.

**The 4-H'er must complete Wardrobe Planning before taking either of the remaining two phases.*

Record Form (Included in Project Book)

07156 Clothing Coordination 100.C-28

This project emphasizes learning and practicing techniques used to coordinate various clothing items to extend your wardrobe.

Record Form (Included in Project Book)

07157 Fashion Consumerism & Careers 100.C-27

This project emphasizes learning how to make wise choices as a consumer of fashion through sound shopping skills and market place savvy; Youth also learn about specific careers in the fashion industry.

Record Form (Included in Project Book)

LEADER MATERIALS

4-H Clothing Revue Information Sheet (Seniors) 200.C-4

Entry form that must accompany garments when entered for judging at the State Fashion Revue. Includes information on contestant, categories, pattern and fabric.





Guidelines for Conducting a 4-H Clothing Revue
200.C-8 (R-07)

This publication outlines the steps to conducting a 4-H Clothing Revue, including themes, location, committees, and objectives.

Clothing Construction Leader's Guide (7153, 7154)
200.C-9

This leader's guide is a companion to the Senior Construction Projects. Information is included on organizing project meetings, teaching construction, and completing projects.

Guidelines for 4-H Clothing Evaluation
200.C-12

This publication provides tips to judges on what to look for and for those setting up revues on how to organize the evaluation of garments.

Serger Sewing Leader's Guide (7106)
200.C-23

This leader's guide provides information on project requirements, planning meetings, leader responsibilities, and evaluation.

4-H Clothing Leader's Handbook
200.C-1 (R-07)

This publication covers teaching techniques, planning, and parent involvement related to serving as a 4-H Clothing Leader.

Mix and Match Leader's Guide (Projects: 7101, 7102)
200.C-2

This leader's guide covers project requirements, suggested activities, and the 4-H Clothing Revue as related to the Mix & Match Projects.

Special 4-H Sewing Projects Leader's Guide
200.C-13 (R-07)

This leader's guide covers getting started, leader responsibilities, and project planning related to special clothing projects.

QUILTING

06030 4-H Quilting

100.Q-5 (N-07)

This project is designed to teach 4-Hers basic quilting skills by completing projects ranging from simple to intermediate.

GreenTop – NM 4-H Quilting

400.Q-5 (N-07)

This project summary guide includes steps to completing the project with success, additional resources, and suggestions for other projects

Record Form 300.A-7 (R-08)

BAKING

07280 Baking I

100.E-80

The 4-H Baking I project is designed for the beginning 4-H baking member wishing to develop the skills necessary to produce a wide variety of basic baked products, including biscuits, muffins, pancakes, and cookies.

GreenTop – NM 4-H Baking I

400.E-50 (N-99)

This project summary guide includes information on exhibits, learning activities, and how to get the most from your project.

Record Form (Included in Project Book)



07282 Baking II **100.E-82**

The 4-H Baking II project is designed for the 4-H baking member who is continuing to develop skills in measuring, mixing, preparing, and baking basic quick breads and cookies.

In this project you will learn how to make quick loaf breads, coffeecake, cornbread, gingerbread, and a variety of cookies.

GreenTop – NM 4-H Baking II
400.E-82 (N-01)

This project summary guide includes information on exhibits, learning activities, and how to get the most from your project.

Record Form (Included in Project Book)

07284 Basic Yeast Breads and Rolls
100.E-84 (N-16)

The 4-H Yeast Breads and Rolls Baking Project is designed for youth who have completed Baking 1, 2, and 3. The project teaches advanced skills related to preparing a variety of breads.

Record Form (Included in Project Book)

USDA MyPyramid **100.E-00 (N-05)**

Cake and Mix Recipes for High Altitudes in NM **Cir. 293**

This booklet contains recipes specially adjusted for baking at high altitudes.

07286 Pastry and Pies **100.E-85**

The 4-H Pastry and Pies Baking Project is designed for youth who have completed Baking 1, 2, and 3. The project contains food science experiments that teach basic principles related to making excellent pastry and an assortment of pies.

GreenTop – NM 4-H Pastry & Pies
400.E-85 (N-01)

This project summary guide includes information on exhibits, learning activities, and how to get the most from your project.

Record Form (Included in Project Book)

07300 4-H Cakes **100.E-86 (N 08)**

This project teaches youth to expand their basic baking skills by creating a variety of delicious cakes.

GreenTop – NM 4-H Cakes
400.E-86 (N-07)

This project summary guide includes information on exhibits, learning activities, and how to get the most from your project.

Record Form (Included in Project Book)

07301 Cake Decorating Units 1-3
100.E-87 (N-12)

This project teaches youth the basics of cake decorating, including baking, frosting and design of cakes.

Record Form **300.AE**

07302 Cake Decorating Units 4-6
100.E-88 (N-16)

This project expands on skills learned in units 1-3 to make creative cakes, including character cakes, cut out cakes and cupcakes.

Record Form **300.AE**

07303 Cake Decorating Units 7-9
100.E-89 (N-16)

This project expands on skills learned in the earlier units to make leaves and flowers for sprays and borders as well as decorating with fondant.

Record Form **300.AE**

07304 Cake Decorating Units 10-12
100.E-90 (N-16)

This project expands on skills learned in the first nine units to complete advanced cake decorating projects such as tiered cakes, using molds to make edible decorations and creating your own advanced cake.

Record Form **300.AE**

LEADER MATERIALS

Baking I Leader's Guide 200.E-81

This project leader guide includes information on planning project meetings, exploring careers, and holding a demonstration day.

FOOD AND NUTRITION

07257 Super Snacking 100.E-25 (R-06)

This project introduces the 4-H member to the importance of a nutritious snack for a healthy diet.

GreenTop – NM 4-H Super Snacking 400.E-1 (R-06)

This project summary guide includes information on project activities and suggested leadership and citizenship activities.

A Young Person's Guide to Good Food GE-112

This publication teaches members the value of nutritious foods, including the importance of breakfast, choosing appropriate foods, and vitamin functions.

USDA MyPyramid 100.E-00 (N-05)

Record Form 300.E-25

07310 Dairy Foods I – Milk 100.E-50 (R-09)

The 4-H Dairy Foods I project is designed to introduce the 4-H member to the agricultural, economic, historic, and nutritional aspects of the dairy industry in New Mexico. Members will learn about dairy goats as well as dairy cattle. This project is relevant for novices, juniors and seniors however experience in Baking I and II will be helpful.



GreenTop – NM 4-H Milk – Unit I 400.E-50 (R-09)

This project summary guide includes information on steps to compete the project, what can be done, and suggested leadership and citizenship activities.

USDA MyPyramid 100.E-00 (N-05)

Record Form (Included in Project Book)



07312 Dairy Foods II – Ice Cream 100.E-52 (R-09)

The 4-H Dairy Foods II project is designed to further the 4-H'ers experience with dairy by introducing them to the discovery of ice cream and its place in a healthy diet. This project is appropriate for 4-H members who have completed Baking I and II and Dairy I.

GreenTop – NM 4-H Ice Cream – Unit II 400.E-52 (R-09)

This project summary guide includes information on steps to compete the project, what can be done, and suggested leadership and citizenship activities.

USDA MyPyramid 100.E-00 (N-05)

Record Form (Included in Project Book)

07314 Dairy Foods III – Cheese 100.E-54 (R-09)

The 4-H Dairy Foods III project is designed to introduce the 4-H member to the discovery of cheese and its place in a healthy diet. This project will be best suited for senior level 4-H'ers.

Green Top – NM 4-H Cheese, Unit III
400.E-10 (R-09)

This project summary guide includes information on steps to compete the project, what can be done, and suggested leadership and citizenship activities.

Making Soft Cheese at Home - Guide
E-203

This publication covers making soft cheeses and includes information on milk quality, equipment, processing, and a materials list.

USDA MyPyramid 100.E-00 (N-05)

Record Form (Included in Project Book)

07380 Adventures with Foods 100.E-90

The beginning level “Adventures with Food” is a one-time experience for members 9-11 years old and older youth having no experience with cooking.

GreenTop – NM 4-H Adventures with Foods
400.A-10 (N-05)

This project summary guide provides information on steps to complete the project, items to exhibit, and suggested leadership and citizenship activities.

USDA MyPyramid 100.E-00 (N-05)

Record Form 300.A-20 (R-08)

07382 Quick Meals 100.E-92

This project teaches the 4-H member how to plan, prepare, and serve a variety of easy-to-prepare, time-saving meals.



GreenTop – NM 4-H Quick Meals
400.E-20 (N-05)

This project summary guide provides information on project materials, items to exhibit, and suggested leadership and citizenship activities.

USDA MyPyramid 100.E-00 (N-05)

Record Form 300.A-20 (R-08)

07384 Food, Friends and Fun 100.E-94

“Food, Friends, and Fun” is an advanced level project for members 14-18 years old. It provides experiences in planning, preparing and serving meals and snacks for informal parties as well as special occasions. The project may be repeated, although it is recommended that alternate menus be planned under each interest area to gain additional knowledge and skills.

GreenTop – NM 4-H Food, Friends, and Fun
400.E-20 (N-05)

This project summary guide provides information on steps to complete the project, items to exhibit, and suggested leadership and citizenship activities.

USDA MyPyramid 100.E-00 (N-05)

Record Form 300.A-20 (R-08)

07386 New Mexico State 4-H Outdoor Cooking Project Unit 1 - On the Grill
100.E-96 (N-15)

This project will introduce you to the world of outdoor cooking through grilling. Learn about meal planning, food and grill safety and test recipes. This is a pilot project.

USDA MyPyramid 100.E-00 (N-05)

Record Form 300.A-20 (R-08)

07387 Outdoor Cooking Unit 2 - Dutch Oven Cooking Pilot Project

100.E-97 (N-16)

This project will help youth explore cooking around the campfire in a Dutch oven. The manual includes information on selection and use of Dutch ovens, as well as basic fire safety and recipes.

USDA MyPyramid 100.E-00 (N-05)

Record Form 300.A-20 (R-08)



FOOD PRESERVATION

07401 Freezing 100.E-10 (N-14)

This project covers the basics of healthy eating and food safety with specific instructions for freezing fruits, juices, vegetables, meats, fish and poultry; and convenience foods such as pizza.

GreenTop – Freezing 400.E-10

This project summary guide provides information on steps to complete the project, items to exhibit, and suggested leadership and citizenship activities.

Record Form 300.A-6

07403 Drying 100.E-12 (N-14)

This project covers the basics of healthy eating and food safety with specific instructions for drying fruits, vegetables and herbs.

GreenTop – Drying 400.E-12

This project summary guide provides information on steps to complete the project, items to exhibit, and suggested leadership and citizenship activities.

Record Form 300.A-6

07405 Boiling Water Bath Canning 100.E-14 (N-14)

This project covers the basics of healthy eating and food safety with specific instructions for canning fruits, tomatoes, tomato salsa, pickles and jams and jellies with and without added pectin.

GreenTop – Boiling Water 400.E-14

This project summary guide provides information on steps to complete the project, items to exhibit, and suggested leadership and citizenship activities.

Record Form 300.A-6

07407 Pressure Canning 100.E-16 (N-14)

This project covers the basics of healthy eating and food safety with specific instructions for canning vegetables, dry beans, meats, poultry, fish and prepared recipes such as spaghetti sauce and soups.

GreenTop – Pressure Canning 400.E-16

This project summary guide provides information on steps to complete the project, items to exhibit, and suggested leadership and citizenship activities.

Record Form 300.A-6



CONSUMER EDUCATION AND HOME MANAGEMENT

HOME MANAGEMENT

07501 Housing and Interior Design I 100.Q-1C (R-09)

This project helps youth explore the potential of design related to their own room. Members learn about line, color, accessorizing, and function.

GreenTop – NM 4-H Housing and Interior Design I 400.Q-10 (N-09)

This project summary guide provides information on completing this project, potential exhibits, and leadership and citizenship activities.

Record Form (Included in Project Book)

7530 Helpful, Handy Home How 2's 100.Q-5 (N-14)

This project is designed to be used by all 4-H age groups. DIY (Do It Yourself) home improvement/repair is a way to boost confidence in self and save money. This project looks at four rooms in the home and give instructions for basic repairs that may be needed.

Record Form Included in Project Book

CONSUMER EDUCATION

07551 Consumer Savvy 1 – The Consumer In Me 100.G-1 (N-05)

Youth will experience what it means to be a consumer through saving, spending and sharing.



GreenTop – NM 4-H Consumer Savvy 1 – The Consumer In Me 400.G-20 (N-05)

This project summary guide includes information on completing the project, suggested learning activities, and ideas for demonstrations, leadership, and citizenship.

Record Form 300.A-7

07552 Consumer Savvy 2 – Consumer Wise 100.G-2 (N-05)

Consumer Wise introduces youth to the influence of peer pressure, the power of advertising and the expanding Web market as they learn to make independent decisions while shopping.

GreenTop – NM 4-H Consumer Savvy 2 – Consumer Wise 400.G-20 (N-05)

This project summary guide includes information on completing the project, suggested learning activities, and ideas for demonstrations, leadership, and citizenship.

Record Form 300.A-7

07553 Consumer Savvy 3 – Consumer Roadmap 100.G-3 (N-05)

Teens will navigate the potholes in the marketplace enroute to becoming savvy consumers.

GreenTop – NM 4-H Consumer Savvy 3 – Consumer Roadmap 400.G-20 (N-05)

This project summary guide includes information on completing the project, suggested learning activities, and ideas for demonstrations, leadership, and citizenship.



Record Form 300.A-7

LEADER MATERIALS

Consumer Savvy Helper's Guide

200.G-20 (N-05)

The Helper's Guide provides supplemental materials that help adult volunteers facilitate learning situations for various ages of youth. Numerous group activities are included to help youth develop essential life skills as they pursue their interest in consumer education.



Consumer Decision Making Contest Handbook

200.H-12

This publication is available on the 4-H website and contains standards for selected products and information on conducting or participating in a Consumer Decision Making Contest. Includes information on judging and oral reasons.

Supplements

There are five supplements available to assist in educating youth on consumer issues.

Advertising	100.H-1
What's In a Name?	100.H-2
Where Does Your \$ Go?	100.H-3
Check It All Out	100.H-4
A Buying Survey	100.H-5

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FAMILY LIFE

FAMILY LIFE

07601 Understanding Preschool Children Project Guide 100.M-10 (N-01)

This project is designed for 9-12 year old 4-H members to develop an understanding of young children. It can be used as an individual project or a club project when members do the activities together at club meetings. There are opportunities for leadership development, citizenship, exhibits, and demonstrations. This project guide provides instruction on how you feel about being with 3-5 year old children (preschoolers), how to watch or observe children so you can understand how they act, how to use positive ways to help young children behave the way you want them to behave, how to comfort, feed, and play with young children, what toys are safe and unsafe for preschoolers.

Green Top – Understanding Preschool Children 400.M-10 (N-01)

This project summary guide gives tips on what you will learn, supplies needed, exhibits that can be entered, leadership activities, citizenship activities, and demonstration ideas.

Record Form (Included in project book)

07602 Babysitting Basics 100.M-10

This project will help youth become more familiar with the job characteristics of being a babysitter. Youth will gain knowledge



on what and who a babysitter is and whether or not being a babysitter is the job for them.

Record Form (Included in project book)

07603 Generation Celebration Member's Manual 100.O-1

This is a 4-H Project which encourages youth and older adults to enjoy and learn from one another. In this project members discover attitudes on aging,



learn how the media affects their attitudes, spend time with an older person, perform experiments which show how aging affects the senses, become sensitive to the needs of others, widen their circle of friends, and have fun. Generation Celebration is a challenging individual project as well as an excellent club project with many activities for club meetings, leadership development, and community projects. The member's guide is the project outline. It contains six different chapters with activities and questions to complete. The final chapter encourages the member to hold a "Generation Celebration" where older friends demonstrate skills they learned long ago.

Generation Celebration Green Top 400.O-1 (N-99)

This project summary guide gives tips on what you will learn, exhibits that can be entered, and other projects members might enjoy.

Record Form (Included in Project Book)

LEADER MATERIALS

Generation Celebration Leader's Guide Project # 7603) 200.O-1

This guide is designed to assist adult volunteers in working with the Generation Celebration Project.

SELF-DETERMINED PROJECTS

The New Mexico 4-H Program offers a variety of self-determined projects. Self-determined projects are designed for advanced members and should build on skills members learned in earlier projects. If a project has multiple levels, the member should complete all available levels before taking a self-determined project. Self-determined projects are listed below. Please refer to the appropriate section to see what other projects must be completed before signing up for a self-determined project. By definition, these projects are selected and planned by the member and/or leader – additional subject matter materials are not provided by the State 4-H Office. All fair and achievement day exhibits related to self-determined projects are required to have a self-determined record form attached.

SELF-DETERMINED

Self-Determined Project Record Sheet

100.SD-1 (R-03)

This record sheet guides the member through planning and completing their self-determined project, while allowing them to keep an accurate record of their accomplishments.

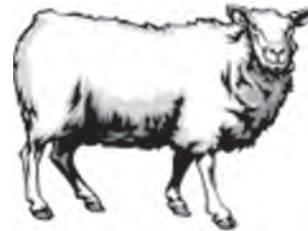
GreenTop – NM 4-H Self-Determined Project

400.SD-1 (N-01)

This project summary guide includes information on what self-determined projects are, requirements for project completion, and examples of self-determined projects.

LEADER MATERIALS 200.SD-1

Leader Packets contain project books and supplements identical to those in the member packet.



ANIMAL SCIENCE

Beef	01009
Cattle, Dairy	01059
Goat	01109
Dog Care and Training	01159
Cat	01169
Horse	01209
Rodeo	01229
Poultry	01259
Rabbit	01309
Sheep	01359
Swine	01409
Veterinary Science	01459
Pets	01509

NATURAL SCIENCE

Entomology	03059
Wildlife	03109
Shooting Sports	03209
Sport Fishing	03409

ENGINEERING SCIENCE

Electricity	04159
Engines, Small	04259
Welding	04309
Rocketry	04409
Wood Science	04459
Robotics	04469

HORTICULTURE AND AGRONOMY

Plant and Soil Science	02009
Gardening, Flower	02109
Gardening, Landscape	02209
Gardening, Vegetable	02259
Range Plant Management	02309
Forestry	02409

PERSONAL GROWTH AND DEVELOPMENT

4-H Growth/Development	05009
Health	05029
Safety	05039
Physical Fitness	05049
Leadership	05209
Public Speaking	05309
Citizenship	05359
Clowning	05409
Cultural Education	05509
Computer	08109

HOME ECONOMICS

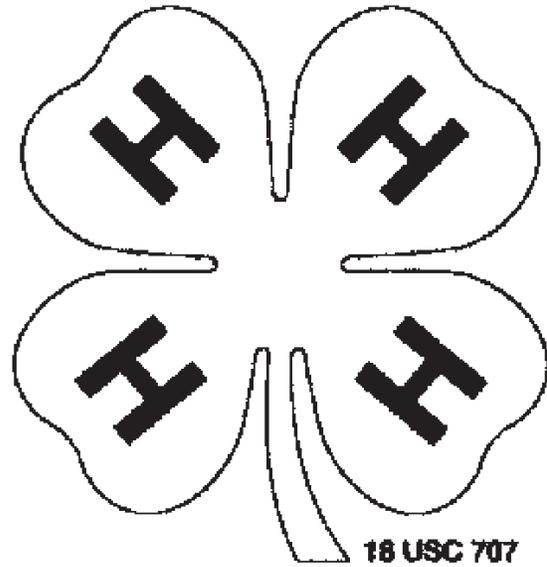
Clothing/Sewing	07199
Baking	07299
Dairy Foods	07319
Food and Nutrition	07399
Food Preservation	07499
Housing and Interior Design	07509
Consumer Education & Home Management	07559
Family Life	07609

CREATIVE ARTS

Leathercraft	06009
Braiding	06019
Fibercraft	06099
Ceramics	06109
Photography	06299

ARTS AND CRAFTS

Arts & Crafts (General)	07659
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New Mexico 4-H Statistics 2014-2015

Total 4-H Members 36,841



Members in:

Clubs 5,905

School Enrichment 30,005

Special Interest..... 2,179

Cloverbuds (ages 5-8) 7,625

Novice (ages 9-11)..... 22,453

Junior (ages 12-13)..... 3,098

Senior (ages 14-13)..... 3,638



Adult Volunteer Leaders 3,714

Youth Volunteer Leaders..... 659

Total 4-H 4,373

Volunteer Leaders

CLOVERBUD PROJECTS

Cloverbuds is New Mexico's official 4-H program for 5-8 year olds. Cloverbuds provides experientially based "learn by doing" experiences for this age group. The purpose of this program is to build competency in school-age children by focusing on development of life skills: positive self-esteem, social interaction, decision-making skills, subject-matter knowledge, and physical development. Through development of these skills, children learn to live comfortably with others, express their own feelings safely, love life, and welcome new experiences. The curriculum title indicates 5-8 year olds, but the age range can vary from 6-9. Programming is developmentally appropriate and involves the following principles:

- Non-competitive, cooperative and individual learning activities as effective educational strategies for 5-8 year olds.
- Self-esteem development and social interaction that view the youth in the context of family and community.
- Exploration of interest and skills in a variety of areas.
- Age appropriate recognition for participants.
- Involvement of parents and/or other caring adults through their 4-H club/group.
- Values ongoing relationships between 5-8 year olds and caring adults and older youth.
- FUN!

00101 WELCOME TO CLOVERBUDS **4-H Member's Guide** **100.N-1**

This workbook contains activities on clubs and sample activities from other Cloverbud projects.

Record Form (Included in Project Book)



00102 OUR ANIMAL FRIENDS **4-H Member's Guide** **100.N-2**

This workbook contains activities on imaginative animals, pet care, genetics, and feeding.

Record Form (Included in Project Book)

00103 HAVING FUN WITH ART **4-H Member's Guide** **100.N-3**

This workbook contains activities on texture, sketching, theatre, puppetry, and photography.

Record Form (Included in Project Book)



00104 SHOPPING SMARTS **4-H Member's Guide** **100.N-4**

This workbook contains activities on shopping decisions, clothing, and packing for trips.

Record Form (Included in Project Book)

00105 FOOD FUN

4-H Member's Guide **100.N-5**

This workbook contains activities on nutrition, kitchen safety, fitness, and food preparation.

Record Form (Included in Project Book)

00106 PLAYING IT SAFE

4-H Member's Guide **100.N-6**

This workbook contains activities on bicycle safety, electrical safety, and record keeping.

Record Form (Included in Project Book)

00107 NATURE'S TREASURES

4-H Member's Guide **100.N-7**

This workbook contains activities on birds, trees, forestry, water, and the environment.

Record Form (Included in Project Book)

00108 LOOK AT ME--I'M GROWING UP

4-H Member's Guide **100.N-8**

This workbook contains activities on feelings, body language, careers, and home safety.

Record Form (Included in Project Book)

00109 FAMILY, FRIENDS AND COMMUNITY

4-H Member's Guide **100.N-9**

This workbook contains activities on family heritage, exploring your town, and identifying your state.

Record Form (Included in Project Book)



00110 THE WAY THINGS GROW

4-H Member's Guide **100.N-10**

This workbook contains activities on gardening, terrariums, flowers, and soil.

Record Form (Included in Project Book)

00111 HAVING FUN WITH SCIENCE

4-H Member's Guide **100.N-11**

This workbook contains activities on weather, the moon, the sun and chemistry.

Record Form (Included in Project Book)

00112 STOMP, BLOW AND SPLASH: SOIL, AIR, AND WATER

4-H Member's Guide **100.N-12**

This workbook contains activities on soil, air, and water.

Record Form (Included in Project Book)

00123 ME, MY FAMILY, AND MY FRIENDS (CITIZENSHIP UNIT I)

4-H Member's Guide **100.N-23**

This workbook contains activities on being a good citizen, learning about self, family, and friends.

Record Form (Included in Project Book)

**00124 MY NEIGHBORHOOD
(CITIZENSHIP UNIT II)**

4-H Member's Guide 100.N-24

This workbook contains activities on being a good neighbor, knowing your neighbor, and being a good citizen at school.

Record Form (Included in Project Book)



LEADER MATERIALS

All Cloverbud Leader Guides contain copies of all activity sheets as well as lesson plans and group activities.

00201 Welcome to Cloverbuds

00202 Our Animal Friends

00203 Having Fun With Art

00204 Shopping Smarts

00205 Food Fun

00206 Playing It Safe

00207 Nature's Treasures

00208 Look At Me--I'm Growing Up

00209 Family, Friends & Community

00210 The Way Things Grow

00211 Having Fun With Science

00212 Stomp, Blow and Splash: Soil, Air, and Water

00223 Exploring Citizenship Leader's Guide

New Mexico 4-H Positive Youth Development

State 4-H Events

- Senior Leadership Retreat
- Home Economics School
- Youth Get-Away
- State and District Contests
- State 4-H Championship Shoot
- Horse School
- Livestock School
- State 4-H Conference
- State and County Fairs
- 4-H Rodeo
- Promotional Contests
- Essay Contest
- 4-H Dog School
- 4-H Adult Forum (Leaders)

Regional/National Events

- Western Region Leaders' Forum
- National 4-H Contests
- Citizenship Washington Focus
- National 4-H Week
- National 4-H Congress

Recognition Awards

- 4-H Hall of Fame
- Friend and Honorary
- Home Economics Lettermen
- Scholarships

<http://nm4h.nmsu.edu>
www.facebook.com/NMSU4H

NM 4-H GREENTOPS

Greentops are project descriptions with suggestions for exhibits, community service, and leadership activities. Greentops are available in PDF form on our website: <http://nm4h.nmsu.edu>. Please refer to the list below to see which projects currently have greentops available and check the website throughout the year for updates.

ANIMAL SCIENCES

Market and Breeding Beef
Dairy Cattle
Feeding Your Replacement Dairy Heifer
Market Goat
Pygmy Goat
Dog I, II, & III
Cat I, II, & III
Horse Science
Rodeo
Rabbits I, II, & III
Sheep Production and Management
Market Swine
Vet Science I, II, & III
Pet Pals
Scurrying Ahead
Tropical Fish
Hamster
Guinea Pig
Birds (indoor)

HORTICULTURE & AGRONOMY

Flower Gardening
Trees

NATURAL SCIENCES

Entomology I and II
Rifle
Pistol
Shooting Sports
Sport Fishing

ENGINEERING SCIENCES

Electricity I, II, III, and IIII
Small Engines I, II, and III
Oxyacetylene Cutting
Welding
Rocketry I and II
Wood Science I, II, III

SELF-DETERMINED

Self-Determined

PERSONAL GROWTH & DEVELOPMENT

Simply Speaking
Citizenship I, II, III, IV, and V
Clowning
New Mexico Flavor
Uniquely New Mexico
New Mexico Roundup

CREATIVE ARTS

Embroidery
Cross Stitch
Crochet
Needlepoint
Knitting
Macramé
Ceramics
Leathercraft I
Scrapbooking

HOME ECONOMICS

Sewing I and II
Let's Make a T-Shirt
Sew & Go
Quilting
Creative Touches
Serge Sewing
Senior Clothing Construction I and II
Fashion Magic I, II, and III
Super Snacking
Baking I and II
Pastry & Pies
Ice Cream
Cheese
Adventures with Foods
Quick Meals
Food, Friends, & Fun
Food Preservation

CONSUMER EDUCATION & HOME MANAGEMENT

Consumer Savvy I, II, and III

FAMILY LIFE

Understanding Preschool Children
Generation Celebration

ADDITIONAL PUBLICATIONS

The New Mexico State 4-H Office provides additional publications to assist leaders and members in enhancing the 4-H experience. Many publications are available on the 4-H website or from your local County Extension Office.

New Mexico 4-H Club Leaders' Handbook (Online only) 200.A-1 (R-15)

This publication is a top-to-bottom outline of what a 4-H leader is and what their responsibilities include. It is a great way to find out, or just review, how important the 4-H adult leader is to both the 4-H members and the 4-H program. This publication includes an overview of the mission and goals of the program, leadership roles as a 4-H leader, yearly planning ideas, club meeting outlines, learning opportunities for youth and leaders, and much, much more!

New Mexico 4-H Program Policies and Procedures Handbook 200.A-3 (R-16)

This book is a great reference for all policies and procedures relating to the New Mexico 4-H program. It is a detailed publication that includes outlines of 4-H age requirements and membership completion, enrollment deadlines for activities, conflict management, liability releases, and many other important 4-H policies and procedures that every 4-H'er, parent and 4-H leader should know.

Event Planning Guide for Leaders 200.A-4 (R-06)

This publication is a one-sheet hand out that outlines the who, what, and where related to the 4-H volunteer. It also includes tasks to be completed by the 4-H office, the 4-H volunteer and which tasks are joint efforts between the two. It is a great reference guide for new and existing volunteers and agents.

4-H Club Secretary's Book 200.A-6 (R-06)

This publication is for any 4-H secretary whether at the club or county level. It contains membership and attendance forms and also allows the secretary to take minutes and notes directly in the book.

Strengthening Your 4-H Group 200.A-11 (R-06)

This publication provides troubleshooting suggestions for common challenges found in working with groups, specifically those related to 4-H. Challenges addressed include lack of meetings, failure to accept responsibility, lack of qualified leaders, declining membership, lack of member participation, poor operating procedures, lack of older members, lack of community support and lack of money.

A Handbook for 4-H Club Officers 200.A-12 (R-10)

This book outlines the duties and expectations of being a club officer. It also gives suggestions for recreational activities, songs, and tips on running a successful meeting. Additional profile sheets are also available for each of the following offices:

- *President*
- *Vice President*
- *Secretary*
- *Treasurer*
- *Reporter*
- *Historian*
- *Parliamentarian*
- *Song & Recreation Leader*
- *Council Delegate*

New Mexico State 4-H Leadership Handbook 200.A-14 (R-10)

This book is a starting point for the New Mexico 4-H Leadership Team. It includes descriptions of their responsibilities, their expected conduct, how to present an award or introduce a speaker and other vital information that is important to becoming a member of the state leadership team.

Questions and Answers for the NM 4-H Parliamentary Procedure Contest 200.A-25 (R-04)

This book is a great reference for parliamentary procedure teams to review before competition or even just for club officers to review before the start of a new year. It answers some of the frequently asked questions about parliamentary procedure and basic rules of order.

Parliamentary Procedure in Action 200.A-30 (R-06)

This book is a detailed publication of how a business meeting should run and the proper parliamentary procedures that should be used in each order of business. It gives specific examples of all aspects of a meeting including the order of business, the introduction of new business and committees, amendments, nominations, and other parliamentary skills.

4-H Club Bylaws 200.B-1 (R-00)

Template of Bylaws designed for New Mexico 4-H Clubs including all required information. This form is also included in the New Mexico 4-H Program Policies and Procedures Handbook (R 06) 200.A-3. Clubs may add club or county specific regulations. All clubs are required to have bylaws on file with the County Extension Office.

New Mexico 4-H Project Literature Handbook 200.B-3 (R-16)

This handbook includes descriptions of all the New Mexico 4-H Projects, state-wide events, Cloverbud projects, greentops that are available, and covers many other topics related to the NM 4-H program. It is a great reference for learning what is involved in certain projects and how to go about obtaining the literature from your county and the New Mexico State 4-H office.



4-H Project Literature Short List 200.B-3B (R-16)

This publication is a list of all of the New Mexico 4-H Projects and the order number for each project packet. It also includes a list of Cloverbud projects and the New Mexico 4-H Youth Development Curriculum Kits. The order numbers are used to complete the 4-H Project Literature Order Form (200.B-3A).

New Mexico 4-H Youth Development 2015-2016 Curriculum Kits 500.A-1 (R-16)

This publication includes a list of all curriculum kits available for check out through your County Extension Office. These materials may be used with audiences including public school youth, home-schooled youth, other youth groups and 4-H clubs. Curriculum Kits cover a variety of subject matter. The newest version of this catalog also includes a listing of audio visual materials available for check out.

Demonstrations and Illustrated Talks
200.D-1 (R-01)

This publication gives tips on how to prepare and give demonstrations and illustrated talks. It includes when to give a presentation, how to construct the outline, body and summary, and a planning guide to an illustrated talk.

Making 4-H Posters **200.D-6 (R-03)**

This handout is great for information and tips on how to plan, coordinate, and make a poster. Topics included are planning, materials needed, choosing colors, lettering, revise-re-do-rearrange, and putting it all together.

Taming the Wild Cloverbud
500.A-5 (N-05)

This publication provides information on age appropriate programming for youth 5-8 year old. Information is included on age group characteristics, program parameters and program evaluation.

New Mexico 4-H Cloverbuds
500.A-6 (N-05)

This publication provides information on the New Mexico 4-H Cloverbud Program. Cloverbuds are youth ages 5-8. Information includes volunteer responsibilities, program purpose and structure and planning meetings.

4-H Project Leader Training
200.D-2 (N-05)

This publication is designed to assist volunteers in serving as a leader for a specific project. Information is included on project leader responsibilities, planning project meetings, teaching techniques and suggested activities.

Recreation Rampage **4-H 236**

This book is a good reference book for a club recreation leader or any 4-H'er who is planning recreation for an event. It includes getting-acquainted activities, games that require no equipment or supplies, games that require limited equipment and supplies, re-lays and where to get additional information on recreation activities.



4-H Coloring Pages
These pages are filled with black and white pictures related to 4-H projects. They are great for younger 4-H members who are just getting acquainted with their 4-H projects. These pictures are filled with lots of space to color and provide an artistic approach to many of the New Mexico 4-H projects. Color Pages are available to download from the Forms section of the New Mexico 4-H Website.

**Active Teaching – Active Learning:
Teaching Techniques and Tools** **200.E-30**
This publication covers techniques, tools and resources for actively involving youth in the learning process. The Experiential Learning Model is briefly discussed.

ENROLLMENT AND APPLICATION FORMS

Member Enrollment Form

This form is to be completed at the beginning of every year by any member wishing to join New Mexico 4-H program or by existing members wishing to re-enroll for the new 4-H year. It includes the members name, age, county, etc. as well as the projects they will be enrolling in for the year. This form is also available at <http://nm4h.nmsu.edu>.

Group Enrollment Form

This form is to be completed for all special interest and school enrichment programs and returned to the County Extension Office. It includes information on the program provided, number of youth involved, ethnic breakdown, age breakdown, residential breakdown and number of volunteers involved.

Volunteer Leader Application

This form must be submitted by all adults wishing to serve as volunteer leaders for the New Mexico 4-H Program. It includes contact information, educational/work experience and criminal history.

Department of Public Safety Release of Information

This form authorizes the New Mexico Department of Public Safety to release information related to an individual's arrest record and is required as part of the Volunteer Leader Application Process. Forms must be completed, signed and notarized.



Leader Enrollment Form

This form is to be completed at the beginning of every year by any adult who has completed the Volunteer Application and Screening Process and been accepted as a New Mexico 4-H adult volunteer leader. It asks the leader to indicate what their roles and activities they will partake in throughout the year. There is also a signed agreement by the leader not to discriminate or limit membership because of race, sex, color, national origin, religion, or handicap. This form is also available at <http://nm4h.nmsu.edu>.

EVENT FORMS

Youth Medical and Liability Release Code of Conduct Contract and Media Release 300-A.3 (R-13)

This form is used at all district and state events that require a 4-H member to travel, stay overnight, or be in the care of a chaperone, adult volunteer or 4-H Extension Agent for an extended period of time. It may also be required by your county office at the time of enrollment. It is signed by the legal guardian of the 4-H member to allow them to participate in the listed activity. It is a precautionary form that must be completed and signed so that, if the need arises, the 4-H member can receive the proper medical treatment. It outlines the rules of New Mexico 4-H events and consequences of breaking these outlined rules. It is signed in acceptance of the outlined rules by both the participating 4-H member and their legal guardian. It should be reviewed by the 4-H'er and parent together. The media release is completed by anyone who does not wish their child to appear in any audio, video, film, or print publication the New Mexico 4-H program might use in research, education and promotional programs. This form is available at <http://nm4h.nmsu.edu>.

Adult Medical and Liability Release Code of Conduct Contract and Media Release
300-A.4 (R-13)

This form is used at all district and state events that require a 4-H member to travel, stay overnight, or be in the care of a chaperone, adult volunteer or 4-H Extension Agent for an extended period of time. It is a precautionary form that must be completed and signed so that, if the need arises, the participant can receive the proper medical treatment. It outlines the rules of New Mexico 4-H and it is signed in acceptance of the outlined rules by the participant. The media release is completed by anyone who does not wish to appear in any audio, video, film, or print publication the New Mexico 4-H program might use in research, education and promotional programs. This form is available at <http://nm4h.nmsu.edu>.

State and National Event Clothing Guidelines

This sheet outlines the clothing guidelines for all county, district, state and national 4-H events. It specifies what kinds of garments are appropriate and those that are not. It also states what action will be taken if these guidelines are not followed. This form is also available at <http://nm4h.nmsu.edu>.

Statement of Responsibility

This release form is for parents to sign if their son/daughter will be staying in the same room as an adult chaperone on a 4-H related trip. It states that the parent acknowledges that the National 4-H Council has a policy that restricts adults from rooming with youth and in acceptance of this rule, accept the responsibility of any consequences and absolves the agent, County, District, State and the New Mexico Cooperative Extension Service from any and all responsibility. This form is also available at <http://nm4h.nmsu.edu>.

Application for Certificate of Insurance

This form is for County use only. If a county is hosting or participating in an event where a facility or agency requires proof of insurance, this form may be submitted to the State 4-H Office to request a certificate.

PROJECT RECORD FORMS

The following forms are available at: <http://aces.nmsu.edu/4h/projects/project-forms.html>.

Baking Record Form 300.E-80 (R-09)

Dog Care Member's Record Sheet 300.B-10 (R-08)

Electricity Project Record Sheet 300.I-8

Fashion Magic Project Forms (various)

Fibercraft Level I 300.C-8 (R-08)

Fibercraft Record Sheet Level II and III 300.C-9 (R-08)

Flower Gardening Record Sheet 300.BH-1 (R-08)

Food & Nutrition Project Record Sheet 300.E-4 (R-08)

Foods Record Sheet 300.A-20 (R-08)

General Project Record Sheet 300.A-7 (R-08)

Indoor Gardening Unit 1 Record Sheet 300.BH-2 (R-08)

Indoor Gardening Unit 2 Record Sheet 300.BH-3 (R-08)

Indoor Gardening Unit 3 Record Sheet 300.BH-4 (R-08)

Indoor Gardening Unit 4 Record Sheet
300.BH-5 (R-08)

Landscape Gardening Unit 1 Record Sheet
300.BH-6 (R-08)

Landscape Gardening Unit 2 Record Sheet
300.BH-7 (R-08)

Landscape Gardening Unit 3 Record Sheet
300.BH-8 (R-08)

Landscape Gardening Unit 4 Record Sheet
300.BH-9 (R-08)

**Leadership 4-H Project Plan and
Summary** 300.F-5 (R-08)

Livestock Project Record Form
300.L-5 (R-11)

Members Plan and Evaluation
300.SD (R-08)

New Mexico 4-H Horse Record Sheet
300.L-3 (R-08)

New Mexico 4-H Report Form
300.A-2 (R-08)

Pet Record Book 300.B-24 (R-08)

Photography Record Sheet
300.P-1 (R-08)

Poultry Record Sheet 300.D-5 (R-08)

Public Speaking Record Sheet
300.F-4 (R-08)

Rabbit Record Sheet 300.L-6 (R-08)

Rodeo Project Sheet and Log
300.R-3B (R-08)

Self Determined Project Sheet
100.SD-1 (R-03)

Sewing I Record Sheet 300.Q-1B (N-08)

Shooting Sports Workbook - Archery
300.F-3 (R-07)

Shooting Sports Workbook - Muzzleloading
300.F-40 (R-09)

Shooting Sports Workbook - Pistol
300.F-39 (N-07)

Shooting Sports Workbook - Rifle
300.F-38 (R-06)

Shooting Sports Workbook - Shotgun
300.F-1 (R-06)

Sport Fishing Record Sheet 300.F-61 (1997)
(Includes Leadership Record 300.F-62)

Home Economics Lettermen

Any 4-H Member who is active in Home Economics Projects may "letter" in Home Economics.

Receive:

- A Clover letter;
- Bronze, Silver, and Gold pins;
- Platinum letters in the form of a plaque.



For more information, download the Lettermen guidelines at: <http://aces.nmsu.edu/4h/home-ec-letterman.html> and follow the instructions to apply; or contact your County Extension office.

STATE 4-H PORTFOLIO FORMS AND INFORMATION

Record Book Covers

These green hardboard covers are to be used for New Mexico State Portfolios submissions and may be different from the county record book covers. They are available for purchase through the County Extension Offices or through the NM State 4-H Office.

New Mexico 4-H Profiles

This is the required form for all State 4-H Portfolios. The Profiles includes an information page for name, club, age, etc. and sections for major project activities, leadership, citizenship, other 4-H projects and non-4-H activities. This form is available in Word format on a disk or at <http://nm4h.nmsu.edu>.

State 4-H Portfolio Formatting Instructions

This document is helpful when completing a State 4-H Record Book. It outlines how to format different sections of the book, how to access them on the disk, which files contain which sections and tips to completing the State Record Book. This form is also available at <http://nm4h.nmsu.edu>.

Completing a State 4-H Portfolio

It is important for a 4-H member to review this publication before submitting a New Mexico State 4-H Record Book. This document covers many topics dealing with the State Record Book including the benefits of completing your record book, the three main components that comprise the state record book and even what not to use in the book. This form is also available at <http://nm4h.nmsu.edu>.

How to Write a 4-H Story

This helpful handout gives tips on writing an effective essay to be included in a 4-H Record Book. Tips are provided on structure, content and organizing. Sample questions are also included to help the thought process.

Ask Our Answer People

NMSU Cooperative Extension
Service Website:

<http://extension.nmsu.edu>

County Extension Service Offices:

<http://aces.nmsu.edu/county>

Bernalillo.....	505-243-1386
Catron.....	575-533-6430
Chaves.....	575-622-3210
Cibola.....	505-287-9266
Colfax.....	575-445-8071
Curry	575-763-6505
De Baca.....	575-355-2381
Doña Ana	575-525-6649
Eddy	575-887-6595
Grant	575-388-1559
Guadalupe	575-472-3652
Harding	575-673-2341
Hidalgo.....	575-542-9291
Lea.....	575-396-2819
Lincoln	575-648-2311
Los Alamos	505-662-2656
Luna	575-546-8806
McKinley	505-863-3432
Mora.....	575-387-2856
Otero	575-437-0231
Quay.....	575-461-0562
Rio Arriba.....	505-685-4523
Roosevelt.....	575-356-4417
San Juan	505-334-9496
San Miguel	505-454-1497
Sandoval.....	505-867-2582
Santa Fe.....	505-471-4711
Sierra.....	575-894-2375
Socorro	575-835-0610
Taos	575-758-3982
Torrance	505-544-4333
Union.....	575-374-9361
Valencia.....	505-565-3002

RODEO FORMS

**New Mexico 4-H Rodeo Rule Book
200.R-4 (R-16)**

This book contains rules and guidelines related to New Mexico 4-H Rodeo. Contents include age requirements, events, points system, safety, officials, etc.

**4-H Rodeo Eligibility Certificate and Waiver of Liability
300.R-7 (R-12)**

This form must be completed, signed, notarized and submitted to the County Extension Office before a youth may participate in any sanctioned 4-H Rodeos.

**General Sanctioned Rodeo Entry Form
300.R-9**

This is the general entry form for 4-H Rodeos. It includes youth information as well as events of participation by age and applicable fees. Updated annually.

**New Mexico 4-H Rodeo Committee Bylaws
(R-13)**

**Application to Produce a 4-H Sanctioned Rodeo
300.R-3 (R-14)**

This application must be completed by any county wishing to host a 4-H Rodeo. Applications are reviewed by the State 4-H Rodeo Board.

Rule Change Request Form

In the event someone wishes to have a rule changed related to New Mexico 4-H Rodeo, they must submit the Rule Change Request Form to the New Mexico State 4-H Office. This form must include the original rule, the proposed change and the justification for the change.

Rodeo Age Requirements Vary Slightly from Other 4-H Programs:

	Cloverbud	Novice	Junior	Senior
Grade*		3rd, 4th, 5th	6th, 7th	Does not apply
Age as of January 1 of the current 4-H year (October-September)	Cloverbuds are not allowed to participate in 4-H Rodeo.	8 year olds in the 3rd grade; 9 year olds; 10 year olds; 11 year olds in the 5th grade	11 year olds in the 6th grade; 12 year olds; 13 year olds in the 7th grade; and 14 year olds (regardless of grade).	Must be 15 years old regardless of grade; 15 year olds; 16 year olds; 17 year olds; 18 year olds; Youth who are 19 by December 31 of the current 4-H year are not eligible to enroll as a 4-H member.

*These are standard grades based on public school general ages. Exceptions such as home or private schools or youth who have skipped a grade must be determined under the appropriate age.

Youth do not move up in an age group until October of the next 4-H year, therefore, youth participate in summer and fall fair activities as the grade they just completed.

NEW MEXICO 4-H STATEWIDE EVENTS

Youth Get Away (YGA)

State 4-H Officers host Youth-Get-Away each spring. The officers plan and conduct the workshops concentrating on communication, decision making, and teamwork skills each spring. This event is held at Inlow Baptist Camp and provides “fun” team building activities. All novice and junior 4-H members are welcome to attend.

Senior Leadership Retreat (SLR)

This retreat is prepared and conducted by the State 4-H Ambassadors and Diplomats. The retreat contains motivational leadership workshops for senior 4-Hers on topics such as self-esteem, confidence building, commitment, communication skills and team building. It is a three day event held every January in Albuquerque.

State 4-H Shooting Sports Championships

State competition for senior age members in all shooting sports contest, including rifle, shotgun, pistol, muzzleloader, and archery. This event is held each spring.

New Mexico 4-H Adult Forum

This Forum is held each November in Albuquerque to provide quality training and networking to adult volunteer leaders, parents and staff from across the state.

State 4-H Schools

- *Horse School*
- *Livestock School*
- *Home Ec School*



State 4-H Conference

State 4-H Conference is held every July on the NMSU Campus. The Conference consists of contests, workshops, career tracts, evening sessions, awards ceremonies, and the election of new State Officers. Those eligible to attend State Conference are senior 4-Hers who participate in contests, workshops, career tracts and sessions, voting delegates, officer candidates, or members of the State Leadership Team.

LEADERSHIP OPPORTUNITIES For Senior Members ages 14-19

State 4-H Officers

Team of seven officers elected during State 4-H Conference to serve a one-year term.

Ambassadors

Four-member team selected through an interview process each January to serve a one-year term.

Diplomats

Four-member team selected through an interview process each January to serve a one-year term.

Youth Officials

Selected by application to assist with entries, judging, and display of 4-H Indoor Exhibits for the State Fair in September.

YGA Camp Counselors

Selected by application to serve as camp counselors for Novice age members in July.

Contact your county office or go to the 4-H Website at <http://nm4h.nmsu.edu> to learn more about these activities and leadership opportunities.

THE 4-H NAME AND EMBLEM



The official 4-H Emblem is a clover with four leaves and an “H” on each leaf. The clover’s stem must point to the right as you look at the image. The 4-H Emblem is not a plain four-leaf clover. The 4-H Emblem should appear in specific colors and in its entirety. The 4-H Name & Emblem belongs to the 4-H Youth Development Program, under the authority of USDA and anyone wishing to use it must obtain permission to use it ahead of time.

The 4-H Youth Development Program is the youth outreach from the Land Grant Universities, Cooperative Extension Services, and the United States Department of Agriculture. The 4-H Name & Emblem is intended to represent the ideals of the program with its focus on Head, Heart, Hands, and Health. Today, it is one of the best-known and most valued images emblematic of a century of 4-H achievement. The 4-H Name & Emblem is very important to us as an organization because it represents who we are.

The 4-H Name and Emblem are protected under federal statute Title 18, U.S. Code 707. This statute protects other federal emblems, like the Seal of the President of the United States.

Regulations on the use of the 4-H name and emblem state:

Whoever, with intent to defraud, wears or displays the sign or emblem of the 4-H clubs, consisting of a green four-leaf clover with stem, and the letter H in white or gold on each leaflet, or any insignia in colorable imitation thereof, for the purpose of inducing the belief that he is a member of, associated with, or an agent or representative for the 4-H clubs; or

Whoever, whether an individual, partnership, corporation or association, other than the 4-H clubs and those duly authorized by them, the representatives of the United States Department of Agriculture, the land-grant colleges, and persons authorized by the Secretary of Agriculture, uses, within the United States, such emblem or any sign, insignia, or symbol in colorable imitation thereof, or the words “4-H Club” or “4-H Clubs” or any combination of these or other words or characters in colorable imitation thereof -- Shall be fined not more than \$5,000 for individuals and \$10,000 for groups, or imprisoned not more than six months, or both.

The 4-H Emblem

- The 4-H Emblem should always appear in its entirety.
- Don’t place text or other images over or on top of the 4-H Emblem.
- In general, the 4-H Emblem should not be rotated or turned on its side. There are some exceptions, such as on fabric where the emblem is scattered randomly across the fabric or in other random designs.
- The 4-H Emblem should never be screened, shaded, gradated, or appear in a multi-colored hue. The official and preferred color of the 4-H Emblem is 100 percent PMS 347 green, (The H’s reversed out to the color of the paper on which the emblem is printed). The clover can also be white, black, or metallic gold. The H’s on the clover can be white, metallic gold (only on a green clover), green (only on a white clover), or black. The clover can be outlined in green (for white clover) or white (for green clover) to add prominence to the image and make the emblem stand out from the background.

The 4-H Name

The official 4-H Name includes 4-H, 4-H Youth Development, or 4-H Youth Development Program. When using the term “4-H” it must conform as follows:

- Numeral “4” separated from a capital “H” with a hyphen (not a dash, slash or space).
- It is well documented in English usage, as well as in the most familiar style manuals, that you should never begin a sentence with a numeral. To comply with this rule, you would need to begin a sentence using “Four-H.” This language rule, however, is contrary to the regulations set down for use of the 4-H Name & Emblem; if such a situation arises in writings, it is far better to re-word the sentence slightly to avoid the language rule. An exception to this would be in writing news headlines where the 4-H name would be better served by using the familiar numeral-hyphen-letter combination to provide instant recognition.
- Do not use the 4-H Emblem in place of the word “4-H” in a title or text.
- Avoid separation of any of the elements of the 4-H Name at the end of sentences.

For a complete listing of guidelines related to the use of the 4-H Name and Emblem, please refer to www.national4-hheadquarters.gov.

New Mexico 4-H Youth Development 2016-2017 Curriculum Kits

Introduction

This publication contains a summary listing of 4-H Curriculum Kits available to you through your County Extension Office. Curricula are available for Kindergarten (K) through High School and may be used for School Enrichment, Special Interest, or Club Programs. The 4-H Youth Development Program is designed for in-school and out-of-school programming. Feel free to involve your youth in 4-H through the following curricula or others that may be available through your local County Extension Office.

Table of Contents

Agriculture	63
Animal Science	65
Cloverbuds	70
Computers	71
Energy	72
Entomology	74
Financial Management	75
Gardening	79
Global Education	80
Health	82
Home Economics	85
Natural Resources	90
Science	95
Social Behavior and Development	97
Space Science	100

Contact your local County Extension Office <http://aces.nmsu.edu/county/> to order these materials on a check-out basis.

Reviewed in 2016 by:
Mindy Turner, Extension 4-H Youth Development Specialist
Sue Miller, Graphic Designer
Michelle Rincon, Literature Coordinator



AGRICULTURE

Ag Links Grades 3-5 (New!)	09002
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Agriculture is a contributing factor in our everyday life, but we don't always know it! This lesson set helps children learn how the products they use every day come from the Ag industry. Kit includes product samples, descriptions and industry information that can be used as a teacher led lesson or a learning game.

Acres of Adventures	Grades 3-5
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Each uniquely themed guide contains 40 hands-on lessons developed in cooperation with curriculum specialists from the National Consortium of State Agriculture in the Classroom programs, Extension 4-H professionals and experts from the field of child-care education. It was designed to increase agricultural literacy among 3rd through 5th grade audiences while developing their understanding, appreciation and application of science through a variety of agriculturally-based activities.

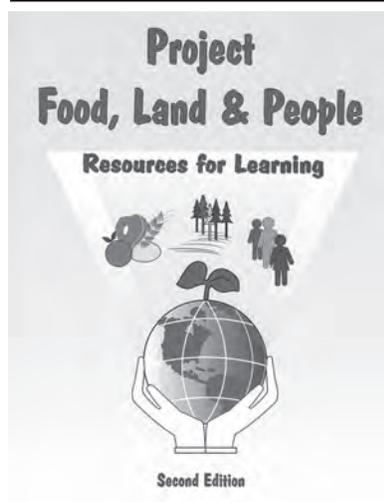
Acres of Adventure I	09222
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Adults and older youth will enjoy using these lesson plans to quickly engage youth in learn-by-doing agriculture activities within the following thematic units: Plant Detectives, Mystery Agriculture, All about Agriculture, Fast Food Agriculture. (100 pages)

Acres of Adventure 2	09223
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This group activity guide provides ready to use lesson plans that will quickly involve youth in experiential activities related to the following thematic units: Insect Invasion, Farm Physics, Agriculture Gone Wild, Frontier Living. (100 pages)

Food, Land and People K-12	09760
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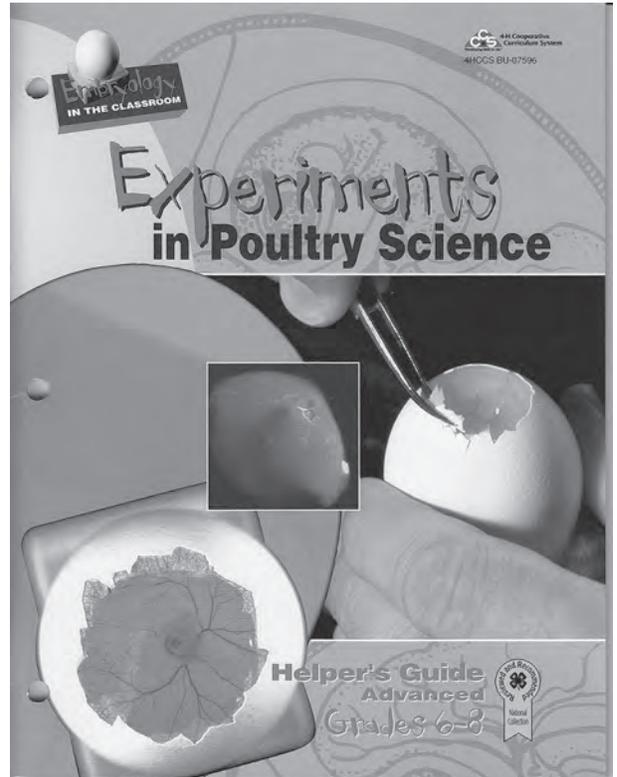
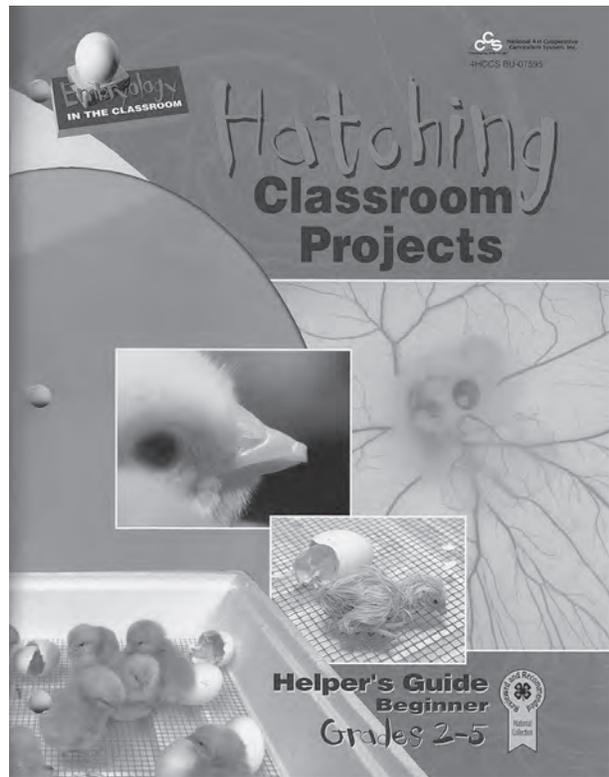
Food, Land and People (second edition) is a curriculum notebook that contains lesson plans for use with youth groups. The program teaches an appreciation for land, agriculture, agricultural products and society. The lesson plans include the background information needed to teach the lesson, materials needed, activities and games that are ready to use. Suggested uses include 4-H Club meeting programs, Agriculture Day events, classroom, after school programs, camps and youth groups.

AGRICULTURE

From Egg to Chick Grades 2-6 09005

Students will learn some basic principles of reproduction. They will incubate, hatch chicks, and observe live chicks. A Teacher's guide and embryology video is available.

Most young people are fascinated with the wonders of life. This study of the avian egg provides them with an opportunity to understand some of the theories and principles of reproduction. The use of the incubator in the classroom is a very popular project.



Pizza Garden, An Agricultural Adventure Grades 2-4 09205

Agricultural adventure resource is designed for educators to teach young people about where their food originates from by using something children love to eat: PIZZA! Using 8 lessons and fun hands-on activities, this resource material helps young people learn about nutrition, careers and language arts all at the same time.



Horse Education

The horse project manuals provide an interactive curriculum for youth that is hands-on and grounded solidly in subject matter. With the addition of new content to the series, youth will be able to develop life skills while exploring horse science.

Horse Project Outcomes

Youth will gain a greater understanding of key subjects within horse science. Youth will demonstrate enhanced life skill development.

Horse Education - Level 1 – Giddy Up & Go (40 pages) Grades 3-4 09207a

Focuses on the introductory basics and familiarizes youth with horses. Activities include horse body shop, designing the perfect horse, paper dolls, human cues and group relay knot.

- Parts of the Horse
- Colors & Markings
- Designing the Perfect Horse
- Horse & Herd Behaviors
- Safety Around Horses
- Knot Tying
- Dressing for the Barn

Horse Education - Level 2 – Head, Heart and Hooves (40 pages) Grades 5-6 09207b

Youth learn about horse behavior, detailed anatomy and basic care practices for horses. Activities are pony up to the salad bar, body condition scoring, bad hair day, and long in the tooth.

- Conformation
- Horse Skeleton
- Feeding & Grazing
- Grooming
- Hoof Structure
- Dental Care



Horse Education - Level 3 – Stable Relationships (40 pages) Grades 7-9 09207c

Keeping horses healthy and teaching basic care to youth are the heart of this activity guide.

- Horse Health
- Breeding
- Genetics
- Diseases and Parasites
- Fencing and Pastures
- Finances of Showing

Horses Helper's Guide (40 pages) For Adult and Teen Leaders

Interactive group activities help leaders make knowledge come to life for youth. Special tips for leaders to help youth acquire life skills. There is added attention to safety and subject matter throughout the series. Included in each kit.

Pets – Level 1 - Pet Pals (36 pages) Grades 2-4**09103**

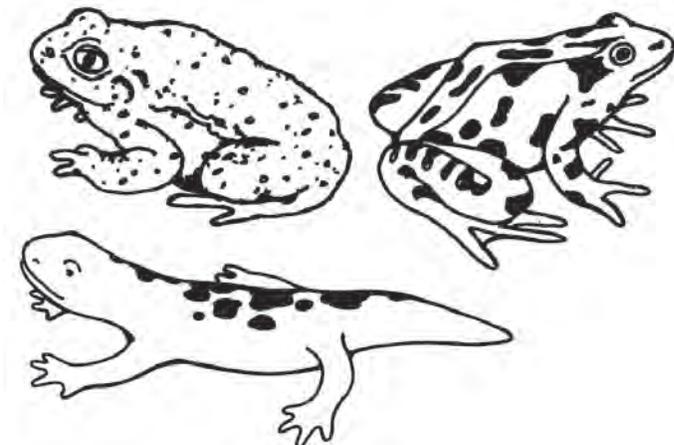
From gerbils to snakes, frogs to ferrets, youth will find this action packed activity guide makes learning about pets fun and exciting. Youth learn about pets through activities such as selecting a pet, identifying pet parts, pet art, handling pets, providing the right kind of housing and meeting the daily needs of pets.

Pets – Level 2 – Scurrying Ahead (36 pages) Grades 5-7**09104**

Youth develop planning and decision making skills as they practice feeding and caring for their pets, observing pet behavior, exhibiting pets, debating pet sayings and creating a story about a pet.

Pets – Level 3 – Scaling the Heights (36 pages) Grades 8-12**09105**

Through these activities youth explore genetics, pet issues, reproduction, caring for newborns, starting a business and entering exciting careers. *Scaling the Heights* provides several opportunities for you to develop your leadership skills as you strive to complete the Scaling the Heights Achievement Program.

Pets – Pet Helper's Guide (36 pages) Included with each of the level kits.

Project helpers will find many fun and engaging group games and activities to further expand the pet project experience for youth. In this guide you'll also find helpful hints about characteristics of youth, life skill development, teaching experientially, project meeting ideas as well as answers to many of the activities in the youth guide.

ANIMAL SCIENCE

Veterinary Science

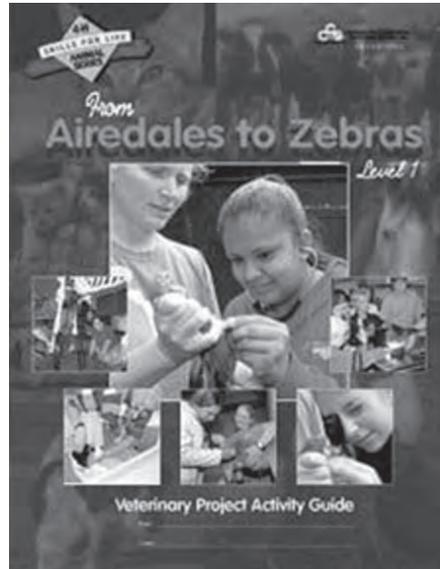
This curriculum emphasizes disease prevention and the veterinarian's role in protecting animal and public health. Youth will practice veterinary science project skills as they learn to be knowledgeable and responsible animal caregivers. Overall, the curriculum will stimulate interest in veterinary and animal science careers.

Life Skill Outcomes

- Learning to learn
- Acquiring and evaluating information
- Communication
- Character development
- Disease prevention

Veterinary Science Project Outcomes

- Develop knowledge and skills regarding Animal Health management
- Disease prevention
- Body systems
- Behavior
- Nutrition
- Career readiness



Veterinary Science - Level 1 – From Airedales to Zebras (40 pages) Grades 3-5 09209a

This innovative series of three youth activity guides will lead youth through an exploration of the exciting world of veterinary science. The first guide introduces youth to the normal animal, basic anatomy and systems, elementary principles of disease and careers with animals.

The Normal Animal

- A Breed Apart
- Basic Needs
- Fur and Feathers as Friends-and More
- Get Growin'
- Systems Check
- Body Language, Animal Style
- What's for Lunch?

Diseases, Pests and Problems

- Pet Safety Patrol
- Not a Shot in the Dark
- Better Safe than Sick

Investigating Careers

- Jack of All Trades
- Cool Tools!
- Furry Friends in Fact, Fiction and Film
- Here's the Story

ANIMAL SCIENCE

Veterinary Science - Level 2 – All Systems Go! (40 pages) Grades 6-8 09209b

Youth will examine health and disease topics, normal and abnormal conditions and veterinary careers.

The Normal Animal

- Files for the Future
- All for One and One for All!
- All Stressed Up with No Place to Go
- The Defense Department

Diseases, Pests and Problems

- Biosecurity Blanket
- What's Eating You?
- Quality Counts!
- Not-So-Secret Agents
- When Good Feeds Go Bad

Investigating Careers

- Playing the Part
- Not Special K, Special T!
- You Do the Math
- A Shadow of Your Future Self
- Where Do You Stand?

Veterinary Science - Level 3 – On the Cutting Edge (40 pages) Grades 9-12 09209c

The guide involves youth in in-depth investigation of normal and abnormal systems, preparation for college and exploration of the diversity of the veterinary profession.

The Normal Animal

- Bond, Animal Bond
- TherioWHAT?!
- May the Best Gene Win
- Swell Cell Organelles
- Behave!

Diseases, Pests and Problems

- Have You Lost Your Marbles?
- It's a ZOO Out There!
- Could an Apple a Day Keep the Vet Away?
- It's Raining Cats and Dogs

Investigating Careers

- Your Future is in Your Hands
- What Else is There?
- Getting Technical
- All in a Day's Work

ANIMAL SCIENCE

Veterinary Science Helper's Guide (40 pages)

For Adults and Teen Leaders

The *Veterinary Science Helper's Guide* provides supplemental materials that help adult volunteers facilitate learning situations for various ages of youth. Numerous group activities are included to help youth develop essential life skills as they pursue their interest in veterinary medicine.

Mastering Project Skills

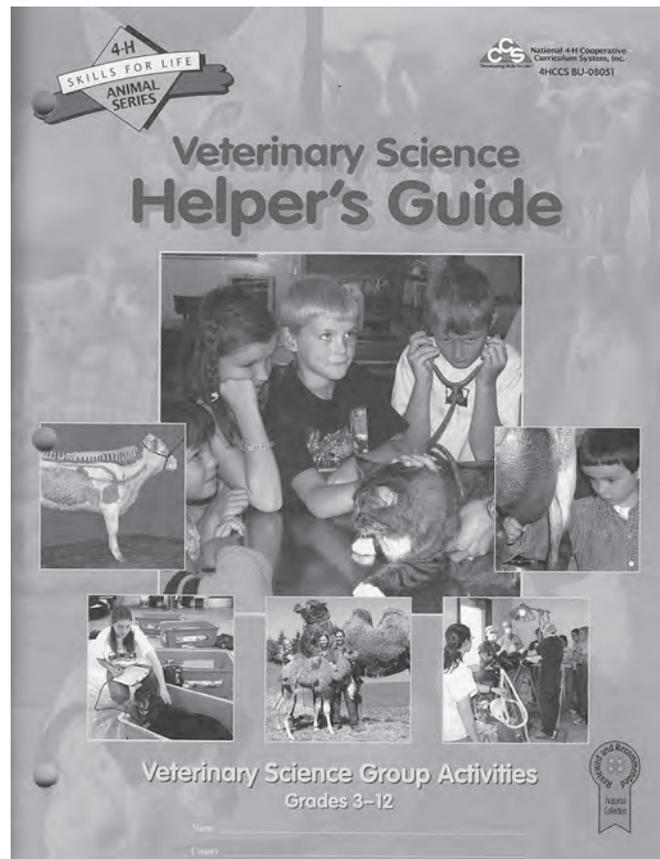
- Show What You Know
- For the Record
- Demonstration Derby Day

Developing Character

- Vets helping Pets...and More
- What Makes YOU So Special?!
- Fact or Fiction
- The Truth About Cats and Dogs

Investigating the Profession

- My Word!
- Surgeon, Pharmacist, Accountant, Boss
- On the Road Again
- Legal Beagles
- Is There a Doctor in the House?
- Looking for Answers



CLOVERBUDS (5-8 YEAR OLD PROGRAMMING)

Cloverbuds: The 4-H Discovery Program	K-3
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Cloverbuds curriculum is neatly packaged in sets (Leader-Teacher and Student booklets) that can be used individually or by selecting a few activities from each booklet. Topics include:

	Members	Leaders
• Welcome To Cloverbuds	00101	00201
• Our Animal Friends	00102	00202
• Having Fun With Art	00103	00203
• Shopping Smarts	00104	00204
• Food Fun	00105	00205
• Playing It Safe	00106	00206
• Nature’s Treasures	00107	00207
• Look At Me—I’m Growing Up	00108	00208
• Family, Friends, and Community	00109	00209
• The Way Things Grow	00110	00210
• Having Fun With Science	00111	00211
• Stomp, Blow, Splash: Soil, Air, & Water	00112	00212
• Me, My Family, & My Friends (Citizenship Unit I)	00123	-----
• Exploring Citizenship Leader’s Guide (For use with Citizenship Units I and II)		00223

Exploring Farm Animals (36 pages) Grade K-3	09120
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Adult and teen helpers enjoy involving youth grades K-3 in learn-by-doing activities. Horses, goats, rabbits, pets, beef cattle, pigs, poultry and dairy cattle are explored. Youth learn about the care and feeding of farm animals, how to be safe around animals, identify species, products, terms and animal body parts. Worksheets and games are included.

Exploring the Treasures of 4-H – Fun, Friends and Learning (36 pages) Grades 2-4	09220
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This youth activity guide provides a “treasure hunt” for youth to explore the joys of 4-H by discovering their interests, potential 4-H projects and finding 4-H where they live with the guidance of parents or other adult helpers.

Exploring the Treasures of 4-H – Helper’s Guide (124 pages) Included in each kit.
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This activity-packed group guide is designed for teachers, volunteer leaders and other educators. The activities help groups of youth explore the many treasures of 4-H. Activities are organized into eight categories linked to national education standards with suggestions provided for continued study in related 4-H projects.

COMPUTERS

Newbie Know-How

Getting Started with Computers (40 pages) Grades K-12

09300

For beginners with little or no experience with computers, this guide is an introduction to hardware, software and applications and is supported by an interactive website. Youth use this activity guide to learn all about computers – how they work, what their components are, use of features, programs and more. This piece can also be used as a lesson plan by teens to teach others about technology and computers.

1 – Inside the Box + CD

Building and Repairing Computers (40 pages) Grades 3-12

09301

Youth build and repair computers, identify the components inside a computer, learn to enhance connectivity potential and explore how components work together. Youth learn-by-doing how to maintain peripherals, upgrade and create connections, install operating systems and create a “dream machine.” The CD included with this guide provides hands-on practice with an operating system as youth learn new skills.

2 – P2P – Peer to Peer

Creating and Managing Networks (40 pages) Grades 5-12

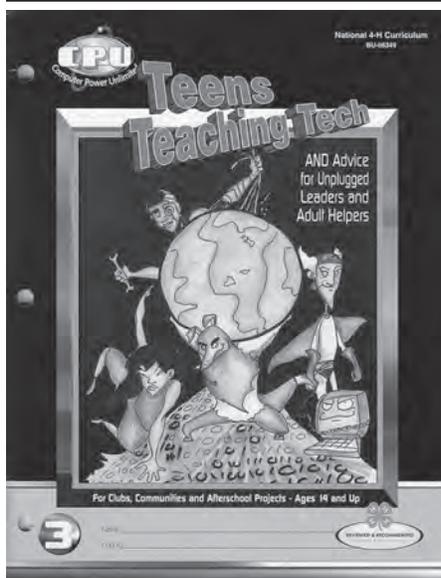
09302

Advanced youth go in depth with this guide as they discover how to create and manage networks. They explore the issues of responsible computer use, and make decisions about network management, security issues and trouble shooting.

3 – Teens Teaching Tech

Advice for Unplugged Leaders and Adult Helpers (40 pages) Grades 8-12

09303



Older teens or adults will find this Helper’s Guide essential for learning how to teach others about computers. Teens enhance their leadership skills while organizing a computer club or technology team, establishing a computer lab and more! For additional teaching resources, see Newbie Know-How (09300).

Electric Excitement – Level 1 – Magic of Electricity (36 pages) Grade 4-5 09110

Energize and electrify youth with Electric Excitement, the 4HCCS Electric Energy Series. Electricity is everywhere. Youth explore why certain things insulate from electricity better than others, the effect that magnetism has on various substances, how to build a flashlight, build and test a compass, build an electromagnet and electric motor.

This Project Book Includes Chapters On:

- Getting Started
- Electricity on the Move
- Magnets in Motion
- Current Attractions
-

Electric Excitement – Level 2 – Investigating Electricity (36 pages) Grade 6-7 09111

Decoding circuit diagrams, sending messages by Morse code and building three-way switches are featured. Youth build circuits and test voltages, build a rocket launcher and a burglar alarm as they practice decision making and communication. This unit is designed for youth who understand magnetism, electron flow and circuit design.

Electric Excitement – Level 3 – Wired For Power (36 pages) Grade 8-9 09112

Youth build on skills learned in levels 1 and 2 plus learn some new ones, such as measuring electrical usage, replacing electrical switches and determining electrical loads. Youth also evaluate different light bulbs and test for electrical power. These materials promote technical and scientific literacy while teaching communication and decision-making life skills.

Electric Excitement – Level 4 – Entering Electronics (40 pages) Grade 10-12 09113

Youth learn about diodes, transistors, LED's, photocells, SCR's, IC's and amplifiers. This guide is designed for intermediate to advanced learners. An understanding of DC circuits, voltage, amperage, current flow, polarity and some soldering is needed.

Electric Excitement – Electric Helper's Guide (36 pages)**Included with each of the level kits.**

This helper guide has a number of exciting group activities that keep members coming back for more. It includes a variety of group activities that can be organized quickly and conducted with a group of three to fifteen youth. Youth learn how to conduct an electric skill-a-thon, quiz bowls, electric bingo and how to calculate amperage.

The Power of the Wind Youth Guide

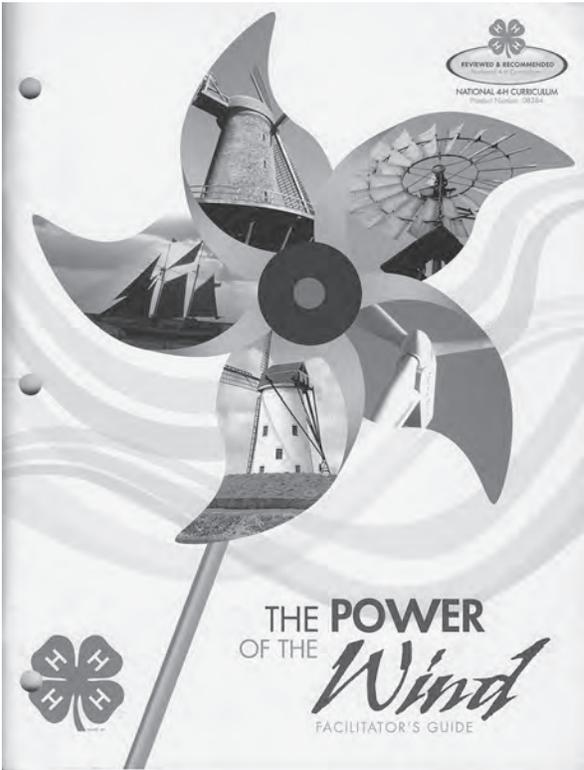
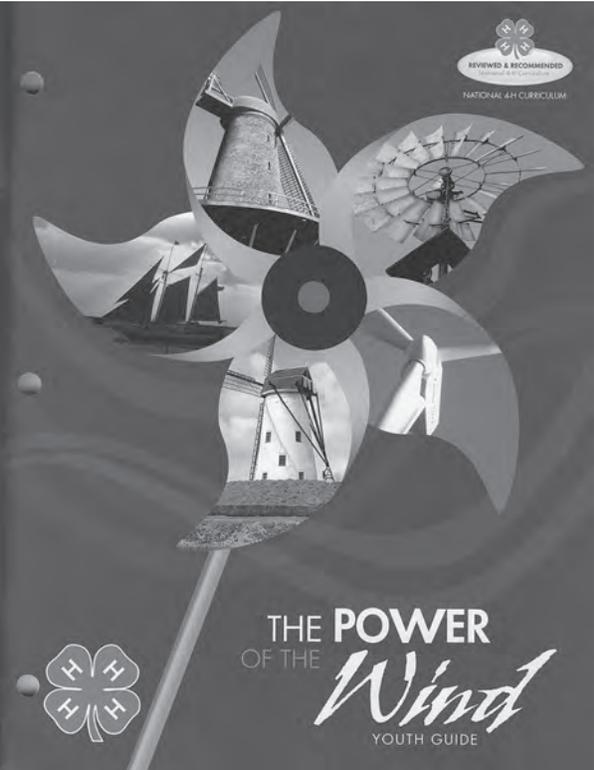
Grades 6-8

09221

The Power of the Wind activities involve young people in the engineering design process as they learn about the wind and its uses. Youth Guide.

The Power of the Wind Facilitator Guide

The Power of the Wind activities involve young people in the engineering design process as they learn about the wind and its uses. Facilitator’s Guide.



ENTOMOLOGY

Teaming with Insects

Level 1 Grades 3-5

09240

Level 2 Grades 6-8

09241

Level 3 Grades 9-12

09242

This Entomology curriculum comes with a Facilitators Guide in each kit which includes National Science standards. Level 1 includes learning about insect form and function. Level 2 includes learning how to make insect collection tools and insect diversity. Level 3 activities include research and uses the scientific method.

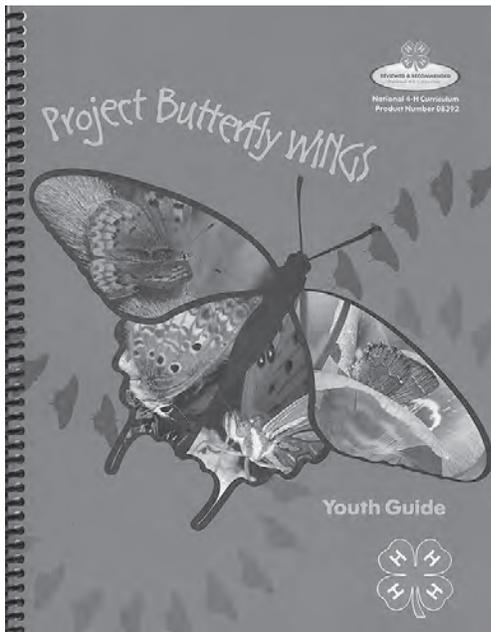
Entomology Helper's Guide (Included with each of the level kits)

This guide provides practical tips, 14 group activities and supplementary information. Youth compare the leaping abilities of humans and insects, rear and release monarch butterflies, explore how insects transmit disease, study insect behavior, learn insect words, participate in a night safari, develop an insect promotion campaign and conference judge. (40 pages)

Butterfly WINGS

Grades 4-8

09743



In Project Butterfly WINGS, youth explore the outdoors through guided inquiry, learn to identify the butterfly families and common butterflies, and contribute to science.

Butterfly WINGS Youth Guide

Youth explore the outdoors through their senses, play butterfly detective, create site maps of their favorite butterfly and much more! (102 pages)

Butterfly WINGS Facilitator Guide

Facilitators guide youth through the steps in the science inquiry process, and become critical thinkers and decision makers. (88 pages)

FINANCIAL MANAGEMENT

Consumer Education – Consumer Savvy



Are you a consumer? You bet – we all are! Youth consume more than \$175 billion of goods and services each year. *Consumer Savvy* will help youth become informed and responsible consumers in today's dynamic marketplace.

Consumer Savvy – Level 1 – The Consumer in Me (40 pages) Grades 4-5 09211a

Youth will experience what it means to be a consumer through saving, spending and sharing.

- Goods and Services
- Wants and Needs
- Wish and Save

Consumer Savvy – Level 2 – Consumer Wise (40 pages) Grades 6-8 09211b

Introduces youth to the influence of peer pressure, the power of advertising, and the expanding Web market as they learn to make independent decisions when shopping.

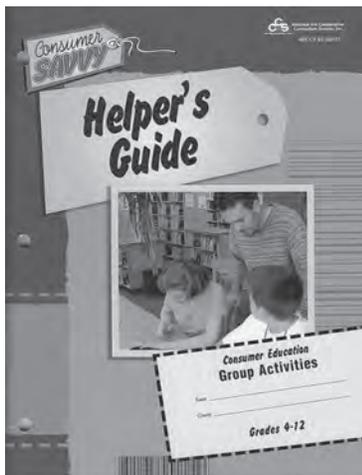
- Value Conflict
- Value Shield
- Work Activity

Consumer Savvy – Level 3 – Consumer Roadmap (40 pages) Grades 9-12 09211c

Teens in navigate the potholes in the marketplace enroot to becoming savvy consumers.

- Me complain?
- How to Right a Wrong
- What Does That Have To Do With Me?

Consumer Savvy Helper's Guide (40 pages) For Adults and Teen Leaders



Interactive group activities help leaders make knowledge come to life for youth. Special tips for leaders to help youth acquire life skills.

FINANCIAL MANAGEMENT

Be the “E” – Section 1 – Passion – Love It Grades 6-7

09208a



This guide introduces young people to the world of Entrepreneurship. Youth discover what it is, who has done it, how some famous products got started, and how to find and make business opportunities. Several activities help youth learn what it takes to be an Entrepreneur, and whether they have “The Right Stuff” to meet the challenges. Through interactions in their community, youth understand its present business types, and additional community business needs. Lastly, youth experience the special rewards...What’s in it for me?...that comes from being an entrepreneur.

Also included in kit:

- Helper’s Guide
- Activity Guide

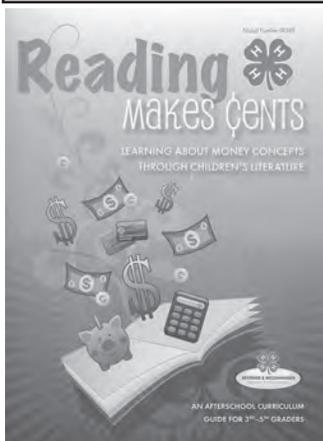
Financial Champions – Level 1 – Money Fun-damentals (28 pages) Grade 7-9 09114

No matter what you decide to do with your life, you will have to learn to manage money to be successful. Youth learn money management skills, including deciding whether to make a purchase, determining whether they can afford it, and living within a spending plan.

Financial Champions – Level 2 – Money Moves (40 pages) Grade 7-9 09115

Youth learn about wants and needs, values, goal-setting, communications, ways to use and save money, the benefits and drawbacks of credit, advertising influences, consumer decision making and how to select financial services.

Reading Makes Cents Grades 3-5 09243



A financial literacy and reading curriculum for use in after school programs, day camps and other special interest group settings and for school enrichment programs. Reading Makes Cents is comprised of a collection of 53 experiential activities developed around exemplary children’s literature that has money as a theme. Most of the activities are stand-alone and designed to be completed in one session.

The selected children’s literature explores ideas, activities, and strategies that help children learn how to earn, save, share, and spend money. Children’s literature provides a rich diversity of settings, people, income levels, relationships, ethnic backgrounds, cultures, religions, holidays, intergenerational friendships all related to money messages and learning.

FINANCIAL MANAGEMENT

Money Sense for KIDS Ages 9-12

09204

This activity is designed to teach preteens basic money management skills in a fun, hands-on way. Each session features educational activities such as reading, quizzes, role-playing, tours, skits, games, and other dynamic, challenging projects.

Guide includes suggestions for conducting a five-session day camp for youth ages 9-12. It can also be used for after-school programs or as individual money management lessons. Ideas for marketing, subject matter information, letters for parents, handouts and activities are included.

Objectives

Participants will:

- Learn how to distinguish between wants and needs
- Learn how to set financial goals
- Learn how to develop a spending plan
- Recognize the importance of savings
- Begin a savings program
- Learn about banking services
- Learn how to write a check
- Learn how to open savings and checking accounts
- Learn how to evaluate advertising
- Learn how to make wise consumer choices



Junior Achievement Afterschool Programs

JA Afterschool™ is a national initiative dedicated to meeting the need for quality educational after-school programming. JA's after-school efforts utilize a variety of Junior Achievement's K-12 grade business and economic programs to create rich, engaging after-school experiences for at-risk children in diverse communities across America.

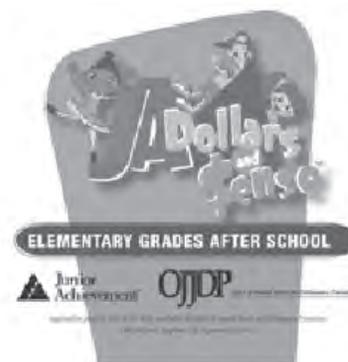
As a result of JA Worldwide's partnership with the Department of Justice, Office of Juvenile Justice and Delinquency Prevention, three new after-school programs have been developed for elementary, middle grades and high school students.

FINANCIAL MANAGEMENT

JA More Than Money Grades 3-5	19200
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JA More than Money meets the after-school programming needs of a diverse group of third through fifth grade students by providing engaging, academically enriching, experiential activities in economic education. Students learn personal financial and business skills through innovative activities focusing on earning, spending, and saving money.

Students also identify personal skills and interests and learn to connect them to business/career opportunities. Working individually and in groups, students make financial decisions and learn to identify businesses they can start or jobs they can do to earn money. Students play a game that reinforces the money management skills learned throughout the program.



JA It's My Business Grades 6-8	19201
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JA It's My Business! encompasses entrepreneurship curriculum for students in grades six, seven and eight. The program emphasizes entrepreneurship while providing a strong focus on social studies, reading and writing skills.

Students are encouraged to use critical thinking to learn entrepreneurial skills that support positive attitudes as they explore and enhance their career aspirations.

JA Company Program Grades 9-12	19202
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With the support and guidance of volunteer consultants from the local business community, the *JA Company Program* provides basic economic education for high school students. By organizing and operating an actual business enterprise, students not only learn how businesses function, they also learn about the structure of the U.S. free enterprise system and the benefits it provides.

JA Company Program helps young people appreciate and better understand the role of business in our society.

Down to Earth – Gardening in the Classroom (141 pages) Grade 6-8 09116

Down-to-Earth assists the helper in using gardening as a means to explore plant growth and development. Through this hands-on, minds-on program, youth learn the basics of botany, the gist of gardening, the essentials of ecology and much more. Through gardening youth stimulate their senses and cultivate science process and life skills. By gathering data via the scientific method, youth feel a sense of pride and responsibility. This award winning 88- page activity guide is an excellent resource for school enrichment programs, organized 4-H clubs, school age child care educators, after school programs, nature centers, summer youth camps, scouts and traditional school settings.

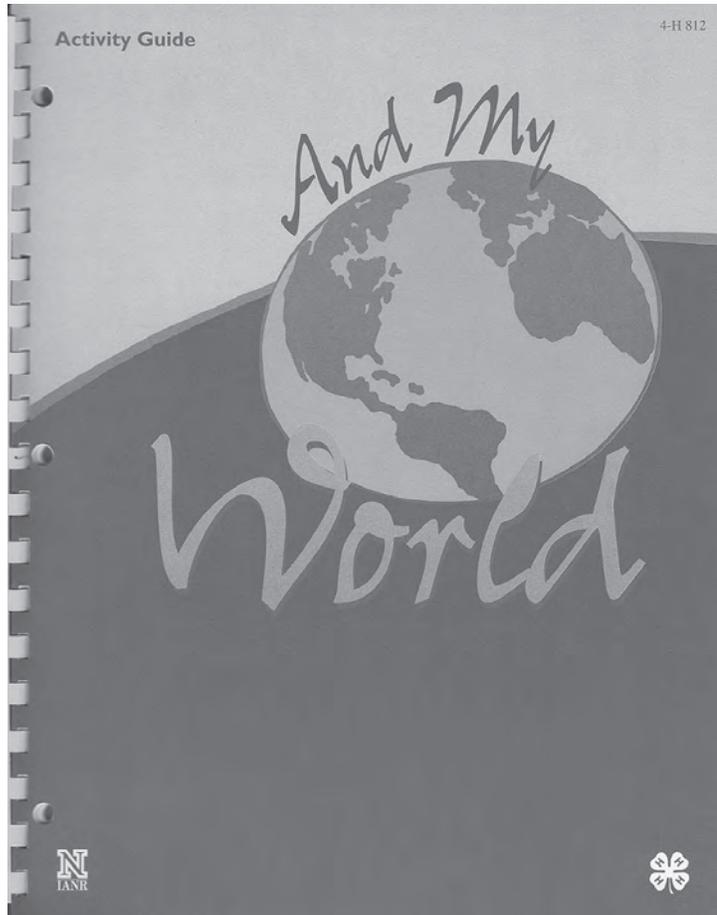


And My World – Activity Guide (92 pages)

09123

Although we live in different countries, speak different languages and follow different customs, we all share the limited resources of the planet Earth. That is why we must understand that our survival depends upon awareness of the world, understanding of other cultures and commitment to improving the quality of life worldwide. This curriculum focuses its activities around these three points. The lessons found in this curriculum are easy to use and filled with interesting, enlightening information for your club, class or group. They are independently designed for use in any order. They can be enhanced by using additional outside resources and used in a variety of settings, including:

- school enrichment
- individual study
- camp settings
- club/special interest groups
- special events – retreats, workshops, conferences
- after-school programs



And My World – Leader's Guide (14 pages)

Included with each of the level kits.

This leader's guide is designed to prepare you to work with 4-H youths, grades 3-12 (ages 9-19), in an informal educational setting. The level of activities varies and may be presented to a variety of ages and knowledge levels. You will help the youth demonstrate:

- Demonstrate Citizenship and Understand Issues
- Increase Open-mindedness
- Practice Advocacy in Action
- Understand Self in the World
- Practice Intercultural Communication
- Apply Knowledge and Skills

GLOBAL EDUCATION

Cultures Around The World Ages 10-18

Armenia	09400
Australia	09401
Ecuador	09402
France	09403

The United States is becoming an increasingly diverse society. Neighborhoods and communities, today more than ever, contain a complex mix of cultures, races, religions, and languages. Understanding, accepting, and valuing diverse cultures will help prepare youth to thrive in an ever-changing society.

Anticipated outcomes:

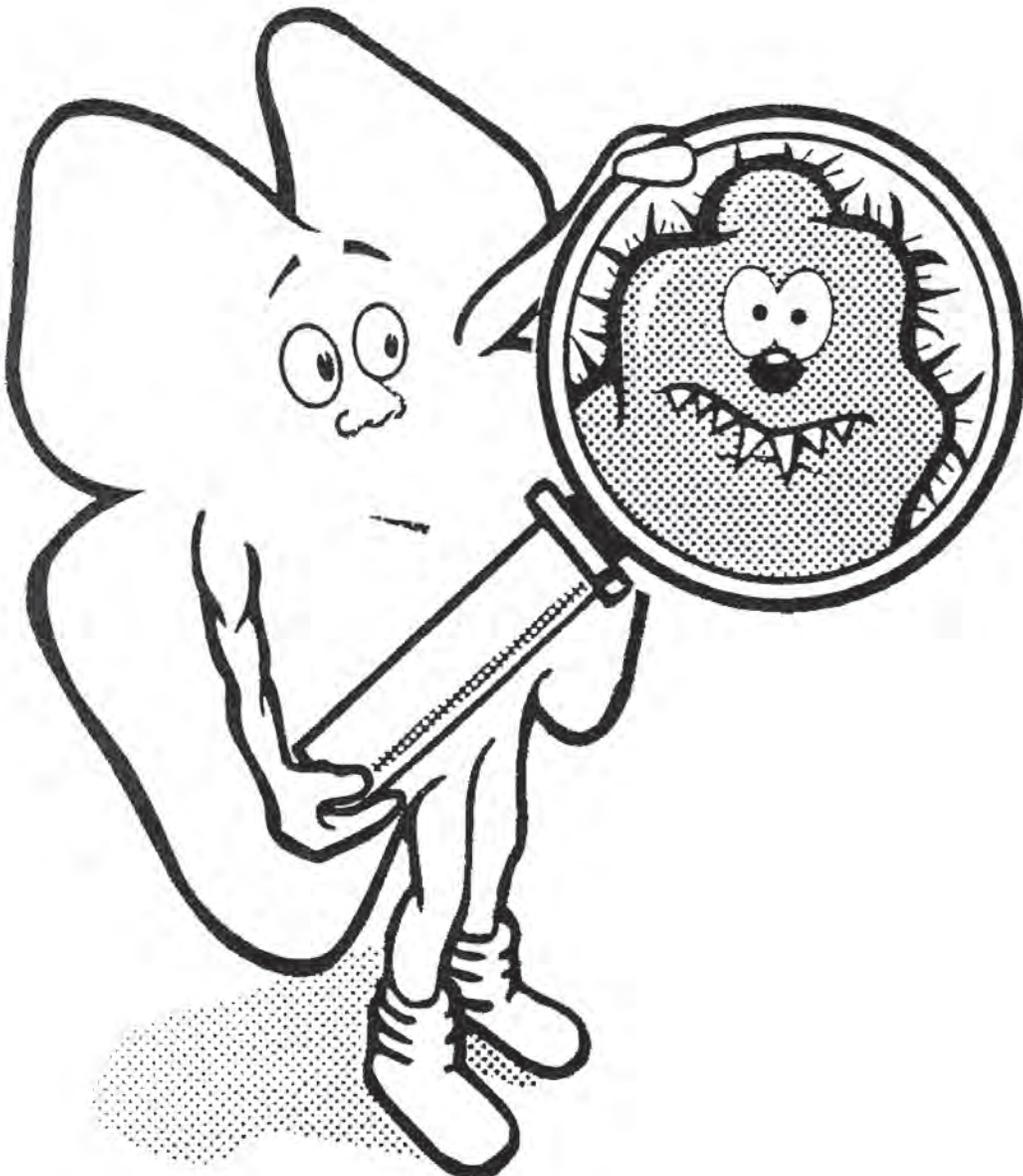
1. Youth will become more sensitive of the customs and backgrounds of the ethnic groups living in the United States and abroad.
2. Youth will find joy in learning about other cultures and will pursue additional cultural education and travel to other countries, which in turn will make them informed global citizens.
3. Youth will strive to educate others on cultural diversity and understanding.
4. Youth will become acquainted with current world issues.
5. Youth will have a better understanding of languages spoken in other countries.
6. Youth will become more familiar with world geography.



The Germ Detective K-7 09640

This kit helps teach good sanitary washing habits. Fluorescent dye and an ultra-violet light detect “germs” left after hand washing or by cross contamination.

The kit includes liquid or powder fluorescent dye, an ultra-violet light, stickers, lesson plans for grades K-3 and grades 4-7, coloring book for K-3, activity book for 4-7, and a take-home handout to help students remember the importance of good sanitary habits.



Health – First Aid in Action (36 pages)	Beginning Level for All Ages	09224
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Youth practice first aid skills to treat cuts, scrapes, nosebleeds and bee stings. They learn how to respond to someone who is choking or has broken a bone; assemble a first aid kit; and interview members of the medical profession.

Health – Staying Healthy (36 pages)	Beginning Level for All Ages	09225
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Youth use a self-assessment tool to identify personal talent areas – “smarts,” explore hygiene, nutrition and physical activities, and share what they discover with a new appreciation of personal interests and talents.

Health – Keeping Fit (36 pages)	Intermediate Level for All Ages	09226
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Youth design their personal fitness plan and track it using their fitness file. Through interviews and personal experiences youth discover the benefits to being fit as they practice making decisions, managing themselves and speaking with others.

Just Be It! Healthy and Fit	Grades 4-6	09227
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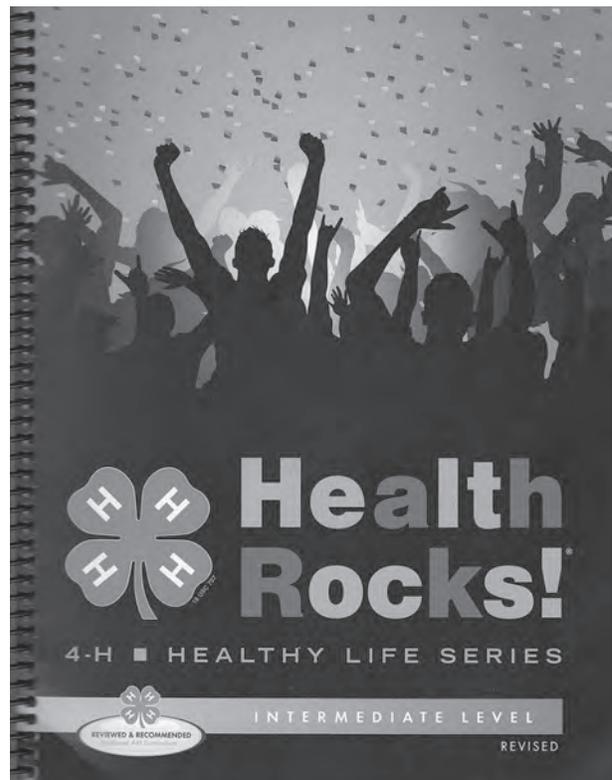
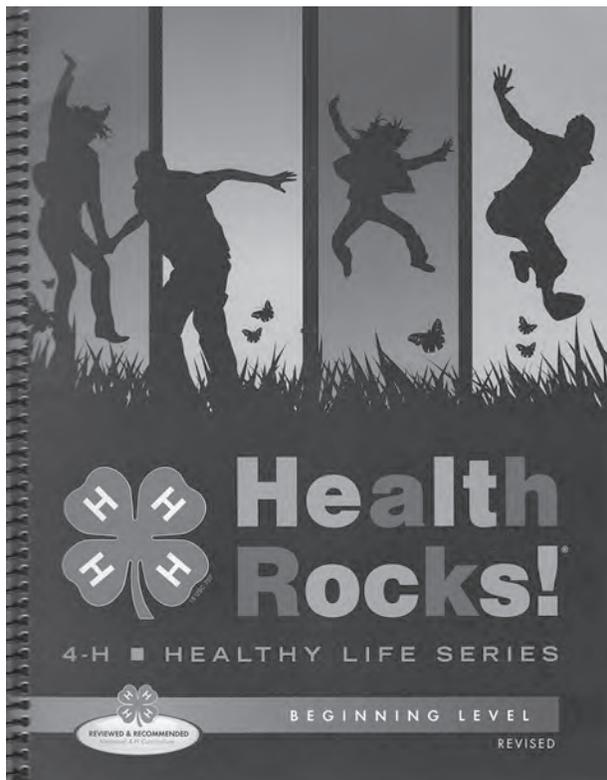
The *Just Be It! Healthy and Fit* curriculum provides educators a fun, hands-on approach to teaching nutrition and fitness to 4-6 grades. This research-based curriculum provides eleven lessons:

- Food Safety
- Build a Healthy Diet
- Get Moving
- Gracious Grains
- Vivacious Veggies
- Fabulous Fruits
- Dairy Anyone?
- Protein Power
- Serving Size
- Fast Food or Fat Food
- All About Diabetes

Each lesson includes nutrition and fitness activities, snack recipes, and take-home reinforcement activities including parent newsletters. A DVD is included in the back cover of the curriculum including all videos and hand-outs referred to in the lessons.

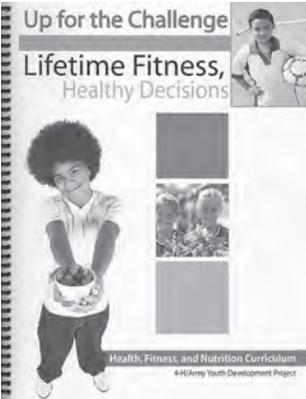
The goal of the JBI program is to reduce childhood obesity risk factors for youth by increasing nutrition knowledge, increasing fruit and vegetable intake and increasing activity level. Empowering youth with the information needed to make healthy food and physical activity choices and providing them with a supportive environment in which to practice making these choices encourages healthy lifestyles for a life time.

Health Rocks	
Beginning Level – 8-12 year olds	09880
Intermediate Level – 12-14 year olds	09881



Series of Leader’s curricula for a healthy living program that reduces tobacco, alcohol and drug use by youth.

Up for the Challenge: Lifetime Fitness, Healthy Decisions Grades K-12 09882



A wellness approach is taken in this project – encouraging youth to be active and make healthy decisions throughout their lifetime. Lessons include fitness, nutrition and health curriculum for each of three age groups: K-5th grade, 6-8th grade, 9-12th grade.

HOME ECONOMICS

Food, Culture and Reading

09501

This nutrition education curriculum uses literature to learn about food, healthy living, and different cultures. Through experiential activities, youth will be able to recognize a variety of healthful foods within the food groups, taste new foods from other cultures, explore the similarities of food, and develop an understanding and appreciation of cultures that are different than their own. (106 pages)



Child Development – Kids on the Grow Grades 3-10



Kids On the Grow includes 44 child development activities related to how youth grow and develop, how they can care for themselves, their family and community. This revision contains two new activities called Babysitting Kit and Mother's Helper, along with nine enhanced activities in the Helper's guide that encourages youth to work with younger kids in after school programs, day care centers, summer day camps and more.

Life Skill Outcomes

- Planning and organizing
- Critical thinking
- Concern for others
- Accepting differences
- Teamwork
- Leadership
- Personal safety
- Self-responsibility

Child Development Outcomes

- Knowledge and understanding of human growth and development
- Self-care, sibling care and babysitting skills development
- Exposure to child development careers
- Understanding critical issues related to developing healthy relationships and parenting skills

Kids on the Grow – Level 1 – Growing On My Own (20 pages) Grades 3-4 09210a

Youth learn how they grow and develop, how to inspect toddler's toys and make their home hazard free. They also learn more about their roles in life, how to handle their emotions and accept differences in others.

Head: Cognitive Growth

- Blooming Bags
- My Learning Box

Heart: Emotional Growth

- Story Masks
- Potato Pals

Hands: Social Growth

- My Morning Routine
- I Fit My Family

Health: Physical Growth

- Home Hazard Hunt
- Be a Toy Inspector

HOME ECONOMICS

Kids on the Grow – Level 2 – Growing with Others (40 pages) Grades 5-6 09210b

Youth learn about self-care, rules, responsibility, and safety and are introduced to baby-sitting. They learn to work with others and gain awareness of common dangers in their world.

Head: Cognitive Growth

- Home Alone Game
- My Plan for Me
- Picture This

Heart: Emotional Growth

- Toys as Tools
- Circle of Friends
- Friendly flyer
- How I See It

Hands: Social Growth

- Putting the Pieces Together
- Family Connections
- Family Rules

Health: Physical Growth

- Family, Food and Fotos
- Safety Inspector
- Street Smart
- Mother's Helper

Kids on the Grow–Level 3–Growing in Communities (40 pgs.) Grades 7-10 09210c

Youth explore child development careers, gain experience as a teacher or coach, participate in a community service project and learn that children with different abilities have different needs.

Head: Cognitive Growth

- A-B-C Career Watch
- See How They Grow
- What's the Message?

Heart: Emotional Growth

- Obstacles and Assessments
- Building Friends
- Community Profile
- Block Buster

Hands: Social Growth

- Your Intergenerational Community
- A-Parent-ly
- Put Me In, Coach!
- Going Our Way

Health: Physical Growth

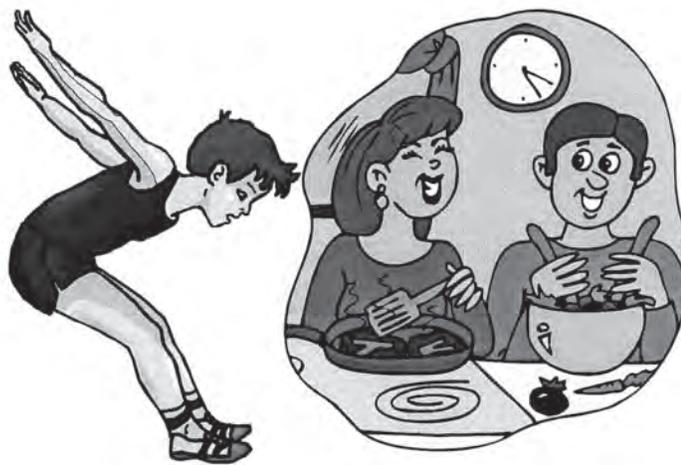
- Babysitting Kit
- Let's Play it Safe
- First Aid Kids

Grow All Together – Helper’s Guide (40 pages)

The *Helper’s Guide* features nine enhanced group activities. Youth are encouraged to work with younger kids in after school programs, day care centers, and day camps as well as with kids in their own 4-H club.

Jump Into Foods and Fitness Grades 3-5

Having fun with the serious business of teaching kids about healthy food choices and being physically active is built into *Jump Into Foods and Fitness* (JIFF), a new, research-based curriculum for adults and older teens to use with kids aged 8 to 11 (grades 3-5). “Jiff the Joey” sets the stage for each of the seven “Kangaroo Jumps” or sessions in JIFF. Fun nutrition, physical fitness and food safety learning activities are integrated into the program, which uses the Kid’s Activity Pyramid and the Food Guide Pyramid.



You don’t need to be a nutrition or fitness expert to work with kids on JIFF! You can learn right along with the kids in club, after-school, school and other non-formal educational settings! JIFF provides information about agencies, organizations and Web sites that offer up-to-date information on the topics covered in the book. JIFF was designed with children’s developmental characteristics in mind. The program encourages win-win situations and keeps kids active most of the time. The activities can easily be adapted for younger (aged 5 to 7) and older children (aged 12 and up). The activities and movements may need to be adapted if they present a challenge for children in your group who have physical or health-related disabilities.

The earlier children begin to practice healthy lifestyle habits, the longer they are likely to practice them. Using the information in JIFF helps kids develop healthier lifestyles to improve their overall health and fitness level, and may reduce their risk of developing life-threatening illnesses later in life.

HOME ECONOMICS

Jump Into Foods and Fitness (continued)	Grades 3-5	09213
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JIFF features extensive introductory materials that covers:

- How children learn in general and how they learn health-related behaviors specifically.
- Principles for positive youth development.
- Using JIFF in various settings.
- The JIFF facilitator’s role
- Identifying other, appropriate resources for use with this age group.
- Adapting the JIFF materials for use with other age groups.
- Tips for working with children.
- Physical fitness and nutrition background information.

Helpful resources and additional information on the topics covered in the sessions appear at the end of the book.

The seven “Kangaroo Jumps” (sessions) are designed for use in 60- to 90-minute meetings, though the individual activities can also stand-alone.

Sew, Read! K-3	The Purple Coat	09650
Sew, Read! K-3	The Boy and the Quilt	09651

Sew, Read! uses children’s story books (*The Purple Coat* and *The Boy and the Quilt*) to provide the themes for teaching basic sewing skills for children age 5-8 years. *Sew, Read!* is designed to encourage both reading and sewing skills. The program involves reading the children’s story that serves as the theme for the project activities. The activities—sewing a quilt square or a teddy bear vest are designed to teach basic hand or machine sewing skills. These sewing projects provide children with tangible evidence of their abilities and encourage further achievement. In addition, this thematic approach provides opportunities to strengthen math and reading skills through activities related to the children’s books.

Super Sitting	Grades 4-12	09750
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Super Sitting is a program designed to teach youth how to care for young children in their own family, as a babysitter, or in a volunteer role. The video illustrates how to feed, bathe, and entertain a baby, toddler or preschooler. There is a youth and trainer manual in the program as well as completion certificates and first aid instruction.

Team Nutrition – Food Works	Grades 3-5	09072
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Team Nutrition is a nutrition education program that uses hands-on gardening, food preparation and language activities to teach children the basics of the Food Guide Pyramid and how to read the “Nutrition Facts” label on food products. The kits contain Teacher’s Guide, Student handout masters, posters, videos, and take home materials.

Do I Have What It Takes To Be Your Babysitter? Ages 13-18 19210



The curriculum is designed for middle school and teenaged youth. They learn about the ages and stages of child growth and development, safety, food and nutrition, how to handle emergencies, appropriate activities to implement with children, and the business of baby-sitting. The kit contains an Instructor Guide, a Student Guide with supplementing CD Rom and a set of Student Worksheets.

This curriculum was developed in support of Army Child & Youth Services and National 4-H Outreach efforts.

NATURAL RESOURCES

Exploring Your Environment–Level 1–Eco-Wonders (56 pages) Grades 5-7 09100

Youth experience the challenge and excitement of exploring the ecology, science, and technology of the environment. Youth experience the four elements of life, connections among living things and how all plants and animals are affected.

Ecological Themes:

- Four Elements Of Life
- Everything Is Connected To Everything Else
- Everything Must Go Somewhere
- There Is No Such Thing as a Free Lunch
- All Plants & Animals Are Affected by the M.A.D.
- All Plants & Animals Have a Home

Exploring Your Environment – Level 2 – Eco-Adventures (64 pages) Grades 8-10 09101

Youth engage in encouraging and challenging outdoor activities. This book will help you discover six important concepts and ideas, related to ecology, while you explore your environment. Concepts such as pollution prevention, watersheds and acid rain activity are discussed.

Exploring Your Environment–Level 3–Eco-Actions (62 pages) Grades 11-12 09102

Youth develop scientific thinking and processing skills in relationship to basic ecological concepts. Each section of this project book focuses on an ecological concept and provides activities that will help explain how the environment works.

Eco-Wonders Helper’s Guide (56 pages) Included with each of the level kits.

Useful information and activities for helpers to plan, manage and teach an environmental education program are the mainstays of this guide. The purpose of the guide is to teach helpers to excite, engage and encourage youth in ecology, science, nature and technology.

Outdoor Adventures Grades 3-12		
Level 1	Grades 3-5 – Hiking Trails: Day Hiking Skills	09126
Level 2	Grades 6-8 – Camping Adventures: Base Camping Skills	09127
Level 3	Grades 9-13 – Backpacking Expeditions: Backpacking Skills	09128

Youth may begin the series at any age level based on their skills and experience. The guides have been designed to be used sequentially. With each level, new outdoor skills are introduced. A Group Activity Helper’s Guide is included in each kit.

NATURAL RESOURCES

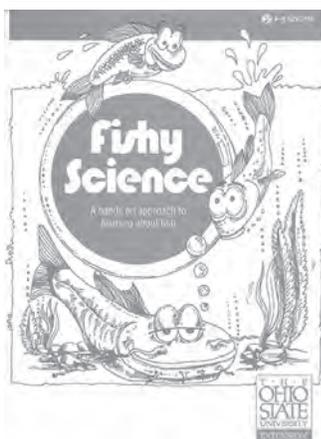
Backyards and Beyond

09133

Establishing a neighborhood Nature Club is the goal of this project so that nature trails and outdoor activities are linked. Club Leader curriculum and Community Organizational Guide and Tool Kit are provided.

Fishy Science Grades 3-5

09214



The purpose of this unit is to introduce some basic concepts about fish through the use of an aquarium and selected activities and experiments. This includes having group members explore how fish swim, breath, the differences between like species of fish, the sensory features and abilities of fish, and the special adaptations of fish to water. The lessons can be used on a stand along basis, or in sequence as a comprehensive unit of study.

Life Skill Areas

- Problem solving and decision-making
- Communicating and relating with others
- Acquiring, analyzing and using information

Fishy Science Teacher's Guide

Water, water everywhere, and yet fish get thirsty. Why? Through observation and experimentation, students learn the answers to that question and many others in this four-lesson curriculum on how fish swim and breathe, their sensory features, and their adaptation to water.

Units can stand alone or work as a progression. Among the activities:

- Identifying body parts of fish
- Adapting a quarter to enable it to float
- Detecting carbon dioxide in exhaled air
- Exploring the breathing mechanism of fish
- Observing fish for color vision

Sportfishing Grades 3-12

Level 1 Grades 3-5 – Take the Bait

09129

Level 2 Grades 6-8 – Reel in the Fun

09130

Level 3 Grades 9-12 –Cast into the Future

09131

Level 1 focuses on basic knowledge needed to have fun and be successful in the project. Level 2 includes activities on casting, making tackle and understanding the biological needs of fish. Level 3 includes leadership, making artificial lures and aquatic ecology. A Helper's Guide is included in each kit.

Forestry - Forests of Fun

Grades 3-12



The new 4-H Forests of Fun curriculum will open the world of forests to your youth. At every age level the materials present activities that involve youth in learning about trees, forests, forest ecology and human reliance on forests. Youth will discover forest resources near home and around the world.

Life Skill Outcomes

- Decision-making, problem-solving
- Interpreting information, teaching others, reasoning, communicating with others

Forestry Outcomes

- Learn about differences in trees and how they grow
- Learn about forests at home and around the world
- Learn how to keep our forests healthy
- Learn how important forests are to our lives

Forests of Fun – Level 1 – Follow the Path (40 pages)

Grades 3-5

09206a

Youth will learn about different types of trees and tree parts, characteristics of different forests, what forests need to grow and thrive and the different products people get from trees and forests.

Introducing Your Highness

- | | |
|-----------------------|-----------------------|
| • Leafing Out | • Down in the Dirt |
| • Talking Trunks | • Thirsty Trees |
| • Hold On Tight! | • Spotlight: Trees |
| • Home, Tree, Home | • Trees in Space |
| • Bark Buddies | • My Couch is a Tree? |
| • Straight and Tall | • Trees at Work |
| • In the Tree's House | • Good 'Ole Trees |
| | • Fun in the Forest |

NATURAL RESOURCES

Forests of Fun – Level 2 – Reach for the Canopy (40 pages) Grades 4-6 09206b

Youth will take a closer look at the inner-workings of trees, explore forest change, learn about forest health concerns and discover the health benefits trees have on people.

- Water on the Move
- Take a Look Inside
- Circle of Life
- Trunk Time Travel
- A Tree's Home
- A Changing Forest
- Relating to Trees
- Forest Invasion
- Trees Get Sick, Too
- Stop Bugging Me!
- Fire in the Forest
- Move Over, Please!
- Am I Growing?
- Breathing Easier
- Life in a Tree

Forests of Fun – Level 3 – Deep Woods Thinking (40 pages) Grades 7-12 09206c

Youth will learn to examine and distinguish different types of trees, look at forests on a global scale, learn to care for trees and think about how to conserve forests.

- Tree Keys
- Winter Trees
- Take a Closer Look
- History of Trees
- A Changing Forest
- Turn Left at the Tree
- A World of Trees
- Foreign Forests
- City Trees
- It's A Bird, It's a Plane, It's Super-Tree!
- Recycle me, Please
- Trim the Trees
- Wanted: Forest Owners
- Anyone Need a Tree?
- Don't Leave Me Alone!
- My Boss is a Tree



NATURAL RESOURCES

Forestry Helper's Guide (40 pages)

The *Forestry Helper's Guide* provides useful forest information, group youth activities and practical tips for volunteers. Using the 4-H Forest Resources curriculum, youth will develop a lifelong appreciation for forests and have loads of fun in the process. The guide also includes information on Ages and Stages of Youth Development, Teaching and Learning Experientially, Navigating the Forest, and Visiting Forest Sites.



There's No New Water!

09502

This water conservation and water quality curriculum is grounded in a simple yet powerful concept that water is a finite natural resource whose quantity and quality must be responsibly preserved, protected, used, and reused. The curriculum includes six sequential learning modules. (155 pages)



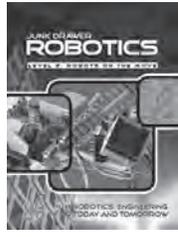
Junk Drawer Robotics: Level 1 - Give Robotics a Hand **09503**

Youth explore and learn about robot arms. Concepts covered include pneumatics, arm designs, and three dimensional space. Big ideas include form and function, scientific habits of mind, and engineering design. Youth are challenged to build robots from everyday items. None of the levels require or use computers. (78 pages)



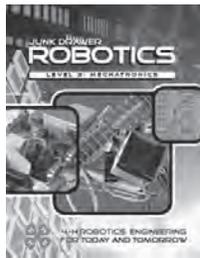
Junk Drawer Robotics: Level 2 - Robots on the Move **09504**

Youth learn about robots that move with legs, wheels and underwater. Concepts covered include friction, basic electrical power and motors, engineering constraints, gear systems, and buoyancy. Youth are challenged to build robots from everyday items. None of the levels require or use computers. (76 pages)



Junk Drawer Robotics: Level 3 - Mechatronics **09505**

Youth will explore sensors and analog and digital systems. The track introduces simple electronic components; youth will build basic circuits to see how the components work. They will investigate basic elements of programming and instructions for robotic computer control. Youth are challenged to build robots from everyday items. None of the levels require or use computers. (92 pages)



Virtual Robotics Track DVD **09506**

Youth will have opportunities to build and test virtual robots. Participants interact in a virtual environment as they learn basic science and robotics concepts without investing in expensive materials or supplies.

This track makes use of videos, simulations, animations and other media to convey content in a meaningful and engaging manner.

- System requirements:
- Macintosh 10.4 or Higher or a PC with Windows XP or higher: Processor: 1.5 GHz or higher
- RAM: 1 GB (2GB Recommended) Free HDD Space: 3GB Graphic accelerator card: 128 MB Sound Card



Robotics Platforms Track DVD **09507**

Robotics Platforms Track (DVD - Includes a Facilitator Guide PDF and Youth Notebook PDF).

Youth will use commercial robotics kit to explore the world of robots. The activities developed for this track can be used with a variety of commercial kits, including NXT, and Vex.

As participants experience each module, they will develop scientific knowledge and technological understanding that will enable them to master the challenge presented at the culmination of that level.



Microscope Kit Grade 4-6 (New!) **09508**

This kit contains three microscopes to use in giving youth a basic understanding of science related to cell development. Two lessons are included: How to Use a Microscope and Looking at Cells through a Microscope. Both include student handouts, PowerPoints and lesson plans. Clean slides and lesson slides are also included.

Science Discovery Series 1 (72 pages) Grade 3-6 **09118**

Whether you are a school teacher, camp counselor, 4-H Club leader or home school, you will find the lessons in the Science Discovery Series are as much fun and interesting to teach as they are for youth to experience. Youth develop science skills as they explore whales, rocks and minerals, water quality, trees and recycling. Each lesson plan outlines subject matter and life skill objectives, materials needed, background information, a lesson outline containing detailed instructions, optional activity references and resources, glossary and an evaluation instrument.

Science Discovery Series 2 (186 pages) Grade 4-7 **09119**

Making science fun is the goal of the lessons and activities included in this curriculum. Whereas Volume 1 focuses on basic science exploration activities with few consumable supplies that are easy to make into self-contained kits, Volume 2 provides more in-depth coverage to several different science topics. Youth explore weather, spiders, oceanography, trees and astronomy.



Exploring Spaces, Going Places – Geospatial Geographic (CD) **09132**

Welcome to the world of GIS and GPS! Beginner, Intermediate and Advanced levels in one CD. The divisions are not age or grade-level based, but instead are based on learners experiences and skill level with geographic and geospatial topics.

SOCIAL BEHAVIOR AND DEVELOPMENT

Belle's Trial - Book and Activity Book Ages 8-12 09230

A novel written from a dog's point of view, which empowers children to face the challenges brought on by making decisions to do the right thing and learn discipline. The activities and discussion questions can be used as enrichment exercises with groups of children that promote community involvement.

Belle's Star - Book and Activity Book Ages 8-12 09231

A novel written from a dog's point of view, which empowers children to build new lives after escaping bullying and abuse or other difficult situations. The activities and discussion questions provide thought provoking opportunities for children to interact with others about issues raised in the novel. They provide ways to foster understanding and develop tools that can help people make positive changes at a personal and community level.

The Bully Free Classroom—Tips & Strategies for Teachers (168 pages) Grade K-8 09122

This research-based book provides a broad, general overview of what bullying is, who is affected by bullying, and why it's important for adults – including you – to get involved in prevention and intervention. This book identifies problems and offers solutions under three sections: creating a positive classroom, helping victims and helping bullies. There are numerous surveys and questionnaires for both students and teachers.

Bullying Prevention 09124

Kit contains:

- A Guide to Bullying Prevention Programs, NC State University & National 4-H Council
- Stop Bullying Now Toolkit, Activities Guide, and 3 Comics with Teacher's Guide, Dept. of Health & Human Resources

Communications 1 - Picking Up the Pieces Grades 3-5 09235



Stimulating activities provide opportunities for youth to practice and gain confidence in communicating in a variety of situations. Practice and develop the life skills of communicating with others through interpreting information, choosing appropriate verbal and non-verbal messages, debating issues, presenting basic ideas and information, and writing with a purpose.

Kit includes: Communications - Helper's Guide

Designed to support the project. Additional learn-by-doing activities are included and can be adapted to a variety of settings. In addition, contents include communication tips, helpful hints about developmental characteristics of youth, information about teaching experientially, and project meeting ideas.

SOCIAL BEHAVIOR AND DEVELOPMENT

Communications 2 - Putting It Together Grades 6-8

09236



Stimulating activities provide opportunities for youth to practice and gain confidence in communicating in a variety of situations. Practice and develop the life skills of communicating appropriate verbal and non-verbal messages, presenting complex information, analyzing responses, presenting speeches and demonstrations and participating in discussions.

Kit includes: Communications - Helper's Guide

Designed to support the project. Additional learn-by-doing activities are included and can be adapted to a variety of settings. In addition, contents include communication tips, helpful hints about developmental characteristics of youth, information about teaching experientially, and project meeting ideas.

Communications 3 - The Perfect Fit Grades 9-12

09237



Youth practice and develop the life skills of posing critical questions, organizing and analyzing complex information, presenting well organized speeches, critiques and presentations, presenting complex information and evaluating information.

Kit includes: Communications - Helper's Guide

Designed to support the project. Additional learn-by-doing activities are included and can be adapted to a variety of settings. In addition, contents include communication tips, helpful hints about developmental characteristics of youth, information about teaching experientially, and project meeting ideas.

Get in the Act – Take I (32 pages) Grades 6-8 (Interactive CD Included)

09219

This innovative program is designed to help middle school youth explore what it takes to get their first “paying” job. This interactive experience, combining CD and activity guide formats with activities presented in the context of a movie set, helps youth recognize their learning styles and personal qualities. Youth make “real life choices” using video scenarios in the on-the-job choices game. Youth discover how to assess job possibilities in the community and create job scenarios. Helper’s Guide is included in the kit and includes activities to reinforce and extend learning.

SOCIAL BEHAVIOR AND DEVELOPMENT

Build Your Future Ages 14-19	09601
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Curriculum consists of nine activities that help youth develop skills and knowledge in career exploration. Facilitator Guide is included in the Kit.

Citizenship - Public Adventures Grades 6-8	09600
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Adventure Kit is designed to engage middle school youth in changing a piece of the public world, discovering the possibilities of democratic citizenship and building a commitment to taking action in new and exciting ways. It is accompanied by a Guide's Handbook.

A Guide to Good Manners	09744
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Proper behavior and common courtesy are addressed. Topics include introductions, meal-time manners, telephone and letter etiquette, internet and email manners, and more!

Theatre Arts – Imagination in Action Grades 5-8	
Level 1 – Beginner	09212a
Level 2 – Intermediate	09212b
Level 3 – Advanced	09212c



This curriculum opens the world of theatre to youth in grades 5-8 (can be adapted for younger and older youth). Revised and new, these materials offer extended activities in communication, improvisation, pantomime, script writing, cultural and historical influences, stage design, and costume design. Life skills and workforce development concepts are woven throughout the curriculum, as youth master more sophisticated theatre techniques and ideas.

The curriculum books are for the facilitator of a group in beginner, intermediate, and advanced levels.

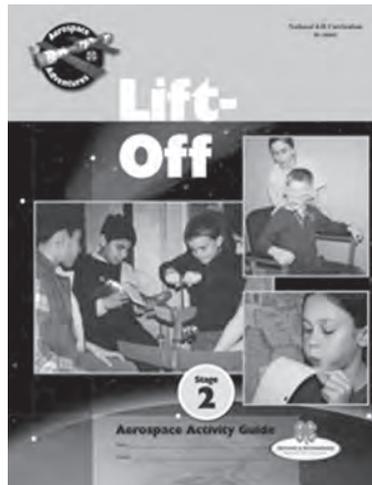
Aerospace Adventures – Level 1 – Pre-Flight (16 pages) Grades K-2 09106

The awesome experiences of flying an airplane, launching a rocket, conquering space and becoming an astronaut or pilot come alive as youth explore Aerospace Adventures. Through fun and challenging activities youth learn about flying, kites, hot air balloons, remote control airplanes, gliders, and rockets as they develop important life skills. Wow! Talk about fun! Youth and their helper's have a great time working together as youth learn how to talk like a real astronaut, find out how an airplane works and have fun at the same time.

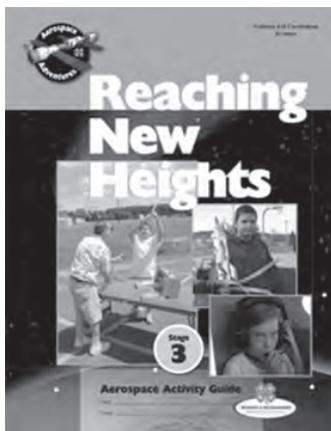
Aerospace Adventures – Level 2 – Lift Off (36 pages) Grades 3-5 09107

Youth blast off with this guide as they fly kites, participate in airplane contests, launch rockets, explore space, make a glider, construct a straw rocket and experience disorientation.

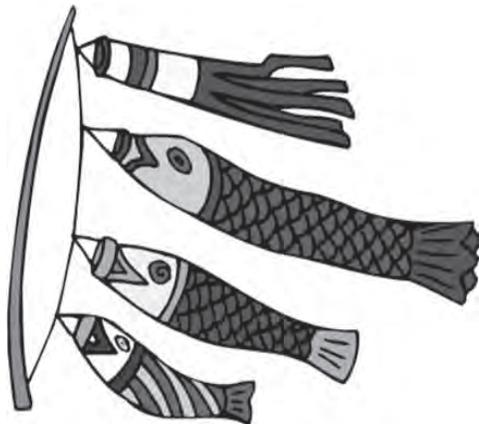
- Activities Include:
- Rockets Away!
- Gnome of Your Own
- I Want To Be
- Airfoil Magic
- From Here to There!
- Follow That Shadow!
- Can I Fly Today?
- Which Way is Up?
- Angle of Attack
- Up, Up and Away
- Round and Round
- Charlie, Oscar, Delta, Echo



Aerospace Adventures – Level 3 – Reaching New Heights (36 pages) Grades 6-8 09108



Youth soar as they learn to fly an airplane, launch a rocket, conquer space and become an astronaut or pilot. Controlling flight direction and experiencing shuttle technology add to the fun in this experiential curriculum. Youth make a shuttle on a string, a Japanese kite, a hang glider and a control panel of an aircraft.



SPACE SCIENCE

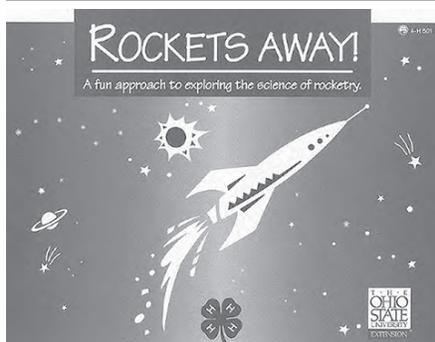
Aerospace Adventures – Level 4 – Pilot in Command (16 pages) Grades 9-12 09109

Youth create their own altitude tracker, determine the most fuel efficient routes between airports and make a box kite. Youth also explore pilot certification requirements, evaluate past and present navigation systems, and learn about airport issues in their community or state.

Aerospace Adventures – Flight Crew Helper’s Guide (36 pages) Included with each of the level kits.

This guide has been designed by aerospace and extension educators from across the nation to support you, as commander of the flight crew, to give leadership to a group of youth interested in exploring aerospace. This helper’s guide provides group oriented experiences that will keep youth coming back for more. Many activities are included in this guide for hands-on experiential group fun such as an aerospace quiz bowls, skill-a-thons and an airport field day.

Rockets Away – The Science of Motion Grades 5-12 09215



Blast off for an action-packed adventure in math, engineering, aerospace, and physics with this three-unit study of rocketry science. Lessons in motion, gravity, and aerodynamics send students’ interest soaring. All lead up to the ultimate thrill-building and launching their own rockets.

Among the activities:

- Understanding and applying Newton’s three Laws of Motion
- Observing the relationship between force and mass
- Testing turbulence
- Exploring stability and motion
- Constructing and launching a 2-liter bottle rocket

The Science of Motion Teacher’s Guide Grade 4-6

The teacher manual comes complete with lesson plans. An IBM-compatible computer diskette presents problem simulations and design and flight configurations for 2-liter bottle rockets. Also included is a program for recording and analyzing launch data.

CITIZENSHIP WASHINGTON FOCUS



Citizenship Washington Focus (CWF) is a leadership program for high school youth from across the country. Every summer thousands of young people stay at the National 4-H Center, near Washington, D.C. to participate in this weeklong program. CWF is a program which provides opportunities for youth to broaden appreciation and practice respect for themselves and others in their world; increase individual commitment to citizen involvement; and understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders. Time is provided for 4-H members to report accomplishments in 4-H to their representatives in the Washington, D.C. area, as well as participate in sightseeing trips to the following attractions!

- Washington National Cathedral
- FDR Memorial
- Arlington National Cemetery *Iwo Jima Memorial
- Mount Vernon
- Vietnam Veterans Memorial
- Newseum and Freedom Park
- Korean War Memorial
- Night view of Washington



The cost is estimated at \$1,700 depending on airline ticket rates. The deadline for first payment of \$250 is due in September, the second payment of \$500 is due in March, with final payment due in May. The program is open to 4-H members ages 14-18, so get a group of friends together and start raising money for this hands-on opportunity to learn and practice skills that promote “Better Citizens Today. Better Leaders Tomorrow.” Contact your County Extension Office for registration information.



National 4-H Congress 2015 Attendees

National 4-H Congress

National 4-H Congress is the flagship event of the 4-H program. The conference is open to 4-H members from the United States and its territories. It provides youth (ages 14-19) a quality, educational and cross-cultural experience that exceeds what any state could provide independently. It is designed to address the needs and issues of youth while helping to develop capable, competent, and caring citizens.

The program is built upon the Cooperative Extension System's belief that young people are significant partners in addressing the issues that face our nation, especially those affecting youth. Each year a National Design Team of Extension educators, 4-H youth and 4-H adult volunteers analyze current youth issues and determine the most effective ways to address them. The program combines plenary sessions, seminars, discussion groups, a nationally broadcast town hall meeting, and a service learning experience.

The young people who attend National 4-H Congress come from all strata of our nation's population representing a variety of economic, social and cultural backgrounds. They hail from farms, small towns, suburbs, and cities. They represent all ethnicities. New Mexico youth are selected by submitting a State Recordbook to be judged. The top 15 books selected earn the youth a trip to 4-H Congress.

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Meet our staff:

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Craig Painter – Ag & Natural Resources

Mindy Turner – Home Economics

Amy Zemler – Youth Activities/ Leadership Team

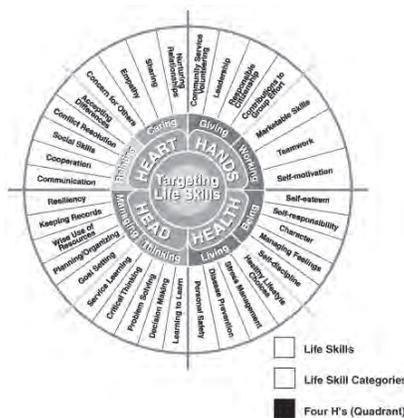
Peter Skelton – Science, Engineering & Technology

Patti Keith – Administrative Secretary

Sue Miller – Graphic Designer

Bobbie Widner – Bookkeeper/Accounting

Michelle Rincon – Literature



Life Skills

4-H Programming focuses on developing life skills. Above is the life skills model for 4-H as developed by Iowa State University.

The mission of 4-H is to help young people become self-directing, productive, and contributing members of society.

There are four basic needs all youth will find a way to meet:

- Belonging
- Mastery
- Independence
- Generosity

There are eight essential elements of youth development that will insure these needs are met in a positive way.

The Eight Essential Elements of Youth Development

<p>Belonging Positive Relationship with a caring adult An inclusive environment A safe environment</p>	<p>Mastery Engagement in Learning Opportunity for Mastery</p>
<p>Independence Opportunity to see oneself as an active participant in the future Opportunity for self-determination</p>	<p>Generosity Opportunity to value and practice service for others</p>

1. A positive relationship with a caring adult
2. A safe environment
3. Opportunity for Mastery
4. Opportunity to value and practice service for others
5. Opportunity for self-determination
6. An inclusive environment
7. Opportunity to see oneself as an active participant in the future
8. Engagement in learning