



EXTENSION GUIDE TO VIRGINIA 4-H PROJECTS & CURRICULUM

PUBLICATION 388-567

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Virginia 4-H Projects

Extension Specialist, 4-H Youth
Billie Cline, 4-H Public Relations

Prepared in cooperation with Extension Specialists giving leadership
To 4-H projects, 4-H Curriculum Component Committees,
And members of the State 4-H Staff

This publication is designed to assist Extension faculty, secretaries, technicians, and volunteers in obtaining publications and other educational materials relative to the Virginia 4-H program. All educational materials are available through unit Extension offices from the Virginia Cooperative Extension Distribution Center **except** where another source is identified.

This publication is printed in limited quantity for **office use only**. Project materials are listed within their respective Curriculum Component area. Another publication, "4-H Projects" #388-568, is available for distribution to 4-H members and leaders to assist in project selection and orientation.

Extension professionals providing leadership for projects are named in this publication. If no name is listed, there is no individual in that project area available to support unit programs. A brief description of what 4-H'ers do and learn in each project is included as well as a listing of support materials available for each project.

"**Project Numbers**" (####) correspond to project codes on 4-H enrollment forms and should be used when enrolling 4-H Members to identify the projects taken.

"**Publication Numbers**" (**-**-****) and titles should be used by Extension employees when ordering publications from the Extension Distribution Center.

Some audio-visual materials are housed in the Virginia Tech Media Center. The following website is helpful in searching for and reserving a video. <http://www.lib.vt.edu/services/cam/index.html>

Other audio visual and support materials are available from the various departments as well as the State 4-H Department as listed throughout this publication.

**4-H Curriculum Committees are responsible for decisions regarding 4-H curriculum offerings.
Following is a list of the chairs of the 2000-2001 Virginia 4-H Curriculum Committees.**

ANIMAL SCIENCE	Don Tucker	804-542-5884	dotucker@vt.edu
CAREERS & EC.....	Kendra Kyle	540-694-3341	kekyle@vt.edu
CITIZENSHIP	Debbie Carter	703-792-4795	decarter@vt.edu
COMMUNICATIONS...	Marilyn Morris	804-693-2602	mamorris@vt.edu
ENVIRONMENTAL..	Jan Baker	804-263-4035	janblank@vt.edu
FAMILY CONSUMER..	Madeline Price	540-727-3435	mnprice@vt.edu
HEALTH, FOODS...	Helen Smith	540-586-7675	hwsmith@vt.edu
LEADERSHIP	Barbara Reese	703-791-5862	bjreese@erols.com
PLANTS, SOIL SCI...	Terry Cornett	804-556-5341	tcornett@vt.edu
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Virginia 4-H

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Programs

Virginia 4-H Programs are organized around the 10 curriculum areas listed below. Each area contains descriptions of the educational programming offered and the types of activities youth might participate in. To get more information about a topic, visit [Experience 4-H](#) on the kids' section of this website.

- [Animal Sciences](#)
- [Citizenship](#)
- [Communication/Expressive Arts](#)
- [Environmental Education Natural Resources](#)
- [Family and Consumer Sciences](#)
- [Foods, Nutrition, and Health](#)
- [Careers and Economic Education](#)
- [Leadership/Personal Development](#)
- [Plant and Soil Science](#)
- [Science and Technology](#)



4-H Congress



Virginia Cooperative Extension

Intranet

Personnel & Employee Information

Reports & Plans

Policies & Procedures

Educational Program
Support

Directories

Grants

Professional
Associations

University Governance

4-H Youth Development

- Agents List
- 4-H Clover Guidelines
- Events
 - 4-H Calendar
 - 4-H Week 2000
- Educational Programs
- 1998-1999 State 4-H Report
- 4-H Model
- 4-H All Stars
- 4-H Information Letter
- 4HPLUS Support
- 4-H Minority Scholarship Program, 10/11/99
 - Letter Describing the Program (Download as a Word file)
 - Application Form (Download as a Word file)
- Leadership Council
- Strategic Plan
- Links to the World Wide Web
- 4-H Handbook and Policy Guidelines
- Professional Associations
 - Virginia Association of Extension 4-H Agents (VAE4-HA)
 - National Association of Extension 4-H Agents (NAE4-HA)
- Program Support Materials
- Virginia 4-H Public Website

VCE INTRANET
HOMEPAGE

Virginia Cooperative Extension

Intranet

Program Support Materials

The files linked from this page are 4-H forms and documents in support of the 4-H Program.

Most forms are provided in PDF format designed so that field offices can open the PDF file and print the form for local use. Most forms are still available in hard copy through the Distribution Center [publications ordering system](#). You must have the Adobe Acrobat Reader on your computer to use PDF files. If you need help configuring your computer to access these files, contact the Ag Help Desk at (540) 231-4865 or send an e-mail message to aghelp@vt.edu.

Document or Form Name	Publication No.	Date Posted
4-H Leader Pins Order Form	PDF document	8/29/00
4-H Group Enrollment	388-001	8/23/00
4-H Member Enrollment	388-002	8/23/00
4-H Volunteer Enrollment	388-003	8/23/00
One Time/Occasional 4-H Volunteer Enrollment	388-004	3/29/99
4-H Group Enrollment Summary	388-005	8/25/00
Parent Interest List	388-006	8/28/98
Application for 4-H Club Charter	388-069	3/26/99
4-H Club Charter and 4-H Charter Seal Requirements	388-070	9/21/99
Certificate of Recognition (Leadership)	388-082	12/4/98
Certificate of Recognition (Project)	388-083	12/4/98
4-H Project Meeting Plans	388-118	3/26/99
Health History Report for 4-H Members and Volunteers	388-906	8/28/98
4-H Leadership Role Description: Committee Chairperson	388-158	3/26/99
4-H Leadership Role Description: President	388-160	3/26/99
4-H Leadership Role Description: Vice President	388-162	3/26/99
4-H Leadership Role Description: Secretary	388-163	3/26/99
4-H Leadership Role Description: Treasurer	388-164	3/26/99
4-H Leadership Role Description: Reporter	388-165	3/26/99
4-H Leadership Role Description: Song Leader	388-166	3/26/99
Application for Employer Identification Number (IRS Form SS-4)	IRS Form SS-4	10/7/98
Financial Guidelines for Virginia 4-H Clubs	HTML Document	10/8/98
Nomination Form for Officers of the VA Assn. of Adult 4-H Volunteer Leaders, Inc.	PDF document	10/27/99

Virginia Cooperative Extension

Intranet

4-H Educational Programs

<ul style="list-style-type: none"> ● Animal Science <ul style="list-style-type: none"> • Companion Animal • Dairy Youth Program • State Fair Dog Show • Horse Program • Livestock Program • Meats Program • Poultry Program • Stockmen's Challenge • National 4-H Dairy Conference • Links to VCE Public Site: <ul style="list-style-type: none"> ◦ Kids ◦ Adults 	<ul style="list-style-type: none"> ● Citizenship <ul style="list-style-type: none"> • Folding the Flag • Capital Quiz • Virginia-Costa Rica Exchange Program • Serving to Learn, Learning to Serve • Service Learning Extension Project • Links to VCE Public Site: <ul style="list-style-type: none"> ◦ Kids ◦ Adults
<ul style="list-style-type: none"> ● Careers & Economic Education <ul style="list-style-type: none"> • Consumerama • Links to VCE Public Site: <ul style="list-style-type: none"> ◦ Kids ◦ Adults 	<ul style="list-style-type: none"> ● Communications & Expressive Arts <ul style="list-style-type: none"> • Presentations Scoring Aid PDF File, Pub No. 388-062 • Share-The-Fun Overview • Score Sheet for Share the Fun Acts PDF File, Pub No. 388-064 • Score Sheet for Public Speaking PDF File, Pub. No. 388-066 • 4-H Presentations • How to Do a 4-H Presentation (Powerpoint Presentation) • Links to VCE Public Site: <ul style="list-style-type: none"> ◦ Kids ◦ Adults
<ul style="list-style-type: none"> ● Environmental Education & Natural Resources <ul style="list-style-type: none"> • Conservation Pieces Newsletter • Envirothon • Forestry & Wildlife Club • Shooting Education • Water Wizard Van (Powerpoint Presentation) • Water Wizard Van (website) • 4-H Aquatic and Marine Science Audio Visual Materials Available • Links to VCE Public Site: <ul style="list-style-type: none"> ◦ Kids ◦ Adults 	<ul style="list-style-type: none"> ● Family and Consumer Sciences <ul style="list-style-type: none"> • Fashion Revue Documents (Word files) <ul style="list-style-type: none"> ◦ 4-H Fashion Revue Policies and Procedures 700-018 ◦ Virginia 4-H Fashion Revue Record 700-019 ◦ Virginia 4-H Fashion Revue Score Sheet 700-027 • LifeSmarts • Links to VCE Public Site: <ul style="list-style-type: none"> ◦ Kids ◦ Adults

<ul style="list-style-type: none"> ● Food, Nutrition and Health <ul style="list-style-type: none"> • <u>Video Resource Materials</u> <ul style="list-style-type: none"> ◦ <u>Nutrition - preschool, kindergarten, elementary</u> ◦ <u>Nutrition - older youth, adults</u> ◦ <u>Food Science - youth</u> • <u>4-H EFNEP Program</u> • <u>Food Guide Pyramid Quiz</u> • <u>Cloverbud Hand Washing Lessons</u> • <u>Food Guide Pyramid Powerpoint Slide</u> • <u>Links to VCE Public Site:</u> <ul style="list-style-type: none"> ◦ <u>Kids</u> ◦ <u>Adults</u> 	<ul style="list-style-type: none"> ● Leadership/Personal Development <ul style="list-style-type: none"> • <u>Character Counts</u> • <u>See Program Support Materials for Officer Sheets</u> • <u>Links to VCE Public Site:</u> <ul style="list-style-type: none"> ◦ <u>Kids</u> ◦ <u>Adults</u>
<ul style="list-style-type: none"> ● Plant and Soil Science <ul style="list-style-type: none"> • <u>Links to VCE Public Site:</u> <ul style="list-style-type: none"> ◦ <u>Kids</u> ◦ <u>Adults</u> 	<ul style="list-style-type: none"> ● Science and Technology <ul style="list-style-type: none"> • <u>Interactive Presentation Contest</u> • <u>Virginia 4-H Tech Corps</u> • <u>Links to VCE Public Site:</u> <ul style="list-style-type: none"> ◦ <u>Kids</u> ◦ <u>Adults</u>
<ul style="list-style-type: none"> ● General Information <ul style="list-style-type: none"> • <u>4-H Trivia Challenge Games</u> • <u>Virginia 4-H Congress</u> • <u>4-H Leader Orientation</u> (Powerpoint Presentation) • <u>Virginia 4-H Cabinet Mentor Role Description</u> • <u>"Get Smart with 4-H Judging Teams and Bowls!"</u> (Powerpoint Presentation) • <u>"A Conceptual Tool Box for Dealing with Youth Development Issues,"</u> James Garbarino: <ul style="list-style-type: none"> ◦ <u>HTML File</u> ◦ <u>Word file to download</u> • <u>Indicators of Quality</u> • <u>National 4-H Congress Application Information</u> <ul style="list-style-type: none"> ◦ <u>HTML file</u> ◦ <u>Word file</u> • <u>Strategic Plan</u> • <u>Program Support Materials and Forms</u> • <u>Competition Guidelines</u> • <u>Virginia 4-H Public Website</u> • <u>Adolescence Area on Family and Human Development intranet</u> • <u>Teen Opportunities</u> • <u>"Arrows" Communication Exercise</u> (Word file) 	

Contact: Billie Cline
bcline@vt.edu

Last Updated: August 29, 2000

Return to [4-H Youth Development](#)

CLOVERBUD

4-H CLOVERBUD PROGRAM

The 4-H Cloverbud Program is for boys and girls five through eight years of age. It is designed to give young children an introduction to 4-H through special activities designed for their interest and learning levels.

Cloverbud Program Policies:

- Small, out of school, adult volunteer led clubs
- Non-competitive
- Children progress at their own speed
- Hands-on learn-by-doing curriculum
- Parent/guardian involvement and support

Purposes:

- To develop skills for successful living
- To develop stronger family relationships
- To promote continued 4-H enrollment with children and adults

90010 CLOVERBUDS

Leader Materials

- 388-180** 4-H Cloverbud Program Leader's Guide
- 388-181** 4-H Cloverbud Lesson Plans
- 388-183** It's Fun (poster)
- 388-184** Lifepaths (career awareness newsprint)
- 388-186** Cloverbud Charter & Seal

90011 TALKING WITH T.J.

Talking with T.J. is a series of 6 instructional lessons designed to help children acquire the skills and attitudes needed to develop personally rewarding, cooperative and caring relationships.

- **Cultural Diversity**
- **Conflict Resolution**

Package kits and refill kits are available from State 4-H Office. Kits will be available until supply is depleted.

90012 EXPLORING FARM ANIMALS -Helper's group activity guide for youth 6-8 years old. One copy was mailed to each unit office in 1995. Additional copies may be purchased from 4HCCS.

90014 MUD, MUCK AND OTHER WONDERFUL THINGS
One copy per unit office

82179 BICYCLE SAFETY
Activity coloring book is written for children up to 3rd grade. Each page is devoted to a specific safety message: getting ready, equipment, signs, driveways, hazards, manners, locking, etc.

388-109 Team Helmet

ANIMAL SCIENCES CURRICULUM

BEEF

Mark Wahlberg, Extension Animal Scientist
Phone: 540-231-9161
Email: wahlberg@vt.edu

Select, feed, and provide proper facilities and health care to one or more beef animals. Training for and exhibiting in shows is an available option. Keeping appropriate management and financial records is required. In the breeding projects, sire selection, reproduction and care of newborn is emphasized. The market projects emphasize the production of top quality finished livestock. Marketing of the animals produced is an important component.

- 11161 MARKET BEEF (age 9-13)**
- 388-119** 4-H Livestock Advancement Project Guide and Record
 - 388-120** Basic Training Guide for Livestock Projects
 - 380-121** Advanced 4-H Livestock Record Book
 - 380-122** 4-H Livestock Record Book
 - 404-280** How to make an Adjustable Rope Halter
 - 400-833** Market Beef Planning Guide
- 11162 MARKET BEEF II (age 12-18)**
- 380-119** 4-H Livestock Advancement Project Guide and Record
 - 380-120** Basic Training Guide for Livestock Projects
 - 380-121** Advanced 4-H Livestock Record Book
 - 380-122** 4-H Livestock Record Book
 - 400-833** Market Beef Planning Guide
- 11163 BEEF HEIFER (age 9-18)**
- 400-480** 4-H Beef Breeding Guide
 - 380-119** 4-H Livestock Advancement Project Guide
 - 380-120** Basic Training guide for Livestock Projects
 - 380-121** Advanced 4-H Livestock Record Book
 - 380-122** 4-H Livestock Record Book

Support Materials:

Beef Cattle Selection Simulation microcomputer Program (Microcomputer Documentation AS8701 Comp MLW) available from Specialist.

Additional materials may be found at this site

<http://www.ext.vt.edu/resources/4h/livestock/index.html>

11164 COW-CALF (age 14-18)

Younger members may enroll with leader's consent

- 400-480** 4-H Beef Breeding Guide
- 380-119** 4-H Livestock Advancement Project Guide and Record
- 380-120** Basic Training guide for Livestock Projects
- 380-121** Advanced 4-H Livestock Record Book

Support Materials: (Available for loan)

Videotapes can only be checked out by Extension Agents. You should make your request at least five days before a scheduled viewing. They must be returned within 10 days to Mark Wahlberg, Va Tech, Animal & Poultry Sciences Dept, Blacksburg, VA 24061-0306. To check out a video or slide set, please request via e-mail (WAHLBERG@VT.EDU), written request or by calling 540-231-5252.

- Practice Livestock Judging I (44 min)
- Practice Livestock Judging II (38 min)
- Practice Livestock Judging III (32 min)
- Practice Livestock Judging IV (30 min)
- Judging Beef Breeding Cattle (26 min)
- Fitting & Showing Market Steers (18 min)
- A Question of Ethics (20 min)
- A Step Beyond a Question of Ethics (23 min)
- The Line in the Sand (16 min)

Additional Visual Materials are available from Va Tech Media Center, Newman Library

- Quality Assurance and Animal Care (47 min)

Beef Learning Laboratory Kit

Available from specialist – contains activities and exercises about cattle and beef.

Additional materials may be found at this site

<http://www.ext.vt.edu/resources/4h/livestock/index.html>

DAIRY

David Winston, Extension Dairy Scientist, 4-H

Phone: 540-231-5693

Email: dwinston@vt.edu

Homepage:

<http://www.dasc.vt.edu/winston/>

Dairy Science is the study of the production of milk for humans. The curriculum can be divided into four major categories: dairy cattle judging, dairy industry knowledge, dairy industry promotion and dairy cattle fitting and showmanship. Activities include dairy cattle judging workshops and contests, dairy quiz bowl contest, June Dairy Month 4-H Poster Contest, and junior dairymen's contest.

The following dairy projects can be obtained from David Winston, Extension Dairy Scientist, 4-H

- 12241 DAIRY I - Dig into Dairy**
- 12242 DAIRY II – Mooving Ahead**
- 12243 DAIRY III – Leading the Way**
- 12244 DAIRY GROUP ACTIVITY GUIDE**
- 12245 GOAT I – Getting Your Goat**
- 12246 GOAT II – Stepping Out**
- 12247 GOAT III – Showing the Way**
- 12248 DAIRY GOAT ACTIVITY GUIDE**

Support Materials:

<http://www.dasc.vt.edu/youth/resources.html>

404-607 Tips for Giving a Dairy Presentation

404-280 How to Make an Adjustable Rope Halter (publication available on 4H Intranet, Educational Programs, Animal Science)

Slides ((order from Dave Winston 540-231-5693)

- Judging Dairy Cattle (80 slides)

Videos (order from Dave Winston 540-231-5693)

- Fitting and Showing Your Dairy Animal...A Winning Experience!

HORSE AND PONY

Larry Lawrence, Animal Scientist, Horses

Phone: 540-231-9162 Email: alaw@vt.edu

Select one or more of the projects listed.

Emphasis is on equine selection, nutrition, management, riding, recreation, fun, and horsemanship. Horseback riding provides an outdoor sports fitness program for physical, personal, and emotional development, including confidence building. The sport can develop into a life-long hobby or business. Projects are available for youth owning or having access to horses and to youth not having access to horses (horseless horse projects).

Support Materials

- "Horse Book in a Bucket" Cornell University Cost \$45.00. Contact Jean Griffiths, 607-255-2857 or email: jtq4@cornell.edu
- "Horse Industry Handbook --A Guide to Equine Care & Management" \$59.95 from American Youth Horse Council (AYHC)
- "Youth Leaders Manual" Companion to the above-mentioned book. Full of fun activities and lesson plans. Order from AYHC
American Youth Horse Council
4903 Iron Works pike
Lexington, KY 40511
1-800-897-2942
FAX: 606-299-9849
- **406-740** Va 4-H Horse Selection Manual

Leader Guide

- 406-741** Virginia 4-H Horse Program
- 14421 Introduction to the Horse**
(Horseless) (age 9-11)
406-120 Introduction to the Horse
- 14422 HORSES ARE FUN**
(Horseless) (age 10-14)
406-105 Horses are Fun
- 14423 HORSES & HORSEMANSHIP**
(Horseless) (age 12-14)
406-200 Horses & Horsemanship
- 14424 HORSE SCIENCE**
(Horseless) (age 14 +)
406-201 Horse Science
- 14425 BASIC HORSEMANSHIP**
(age 9-11)

- 406-053 Basic Horsemanship
- 14426** **NOVICE** (age 10 +)
406-097 Novice
- 14427** **HORSEMAN** (age 13 +)
406-098 Horseman
- 14428** **HORSEMASTER** (age 16 +)
406-099 Horsemaster
- 14429** **HORSE MANAGEMENT**
(age 11 +)
406-121 Horse Management
- 14430** **HORSE BUSINESS PROJECT**
(age 14 +)
406-104 Horse Business Project
- 14432** **SELF-DETERMINED**
(age 14 +)
406-107 Self-Determined Project
- 14433** **HORSE JUDGING**

LIVESTOCK

Mark Wahlberg, Extension Animal Scientist
Phone: 540-231-9161

Email: wahlberg@vt.edu

Learn about selection, care, and feeding of livestock, animal health, and importance of records. For members who don't own an animal, Livestock advancement provides opportunities to demonstrate knowledge and skill in livestock production.

- 11481** **NON-OWNERSHIP**
ANIMAL SCIENCE I (age 9-11)
380-123 Animal Science Non-ownership Livestock Project Unit I
- 11482** **NON-OWNERSHIP**
ANIMAL SCIENCE, II (age 10-12)
380-124 Animal Science Non-owner-ship Livestock Project, Unit II
- 11483** **NON-OWNERSHIP**
ANIMAL SCIENCE, III
380-125 Animal Science Non-

owner-ship Livestock
Project Unit III

11484 **LIVESTOCK ADVANCEMENT**

- 380-119** 4-H Livestock
Advancement Project
Guide and Records
- 400-087** Livestock Advancement
Completion Certificate

Supporting Materials:

- 388-100** Judging Cards (Blue)
388-101 Judging Cards (White)
380-102 Judging Card (Yellow)
380-103 Judging Cards (Green)

Videotapes and Slides

Tapes and slide sets can only be checked out by Extension Agents. You should make your request least five days before a scheduled viewing, and must be returned within 10 days to Mark Wahlberg, Virginia Tech, Animal & Poultry Sciences Dept., Blacksburg, VA 24061-0306. To check out a video or slide set, please request via e-mail (wahlberg@vt.edu), written request or by calling 540-231-5252.

- Practice Livestock Judging I (44 min)
- Practice Livestock Judging II (38 min)
- Practice Livestock Judging III (32 min)
- Practice Livestock Judging IV (30 min)
- Judging Beef Breeding Cattle (26 min)
- Judging Market Swine (20 min)
- Market Lambs
- Sheep Judging Practice Classes with Reasons (20 min)
- Swine Judging Practice Class (28 min)
- Fitting and Showing Market Steers
- Sheep Showmanship (24 min)
- Fitting and Showing of Market Swine
- Breed Identification (24 slides)
- Sheep Breed Identification (67 slides)
- A Question of Ethics (20 min)
- A Step Beyond a Question of Ethics (23 min)
- The Line in the Sand (16 min).
- Quality Assurance and Animal Care (47

See Virginia Tech Media Center, Newman Library for additional visual aids min)

- **Learning Laboratory Kits** - available from specialist. Each kit contains activities and exercises about animals and meats. (beef kit) (sheep kit) (swine kit)
- Additional materials may be found at this site
<http://www.ext.vt.edu/resources/4h/livestock/index.html>

MEATS

Paul Graham, Extension Food Scientist

Phone: 540-231-7632

Email: grahamp@vt.edu

Meat Science projects develop an awareness of meat as food, nutrition principles, criteria for meat selection and evaluation (develop decision-making skills), characteristics and technology of processed meats (ham curing is a specialized meat processing project) and related projects on tanning leather/skins and utilization of by-products.

13491 MEATS (all ages)

388-743 4-H Meats Project
(Order from specialist)

Provides ideas and lists of resources for developing graded-level activities for each calendar year of the 4-H Meat science project

Supporting Materials:

- **AS-3-75** 4-H Meats Project Guideline (Order from specialist)
- Meat Matters Newsletter for Ext. Agents
- "Guide to Identifying Meat Cuts " (Order directly from National Cattleman's Beef Association, 444 N. Michigan Avenue, Chicago, IL 60611)
- "The Meat We Eat" John R. Romans and P. Thomas Ziegler, The Interstate Printers and Publishers, Inc. Danville, IL (available from VA Tech bookstore)
- Lessons on Meats (AMI Resources, P.O. Box 3556, Washington DC 20007)

Video Tapes available from Paul Graham

- Beef Carcass Judging & Oral Reasons
- Pork Carcass Judging & Oral Reasons
- Lamb Carcass Judging & Oral Reasons
- Fresh Pork Leg Judging & Oral Reasons
- Retail Cut Identification: Pork & Lamb Cuts
- Retail Cut Identification: Beef Cuts and Variety Meats
- Retail Cut Identification: Three Quizzes
- Beef Yield Grading
- Practice Carcass Judging IV Beef Cuts Judging
- Beef Retail Cut ID Judging
- Meat Handling
- Leather Production
- 1997 Meat Judging Contest

Slide Sets

- USDA Skeletal Maturity - Beef

- The Meat That "You" Eat (30 slides/script)
- "How to Carve a Cooked Ham"
- "Identifying Sausage and Processed Meat"
- Meat ID, Beef, Pork, Lamb and Variety Cuts with 4-H ID and Code
- Ham Quality & Pork Marbling

Games

- Beef Butcher Block - card game
- Word Search - Think Meat; Cutting Meat
- Cross Word - Crossed Bones

13492 HAM CURING

Pub 223 Curing Ham - Virginia Style
388-744 VA 4-H Ham Curing Project
388-745 Pork Slaughter, Cutting and Ham Curing Record Sheet
458-872 Some Solutions to Difficulties of Home Curing Pork

13493 MEAT ID (JUDGING)

PETS

Learn the basics of caring for a pet, to understand their traits and habits, and how to provide a favorable environment. (Under development)

16191 PETS

Currently there are no free member materials specific to any pet area. 4HCCS materials are available for all pet species and may be ordered by units or individuals. An order form is attached.

The following record sheets are available and either may be used with any specie of pet

388-120 4-H Member Project
388-121 4H Project Record
388-569 4-H Project Folder

Support Materials

- "Climbing Up", Cat Connections", and Cat Group Activity Guide –One copy per unit office. Additional copies may be ordered as needed.
- "Hop To It", A Jump Ahead," Leaps and Bounds," and "Rabbit Group Activity" – One copy per Extension Office. Additional copies may be ordered as needed.

16252 DOG CARE & TRAINING

The following record sheets are available and either may be used with any species of pet

388-122 4-H Member Project

388-123 4H Project Record
388-569 4-H Project Folder

Support Materials

- “Wiggles and Wags”, “Bounding Ahead”, “Pointing the Way, ad Dog Group Activity Guide – One copy per Extension Office. Additional Copies may be ordered as needed from National 4-H Supply or 4HCCS.

POULTRY

Phillip J. Clauer, Extension Poultry Specialist, 4-H
Phone (540)-231-9185
Email: Pclauer@vt.edu
homepage:
<http://www.apsc.vt.edu/Faculty/Clauer/clauer.html>

Poultry projects are developed to help stimulate an interest in science, consumerism, and animal husbandry. The brooding/rearing projects help youth learn responsibilities, skills, and knowledge through caring for their birds and learning to manage their time and finances. The poultry and egg consumer projects teach youth how to be better consumers and to increase their knowledge of poultry eggs and cookery skills. The in-school “Beginning of Life” project uses the avian egg to teach youth scientific processes, reproduction, and respect for living things by using hands-on activities.

All Poultry project information and Poultry Event and Contest information is available through the Virginia 4-H website or through Phillip Clauer’s homepage listed above.

15521 RAISING AND REARING POULTRY

Includes hobby/exhibition and commercial type poultry (ages 9-18)

- 408-042 4-H Poultry Project Yearly Plan and Record Book
- 408-050 Poultry Judging Manual

Leader’s Guide

- 408-29 Beginning of Life – A Leader’s Manual for Avian Embryology

Slide Sets/Videos can be obtained through specialist office, 540-231-9185

- Small Flock Management - slide set/tape
- Poultry Judging Training - video tape teaches poultry judging in detail
- Breeds and Varieties of Domestic Chickens - slide set

Support Materials from Phillip J. Clauer, Poultry Extension Specialist, 540-231-9185

- “Leaders Notebook” (a must for all poultry leaders)
- “Small Flock Flyer” - quarterly newsletter for all 4-H leaders and members
- Raising Waterfowl
- Chicken Breeds & Varieties
- Bantams
- Small Turkey Flock Management
- Various reference and educational fact sheets
- Pigeons Manual
- Avian Bowl Manual

15523 POULTRY AND EGG CONSUMER PROJECT (includes the in-school EggCiting Egg Project)

- 408-287 Chick-N-Que
- 408-030 The Egg-Citing Egg
- 408-032 Eggs, A Brighter Idea
- 408-050 Poultry Judging Manual

Leader’s Guide

- 408-031 The Egg-Citing Egg Leader’s Guide

15525 BEGINNING OF LIFE (age 9-18)

- 388-001 Poultry In-school Lessons (for use with *Beginning of Life inschool programming*. Lessons may be copied by user)

SHEEP

Mark Wahlberg, Extension Animal Scientist
Phone: 540-231-9161
Email: wahlberg@vt.edu

Select, feed, and provide proper facilities and health care to one or more sheep. Training for and exhibition in shows is an available option. Keeping appropriate management and financial records is required. In the breeding projects, sire selection, reproduction, and care of newborn is emphasized. The market projects emphasize the production of top quality finished livestock. Marketing of the animals produced is an important component.

11581 EWE FLOCK (age 9-18)

- 410-089 Virginia Ewe Flock Project Guide
- 380-119 4-H Livestock AdvancementGuide

- 380-121** Advanced 4-H Livestock Record Book
380-122 4-H Livestock Record Book

11582 MARKET LAMB (age 9-18)

- 410-083** Virginia 4-H Market Lamb Project Guide
380-119 4-H Livestock Advancement
380-121 Advanced 4-H Livestock Record Book
380-122 4-H Livestock Record Book

Videotapes

Tapes can only be checked out by Extension Agents, must be requested at least five days before a scheduled event, and must be returned within 10 days to the Virginia Tech Animal Science Department. To check out a videotape, call (540) 231-5252 or request via e-mail wahlberg@vt.edu

- Information on the Sheep Industry Development Program (Sheep Industry Development Committee)
- Border Collies - Getting the Right Start (R&R Graves)
- Docking and Castrating Lambs (Virginia Tech Cooperative Extension)
- Saving Bonus Lambs (Land O'Lakes..)
- Introduction and Farm Flock Mgt. (National Sheep Improvement Program)
- Lean Lamb Production (National Wool Growers Association)
- Sheep Shearing (Stewart by Oster)
- Coyotes - A Master of Perspective (Texas Agricultural Extension Service)
- Coyote Snaring (Kansas State University Cooperative Extension Service)
- How to Call Coyotes (Kansas State University Cooperative Extension Service)
- Coyote Trapping (Colorado State University Cooperative Extension Service)
- Livestock Guarding Dogs - Protecting Your Sheep (USDA)
- Practice Livestock Judging I (44 min)
- Practice Livestock Judging II (38 min)
- Practice Livestock Judging III (32 min)
- Practice Livestock Judging IV (30 min)
- Sheep Judging Practice Classes with Reasons (20 min)
- Sheep Showmanship (24 min)
- Sheep Breed Identification (61 slides)
- A Question of Ethics (20 min)
- A Step Beyond a Question of Ethics (23 min)
- The Line in the Sand (16 min)

Learning Laboratory Kits - available from specialist: Contains activities and exercises about sheep and lamb.

Additional materials may be found at this site

<http://www.ext.vt.edu/resources/4h/livestock/index.html>

SWINE

Mark Wahlberg, Extension Animal Scientist

Phone: 540-231-9161

Email: wahlberg@vt.edu

Select, feed, and provide proper facilities and health care to one or more swine. Training for and exhibiting in shows is an available option. Keeping appropriate management and financial records is required. In the breeding projects, sire selection, reproduction, and care of newborn is emphasized. The market projects emphasize the production of top quality finished livestock. Marketing of the animals produced is an important component.

11611 BREEDING GILT (age level 9-18)

- 380-119** 4-H Livestock Advancement Guide
380-121 Advanced 4-H Livestock Record Book
380-122 4-H Livestock Record Book

11612 MARKET HOG (age level 9-18)

- 414-001** 4-H Market Hog Guide
380-119 4-H Livestock Advancement Guide
380-120 Advanced 4-H Livestock Record
380-121 Advanced 4-H Livestock Record
380-122 4-H Livestock Record Book

11613 FEEDER PIGS (age level 9-18)

- 380-119** 4-H Livestock Advancement
380-122 Advanced 4-H Livestock Record Book
380-122 4-H Livestock Record Book

Videotapes and Slides

Tapes and slide sets can only be checked out by Extension Agents. You should make your request at least five days before a scheduled viewing, and must be returned within 10 days to

Mark Wahlberg, Virginia Tech, Animal & Poultry Sciences Department, Blacksburg, VA 24061-0306. To check out a video or slide set, please request via e-mail wahlberg@vt.edu or by calling 540/231-5252.

- Practice Livestock Judging I (44 min)
- Practice Livestock Judging II (38 min)
- Practice Livestock Judging III (32 min)
- Practice Livestock Judging IV (30 min)
- Where Pork Comes From (Lessons & Video)
- Judging Market Swine (20 min)
- Fitting & Showing of Market Swine (23 mi)
- Swine Breed Identification (24 color slides)
- A Question of Ethics (20 min)
- A Step Beyond a Question of Ethics (23 min)
- The Line in the Sand (16 min)
- Quality Assurance and Animal Care (47 min)
- Pork Quality Assurance Video Package

See Swine Learning Laboratory Kits -

(Available from specialist) Contains activities and exercises about swine and pork.

- Additional materials may be found at this site <http://www.ext.vt.edu/resources/4h/livestock/index.html>

VETERINARY SCIENCE

Dr. Marie Southers-McCabe D.V.M
College of Veterinary Medicine (0442)
Va Tech
Blacksburg, VA 24061
Phone: 540-231-4621
EMAIL: msuthers@vt.edu

Learn about the fundamentals of animal health and the broad scope of veterinary medicine. Learn causes, control and cure of diseases, immunology, and dangers to man, public health, and consumer protection. A good "companion" project with other animal projects.

- 17631 *THE NORMAL ANIMAL***
(age level 9 +)
380-080 Unit I The Normal Animal
- 17632 *ANIMAL DISEASES*** (age 9+)
380-082 Unit II Animal Disease
- 17633 *ANIMAL HEALTH*** (age level 9+)
**380-084 Unit III Animal Health and
Its Relationship to Our
World**
- Leader's Guide**
**380-083 Leader's Guide for
Units I, II, & III**

CAREERS AND CONSUMER EDUCATION

CAREER EXPLORATION

Learn to know yourself, to understand your own abilities and interests and the relationships of interests and abilities to choosing and preparing for a successful career.

- 21181** **LIFEPATHS JUNIOR LEVEL**
(age 9-11)
388-276 Lifepaths Junior Level
Career Development Project
- 21182** **LIFEPATHS INTERMEDIATE
LEVEL** (age 12-13)
388-277 Lifepaths: Intermediate
Level Career Development
Project
- 21183** **LIFEPATHS SENIOR LEVEL**
(age 14-18)
388-278 Lifepaths: Senior Level
Career Development Project

Leader's Guide

- 388-275 Lifepaths: 4-H Career
Development Project

Support Materials:

- Careers & Me
- Career Workbook
- Career Capers
- Dream Catchers (teacher guide)
- Dream Catchers (memberguide)
- Path Finders

Once copy per unit office is provided after training. Additional copies may be purchased from the publisher.

Videos: (available from Ann Lastovica)

Go for the Goal – Using a sports theme relating to both genders and promotes goal-setting for the future, choosing careers, etc.

“Job Interview Skills” video, Grades 9-12

“Exploring Careers: What's Right for You” video, grades 7-12

ECONOMIC EDUCATION

For a list of available resources and a list of Centers of Economic Education, contact 804-828-1627.

22185 **STOCK MARKET GAME**

Contact Mike Ellerbrock, Extension Specialist, Agriculture/Applied Economics; Linda Sleeth at VCEE (804-828-6054) for materials & training.

“The Stock Market Game” sponsored by the Virginia Council on Economic Education is an excellent program for middle and high school age youth to learn how the economic world works. Conducted separately for 10 weeks in the Fall and Spring, the computerized game features regional and statewide competition using actual investment decisions with hypothetical money and helps youth discover important principles - what makes some companies successful and others fail, how does the market respond to consumers' tastes and fears?

22186 **COMMODITY CHALLENGE**

Contact Mike Ellerbrock, Extension Specialist, Agriculture/Applied Economics or Beth Hill at Chicago Board of Trade 312-347-3821 for materials and training.

Sponsored by the Chicago Board of Trade. This is an excellent program for learning basic economic concepts. Students trace the development and marketing of a particular commodity of their choice (does not have to be an agricultural commodity) and prepare a written analysis of the economic factors governing the commodity's success or failure. The program features state and national competition with a significant award for winners.

CONSUMER EDUCATION AND MANAGEMENT

4-H members learn how to set realistic goals and meet them, learn how to make time and money go farther, and learn how to exercise their consumer rights and responsibilities.

52231 MANAGEMENT MATTERS

(ages 9-11)

- 392-101 Getting Acquainted with Management, Worksheet, Lesson 1
- 392-102 Goals -- Worksheet, Lesson 2
- 392-103 Resources -- Worksheet, Lesson 3
- 392-104 The Four Steps in Using Management - Worksheet, Lesson 4
- 392-105 Using Management - Worksheet, Lesson 5
- 392-106 Management Wrap-Up-Worksheet, Lesson 6

Leaders Guide

- 392-108 Management Matters Leader's Guide

52232 CALCULATING CONSUMER

- 392-117 Calculating Consumer Unit 1 (age 9-11)
- 392-118 Calculating Consumer Unit 2 (age 9-11)
- 392-119 Calculating Consumer Unit 3 (age 12-13)
- 392-120 Calculating Consumer Unit 4 (age 14-19)
- 392-123 Calculating Consumer Leader's Guide
- 354-004 To Buy or Not To Buy

Video Tapes (from Virginia Tech Media Center, Newman Library)

- Life is a Risky Business

52235 HIGH SCHOOL FINANCIAL PLANNING

This curriculum is designed as a 4-H school enrichment program. It requires 10 hours of instruction as a minimum. Today's youth have access to a great deal of money. Properly allocated, it can go a long way. Mismanaging their money could have serious consequences. This curriculum helps ensure that young people get off to a sound start in acquiring basic knowledge of financial planning concepts.

Supporting Literature

High School Financial Planning Program-Student Workbook

Leader's Guide

High School Financial Planning Program-Instructor's Manual

Curriculum material is provided by The National Endowment for Financial Education, Denver, Colorado. All arrangements for training and material must be made with Contact Amber Wilson, Extension Associate, 540-231-2333 or email aawilson@vt.edu for information and packets to recruit teachers.

Video Tapes

- How People Are Paid: Understanding Salaries and Benefits; 1994, The Learning Seed
- Checking Accounts: Guide to Selection & Use; 1993, The Learning Seed
- Credit Cards: Living with Plastic; 1991, The Learning Seed
- Master Your Future: a Program on Financial Responsibility for High School Students; 1993, Master Card International, Inc
- Financial Responsibility (Education action Kit included separately); 1994, Consumer Education of American Express Corp
- Go For the Goal (Disk and handout included separately); Cooperative Extension Service, Clemson University
- Counseling Skills for Financial Managers (with Professor Robert J. Babcock); 1992, Cornell Cooperative Extension
- Money Management" "Stashing the Cash"; Item #2722 Meridan Ed. Corp
- Money Management: Budgets Aren't for Pushovers; Item #2732 Meridian Ed. Corp.
- Money Management: Don't Shop Till You Drop; Item #2724 Meridan Ed. Corp.
- Money Management: "Building Your Financial Pyramid"; Item 2725 Meridan Ed. Corp.
- How to Buy a Used Car; ME-6920, Meridian Ed. Corp.
- Managing Your Personal Finances; ME-2031 Meridan Ed. Corp.

52236 CONSUMERAMA

4-H members learn and use consumer skills in fun and competitive setting.

Supporting Literature/Events

The following web site has information for this years products.

<http://www.ext.vt.edu/vce/specialty/4h/consumerama.html>

354-005 Consumerism: A Judging Team
Contact Amber Wilson, Extension Associate,
540-231-2333 or email aawilson@vt.edu
for information on conducting Consumarama
Judging events

Youth Entrepreneurship Program

**Ann Lastovica , Extension Specialist,
Family Management**

**Rudy Powell, Extension Specialist, 4-H,
Virginia State University**

804-524-5253 or 804-524-5965

23184 *Minding My Own Business*

Project guides young people in building their own business. The following topics are covered.
Contact specialists at Va State for details/training.

- Who is an Entrepreneur?
- How to prepare a Business Plan
- Understanding the Business Operations
- Pricing your Product/Service
- Advertise that Business
- Managing Business Affairs
- Developing a Professional Image

Additional resources for teaching youth entrepreneurship are available from Ann Lastovica

- Business for Kids Only! Kid Biz, Year-Round Money Making Projects For Junior Entrepreneurs (book)
- The Venture Adventure, Strategies for Thriving in the Jungle of Entrepreneurship (book)
- The Beginning Entrepreneur, Starting your Own Business and Making it Work (book)
- "Get the Edge, Record Keeping System", (expenses and revenue forms)
- "Jump Start to Business," Leaders Guide; 12-25 hour curriculum that introduces the concepts of

business and entrepreneurship to students in grades 5-10. Also appropriate for highly motivated younger students in gifted and talented programs or for students in grades 11 and 12.

- "Jump Start to Business," student guide
- "Smart Start, A guide to Entrepreneurship," student's workbook
- "Small Business Start-up," tools and knowledge to build your business, CD for Windows 98/95, windows 3.1 and Macintosh
- "Growing a Business, A Young Entrepreneur's Startup Guide," student textbook for an after-school entrepreneurship course
- "Growing a Business Guide," Instructor Transparencies
- "Money Making 101" the toolkit for young entrepreneurs. CD for Windows 3.1 and 95, for kids who want to earn their own money someday
- "Visions For Young Enterprises," video
- "How to Start Your Own Business" video
- "Entrepreneurship Everywhere, A guide to Resources and Models for Entrepreneurship Education", Leaders Guide
- The Mentor kit, A Step-By-Step Guide To Creating One Effective Mentor Program In Your School (book)
- Bootstrapper's Success Secrets, 151 Tactics For Building Your Business On A Shoestring Budget (book)

23188 *W. O. W. Wild Over Work (Wonders of Work)*

Purchase from 4HCCS
Contact Dorothy Freeman, State 4-H Office, 540-231-6373 for more information.

24189 *Y.E.S.S. (Developing a Mini-society: Youth Experiencing Self-Sufficiency)*

Program participation via application process.

Gary Larrowe, Extension Agent, Carroll County glarue@vt.edu Phone: 540-728-3191
Cathy Sutphin, Extension Specialist, Volunteer Development, cmsutph@vt.edu Phone 540-231-3395.

CITIZENSHIP CURRICULUM

CITIZENSHIP

Rudolph Powell Extension Specialist, 4-H Youth,
Virginia State University, Petersburg, VA
Phone: 804-524-5965 Email: rpow@vt.edu
What good citizenship means with family, friends,
neighborhood clubs, and groups. Learn about your
heritage, how government works, and our responsibilities
as citizens of the world.

Support Materials

- Promotional Video for Citizenship Washington Focus, 12 min. from Rudy Powell 804-524-5965
- Service Learning websites
<http://www.ext.vt.edu/resources/4h/citizenship/>

- 61201 ME, MY FAMILY, AND MY FRIENDS** (age 9-11)
384-162 Me, My Family, and My Friends
- 61202 MY NEIGHBORHOOD** (age 9-11)
384-163 My Neighborhood
- 61203 MY CLUBS AND GROUPS** (age 9-11)
384-164 My Clubs and Groups
- 61204 MY COMMUNITY** (age 12 and up)
384-165 My Community
- 61205 MY HERITAGE** (age 14 and up)
384-166 My Heritage
- 61206 MY GOVERNMENT** (age 14 and up)
384-167 My Government
- 61207 MY WORLD** (age 14 and up)
384-168 My World

Leaders Guide

384-169 Citizenship projects 61201-61207

61208 CITIZENSHIP ENRICHMENT

Designed for junior members in school or
community club settings

Leader's Guide

384-180 Lessons in Citizenship (Nine
lessons for Project 61208)

INTERNATIONAL

International-Cross Cultural education experiences for
developing an awareness of the world (key resources) and
understanding other cultures (families, cultural heritage,
customs). Case studies of children in Thailand, Venezuela,
and Kenya reveal youth concern. Customs and cultures are
revealed through greetings, family traditions, foods,
houses, clothing, art, and games.

61501 THE WORLD AROUND ME

Leader's Guide

384-110 And My World, Unit 1

61502 PEOPLES AND CUSTOMS OF THE WORLD

Leader's Guide

384-111 And My World, Unit 2

61503 EXCHANGE PROGRAMS

- *Learning about Japan* – Leader's and members Manual – contact Judy Ann Fray, 540-948-4220

Support Materials:

- Activity sheets in the leader guides may be copied as needed for use by individual members.
- 384-105 "Discover...Yourself, Your World" Promotional Brochure
- LABO 4-H Japanese Exchange Program Contact: Judy Ann Fray, 4-H Volunteer 540-948-4220
- INTERNATIONAL FOREIGN YOUTH EXCHANGE (IFYE) Contact: Dottie Nelson, 4-H Volunteer 304-327-8193
- 4-H HIGH SCHOOL JAPANESE EXCHANGE PROGRAM Contact Tom Baker, 4-H Volunteer Coordinator, 757-721-0558

Videos :

Available from Judy Ann Fray (540-948-4220)

- 4-H International Exchange
- Japan: Journey of Discovery
- LABO in Japan: Exchange
- What's It Really Like - LABO
- Meeting Scott Again - LABO
- A New World Awaits You
- Bring Home the World
- 4-H Japanese Exchange

COMMUNICATIONS & PERFORMING ARTS CURRICULUM

CREATIVE & PERFORMING ARTS

Share the Fun is one facet of the Communications and Expressive Arts Curriculum. The main objectives of the program are to help 4-H'ers understand the value of the arts and humanities experiences in the development of self and others, to recognize personal creative abilities and become skilled in sharing those abilities with others.

Support Materials

<http://www.ext.vt.edu/vce/specialty/4h/programs.html>

31571 SHARE-THE-FUN

- 388-064** Share-the-Fun Score Card
- 388-065** Performing Arts Record
- 388-569** 4-H Project Portfolio

31572 EXPRESSIVE ARTS

One copy expressive arts curriculum was mailed to each unit office in 1999. Additional copies may be ordered from 4HCCS.

- 396-005** Media, Visual and Performing Arts Record

PHOTOGRAPHY

Opportunities to learn photography at the beginner's level.

33511 ADVENTURES WITH YOUR CAMERA

- 396-201** Adventures With Your Camera A (grade 3-5)
- 396-202** Adventures with Your Camera B (Grade 6-9)

PUBLIC SPEAKING

Learn to develop communication skills by understanding the basics of public speaking through the deliver of a speech on a chosen topic.

33531 PUBLIC SPEAKING

- 388-026** Public Speaking Record Book
- 388-028** Express Yourself
- 388-066** Score Sheet for Public Speaking

Videos (order from State 4-H Department)

- Planning Your Speech
- Stage Fright
- Aids to Speaking
- Be Prepared to Speak
- Communication by Voice

Support Materials

<http://www.ext.vt.edu/vce/specialty/4h/programs.html>

ENVIRONMENTAL EDUCATION & NATURAL RESOURCES CURRICULUM

MARINE SCIENCE

Barry Fox, Extension Specialist, 4-H Youth,
Marine Education/ Aquatic Science
Virginia State University, Petersburg, VA 23806
Phone 804-524-5848

EMAIL: bfox@vsu.edu

Intranet Site:

<http://www.ext.vt.edu/vce/specialty/4h/programs.html>

AQUATIC SCIENCE (CLOVERBUD)

41135 *Clean Water for the Frog*

An interactive CD program about the function and structure of wetlands designed for Cloverbud youth, grades K - 3. It is accessible on the Extension Intranet for Agent use. Each Unit also has two copies of the CD. Additional copies are available from the Extension Specialist at \$8.00 single and \$6.00 for five or more.

MARINE SCIENCE (JUNIOR) ages 9-12

41133 *MARINE SCIENCE* (Group Only)

The Junior 4-H Marine Education Projects are currently being rewritten and will be available spring, 2001. Release date, project titles and content will be sent by Extension E-mail

MARINE SCIENCE (INTERMEDIATE)

Learn about the cause, effects and solutions of water pollution, the principles of taxonomy, and the concepts of resource ecology - activities, word puzzles. (age 12 - 14)

41136 *WHAT IS WATER POLLUTION*

390-055 What is Water Pollution?

Leader's Guide

390-056 What is Water Pollution?"

41137 *TAXONOMY: THE SCIENCE OF CLASSIFICATION*

390-057 Taxonomy, The Science of Classification

Leader's Guide

390-058 Taxonomy, Leader's Guide

41138 *AQUATIC ANIMAL ADAPTATION*

390-059 Aquatic Animal Adaptations

Leader's Guide

390-060 Aquatic Animal Adaptations

Support Materials

390-026 *Planning Guide for Field Study Program*

A detailed planning guide for field trips with step-by-step procedures and planning forms. Also includes 18 aquatic/marine field study activities with leader guides. (Contact Barry Fox)

- Companion video of same title (25 minutes, VHS).
- See addendum (page 16a & 16b) for list of additional audiovisual materials available from Barry Fox, VSU.

Tree Trekking (390-027) Nature trail activities for teaching forest stewardship. Companion publication to 390-026 (Planning Guide for Field Study Programs). Contains twelve nature trail activities for groups of all ages. Available through Extension 4-H Offices. Single copy requests for Virginia residents only.

Training in the following national environmental education curricula is available as indicated

Project WILD
Project Aquatic WILD
Project Learning Tree
Project WET

Available through training workshops only. Contact your local Extension 4-H Office or Virginia Department of Game and Inland Fisheries, The Virginia Forestry Association or the Virginia Department of Environmental Quality.

Water Wizard Van is available for use by schools and local civic groups. This is a traveling, hands-on educational program about Virginia's water resources. For more information, contact the 4-H Educational Center in your service area. The Water Wizard WEB site is: www.ext.vt.edu/resources/4h/wizard. Contact the Specialist for further information.

Conservation Pieces is a quarterly environmental issues and information newsletter for Extension Agents, teachers, Volunteers and others interested in our environment and natural resource management issues. It is available at:

www.ext.vt.edu/resources/4h/conservpiece/

FORESTRY

Jeff Kirwan, Extension Specialist, 4-H
College of Forestry & Wildlife Resources
Chatham Hall, Va Tech, Blacksburg, VA 24061
Telephone: 540-231-7265

Email: jkirwan@vt.edu

FAX : 540-231-7664

WEBSITE:

<http://www.fw.vt.edu/forestry/faculty/kirwan.html>

43301 TREE IDENTIFICATION (age 9-19)
Learn to identify 10, 25, 50 or 100 trees
The following website describes the overall project, the 4-H awards that are available and links to digital resources:
<http://www.fw.vt.edu/4h/>

43302 PINE SEEDLING PROJECT (9-19)
Receive free pine seedlings for open land and Christmas tree planting.

420-021 Virginia 4-[H Seedling Project
420-061 Forest Establishment II
(Christmas Tree Planting)

43303 FOREST HEALTH (9-19)
420-069 Va Forest Health Project
Checklist for observing insects, diseases and other forest health conditions. The following website describes the overall project, the 4-H awards that are available and links to digital resources: <http://www.fw.vt.edu/4h/>

43304 TREES IN YOUR BACKYARD
420-070 Trees In your Backyard
(Available spring 2001)

43305 FORESTRY JUDGING (9-19)
<http://www.ext.vt.edu/resources/4h/environment/forestry/judging.html>

This is a state and national competitive event that teaches the fundamentals of forestry. Youth learn to identify trees, identify important forest insects and diseases, measure standing timber, conduct forest evaluations, and demonstrate compass and packing skills. Teaching events are held at the district level, January through March: State contest is held in May. Contact Extension Specialist for details and training materials. (TEAM COMPETITION)

43306 FORESTRY OUTREACH
American Chestnut Restoration (age 9-19)

<http://www.fw.vt.edu/dendro/forsite/welcome.htm>

This is a series of scientific investigations dealing with forestry. Although designed for middle schools, any 4-H group or individual may participate. Students collect, report and analyze data over the internet with help from faculty members and students at Virginia Tech. Investigations include:

- American Chestnut Project
- Acorn Study
- Biodiversity
- Phenology
- Roadkill Survey

43307 BIG TREE PROGRAM (age 9-19)
Youth are encouraged to search for the big trees in their county and to start a county big tree registry. (see website for details).

<http://www.ext.vt.edu/resources/4h/environment/forestry/bigtree.html>

43308 FORESTRY SCHOOL ENRICHMENT

388-802 Forestry School Enrichment

One copy per unit of reproducible lessons. This is a lesson guide for Virginia Extension Agents who work with in-school audiences. SOL Correlation's, discussion outlines, student worksheets and background information are included, Suggested dates and grades for each lesson are:

Lesson 1: Tree Identification – Grade 4-5 Sept, Oct, May
Lesson 2: Tree ID contest - Grades 4-5 Follows Lesson 1
Lesson 3: VA Natural Resources - Grades 4-5 Nov – Feb
Lesson 4: Tapping a Maple Tree - Grades 4-5 Feb/March
Lesson 5: Pine Seedlings - Grade 4 March/April
Lesson 6: Pine Seedling Survival - Grade 4 May/June

43309 PROJECT LEARNING TREE

A national environmental educational curriculum that uses the forest as a "window to the world". Educators must complete a free six-hour training before receiving the 402 page K-8 Activity Guide or the Secondary Modules. All PLT activities have been correlated to the Virginia Standards of Learning. For more information, contact Dana Raines, youth and Teacher Educator in the College of Natural Resources at Virginia Tech, daraine1@vt.edu or phone 540-231-7572.

Slide/Tape/CD

1. **Woody Plant ID**, a new 2 CD set – Kendall/Hunt Publishing –ISBN# 0-7872-7437-2 – call 1-800-344-9034 for ordering and availability
2. **House Video** - 10 minutes – lively, animated conversation with a tree who wants to become a house. Good for teaching wood science and forest products
3. **The Right Choice** (Video) 12 minutes – Describes careers in the forest products industry
4. **Virginia Tree Farms** (video) 4-Minutes
5. **Winning The 4-H Competition** – Describes the National Forestry Judging Program
(Email jkirwan@vt.edu to order videos)

OUTDOOR ADVENTURE

44651 OUTDOOR ADVENTURE

Leader and member materials are under development. Program includes backpacking, camping, climbing, canoeing, and other adventure activities. Skill development and group dynamics are emphasized.

SHOOTING EDUCATION

Richard Pulliam, 4-H Center Director,
Holiday Lake 4-H Center, Appomattox, VA
Telephone Number: 804-248-5444
Email Address: rpulliam@vt.edu

Four-H members will learn the safe handling and use of firearms and archery tackle under the competent leadership of specially trained adult volunteers. The program is designed to be a family centered, outdoor activity.

45585 SHOOTING EDUCATION

Support Materials

Virginia 4-H Shooting Education Curriculum Guide. (**Notice:** One copy of the guide is provided to each unit with a recognized 4-H Shooting Education program. Leaders completing certification training also receive curriculum materials.)

Project options are:

- Archery
- Hunter Education
- Muzzle Loading

- Shotgun
- Rifle
- Pistol

Audio-visuals

(Contact from Holiday Lake 4-H Center for videos, movies, and support literature)

Web Site:

<http://www.ext.vt.edu/vce/specialty/4h/shootinged/shootinged.html>

WATER AND ENERGY CONSERVATION

47641 BE WATER WISE (age level 9-14)

390-895 Be Water Wise

WILDLIFE & FISHERIES

Jeff Kirwan, Extension Specialist, 4-H
College of Forestry & Wildlife Resources
Chatham Hall, Va Tech, Blacksburg, VA 24061
Email: jkirwan@vt.edu
FAX : 540-231-7664

Interests and activities involving wildlife and fisheries can start at beginning, intermediate, and senior levels. Each of the activity guides presents specific challenges suited to age and interests of the 4-H'er. Combine activities from different activity guides over the years to develop an outstanding project record book and presentation program. Four-H leaders are encouraged to integrate Project WILD activities into 4-H meetings. Contact the Specialist listed for additional information on Project WILD.

Leader Publication

390-402 Wildlife Project

47661 WILDLIFE & FISHERIES

390-401 4-H Wildlife Project

390-443 4-H Wildlife Calendar

Each member would customarily work on two of the following Activity Guides during the year:

390-433 4-H Wildlife - Making a Resource Map

390-448 4-H Wildlife - Economic Importance of Wildlife

390-452 4-H Wildlife - Waterfowl Management

47662 FISHING FIN-ATICS (group only)
Leader Resources – provided through the Va
Dept of Inland Fisheries

47665 BIRDS IN YOUR BACKYARD
390-404 Birds in Your Backyard

47672 PROJECT WILD (group only)
• Training provided by Suzie Giley¹

47675 PROJECT AQUATIC WILD (group only)
• Training in following national environmental education curricula is available through training workshops only. Contact your local Extension 4-H Office, Virginia Department of Game and Inland Fisheries, the Virginia Forestry Association or the Virginia Department of Environmental Quality
Project WILD¹
Project Aquatic WILD¹
Project Learning Tree²³
Project Wet²⁴

WILDLIFE HABITAT EVALUATION

Mike Clifford, Extension Agent, 4-H Youth
Nottoway Extension Office, Nottoway, VA 23955
Email: mjc4h@vt.edu

Learn the fundamentals of wildlife management in this state and national judging-oriented project. Covers management concepts and practices; aerial photos of habitats; wildlife foods and both rural and backyard/urban wildlife management plans. The 4-H Wildlife Habitat Evaluation Contest, conducted at both state and national levels, is based on this project. For more information Mike Clifford

47671 Wildlife Habitat Evaluation

Support Materials:

<http://www.ext.vt.edu/resources/4h/environment/forestry/wildlife.html>

- [4-H Wildlife Habitat Evaluation Handbook.](#)
- [Wildlife Habitat Evaluation Contest Video.](#) This two part video includes a 12 minute promotional segment followed by a 42 minute instructional leader guide. To obtain a copy, send a blank VHS tape to Mike Clifford, Extension Office, Nottoway, VA 23955.

1. Suzie Giley, Department of Game and Inland Fisheries, P.O. Box 11104, Richmond, VA 23230-1104; 804/367-1000

2 Urban Forestry Council, 1060 Litton-Reaves, VPI&SU, Blacksburg, VA 24061-0334

3 Glenda Parrish, Virginia Forestry Association, 1205 East Main Street, Richmond, VA 23219-3627; 804-741-0836

4 Ann Regn, Department of Environmental Quality, P.O. Box 10009, Richmond, VA 23240-0009; 804-762-4442

4-H AQUATIC AND MARINE SCIENCE

(Audio - Visual Materials)

The following audio-visual aids are arranged in four categories: Ecology, Environment and Natural Resources, Animals/Plants and Miscellaneous. The time (minutes), grade level (P - primary, E - elementary, S - secondary, A - adult) and a one or two word description are indicated for each item. For additional information concerning any video/slide/tape, please contact the specialist.

Ecology (Video)

It's Happening Today on the Chesapeake Bay (PE)
Creature Features (adaptations) (35 min - PE)
A World in Our Backyard (wildlife) (30 min - PES)
Bill Nye, the Science Guy (47 min @ - PE)
 Wetlands/Rivers & Streams
 Water Cycle/Oceanography
 Food Web/Ocean Life
Wave Watching (scenic) (30 min -PESA)
The Intertidal Zone (shoreline) (17 min - ESA)
The Flowing Oasis (river) (50 min - ESA)
The African Jungle (wildlife) (50 min - ESA)
Tropical Belize (rainforest) (50 min - ESA)
Death Trap (insectivorous plants) (50 min - ESA)
Rainforest (South America) (50 min - ESA)
Great Barrier Reef (Australia) (50 min - ESA)
Big Cypress Swamp (Florida) (45 min - ESA)
Hawaii: Fire Goddess (volcanoes) (50 min - ESA)
Coral Sea Dreaming (tropical reef) (55 min - ESA)
Streamkeeper (stream improvement)(27 min-SA)
Life on Earth (ecosystems) (13 - 35 min units - SA)

(Slide and Tape)

A Stream Becomes an Ocean (habitats) (15 min - PE)
Ecology of a Stream (12 min - ESA)
Barrier Islands (formation) (14 min - ESA)
Natural History of Lakes/Ponds (2 part, 22 min - SA)
Shore and Estuaries (coastal) (13 min - SA)
The Seashore (structure/life) (2 part. 34 min - SA)
 (Slides with narrative script)
Ecology of a Swamp (20 slides - ESA)
Mudflat Inhabitants (marine coast) (20 slides - ESA)
Seashore Inhabitants (20 slides - ESA)
Coral Reef Community (tropical) (20 slides - ESA)
Sea Life (Atlantic Ocean) (20 slides - ESA)
Pond Food Webs (15 min - ESA)
Pond Succession (change) (62 slides - SA)
Oceanography (study of) (20 slides - SA)

Environment/ Natural Resources

(Video)

Water Follies (conservation) (7 min - PE)
Waterhog Haven (conservation) (10 min - PE)

Recycling with Mr. Rogers (15 min - PE)
Water and Weather (cycles) (30 min - PE)
I Need The Earth (awareness) (20 min - PE)
Eye Witness: Weather (30 min - PE)
Eye Witness: Ponds & Rivers (30 min - PE)
The Vanishing Land (development) (30 min -PES)
Blue Planet (Earth from space) (30 min - PESA)
Toast (energy) (12 min - PESA)
What Do You Know About Water? (20 min - ES)
Water, A Precious Resource (23 min - ES)
World Population (population growth) (7 min - ESA)
Recycling Waste to Wealth (30 min - ESA)
Pointless Pollution (non-point source) (30 min -ESA)
Going Green (three R's) (23 min - ESA)
It's Found Underground (groundwater) (31 min-ESA)
Organic Gardening (composting) (11 min - ESA)
A Recycling Trilogy: (ESA)
 Waste Stream (22 min),
 Swimming Upstream (14 min),
 Space Station Earth (23 min)

The Universe (30 min - ESA)

VA's Eastern Shore (environment) (30 min - ESA)
Homecoming (Shad restoration) (30 min - SA)
Chesapeake Horizons (saving the Bay) (30 min - SA)
Chesapeake: Living off the Land (29 min - SA)
Chesapeake Bay: Living on the Edge (15 min - SA)
Conserving America: The Wetlands (50 min - SA)
Conserving America: The Rivers (50 min - SA)
Teaching Natural Resources, Vols. 1-3 (90 min - SA)
Septic System: A Home Owners Guide (11 min - SA)
Controlling Purple Loosestrife (28 min. - SA)
Water Quality (issues) (28 min - SA)
Protecting Our Water (BMP's) (28 min - SA)
Rain in the Blue Ridge (acid rain) (19 min - SA)

(Slide and Tape)

Water; We Can't Live Without It (20 min - PES)
Forests Are More Than Trees (20 min - PES)
Soil, We Can't Live Without It (20 min - PES)
Let's Clear The Air (20 min - PES)
Chesapeake Bay & You (conservation,15 min-ESA)
The Will (conservation) (15 min - ESA)
Protecting Our Water (pollution) (12 min - SA)
Man And The Ocean (resources) (11 min - ESA)
 (Slides With Narrative Script)

Using Marine Resources (20 slides - ESA)
Groundwater Processes (20 slides - SA)
Conservation Trees (urban forestry) (80 slides - SA)

Animals and Plants (Video)

Aquatic Animals (freshwater) (30 min - PE)
Oceans Alive (marine life) (30 min - PE)
Eye Witness Series (30 min each - PE)
 Reptiles, Amphibians, Birds, Fish, Sharks
 Mammals, Moths and Butterflies, Insects
Bill Nye, the Science Guy (47 min @ - PE)

Fish/Marine Mammals Plants/Insects	Mammals/Birds Dinosaurs
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Spiders (30 min - PE)
Dinosaurs/Spiders/Insects (47 min - PE)
Audubon Society Video Guide to Birds of NA:
(60 to 90 min - ESA)
Pt. 1 - water fowl, birds of prey, grouse
Pt. 2 - wading and shore birds
Pt. 3 - swifts, humming birds, owls,
woodpeckers
Pt. 4 - swallows, jays, woodland birds
Pt. 5 - song birds, warblers

Rocky Mountain Beaver Pond (50 min - ESA)
The Scarlet Salmon (50 min - ESA)
Mammals of the Deep (ocean) (58 min - ESA)
Beyond Jurassic Park (dinosaurs) (55 min - ESA)
VA's Eastern Shore (wildlife) 30 min - SA
VA Dept. of Game & Fish (wildlife) (12 min - SA)
Diseases of Warm Water Fish (30 min - SA)
Greenback Cut-throat Trout (30 min - SA)
Whirling Disease in Fish (30 min - SA)
The Successful Marine Aquarium (30 min - SA)
The Reef Aquarium (35 min - SA)
The Successful Terrarium (30 min - SA)
The Successful Cichlid Aquarium (22 min - SA)
The Successful Garden Pond (17 min - SA)
(Slides and Tape)

Plants of the Salt Marsh (12 min - ESA)
Animals of the Salt Marsh (15 min - ESA)
Fresh and Saltwater Fishes of Virginia (15 m. - ESA)
Reptiles and Amphibians of Virginia (15 min - ESA)
(Slides With Narrative Script)

Virginia Wildlife Identification (PESA)
Birds (40 slides), Mammals (40 slides)
Reptiles (40 slides), Amphibians (27 slides), Insects
(71 slides), Invertebrates (24 slides), Fish (40 slides)
(Audio Tapes)

Sounds of the Humpback Whale (30 min - PESA)
Frog and Toad Calls of Eastern NA (60 min - ESA)
Callings: Paul Winter (instrumental) (40 min - ESA)
Tail of the Bird: Susan Strauss (stories) (45min-ESA)
Field Guide to Song Birds (2 tapes/ 250 species-ESA)
A Guide to Night Sounds-CD (animal sounds) (ESA)

Miscellaneous (Video)

Exploring a Profession in Forest Products (8m.- SA)
Marine Careers (vocations) (18 min - SA)
Global Environmental Change Conf. (82 min-SA)
Endangered Species & Wetland Public Policy (A)
Radon: Not In My Home (testing) (15 min - SA)
Update on Global Warming (20 min - SA)
Careers in Water Quality (16 min - SA)
Gathering for the Earth (global ed.) (3 hr. - A)
Cryptosporidium (17 min - A)

Educational Modules

Water Quality Test Kits

pH, hardness, iron, dissolved oxygen with instructions and activity guide. (ESA)

Groundwater Flow Model

with instructional video and support materials. (ESA)

ENVIROSCAPE

with instructional video and support materials. (ESA)

Curriculum Packages

* **Think Earth** (grades 3 - 5) - Investigates wastewater, solid waste and consumer issues. Leader/member guide, posters, transparencies, video (27 min).

* **Aquatic Maestro** (grades 4 - 7) - Fish keeping guides that emphasize water quality management. Each component has a leader guide, 20 member guides and three videos (60 - 90 minutes, total).

I. Keeping Fish Alive, II. Special Aquarium Setups, III. Aquatic Plants

* **Water Conservation** (grades 4 - 7) - Investigates various water resource issues with projects, activities and discussions. Each component has a leader guide, 20 member guides and a video (15 min). Titles include: Saving Water, Groundwater, Surface Water and Waste Water.

* **The Story of Drinking Water** (grades 4 - 7) Comic book and teacher guide.

* **Water Magic - Splash** (grades K - 3) Presents activities and issues about our most precious natural resource. Leader guide, 25 member comic/activity booklets, recommended videos.

* **Teaching About Garbage** (grades K - 9) Excellent leader/member curriculum guides that cover a variety of waste management topics, recommended videos or slides.

* **Astronomy** - Twelve luminescent star-finder guides, *Your Guide to the Sky* and other astronomy publications. Also NASA's Our Mission to Planet Earth (grades K - 3), Exploring the Moon (grades 4 - 12) and Looking at Earth from Space (grades 7 - 12). Two classroom grade sextants for longitude/latitude determination. Recommended videos.

* **Nature Scope** (grades K - 8) - Eighteen multidisciplinary educational projects with terrific activities. Each publication presents a separate topic: insects, mammals, weather, birds, deserts, trees, astronomy, wetlands, geology, endangered species, reptiles and amphibians, oceans, nature crafts, rain forests, and pollution. Recommended videos.

* **Fish Banks** (grades 7 - 12) A computer assisted fisheries management game that allows students to manage their fishery stocks, resources and effort.

FAMILY SCIENCES CURRICULUM

CLOTHING AND TEXTILES

Four-H Personal Appearance, Clothing and Textiles (4-H PACT) is a set of four project manuals which cover the areas of Clothes and People, Grooming, Care of Clothing, Fabrics and Textiles, Buying Clothes, Wardrobe Planning, Citizenship and Community Service, Leadership and Initiative, Sewing for Fun, Developing Construction Skills. Members who enroll choose from any of the subjects to complete the levels.

PERSONAL APPEARANCE, CLOTHING, AND TEXTILES (4-H PACT)

Leader's Guide

346-036 4-H PACT Leader's Guide

- 51211 4-H PACT- Level 1**
346-032 Project Manual, Level (ages 9-11)
346-037 4-H PACT Record
- 51212 4-H PACT- Level 2**
346-033 Project Manual, Level 2 (ages 11-13)
346-037 4-H PACT Record
- 51213 4-H PACT- Level 3**
346-034 Project Manual, Level 3 (ages 13-15)
346-037 4-H PACT Record
- 51214 4-H PACT- Level 4**
346-035 Project Manual, Level 4 (ages 15-19)
346-037 4-H PACT Record

Supporting Publications

346-145 4-H PACT Ideas for Exhibits, Presentations and Projects

FABRICS AND FASHION

4-H'ers learn how to select and buy fabrics and clothes, how to develop good grooming habits, how color affects moods and lives, how to care for clothing items and how to make garments using various construction techniques.

- 51215 CLOTHING CONSTRUCTION**
346-060 Beginner

- 51216 CLOTHING CONSTRUCTION-**
346-061 Intermediate

- 51217 CLOTHING CONSTRUCTION-**
346-062 Advanced

Leader Guide

346-050 Clothing Construction Guide

- 51218 CONSUMER EDUCATION - FABRICS & FIBERS**

This project teaches 4-H members to be wise consumers as they begin shopping for their clothing. They review needs, individual clothing items, kinds of stores, sales, style, and quality in this project.

Leader Guide

346-051 Consumer Education Guide

- 51219 TEXTILE SCIENCE, FABRICS/FASHION,**

4-H members learn about fibers and fabrics. Proper care of clothing and laundry techniques are also studied.

Leader Guide

346-052 4-H Fabrics/Fashions, Leader's Guide-Textile Science level 1-4

- 51221 FASHION REVIEW**

(All fashion review materials are located under family consumer sciences at the following website

<http://www.ext.vt.edu/vce/specialty/4h/programs.html>

- 346-314 **Virginia 4-H Fashion Revue Record**—recommended for 4-H Intermediates & Seniors

Support Materials

- 346-315 **Virginia 4-H Fashion Review Score Sheet**
346-319 **4-H Fashion Revue Policies and Procedures**

Video Tapes (from Newman Library Media Center)

- -Manufacturing Fiber (14 min.)
- -Personal Clothing Management/ stretching Clothing Dollars (12 min.)
- -Clothing to Promote Independence (29 min)

- Women's Workable Wardrobe (27 min.)
- Sew Easy/Sew Beautiful (90 min.)
- National 4-H Fashion Revue (from State 4-H Department)

FAMILY LIFE

Learning to care for small children safely in You and Tots prepares the 4-H'er for baby sitting jobs or care of younger brothers and sisters. From older adults, 4-H'ers learn about what life was like when they were young and develop friendships.

53291 Childcare I - Before Babysitting

53292 Childcare II -Babysitting Basics

One set of Childcare materials was mailed to each unit office in 1999. Additional copies may be purchased from University of Maryland 301-403-4263 (\$3.50 and \$4.50 respectively) pub numbers are 4h494 and 4h496

53293 Older Adults As Special Friends (age 9-12) **350-241 Older Adult Friends, I**

53294 Sharing And Working With Older Adults (age 13-19) **350-242 sharing and Working with Older Adults**

53296 Strong Families/ Competent Kids (age 9-12)

Strong Families: Competent Kids is filled with information needed when your parents decide you are ready to stay home alone and care for yourself. Youth book teaches how to safely care for your house key, answer the telephone and door, handle situations involving strangers, be ready in case of emergency, get rid of lonely and bored feelings, make good, fun use of your time, prepare a healthy snack, and much more. The book is filled with fun activities that teach the lifeskills needed to feel confident when home alone. There is a parent book too, for families wanting to learn even more about preparing for times when you are alone.

350-523 Strong Families/ Competent Kids- Member's Handbook

Leader's Guide

350-521 Strong Families/Competent Kids

Support Materials

350-528 Parents Handbook
350-520 Strong Families/Competent Kid -- Brochure

HOUSING

54411 HOME BUILDING BLOCKS I **354-084 Home Building Blocks I**

54412 HOME BUILDING BLOCKS II **354-085 Home Building Blocks II**

54413 HOME BUILDING BLOCKS III **354-086 Home Building Blocks III**

Leader Materials

354-087 Home building blocks Leader Guide

54414 THE RENT EVENT **(age 15 or older)**

The Rent Event can help you learn about the process, costs, satisfactions, and possible frustrations of renting your first home. Finding, selecting, furnishing, and maintaining a place to rent that you can afford, and meets your needs is the project focus.

356-128 The Rent Event

Leader's Guide

356-129 The Rent Event

Support Literature:

356-130 The Renter's Checklist

FOODS, NUTRITION & HEALTH CURRICULUM

FOODS & NUTRITION

Kathleen M. Stadler, Extension Specialist, Nutrition
Phone: 540-231-8768
Email: stadler@vt.edu
Tim Roberts, Extension Specialist, Food Safety
540-231-3464 Email: robertst@vt.edu

Learn to select foods which supply the nutrients needed for health whether selecting at home, in the school cafeteria, restaurant, or supermarket; to buy, prepare and serve a variety of tasty and nutritious foods, and to store and preserve food safely. Leadership and citizenship skills as well as career opportunities are included.

55311 FOODS & NUTRITION (LEVEL A)
348-410 Six Easy Bites (age 9-11)

55312 FOODS & NUTRITION (LEVEL B)
348-411 Tasty Tidbits (age 12-13)

55313 FOODS & NUTRITION (LEVEL C)
348-412 You're the Chef (age 14-16)

55314 FOODS & NUTRITION (LEVEL D)
348-413 Food Works (age 17-18)

Leader's Guide

(One copy is given to each unit at training sites)

348-405 Food/Nutrition Guide (For Level A)
348-406 Food/Nutrition Guide (For Level B)
348-407 Food/Nutrition Guide (For Level C)
348-408 Food/Nutrition Guide (For Level D)

55316 BEEF AMBASSADOR
348-416 Beef Ambassador

Support Materials:

Beef Ambassador Materials Available from
Debbie Snead, Craig County Extension Office, P.O.
Box 267, New Castle, VA 24127-0267

Leader's Resource Materials

- **4-H Pyramid Chefs**
One copy (lessons & Newsletters) sent to each Extension Office, March 1999. Contact Kathleen Stadler for balloons and hand stamps.
- **USDA Team Nutrition (Lessons Elementary)**
One Copy sent to Each Extension Office, 1997. Contact Ann Hertzler or Joan Elledge for more information. *Note: 4-H EFNEP units have a copy of TEAM NUTRITION Middle School Curriculum entitled "YOURSELF"*
- **Getting in the Food Mood**
Copies may be purchased from 4HCCS.
- **Rising to the Occasion**
One copy of national curriculum sent to each Extension Office, August 1998. Additional copies may be purchased from 4HCCS.

Support Materials

Website --

<http://www.ext.vt.edu/vce/specialty/4h/programs.html>

Cloverbud Handwashing Lessons

Website --

<http://www.ext.vt.edu/vce/specialty/4h/handwashing/index>

384-021 Color Your Way to 5 Fruits & Vegetables a Day
348-052 Become a Nutrition Star... Let Fabulous Fiber Star in your Future

Videos

- **Panther Picnic Safety Video**
Two copies in each district office
- For a list of resources available and information on ordering videos go to VCE 4-H Intranet (under Nutrition and Wellness)
<http://www.ext.vt.edu/vce/specialty/4h/programs>
- Available from Newman Library – Go to intranet site and click on Video Resource
<http://www.ext.vt.edu/vce/specialty/nutrwell/educprograms.html>

HEALTH

Debra S. Jones, Extension Specialist, Health
Virginia State University
Phone: 804-524-5967 Email: dsjones@vsu.edu

HEALTH ...It's Your Choice (Age 9 - 19)

Youth will have fun learning about the six factors that join together to make a health person: Body Motion (physical), Circle of Friends (Social), Brain Power (intellectual), Express Yourself (emotional), Dream On (Spiritual), Who Am I (occupational). As youth experience these they will develop important skills in a fun and challenging way.

The following projects may be purchased from 4HCCS or from National 4-H Supply Catalogue. Each unit office was given a complete set of these materials along with a Helper's Guide in 1999.

- 56401 EXPLORING MY BODY**
(CLOVERBUD- grades k-2)
- 56402 DISCOVERING MYSELF**
(grades 3-4)
- 56403 FUN WITH FRIENDS**
(grades 5-6)
- 56404 TEEN TALK** (grades 7-9)

(The project materials listed below are available from the Extension distribution Center)

- 56405 FITTING THE FOOD & NUTRITION PIECES TOGETHER**
352-780 Fitting the Food &
- 56406 A SMILE TO KEEP**
352-787 A Smile to Keep
(dental health)
- 56407 FIRST AID & SAFETY**
352-788 First Aid and Safety
- 56408 PROTECT YOUR HEALTH**
352-789 Protect Your Health,
Immunizations and Colds)

Videos

- Contact Deb Jones for an up-to-date list of visuals-- Phone: 804-524-5967 Email: dsjones@vsu.edu

EFNEP/SCNEP

4-H EFNEP/SCNEP projects are offered in units receiving special funding.

Joan Elledge, Program Coordinator,
EFNEP/SCNEP Phone: 540-231-6393
Email: jelledge@vt.edu

55318 EFNEP/SCNEP INDIVIDUAL

55319 EFNEP/SCNEP FAMILY

Support Materials

- Source Book (one per planning district & EFNEP units)
- See website for more information
<http://www.ext.vt.edu/vce/specialty/nutrwell/4hefnep/curriculum.html>

LEADERSHIP AND PERSONAL DEVELOPMENT

Joe Hunnings, Extension Specialist, 4-H
107 Hutcheson Hall, Va Tech,
Blacksburg, VA 24061
Phone: 540-231-6371
Email: hunnings@vt.edu

LIFE SKILLS

60001 CHARACTER COUNTS (Group Only)

Elizabeth Sykes, Character Counts Coordinator,
State 4-H Office, 119 Hutcheson Hall
Va Tech, Blacksburg, VA 24061
Phone: 540-231-6373 Email: esykes@vt.edu

Support Materials

Each unit office has the following teaching kits
Kit for 5-8 year olds
Kit for 9-11 year olds
Kit for 12-13 year olds
"Character Counts Idea Book"
"Building Common Ground"

websites:

<http://www.ext.vt.edu/resources/4h>
<http://www.ext.vt.edu/resources/4h/leadership.html>
<http://home.rica.net/kelleyc/research.htm>

District Coordinators:

Northwest:	Jennifer Unroe	junroe@vt.edu
Northeast:	Linda Robinson	liron@vt.edu
Central:	Laura McClenny	lmccle@vt.edu
Northern:	Barbara Reese	bireese@erols.com
Southwest:	Mike Martin	mimartin@vt.edu

61461 GROUP DYNAMITE (Group Only)
A leadership development program for senior 4-H youth designed to help youth work effectively in groups and experience skills in group interaction.

Support Materials

One manual per unit office after receiving training

LEADERSHIP

61465 EXPLORING LEADERSHIP (Ages 12-13)

388-030 4-H leadership Record –
Planning Guide

Support Materials

- Officer Duty sheets may be found on the intranet website
<http://www.ext.vt.edu/vce/specialty/4h/materials.html>
- Videos from the State 4-H Office
 - Fundamentals of Parliamentary Procedure
 - How to conduct a meeting

PERSONAL DEVELOPMENT

An opportunity to select a subject, not necessarily included in a 4-H project, and develop a plan to pursue it in your special way. It may serve as a career exploratory type program, involve interviews, work with special people, and develop a positive attitude toward "making up your own mind."

62561 MAKE UP YOUR OWN MIND

Design your own project in a new subject or explore an established project in greater depth – AGE 14-19.

388-122 Virginia 4-H Project Record
Form

388-569 4-H Project Portfolio

Leader Guide

384-616 Make Up Your Own Mind

PLANT AND SOIL SCIENCES CURRICULUM

LAND APPRECIATION & SOIL JUDGING

71118 LAND APPRECIATION/SOIL JUDGING (BEGINNER)
452-222 Intro to Soil Judging

71119 LAND APPRECIATION/ SOIL JUDGING (INTERMEDIATE)
452-223 Intermediate Soil Judging in VA
452-224 Intermediate Soil Judging scorecard

71121 LAND APPRECIATION/ SOIL JUDGING (SENIOR)
562-225 Senior 4-H Soil Judging and Evaluation Scorecard

Support Materials

- 452-222 Introduction to 4-H Soil Judging
- 452-223 Intermediate Soil Judging
- 452-224 Intermediate Soil Judging Scorecard
- 452-225 Senior Soil Judging Score Card
- 452-501 4-H Land Judging and Soil Evaluation in Virginia (contact Billie Cline, 540-231-6086 for a copy)

website:

<http://www.ext.vt.edu/resources/4h/plantsoil/>

ENTOMOLOGY

Dini Miller, Extension Specialist Entomology
Phone: 540-231-4918
Email: dinim@vt.edu
Website:

<http://everest.ento.vt.edu/~mollet/4hent.htm>

Learn about the biology and habits of the insects that live in close association with man. Collecting, preserving, and identifying insects is an important part of learning Entomology.

77272 EXPLORING THE WORLD OF INSECTS (age 9-12)

- 444-408 Adventures with Insects Unit I
- 444-444 Exploring the Curious World of Insects
- 444-905 Exploring the Insect World--Rearing Insects

GARDENING

Diane Relf, Extension Specialist, Consumer Horticulture Email:pdrelf@vt.edu

Website

<http://www.ext.vt.edu/vce/specialty/envirohort/main.html>

72446 GARDENING PROJECT

Support Materials:

- One copy of 4HCCS 4-H Gardening Project materials was sent to each unit office 1999. Additional copies may be purchased.
- **Jr Master Gardner Handbook** –Two copies sent to each unit office Fall 2000 with guidelines for use. Additional copies may be purchased.
Introduces young gardeners to the art and science of gardening and helps them develop leadership and life skills to become good citizens within their communities, schools, and families. Youth may become Certified Junior master Gardeners through this program.
- **GrowLabs and Soil Augers are available in the following locations for use by units in that PD**
 - **Augers:** Isle of Wight, Norfolk, Lancaster, Charles City, Stafford, Madison, Nelson, Campbell, Mecklenburg, Henry, Floyd
 - **Growlabs:** Va. Beach, York, Northumberland, King George, Madison, Nelson, Rockbridge, Campbell, Mecklenburg, Henry, Floyd

HORTICULTURE

Diane Relf, Extension Specialist, Consumer Horticulture Email:pdrelf@vt.edu
Website

<http://www.ext.vt.edu/vce/specialty/envirohort/main.html>

74451 HORTICULTURE

In School Curriculum (grades 4-5)

Support Materials

One copy of 4HCCS materials was sent to each unit office in 1999. Additional copies may be purchased.

74454 PLANTING TREES AND SHRUBS

426-930 Planting Ornamental Trees and Shrubs

72445 PRUNING ORNAMENTAL

426-932 Pruning Ornamental Trees

SCIENCE AND TECHNOLOGY CURRICULUM

ELECTRIC/ENERGY

Lori Marsh, Extension Specialist, Biosystems Engineering, 210 Seitz Hall, Va Tech, Blacksburg, VA 24061-0303

Phone: 540-231-6815

Email: marshes

The Electric Energy Curriculum allows you to explore electricity and magnetism. You will build circuits, conduct a safety audit, and make an electric motor. Learn how to read the nameplate on an appliance and calculate how much it will cost to operate. These lessons will help you become an informed consumer of electric energy.

84261 ELECTRIC ENERGY (ages 9-11)

- 442-521 Lesson 1: Static Electricity
- 442-522 Lesson 2: Current Electricity
- 442-523 Lesson 3: Electricity and Magnetism
- 442-524 Lesson 4: Electrical Safety
- 442-525 Lesson 5: Electric Terms
- 442-526 Lesson 6: Reading an Electric Bill
- 442-527 Lesson 7: What's on A Nameplate
- 442-528 Lesson 8: Home Wiring

Leader's Guide

442-529 Electric Energy

Support materials

442-500 Certificate for Completion of Lessons 1-3

- Additional *Energy Education Materials* available from the Virginia Energy Education Development Project. (VEED) Contact Mary Spruill PH: 703-860-5029
- *Energy Kits* with supplies to conduct the eight lessons are available in selected unit offices.

84262 ELECTRIC ENERGY (Group Only) 4HCCS – contact Dr. Lori Marsh for training and materials

84263 ELECTRIC ENERGY (School Enrichment) 388-800 One copy per unit office of reproducible materials.

AEROSPACE

81101 AEROSPACE (Group only)

One copy of 4HCCS materials were sent to each unit Extension Office. Additional copies may be purchased.

BICYCLE

Learn parts and how to inspect your bicycle, rules of the road, use of hand signals, maintain and adjust, plan bicycle trips.

82171 BICYCLE BASICS (age 9-11) 388-110 Best Bicyclist on Earth

COMPUTER

83221 INTERACTIVE PRESENTATIONS

Support Materials:

<http://www.ext.vt.edu/resources/4h/contests/interactive/contest.html>

S.E.R.I.E.S

85406 S.E.R.I.E.S (Science Experiences and Resources for Informal Educational Settings)

Trained teens & volunteers teach hands-on science lessons as 4-H'ers learn to science with snails, create their own earthquakes, experiment with household chemicals, make their own watershed, etc. Major emphasis is placed on 4-H'ers learning for themselves. (Only units who have participated in training receive materials).

WOODWORKING

88681 WOODWORKING One copy per unit office. Additional copies may be purchased from National 4-H Supply or 4HCCS.

Club Organization

Copies of many of publications are posted on the VCE Intranet as well as available in hard copy.
<http://www.ext.vt.edu/vce/specialty/4h/materials.html>*

388-568	4-H Projects (newsprint)
382-180	4-H Leader's Handbook
388-123	4-H Volunteer Profile
388-001	4-H Enrollment- Group Form
388-002*	4-H Member Enrollment- Individual Form
388-003*	4-H Volunteer Enrollment- Individual Form
388-004*	4-H One Time/ Occasional Volunteer Enrollment Form
388-005	4-H Group Enrollment Summary Sheet
388-006*	Parent Interest Form
360-091	EFNEP Volunteer Registration
388-178	4-H Membership Card
388-024	4-H Secretary's Record Book
388-025	4-H Treasurer's Record Book
388-274	Guide for 4-H Officers
388-070	4-H Club Charter & Seal
388-186*	Cloverbud Charter & Seal Application
388-094*	Score Sheet for Charter Seal
388-906*	4-H Health History Report
388-569	4-H Project Portfolio

Club Leadership

** indicates materials located on 4-H Intranet)*

388-118*	4-H Project Meeting Plans
388-156*	Project Leader – Leadership Role
388-157*	4-H Committee Member Learning Leadership Life Skills
388-158*	4-H Committee Chairperson Learning Leadership Life Skills
388-159*	Organizational Leader Role
388-160*	4-H President Learning Leadership Life Skills
388-161*	Leader/Agent Guide – Leadership
388-162*	4-H Vice President Learning Leadership Life Skills
388-163*	4-H Secretary Learning Leadership Life Skills
388-164*	4-H Treasurer Learning Leadership Life Skills
388-165*	4-H Reporter Learning Leadership Life Skills
388-166*	4-H Song Leader Learning Leadership Life Skills
388-167*	4-H Recreation Leader Learning Leadership Life Skills
388-533*	Youth Leadership & Group Efforts
388-028	Express Yourself , Public Speaking & Presentations
388-133	If I Were.... Incentives Module+

4-H PROMOTION

388-184	Cloverview Life Paths to Careers (Tabloid) (Coverbud)
388-183	It's Fun (Cloverbud Poster)
388-568	Virginia 4-H Projects (Newsprint Project Summary)

- 388-009 4-H Mission Statement- (Wall Display Poster)
- 388-133 If I Were (Brochure)
- 388-583 4-H "Move Over World" (Poster)
- 388-584 4-H "Move Over World" (template)
(blank inside)
- 388-585 4-H "Move Over World" Brochure
- 388-902 4-H Facts (Bookmark)

4-H Contest Aids

- 388-056* 4-H Presentations
- 388-062* 4-H Presentation Scoring Aid
- Intranet Orientation of Judges
- 388-100 Judging Score Cards (Blue)
- 388-101 Judging Score Cards (White)
- 388-102 Judging Score Cards (Yellow)
- 388-103 Judging Score Cards (Green)
- 388-064* Share the Fun Score Sheet
- 388-028 Express Yourself (Public Speaking)
- 388-066* Public Speaking Score Sheet
- Intranet* Fashion Review Policies/Procedures
- 452-223 Beginners Soil Judging Score Card
- 452-224 Intermediate Soil Judging Score Card
- 452-225 Senior Soil Judging Score Card

RECOGNITION & AWARDS

The following can be found on the
4-H Intranet at <http://www.ext.vt.edu/resources/4h/allstars.html>

- Biographical Information on Virginia 4-H Member
- 4-H All Star Nomination Form (members)
- 4-H All Star Recommendation for Membership (leaders)
- 4-H All Star Constitution and Bylaws
- 4-H All Stars, The Highest Honor
- What You Should Know About All Stars
- Certificate of Eligibility

- 388-097 Senior 4-H Member.. . Information Summary
- 388-082 Recognition Certificate (for people making significant contributions to 4-H)
- 388-083 Certificate of Recognition (for 4-H members)
- 388-133 If I Were (recognition training lesson)
- 388-084 Honor Club Certificate
- 388-069* Application for 4-H Club Charter
- 388-094* Score Sheet for Charter Seal
- 388-186* 4-H Cloverbud Club Charter & Charter Seal
- TBA Certificate (Generic 4-H)
- 388-007 Certificate – College for Financial Planning
- 400-807 Livestock Advancement Certificate

OPPORTUNITIES FOR SENIOR 4-H MEMBERS

Regional And State Conferences And Workshops

4-H All Stars

4-H All Stars is an honor/service organization. Membership in 4-H All Stars is the highest recognition that a Virginia 4-H'er can achieve. Virginia 4-H All Stars is service oriented and volunteer operated. It is a distinct privilege and high honor to be asked to join this organization. Throughout the years, 4-H members across the state have grown and learned with the incentive of All-Star membership as a goal. While it is a goal to be chosen as an All Star, the real advantage of membership is in serving the 4-H program and the community in which you lives. The motto of 4-H All Stars is Service.

At-A-Glance

Application: Virginia All -Star Application

Due: December 1

Age: 14 -19

Cost: \$15 plus annual dues or life membership

For more information: Contact your local Extension office

4-H Camp Counselor Or Counselor-In- Training

Opportunity to serve as a 4-H camp counselor or counselor-in-training during the summer 4-H camping week, and/or during any other special interest or day camp events that the county or city may conduct.

At-A-Glance

Date: varies by county or city--call the local Extension office to learn more specifics concerning this information).

Where: the 4-H camps are held at the respective 4-H educational center, and/or at other designated locations for special interest and day 4-H camping events).

Cost: determined by the local Extension office--some counties and cities may be able to cover costs, or partial costs, for teen 4-H camp counselors and/or counselors-in-training positions.

Deadline for application: varies by county or city. Best advice is to make application early-- January or February proceeding the summer camping season is best.

Age: Teens must be 14 years of age or older by January 1 of the current 4-H year (October 1- September 30) in order to serve as a 4-H camp counselor, and attend the pre-camp training session(s) scheduled by the Extension office. The 4-H camp counselors-in-training may be younger; however, they do not have supervisory responsibilities at any time with 4-H campers).

For more information: Call the local Extension office for additional Information and request an application to be a 4-H camp counselor.

Date: March 17-18

4-H Teen Volunteer for County or City 4-H Program

The 4-H teen leader assists adult volunteer leaders in the local 4-H club program. This may include helping younger 4-H'ers with their project, working with them in club activities, teaching, and other possible areas of assistance. Training is provided to prepare teens for this task).

At-A-Glance

Date: Anytime during the 4-H year. The 4-H club year operates between October 1 and September 30).

Where: Varies by county or city. Contact the local Extension office for further information. The best opportunity is to-serve with a club in your community or neighborhood).

Approximate Cost: The costs are time and commitment to be a 4-H teen leader.

Application/How to Apply: contact your local Extension office and ask to speak to the 4-H agent or person in charge of 4-H. Ask for a 4-H teen leader application.

Ages: In order to be a 4-H teen leader, the youth must be 14 years of age or older during the 4-H year, October 1 -September 30.

For additional information: Contact the local Extension office and ask to speak to the 4-H agent, or person in charge of 4-H .

Virginia 4-H Congress

The Virginia 4-H program is showcased at Virginia 4-H Congress through exhilarating workshops, project competitions, service learning, and special programs. But, 4-H Congress is also much more as it is a time in which 4-H'ers from around the State come together at Virginia Tech to share in the fun and fellowship of friends through dances, recreation, and dorm living.

At-A-Glance

Date: 3rd week in June

Where: Blacksburg, VA

Cost: Approximately \$120.00

Application: Virginia 4-H Congress Application

Deadline: First Friday in May

Ages: 14-19

For more information: Dorothy Freeman, State 4-H Office, (540) 231-6372

Virginia Tech Collegiate Host Weekend

Collegiate 4-H Club hosts this weekend for high school juniors and seniors to get a taste of college life. Spend the weekend as the guest of a college

At A Glance:

Application: Call, Space is limited, and registration is available on a first-come, first-serve basis.

Deadline: Registration closes when trip is full

Age: 13-17

Judging

Exciting opportunities exist in areas of Avian Bowl, Consumerama, Dairy, Environmental Ed and Natural Resources, Fashion Revue, Horse, Poultry, Livestock, , and Plant & Soil Science. Beginning programs at the club and unit level lead to state, national and international experiences. Judging is an exciting way to learn much more about these subjects. Contact your local extension office for more information.

4-H Center Programs

Each of the six Virginia 4-H Centers has a variety of programs throughout the year especially for senior 4-H members. The following website lists the centers and programs they have available

<http://www.ext.vt.edu/resources/4h/edcenters.html>

NATIONAL CONFERENCES & WORKSHOPS

Citizenship Washington Focus

The premiere 4-H citizenship and government education program, Citizenship Washington Focus is a fast paced hands on exposure to the seat of our federal government, Washington, D.C.. Program features include workshops, tours of Federal facilities, legislative visits, and FUN!!!

At-A-Glance

Date: Between 2nd and third week of July

Where: National 4-H Center, Chevy Chase, MD

Cost: Approximately \$500 (scholarships available through local Ruritan Clubs)

Application: Citizenship Washington Focus Application

Deadline: May 15

Ages: 15-19

For more information: Rudy Powell, Virginia State, (804) 524-5965

National 4-H Conference

NATIONALS 4-H Conference may be the most important program opportunity available to a senior 4-H'er. As part of a team, 4-H members are empowered to make recommendations and innovations that could determine the character of 4-H in the future. Six youth are selected to represent Virginia in this exciting and memorable experience.

At-A-Glance

Date: First week in April

Where: National 4-H Council, Chevy Chase, MD

Cost: Approximately \$500.00 (fully funded by State 4-H Office)

Application: National 4-H Conference Application and Essay

Deadline: January 1

Ages: 16-19

For more information: Rudy Powell, Virginia State, (804) 524-5965

National 4-H Congress

The "Cadillac" of 4-H experiences, National 4-H Congress is held annually in late December in Atlanta and is a showcase of the 4-H experience. To attend, 4-H members must successfully complete a portfolio, a interview and be selected by a panel of judges. Four-H members must demonstrate excellence in leadership, citizenship, project work, and community service. The educational program involves nationally recognized speakers, informational tours, and great entertainment. It's a once-in-a-lifetime experience of thrills.

At-A-Glance

Date: Late November, the day after Thanksgiving

Where: Atlanta, GA

Cost: Approximately \$1000 including air transportation (full scholarship provided)

Application: Resumes and interviews

For more information: Billie Cline, State 4-H Office, (540) 231-6373

National 4-H Council Program Assistants

Become licensed as Tour Guides, to facilitate National 4-H Council's educational programs by working with each group's Coordinator and Council Program staff to lead groups to Washington, D.C. sites, provide educational curriculum, and perform other related duties. National 4-H Council programs are intense and exciting learning experiences for youth and adults from all over the United States and the world. Program assistants make these programs successful by using their skills and knowledge to help the participants gain the most possible and have the most positive experience during their stay in Washington, D.C. and at the National 4-H Center. Also, a Program Assistant intern will have the opportunity to develop and enhance their skills in a professional atmosphere. The hours of a program assistant are very long, usually average between 50-60 hours/week and do include evenings, weekends and holidays. Program Assistants for the Wonders of Washington (WOW) and Citizenship Washington Focus (CWF) programs must be able to successfully fulfill the requirements of the D.C. Tour Guide License. The following are required by the Government of the District of Columbia for Tour Guides, and are requirements for all candidates of the Program Assistant Internship: Applicants must be at least eighteen years of age. Be a citizen of the United States. Be able to read, write and speak the English

At-A-Glance

Dates/Periods of Employment:

Spring (February, June) Summer (Mid May-July) Fall (September-December)

Employment periods run for one session; however, additional employment sessions may be available new applicants receive priority.

Where: National 4-H Council, Chevy Chase, MD

Applicants must

- Be at least eighteen years of age.
- Be a citizen of the United States.
- Be able to read, write and speak the English language.
- Not be covered by diplomatic immunity.
- Not be on parole or probation.
- Not have been convicted or have served all or part of a sentence in the past ten years for any felony or an attempt to commit any felony.
- Not have been convicted within the past five years of a misdemeanor involving turpitude.
- Successfully complete the tour guide exam.
- Be of sound physique, with good eyesite (at least 20/40 vision with or without corrections), hearing in both ears; not subject to epilepsy, vertigo, or heart trouble.
- It is a job requirement to successfully complete the tour guide exam at the completion of a three-week training period.

Virginia Council of Farmer Cooperatives' Youth Leadership Conference

Teaches about the uniqueness of the Cooperative way of doing business. In addition, teaches current business practices, teamwork and leadership skills. The participants are placed in a rural setting, secluded from outside distractions with wholesome, down home cooking and have an opportunity to interact with peers from across the Commonwealth. Eight of the participants who attend will be selected to attend the National Institute of Cooperative Education, July 31 -August 3, 2000 in Nashville, TN.

At-A-Glance

Ages: 16 -19

Date: Late March/Early April

Where: Graves Mountain Lodge, Syria, VA

Cost: Scholarship provided by one of the local Farm Supply Cooperative, Petroleum Cooperative, Electric Cooperative, Dairy Cooperative, or Farm Credit Association

For more information: Virginia Council of Farmer Cooperatives, (804) 281-1452

INTERNATIONAL LEARNING PROGRAMS

IFYE Representative

The flagship program of the 4-H international experience, IFYE is an in-depth learning experience in which 4-H'ers and 4-H alumni live in another country with host families. Programs vary from country to country, with some emphasizing an agricultural work experience with families, in a training center, or with the local 4-H type youth development program.

Dates: Vary depending on host country assignment

Where: one of 20 countries

Cost: \$3750 to \$5000 depending on country

Applications: IFYE application

Deadline: January 1

Ages: 19-30

Contact: Dottie Nelson, 4-H Volunteer, 304-327-8193

IFYE Ambassador

Get a good taste of a different culture through the IFYE Ambassador program. The six week summer experience features chaperoned group travel, a topical focus study, and living with a host family. A wide variety of destinations are offered each year.

Date: late June through July

Where: One of 20 different countries

Cost: \$2750 - \$4000 depending on country

Application: Global Destinations Application

Deadline: January 1

Ages: 15 – 19

Contact: Dottie Nelson, 4-H Volunteer, 304-327-8193

4-H Japanese Exchange: LABO

An opportunity to learn about life in Japan through a four week visit. The 4-H/LABO Exchange allows Virginia teens to live with a Japanese family, attends a four-day camp, and experiences the rich and unique culture of this important member of the international community.

Date: July –August

Cost: \$2500 (appx)

Application: LABO Exchange Application and letters of reference

Deadline: February 15

Ages: 13-18

Contact: Judy Ann Fray, 4-H volunteer, 540-9480-4220

4-H Japanese Exchange High School Program

An opportunity to host or be an exchange student with Japan. Assignments are for 11 months. All speak English. For more information Contact Tom Baker, Volunteer Coordinator, Virginia 4-H Japanese Exchange High School Program. Brookdale Farm, 2060 Vaughn Road, Va Beach Va 23457-1521 Phone: 757-721-0058 email: tom.and.anne.baker@juno.com

4-H Faculty/Staff/Specialist Roster

Dr. Robert Ray Meadows,

Associate Director, 4-H

107 Hutcheson Hall (0419)
Virginia Tech
Blacksburg, VA 24061
(540)231-6371 FAX (540)231-7866
Email: bmeadows@vt.edu

- ◆ Leadership with 4-H in 107 Counties/cities and six 4-H educational centers
- ◆ Leadership to enhance image of 4-H (partnerships and relationships with key agencies/individuals, etc.)
- ◆ Leadership for Virginia 4-H Leadership Council.
- ◆ Leadership to develop and strengthen relationship of 4-H at Virginia Tech and Virginia State.
- ◆ Administer 4-H resources, including budgets and personnel.

(Vacant)

**Executive Director,
Virginia 4-H Foundation,**
115 Hutcheson Hall (0419)
Virginia Tech
Blacksburg, VA 24061

- ◆ Administer Virginia 4-H Foundation endowed and program funds
- ◆ Identify, recruit, train, develop and support Board of Trustees of Virginia 4-H Foundation.
- ◆ Provide specialist support to Extension staff on resource development and fund management.
- ◆ Develop a Public Relations program for Virginia 4-H, to include providing leadership for “4-H for Life”, and National 4-H Week.
- ◆ Provide leadership for 4-H Legislative Reception and like events
- ◆ Provide Support of 4-H Curriculum
- ◆ Provide leadership to 4-H Awards and Recognition program

(Vacant)

Extension Specialist, 4-H Curriculum and Learning Process

107 Hutcheson Hall (0419)
Virginia Tech
Blacksburg, VA 24061
(540)231-6373 FAX (540)231-7866
Email:

- ◆ Provides leadership to curriculum development and management systems including curriculum component committees and Educational Design Committee
- ◆ Serves on the Virginia 4-H Leadership Council
- ◆ Manages inventory of 4-H curricula and the curriculum budget
- ◆ Works with Executive Director of the VA 4-H Foundation to secure resources for program support
- ◆ Provide leadership for the Collegiate 4-H Club of Virginia Tech, including training, guidance and assistance for the club officers and members
- ◆ Works closely with 4-H specialists with curriculum Staff Development
- ◆ Provides leadership to awards and incentives program development and delivery
- ◆ Supports State 4-H Specialists with State 4-H Ambassadors
- ◆ Provides leadership to 2002 State 4-H Congress
- ◆ Provides leadership for National 4-H Week promotion
- ◆ Provides leadership for Virginia’s participation in National 4-H Congress

Dr. James R. Gardner,

Extension Specialist, 4-H Centers,

109 Cooperative Extension Building
Virginia State University
P.O. Box 9400
Petersburg, VA 23806-9400
(804)524-5465 FAX (804)524-5452
Email: jrgardne@vt.edu

- ◆ Provides leadership to the six 4-H educational centers including working

directly with the Centers' staff and Board of Directors in insure that Extension program goals and objectives are being served through the Centers.

- ◆ Coordinates statewide initiatives with the Centers; manages VCE's investments at the Centers.
- ◆ Provides leadership to Virginia 4-H All Stars
- ◆ Provides support as needed to State 4-H Congress

Dorothy M. Freeman,
Extension Specialist, 4-H Delivery
Modes & Senior 4-H Programming
107 Hutcheson Hall (0419)
Virginia Tech
Blacksburg, VA 24061
(540)231-6372 FAX (540)231-7866
Email: freemand@vt.edu

- ◆ Provides leadership to all 4-H delivery modes
- ◆ Provides leadership to 4-H YAR emphasis/oversees CYFAR programming and Grants
- ◆ Liaison with College of Human Resources and Education promoting 4-H and improving support for.
- ◆ Provides leadership for Virginia's senior 4-H programming efforts
- ◆ Provides leadership for 2001 Virginia 4-H State Congress.
- ◆ Serves as staff liaison with 2001 Virginia 4-H Cabinet and State Ambassadors.
- ◆ Provides leadership for Virginia 4-H Teen Involvement Program.

(Vacant)
Extension Specialist, 4-H Staff
Development & Camping
107 Hutcheson Hall (0419)
Virginia Tech
Blacksburg, VA 24061
(540)231-6373 FAX (540)231-7866
Email: bmeadows@vt.edu

- ◆ Provide leadership for staff development for all salaried and volunteer staff.
- ◆ Provide leadership for State 4-H Inservice Week
- ◆ Provides leadership to Master Volunteer tracts

- ◆ Provide leadership for 4-H camping programs, including leadership for the National 4-H Camping Institute.
- ◆ Liaison with 4-H Education Design Team for Staff Development
- ◆ Provide leadership to competitive and educational tracts of State 4-H Congress.

Joe Hunnings (after 1/1/01)
Extension Specialist, 4-H Leadership
& International Programming
107 Hutcheson Hall (0419)
Virginia Tech
Blacksburg, Va 24061
(540)231-6363

- Provide leadership and direction for Virginia's Leadership and International Programming including CHARACTER COUNTS!, IFYE, LABO, and other program emphasis
- Be responsible for tracking research efforts with 4-H/CHARACTER COUNTS!
- Coordinate and conduct 4-H staff development for salaried and volunteer staff with 4-H/CHARACTER COUNTS!
- Provide leadership and direction with the 4-H technology efforts including serving as liaison with 4-H Virtual Farm and assisting specialists and office staff with technology as it relates to their programs and work.
- Provide leadership and strengthen relation with three colleges: College of Agriculture and life Sciences (CALS); College of natural Resources (CNR); and the College of Veterinary Science (CVS) to strengthen relationships with specialists to assist unit staffs, and to strengthen the enrollment and increase effective 4-H programming with these colleges.
- Coordinate 4-H Service Learning statewide.
- Other duties as assigned, including leadership with State 4-H Congress, research on 4-H leadership and citizenship design, and liaison to a district 4-H agents group.

Rudolph H. Powell,
Extension Specialist, 4-H Citizenship
Cooperative Extension Building
Virginia State University
P.O. Box 9081
Petersburg, VA 23806
(804)524-5965 FAX (804)524-5452

Email: rpow@vsu.edu

- ◆ Provide leadership for 4-H Citizenship Education programs including 4-H Days at State Capitol, 4-H Washington Focus, National 4-H Conference, 4-H at Kings Dominion, 4-H Days at State Capitol.
- ◆ Serve as a member of the 4-H Citizenship Component Committee.
- ◆ Provide support to urban 4-H programs.
- ◆ Provide leadership to the "Minding My Own Business" project.
- ◆ Assist with State 4-H Congress.
- ◆ Virginia State University representative to VA Assoc. of Adult 4-H Volunteer Leaders

4-H Support Staff

Billie R. Cline,

4-H Public Relations Asst Specialist,
108 Hutcheson Hall (0419)
Virginia Tech
Blacksburg, VA 24061
(540)231-6086 FAX (540)231-7866
Email: bcline@vt.edu

- ◆ Work closely with curriculum component committees to oversee printing/purchasing of materials and storage and delivery via the Extension Distribution Center.
- ◆ Monitor usage, availability and appearance of publications.
- ◆ Coordinate 4-H enrollment processes - training, compiling data, and preparing reports.
- ◆ Provide leadership to facilities management and registration for State 4-H Congress.
- ◆ Serve as editor of the 4-H Information Letter.
- ◆ Compile, manage, and communicate state-wide master calendar.

Debbie Price,

Executive Secretary,
119 Hutcheson Hall (0419) Virginia Tech,
Blacksburg, VA 24061
(540)231-6371 FAX (540)231-7866
Email: dprice@vt.edu

- ◆ Administrative support for Department
- ◆ Provide support for Virginia 4-H Leadership Council.

- ◆ Serve as departmental contact for fiscal operations.
- ◆ Provide support to 4-H Specialists' meetings.

Tracy Sebring,

Office Services Specialist,
Virginia 4-H Foundation, Virginia Tech
115 Hutcheson Hall (0419)
Virginia Tech
Blacksburg, VA 24061
(540)231-6372 FAX (540)231-7866
Email: sebring@vt.edu

- ◆ Provide support for Executive Director, Virginia 4-H Foundation
- ◆ Provide support for Dorothy Freeman.
- ◆ Provide support for Virginia 4-H Foundation Board of Trustees.
- ◆ Provide fiscal support for Virginia 4-H Foundation Board of Trustees.

Marjorie Wright,

Office Services Specialist,
107 Hutcheson Hall (0419)
Virginia Tech
Blacksburg, VA 24061
(540)231-6373 FAX (540)231-7866
Email: mawright@vt.edu

- ◆ Provide office support for 4-H specialists
- ◆ Provide support for International Program.
- ◆ Provide support for Virginia 4-H All Stars.
- ◆ Maintain inventory and order project medals and other incentive awards.

Tracy Downey

Program Support
Box 540, Va State University
Petersburg, VA 23802
(804) 524-5964
email: tdowney@vsu.edu

- Provide support for Barry Fox and Rudy Powell, Extension Specialists 4-H at Virginia State University.

Extension Specialist Working with 4-H

Phillip J. Clauer, Extension Poultry Specialist, 3300 Litton Reaves Hall, Va Tech, Blacksburg, VA 24061-0306
Email address: pclauer@vt.edu

Telephone: 540-231-9185

Fax: 540-231-3713

Homepage

<http://www.apsc.vt.edu/Faculty/Clauer/clauer.html>

- Provides leadership for 4-H "Beginning of Life" project, raising and rearing poultry projects, state poultry exhibition and market poultry pen show as well as, district, state, regional and national poultry judging, Avian Bowl, Egg Cookery and poultry Barbecue contests.
- Conducts volunteer leader and youth training, develops program resources and coordinate program activities and events.

Dr. Ruby Cox, State Program Coordinator, EFNEP & SCNEP
229 Wallace Hall, VPI&SU, Va Tech, Blacksburg, VA 24061-0430
Telephone: 540-231-7156
Fax: 540-231-7576
Email: rubbycox@vt.edu

- Provides administrative and budgetary leadership for the 4-H EFNEP Program.

Dr. Dini Miller, Assistant Professor
Department of Entomology
320 Price Hall
Phone: (540) 231-4918
FAX: (540) 231-9131
E-mail: dinim@vt.edu

- Development of entomological projects where elementary and secondary school students use live insects to learn biological concepts.

Joan Elledge, Assistant Program Coordinator, EFNEP & SCNEP
229 Wallace Hall, VPI&SU, VA Tech, Blacksburg, VA 24061-0430
Telephone: 540-231-6393
Fax: 540-231-7576
E-mail: jelledge@vt.edu

- Provides programming leadership of 4-H EFNEP, including development of educational materials and training of those who supervise 4-H EFNEP Program Assistants.
- Liaison between 4-H and 4-H EFNEP.
- Encourages cooperative relationships between 4-H EFNEP and 4-H to serve 4-H EFNEP youth's best interest.
- Communicates with 4-H Health, Foods & Nutrition Curriculum committee.

- Promotes nutrition education programs for Summer Food Service Program Sites.

Dr. Mike Ellerbrock, Director, Center for Economic Education
218 Hutcheson Hall, Va Tech, Blacksburg, Va 24061-0401
Email address: mebrook@vt.edu
Telephone: 540-231-7722
Fax: 540-231-7722

- Interim Director, Department of Near Environments, College of Human Resources & Education
- Resource to 4-H Curriculum Component Committee on Jobs, Careers & Economic Education
- Teaches summer graduate course on Teaching Environmental Economics for Teachers & Agents.

Barry Fox, Extension Specialist, 4-H Marine/Aquatic Education
Box 9081, Virginia State University, Petersburg, Va 23806
Telephone Number: 804-524-5848
Fax Number: 804-524-5967
Email Address: Ex735@vt.edu

- Environmental education and water quality training, publications, projects, field trips, youth/adult conference, resources and information.

Dr. Paul Graham, Assoc. Professor
Food Science & Technology
106C Food Science Building
Blacksburg, VA 24061-0418
Telephone: 540 231 7632
Fax: 540 231 9293
Email address: grahamp@vt.edu

- Provides leadership for the "Meat Science Program." Learning exercises are available in carcass evaluation, meat identification and judging, processing beef, pork, lamb, goats, deer, rabbit, emu, etc., preservation and manufacturing methods for meat products (i.e. dry-curing hams and bacons, making Beef, Deer Jerky).
- Develops program resources for 4-H youth, volunteer and leader training and Vocational Agriculture educators.
- Provides meat science and technology and food safety information as requested

Dr. Debra S. Jones, 4-H Extension Specialist, Human Health Cooperative Extension, Box 9081, Virginia State University, Petersburg, Va 23806
Email Address: ex735@vt.edu
Telephone: (804) 524-5847
Fax: (804) 524-5967

- Provides expertise in Health--chronic diseases, STDs, AIDS, Substance Abuse, Exercise, Wellness, Safety, Food, Daycare, Unintentional injuries
- Provides presentations
- Reviews and develops curriculum

Dr. Jeff Kirwan, Extension Specialist, College of Forestry and Wildlife Resources
Cheatham Hall, Va Tech, Blacksburg, VA 24061-0324
Telephone: 540-231-7265
FAX: 540-231-3698
Email Address: jkirwan@vt.edu

- Provides leadership to the 4-H forestry and wildlife programs
- Liaison to 4-H Environmental Education Curriculum Committee

_____, - Extension Specialist, Housing, Interior Design, Management
219 Wallace Hall; Va Tech; Blacksburg, VA 24061-0424
Telephone: 540-231-4958
Fax: 540-231-3250
Email address: kratzer@vt.edu

- Provides curriculum and information in the area of resource management, including money, time, space, and energy

VACANT, Associate Professor and Extension Specialist, Consumer Education
Wallace Hall; Va Tech
Blacksburg, VA 24061
Telephone: 540-231-4191
Fax: 540 231-4191
Email address: ileech@vt.edu

- Provides leadership for the 4-H consumer programming and LIFESMARTS program.

Dr. Ann M. Lastovica, Extension Specialist,

Family Management, P. O. Box 9081, Virginia State University, Petersburg, VA 23806
E-Mail: [Lastovic@vt.edu](mailto>Lastovic@vt.edu)
Telephone: 804- 524-5253 or 5966
FAX : 804- 524-5680

- Provides leadership to the Minding My Own Business (youth entrepreneurship) program in cooperation with Rudolph Powell, Extension Specialist, 4-H
- Faculty liaison to Careers and Economic Education Curriculum Committee.

Dr. Larry Lawrence, Extension Specialist,
Animal Science/Horse
380 Litton Reaves Hall, Va Tech, Blacksburg, Va 24061
Telephone: 540-231-9162
Fax: 540/231-3010
Email Address: lawl@vt.edu

- Provides leadership for the 4-H Horse program.

Dr. Marie Suthers-McCabe, Associate Professor
Small Animal Clinical Sciences
Virginia Tech
Blacksburg, VA 24061
Telephone 540-231-6000
Email Address: msuthers

- Provide leadership for 4-H Veterinary Science and small animal projects

Dr. Lori Marsh, Extension Specialist,
Biosystems Engineering
210 Seitz Hall, Virginia Tech 24061
Telephone: 540-231-6815
Fax: 540-231-3199
Email address: Marshes@vt.edu

- Provides leadership for the 4-H Electric Energy curriculum.
- Faculty liaison to the Science and Technology Curriculum Component Committee

Dr. Rick Peterson, Extension Specialist, Human Development
359 Wallace Hall, Va Tech
Blacksburg, Va 24061
Telephone: (540)231-8997
Email Address: rpetersn@vt.edu

- Provide leadership for 4-H projects related to Human Development.

Dr. Diane Relf, Extension Specialist,
Horticulture
Department of Horticulture, Va Tech;
Blacksburg, VA 24061-0327
Telephone: 540-231-6254
Fax Number: 540-231-3083
Email address: pdrelf@vt.edu

- Supervisory responsibilities and subject matter expertise in the areas of Horticulture and Plant Science

Dr. Tim Roberts, Extension Specialist,
Food Safety,
352 Wallace Hall, VA Tech
Blacksburg, Va 24061
Telephone: (540)231-3464
Email Address: robertst@vt.edu

- Provides leadership for 4-H Food Safety Projects

Dr. Norvella Ruffian, Extension Specialist, Family Development,
P. O. Box 9081, Virginia State University, Petersburg, VA 23806
Telephone: 804- 524-5253
FAX : 804- 524-5680
E-Mail Address: ex735@vt.edu

- Provides support to 4-H Agents and volunteers relative to family and youth development.

Dr. Kathleen Stadler, Extension Specialist, Food and Nutrition
Department of Human Nutrition, Foods, and Exercise
339 Wallace Hall, Va Tech,
Blacksburg, Va 24061-0430
Telephone Number: 540-231-8768
FAX: 540-231-3916
Email Address: stadler@vt.edu

- Provides leadership for 4-H Foods and Nutrition programming
- Works closely with the foods, nutrition and health curriculum committee to provide up to date information for the curriculum area

Dr. Pam Teaster, Extension Specialist,
Gerontology,
Dept of Human Development,
237A Wallace Hall, Va Tech
Blacksburg, Va 24061-
Telephone: (540) 231-2348
Email Address: pteaster@vt.edu

- Provides leadership for 4-H projects relative to Gerontology.

Dr. Mark Wahlberg, Extension Specialist,
Dept of Animal & Poultry Sciences
372 Litton-Reaves Hall, VA Tech
Blacksburg, VA 24061-0306
Telephone: 540-231-9161
Fax: 540/231-3010
Email address: wahlberg@vt.edu

- Provides leadership for the 4-H Livestock project area, which includes beef cattle, sheep, and swine
- Makes publications, videotapes, and other materials available to agents and volunteers
- Coordinates state-wide events, such as State Fair shows, livestock judging and junior stockmen's contests, and Virginia Junior Beef Roundup occurs annually
- Provides advice to agents and volunteers on the structure for decision-making in the county program and with operation of the local show and sale event for livestock members

David R. Winston, Extension Dairy Scientist, 4-H;
Department of Dairy Science,
2450 Litton Reaves Hall, Virginia Tech
Blacksburg, VA 24061-0315
Telephone: 540/231-5693
Fax: 540/231-5014
Email address: dwinston@vt.edu

- Coordination of state 4-H dairy youth program
- Provides support to 4-H volunteers and agricultural education instructors
- Develops educational programs for youth interested in dairy science
- Provides educational programming and support for youth and adults in the area of dairy heifer management and nutrition

4-H Calendar of Events 2000-2001

October:

Units Begin All Star Nomination Process (Bob Meadows)

- 1-7** **NATIONAL 4-H WEEK**
- 4-5** **Families First Weekend (Richmond) (John Dooley)**
- 5-8** **Southern Regional 4-H Leaders Forum (Rock Eagle 4-H Center, Georgia) (Bob Meadows)**
For adult 4-H volunteers and Extension personnel from throughout the Southern Region of the United States. Conference features workshops, seminars and programs providing up-to-date ideas on better 4-H programming and allows for opportunities to share information.
- 6-8** **Fall Teen Jubilee (Jamestown 4-H Center) (Getchen Gochenour)**
- 13-15** **Hensley Settlement & Mountain Ecology Back Pack Trip (Barry Fox)**
- 14-15** **Junior Shooting Clinic – U.S. Marksmanship Unit (Holiday Lake 4-H Center) (Richard Pulliam)**
- 21** **Va Tech Dairy Science Recruitment Day (Va Tech)(David Winston)**
- 21-22** **Sports-A-Field Day (Holiday Lake 4-H Center) (Richard Pulliam)**
- 21-22** **State 4-H Cabinet Meeting (Holiday Lake)(Dorothy Freeman)**
- 28-29** **Va Association of Adult 4-H Volunteer Leaders Fall Conference (Lynchburg) (Richard Booker/Bob Meadows)**

November

- 3-4** **4-H Teen Weekend (Airfield 4H Center) (Marvin Heimbach)**
- 5-9** **National Association of Extension 4-H Agents National Conference (Denver, CO)**
- 15-16** **National 4-H Poultry and Egg Conference (Louisville, KY) (Phil Clauer)**
- 18** **VASA “Dairy Youth Committee Meeting” (Harrisonburg)(David Winston)**
- TBA** **Summer 4-H Camp Staff Recruitment Day at Virginia Tech (Bob Meadows)** This event is designed to provide an awareness of job opportunities for summer employment at the six 4-H educational centers for the summer 4-H camping season, and to recruit quality students for programming responsibilities
- 24-29** **National 4-H Congress (Atlanta, GA)(Marvin Heimbach)**

December:

Unit All Star Nominations to District Events Coordinators

- TBA** **Summer 4-H Camp Staff Recruitment Day at Virginia State** (Bob Meadows) This event is designed to provide an awareness of job opportunities for summer employment at the six 4-H educational centers for the summer 4-H camping season, and to recruit quality students for programming responsibilities.
- 1-2** **4-H/FFA Dairy Management Workshop** (Va Tech) (Dave Winston)
- 1-2** **Livestock/Poultry Youth Weekend** (Va Tech)(Wahlberg/Clauer)
- 5** **4-H Center Program Directors Meeting** (Holiday Lake)(Bob Meadows)

January 2001:

- 12** **4-H Center Directors Meeting** (Charlottesville)(Jim Gardner)
- 13-14** **Winter 4-H Cloverbud Camp** (Smith Mt. Lake 4-H Center) (Barry Garst)
- 17-18** **Winter American Camping Association Board Meeting** (Marvin Heimbach)
- 20-21** **Aerospace Weekend ("Space Quest")** (Airfield 4-H Center) (Marvin Heimbach/Joe Hoffenberger)
- 22-25** **State 4-H/FCS Inservice Week** (Va Tech)(John Dooley/Bob Meadows) For all Extension 4-H & FCS Agents and Specialists. Specific training will be provided in the area of 4-H & FCS programming

February:

4-H LABO Exchange – applications due State 4-H Office. International Exchange with Japan. Virginia needs host families for Japanese youth age 12-18. Also, Virginia youth age 13-18 are selected to visit Japan. Exchange occurs during summer months (Judy Fray)

- TBA** **All Star Executive Committee Conference and 4-H All Star Midyear Conference**
- 1-4** **Host Weekend By the Collegiate 4-H Club of Virginia Tech** (Bob Meadows) (Virginia Tech Campus) This event is for high school students and is designed to give them a taste of college campus life. Students will be housed with Collegiate 4-H Club members, be involved in campus activities and programs, and learn about Virginia Tech.
- 2-4** **Winter Cloverbud Camp** (Airfield 4-H Center) (Marvin Heimbach)
- 5-8** **Rattlesnake Ridge Retreat for 4-H Center Program Directors** (Marvin Heimbach)
- 13-14** **State 4-H Leadership Council Meeting, Richmond, VA** (Bob Meadows)
- 13-14** **State 4-H Cabinet Meeting, Richmond** (Dorothy Freeman)
- 13-14** **4-H Legislative Reception** (Richmond) Opportunity to meet and talk with members of the Virginia General Assembly, and to Promote the efforts the 4-H program.
- 16-18** **Winter Horse Camp** (Airfield 4-H Center) (Heimbach)
- 17-18** **4-H Science and Technology Camp** (Smith Mt. Lake 4-H Center)(Barry Garst)
- 21** **Four-H Day at the State Capitol** (Richmond) (Rudy Powell) The purpose of this program is to expose 4-H members to state Government and to help expand youth horizons. 4-H'ers increase their knowledge by touring the Governor's Mansion; touring the Capitol; speaking with Delegate and Senate Pages and Legislative Assistants; and meeting new friends.

March

- 1** BeeKeeping Essay due State 4-H Office, (Billie Cline)
- TBA** LifeSmarts (Richmond, VA) (Irene Leech)
- TBA** 4-H Character Counts! Train the Trainer Event (Bob Meadows)
- 16-17** Block & Bridle Livestock, Meats, and Stockmens Contests (Va Tech)(Mark Wahlberg)
- 24-25** Spring 4-H Teen Weekend (Smith Mt. Lake 4-H Center)(Barry Garst)
- 30-31** 4-H/FFA Dairy Judging Workshop (Va Tech)(David Winston)
- 31 - 1** Virginia Association of Adult 4-H Volunteer Leaders (VAA4HL) Spring Conference (Richmond) (Richard Booker/Bob Meadows) For any adult 4-H volunteer from through the state. Extension agents, technicians, specialists and Administrators are always welcome.

April:

National 4-H Conference (Chevy Chase, MD - National 4-H Center) (Rudy Powell)
Selected senior 4-H members, volunteers and Extension Agents from around the country meet at National 4-H Center to discuss issues and concerns relative to young people

- 1** 4-H Resumes Due in State 4-H Office (Billie Cline)
For youth applying to attend National 4-H Congress
- 6-8** Teen Spring Fling (Airfield 4-H Center)(Marvin Heimbach)
- 13-14** Virginia Beef Expo (Lexington) (Mark Wahlberg)

May:

- 4-6 (tentative)** State Forestry Judging Contest (Southwest 4-H Center)(Jeff Kirwan)
- 5** Airfield 4-H Camp Counselor Training (Heimbach)
- 10** Virginia Poultry Federation Youth Convention and State Poultry Judging (Rockingham County Fairgrounds) Awards Plaques, ribbons.. (Phil Clauer)
- 18-19** Southeast District Horse Show (Airfield 4-H Center) (Heimbach)
- TBA** 4-H Day At Kings Dominion (Richmond, VA) (Rudy Powell)
- TBA** 4-H Judging Workshop Weekend (Holiday Lake 4-H Center) (Richard Pulliam)
- TBA** State 4-H Cabinet Meeting – Congress ShakeDown (Va Tech) (Dorothy Feeman)
- 21-23** VESA Conference
- 22 - 25** 4-H Camp Summer Staff Training (Holiday Lake)

June:

Training Week at the 4-H Center (each 4-H educational center) Conducted by the respective program director, the week-long training is designed to help train summer 4-H camping staff in the overall camping program including objectives, goals, etc. (Bob Meadows)

Summer 4-H Camping Season for Units/Clusters (all 4-H educational centers)

- 18-21** **State 4-H Congress (Virginia Tech) (Dorothy Freeman)** For 4-H members, age 14 and older. Competitions, workshops, get acquainted activities, and lots more
- 19** **June Dairy Month Poster Contest (David Winston)** Entries Due -- turn in at 4-H Congress headquarters
- 19** **4-H Competition Day - 4-H Congress (Va Tech)**
- TBA** **State 4-H All Stars Summer Conference**

July:

Summer 4-H Camping Season for Units/Clusters (all 4-H educational centers)

- TBA** **Animal Industry Day (Va Tech) (Dan Eversole)**
- 14-15** **Summer 4-H Cloverbud Camp (Smith Mt. Lake 4-H Center)(Barry Garst)**
- TBA** **Citizenship Washington Focus (Washington, DC) (Rudy Powell)**
CWF is an week-long education/leadership program for 4-H members. CWF individuals increase their commitment to citizens involvement, broaden appreciation and practice respect for themselves and others in their world, meet prominent speakers and participate in workshops that increase knowledge of how to improve their communities. Youth are exposed to ideas that will make them "Better Citizens Today, Better Leaders Tomorrow". The cost for the program is appx. \$500. There are many civic organizations supporting Virginia 4-H'ers attending CWF.
- July 20-22** **Summer Cloverbud Camp (Airfield 4-H Center) (Heimbach)**
- July 22-28** **Southeast District 4-H Horse Camp (Airfield 4-H Center) (Heimbach)**
- July 24-29** **National Envirothon Contest (Hinds College, Raymond, MI)(Jeff Kirwan)**
- July 29- Aug 2** **National 4-H Invitational Forestry Event State Forestry Judging Teams** participate in competitive and other learning activities (Jackson's Mill 4-H Camp, West Va)(Jeff Kirwan)

August:

Summer 4-H Camping Season for Units/Clusters (all 4-H educational centers)

- TBA** **4-H Wildlife Habitat and Evaluation Contest -- Competitive and educational activities for senior 4-H members who make up the teams from various states. (Jeff Kirwan)**
- TBA** **State 4-H Cabinet Meeting (Place To be announced) (Dorothy Freeman)** Designed to plan for the new 4-H year with respect to specific assignments; to introduce officers and to get them to begin working together.

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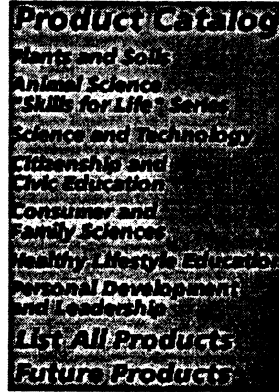
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<http://www.n4hccs.org/>



4-H Virtual Farm Helps Students Understand Agriculture and Food

The Virtual Farm at <http://www.ext.vt.edu/resources/4h/virtualfarm> features Virginia farms and farmers. The 4-H Virtual Farm takes students on a tour of the backbone of this vital industry and helps them see why farming is part of everyone's life, even if they never see a real cow or the amber fields of grain. From their computer, students can learn about the incubation of an egg, then see a baby chick hatch. On another part of the site, they can watch dairy cows being milked.

The 4-H Virtual Farm is a package that provides information and education. 4-H Virtual Farm allows students to select the part of the farm they want to visit. They can visit different parts of the farm each time they connect to it. They can hear from the farmers themselves and then use their new knowledge to solve some farm-related problems. The scope of the 4-H Virtual Farm project is tied to specific educational goals in the Standards of Learning for Virginia Public Schools. After their visit to the 4-H Virtual Farm, students can find how much they've learned - and win award ribbons - by taking the tests that are part of the package.

Questions/comments/assistance may be sent to

bcline@vt.edu