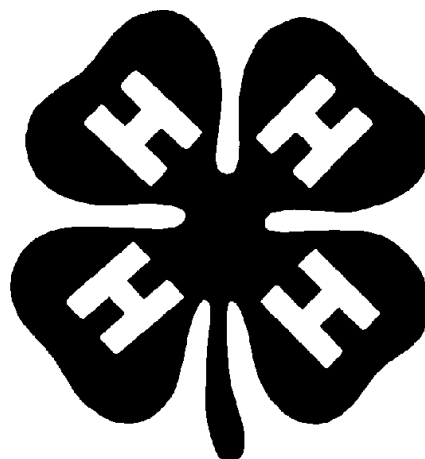


FOR 4-H MEETINGS



SOUTH PLAINS DISTRICT (2) 4-H AND YOUTH DEVELOPMENT

4-H Meeting Program Ideas

Let each 4-H'er be as involved as they want to in a local 4-H club – encourage participation, not discourage.

Present/provide opportunities for leadership at every contest (local, district)

Give recognition to all youth at every opportunity – local, county, district level, etc.

Safety

Driving and Passenger Safety & Responsibility

Department of Public Safety program on safety using robots to teach and involve 4-H members

Program presented by the Texas Highway Patrol on passenger safety, laws, and equipment used by the officers.

Invite Highway Patrol Officer to demonstrate equipment and discuss his job.

Rollover Convincer - Passenger Safety Division TAMU

Five Healthy Promises for Year

- a. Start one new physical activity
- b. Adopt 1 dietary guideline and stick with it - ex: eat more vegetables and fruits
- c. Kick one bad habit - ex: skipping breakfast, watching too much TV
- d. Make one new friend
- e. Do something special for or help your parents every day

Check Your Home for Safety

- a. Refrigerator/Freezer Temperature
- b. Smoke Alarm Batteries
- c. Door & Window Locks
- d. Falls

Home Safety - “Look-A Like” Products (Discuss the danger of edible products that look like poisonous products. Test the kids to see if they can tell the difference.)

Stand at the door and greet members, parents and leaders when they come in by shaking their hands or patting them on the shoulder or back with glitter on your hand. Then have a program over germs and the importance of washing hands.

Make a First Aid Kit for Your Home

Safety, 911, etc. (local sheriff)

EMS gives program on First Aid/CPR

Plan for Storm Safety – Items Needed

Electricity Program - (Give basic electric safety information and let each member wire a lamp, extension cord, etc...)

Red Cross

First Aid

Bicycle Safety - DPS Troopers

Emergency Medical Service/tour of ambulance and CPR demonstration

Bicycle Safety Program before the summer starts.

Exercise

Self-Defense

Electric Safety - Bailey Co. Electric

EMS - CPR, First Aid

Ambulance and EMS workers explain responsibilities: 4-H'ers look at equipment, etc. CPR demonstration.

Internet Safety for Kids

ATV Safety - on 3 & 4 wheelers (helmets, speed, traffic, etc.)

EMS Services - have EMS come & tell about the ambulance, what services they provide and what to do in an emergency.

Venomous Spiders (good program for IPM agent to do) - Brown Recluse & Black Widow

Snake Safety (how to recognize snakes, what to do when you seen one, how to avoid being bitten, etc.

Foods & Nutrition

Fast Foods - Smart Choices (comparison)

Put Your Best Food Forward - What are Judges Looking For?

Tour: Local Pizza Restaurant. Each member makes a mini-pizza while learning how the business is operated.

Fall - Have Food Show kids give program on recipes

Gourmet cooking - cake decorating - cookie bouquets

Layered Gift Mixes (Demonstrate and let each kid layer a jar of mix to take home.)

Make an easy nutritious snack to encourage participation in Food & Nutrition Project.

Play fruit basket turnover using the Food Guide Pyramid Groups for the group names. (You can call out a food group or their daily servings needed to make the youth change seats.) This will help teach or reinforce the food groups and their servings to the youth.

Invite a cook from a chuck wagon to demonstrate how food is prepared.

Tour a Grocery Store and discuss Food & Nutrition.

Nutrition Program by 4-H'ers in Foods & Nutrition Project

Give a demonstration on how to make homemade tortillas and let the youth make them for their club snack that night.

Demonstrate to the youth how to make a gingerbread house. You can even have them make one out of graham crackers.

Meat Locker - tour

Food Safety

Meat preservation

Tour: Wright Brand Foods or any Food Processing Plant

Decorate Valentine Cookies

Members do simple basic preparation such as no bake cookies and give basic nutrition.

Have someone who knows about cake decorating come and demonstrate. You can even have cupcakes or cookies there for the 4-H'ers to decorate and eat for refreshments or donate them to senior citizens or nursing home residents as a community service.

Outdoor cooking is always fun. Usually Girl Scout or Boy Scout troops in your community can come and teach a session or present a demonstration. If your community has a chuckwagon cooker, then that is fun, too.

Photography

Photography - Get someone from the area that knows something about photography to give a program.

Photography Project Training

Photography - Camera types, lenses, digital, computers

How to properly clean and maintain a camera.

Craft Ideas

Candy Cane Ornaments - made with special beads. Then give them to care center or elderly in community.

Pinecone Bunny Rabbits - make bunnies with pinecones.

Horseshoe Picture Frames - use a horseshoe to make a picture frame and let the 4-H'ers give it to a family for a gift or give it to someone in the community.

Pinecone Turkeys - Make turkeys out of pinecones.

Pumpkin Painting - paint pumpkins and then give them to the elderly or donate them to businesses

Paint faces on pumpkins and take to area businesses to set out. Tag them to say "in appreciation of your support of _____ County 4-H"

Pumpkin Painting or Carving for a October Meeting - Put on display in courthouse, businesses, and schools.

Carve, paint, or decorate Halloween Pumpkins and distribute throughout town with a sign advertising 4-H.

Pumpkin carving program and workshop combined with taking the finished projects to the elderly as community service project.

Christmas Ornaments & Decorations - Local Leaders

Make wooden shapes, like helmet, baseball, basketball, football, flower, paint, add clock movement.

Shooting Sports & Gun Safety

Gun Safety - have a local trooper or the sheriff talk about gun safety.

Sheriff gives firearm safety talk and brings gun & bullet proof vest

Local Law Enforcement - Gun Safety - Laws affecting youth concerning this agency.

Firearm Safety

Shooting Sports Safety

Shooting Sports: Safety training, Method Demonstration

Guest Speakers

In November have a Veteran come and do a program on flag etiquette.

County Commissioner

Local Disk Jockey - how to speak - have 4-H'ers record own voice

Fireman gives talk and brings all of his gear.

Local fireman - emergency plan in case of fire – escape plan

CPS worker talks about Child Abuse Prevention in April and 4-H'ers do radio spots.

Speaker: Aaron Alajandro, Turning Point - Wichita Falls. Discusses Drug Abuse.

Veterinarian - Guest Speaker

Banker talks about setting up accounts

Local collectors - i.e.; Baseball cards, Autographs, etc.

Probation Officer - what happens to a person in the system.

Bank Officer - talk about the newly designed \$20 and \$100 bills. Reasons for the change and the built in safety measures.

A Day in the Life of a Cowboy - (Ranch hand to share his day to day routine on a ranch. Done at night around a camp fire.)

Brand Inspector - Texas & Southwestern Cattle Raisers Association

Motivational Speaker - Handling peer pressure and self - esteem.

Newspaper Editor - the events that result in a paper being published

Have a guest speaker come in and teach the youth how to square dance.

Get a local meteorologist to come and talk about area weather. What watches and warnings are and what you should do in response to these warnings.

Get people in the community to come and talk about their jobs. What they do and what training is needed for their job.

A speaker on sign language.

Ask a Veteran or Prisoner of War to speak.

Ask an entrepreneur or home-based business owner to speak and/or demonstrate their enterprise.
(We have had a soap maker, a candle maker, craftsman)

Report from a Foreign Exchange Student

A talk by a professional dog showman.

Miss Lubbock - Character Counts!

Law enforcement: drug dog & handler.

Storm Chasers from KCBD Weather 11 Severe Weather

Stock car racing.

Wildlife

Game Warden - Hunting Season, Game calls, traps, etc.

Hunting (safety, laws, Do's & Don'ts) - Game Warden

Have the Game Warden come and speak over the importance of water safety.

Local Game Warden present program on requirements for license for hunting, fishing, boating, jet skiing, as well as wildlife program.

Tour - Wildlife Management Area or ranch - picnic - Utilize Parks & Wildlife Biologists

Have area wildlife specialist or local parks and wildlife officer come and talk about wildlife in your area.

Wildlife Biologist - get the area's biologist to come around the time of a big hunting season in your county. Ex: Deer Season.

Taxidermy

Programs on Wildlife by Texas Parks & Wildlife

Introduction of any new 4-H Project such as Fishing or Wildlife

Dangerous snake demonstration - Roy Burl Oliver, snake handler. Very educational program on rattlesnakes.

The area wildlife specialist does a good program about native wildlife in Texas.

Quiz Bowls

Food & Nutrition and Horse, etc.

Horse Bowl/Nutrition Bowl

Parliamentary Procedure Bowl

Create games utilizing quiz bowl equipment to involve all members in the program: such as to teach parliamentary procedure.

Horticulture

Horticulture/Gardening (Agent, Nursery, Leaders)

Tour: Greenhouses

Junior Master Gardeners

How to plan and plant a mini-garden

Junior Master Gardener - Container gardening.

Master Gardeners - Activities

Anything out of plant pals - like drying rose petals and making sachet or making greeting cards using seeds in their envelopes "Lettuce be Friends" etc.

Crop Production & By-Products

Program on Herbs:

1. Kinds & Uses
2. Let each member take home a plant and grow their own.

4-H Opportunities

Record books; scholarships, camping, projects - Agent or Leader or Member

Roundup Contests

Home Economic Project Possibilities

Judging Contests

Program over any state 4-H activity such as slide show or video about 4-H Congress.

Citizenship (Exchange program)

4-H Camps - Brownwood

Have 6 or more programs throughout the year on a particular topic (such as electricity, safety, etc.) that will give every 4-H'er who attends the majority of club meetings another project to add to their list of completed projects.

Promote projects as club program - example: shooting sports, rifle, archery and shotgun.

Have the members of the club choose a project for the year (e. g. safety, health, technology, citizenship, wildlife, horticulture, recreation, or any project that can be enjoyed by all). At each monthly meeting, for the program have a 20-minute learning experience for this project. After six learning experiences, the members can complete and turn in a record form for project completion recognition, and all will have another project to add to their record books.

Understanding the Numbers, Letters and What's Up: This basic training would target new parents and leaders with three years or less experience in 4-H. Topics could include: Understanding Yearly Enrollment and Why; Grasping What Opportunities Mean - Demonstrations, Talks, Camps, Junior and Senior Members Divisions.

Erasing "Project Tunnel Vision": Influence thinking to encourage new families to look at more than just one project.

District State and National 4-H Opportunities, Camps, Congress, Conference, etc. Explain, show videos, pictures to Club members.

Companion Animal Projects

Dog Training

Animals - let 4-H'ers bring in their pets and talk about them. If it is an animal that is a project, let them tell other 4-H'ers how to take care of it; things that new 4-H'ers need to know about these projects.

Tour local animal shelter

Care and maintenance of the small animal projects

Working cow dogs demonstration

Dog training demonstration - Chris Timmons, Wind Walker Kennels

4-H'er brings project (ie, horse) and gives talk on care

Veterinarian talks about small animal care

Pet Show - (Kids bring any pet - dogs, cats, fish hamsters, goats, etc... Give lots of awards so

everyone wins something such as largest, smallest, ugliest, etc...)

Dog Care & Training by local vet

Animal/Livestock health (Large or Small Animals) -Local Veterinarian

Vet & Overall Care of 4-H Projects

Veterinary Importance of Vaccinating Pets (Small Animals)

Showing Exotic Animals

Public Service

Gift Baskets - make them for needy families in the community.

Wash car windows and leave a card stating "This was done by _____
4-H Club members as a community service.

Make holiday decorations out of construction paper (ie. Green wreath with red bow) and take to the nursing home & put on residents doors – 4-H'er signs name. (Use turkeys - Thanksgiving; Hearts - Valentines; Easter, St. Patrick's Day and 4-th of July)

Adopt a Highway "Clean it up for a club meeting."

Root or buy some ivy and plant in small clay pots and give to 4-H Supporters.

Set U.S. Flags out a cemetery for Veterans and Memorial Day. Cemetery Cleanup.

Canned Food Drive Scavenger Hunt

Stocking Stuffer Items to Children/Nursing Home (Community Service projects)

Community Service - Tour and take treats to Nursing Home; sing Christmas carols; take Valentine cards; can food drive - donate cans to needy, food bank, ministry; Texas Trash-off

Go caroling at Christmas. Display the 4-H Flag as the group sings.

Suitcases for Kids - collecting (or conducting fund raiser to purchase) suit cases to donate to foster children or families in protective shelters.

Texas Trash Off - All members meet and pick up trash along the highway designated as _____ Co. 4-H. Hot dog lunch following.

Have 4-H'ers build holiday decorations (ie, wreaths) and deliver to nursing home or hospital. Also can be done around other holidays.

Have 4-H'ers adopt-a-Grandparent at the local nursing home for a month.

Have a city official talk with the 4-H Clubs about the city recycling program.

Have 4-H'ers paint the trash cans/barrels at the City park, Livestock Show Barns, etc., with the 4-H Clover emblem.

Make tray favors or collect fruit for Meals on Wheels.

Have each child bring a piece of cloth about 1/4 yard long and some fruit. Demonstrate how to make a stocking and have each member make one, fill it with the fruit for needy youth in the community.

Have youth trick-or-treat for can goods for the food pantry.

Food Bank Scavenger Hunt

Make a list of people who are homebound and go Christmas Caroling at their house.

Buddy system (for after school kids that are home alone)

Conduct specific citizenship and community service projects at every club meeting. Examples: Horse club members make stick horses for a Headstart class; Community club members put together baskets for cleaning supplies, baby / toddler supplies, etc for teachers at local daycare; Select different areas of county government curriculum to increase awareness and importance of citizenship.

Scavenger Hunt for canned goods to donate to Ronald McDonald House

4-H Promotion

4-H Radio Spots - tape them at a meeting and send them to the radio station. October

4-H Bingo/Project area Bingo

Project awareness/Availability in County (Specialist, agents, leaders, etc.)

To promote 4-H and increase 4-H awareness, select non-traditional audiences to recruit non-traditional members, volunteers, supporters, i.e. school maintenance staff, janitors, bus drivers, etc.; businesses or civic groups who are not usual donors and/or supporters; senior citizens or retired volunteer groups.

Methods to promote and increase 4-H awareness: Gift baskets with candy, cookies, snacks; Promotional material about county 4-H program, participation and accomplishments.

4-H Promotion/Activities/Involvement (District 4-H Officers)

At one of the first meetings have 4-H'ers decorate a T-shirt, cap, bandana, etc. to wear to 4-H club meetings, county 4-H activities, and other 4-H related activities during the year.

Rec Team Promotion of 4-H

To increase participation in non-traditional 4-H projects, encourage time during each club meeting for county agent and leaders to present brief programs on non-traditional 4-H projects such as fashion design, dog care, entomology, safety, citizenship or wildlife.

Have a progressive 4-H supper. Learn about different project areas at each home along with eating each course of the meal.

Adopt a building in the community (either vacant or occupied) and keep up displays about 4-H. The displays can either be done inside the building if it is occupied or in the display window if it is vacant.

For National 4-H Week publicity, during a September 4-H club meeting have 4-H'ers write short paragraphs and include the following information in the paragraphs:

1. Why I joined 4-H
2. What 4-H is
3. What being a 4-H'er means to me.

Make arrangements for the paragraphs to be printed in the editions of local newspapers during National 4-H Week.

Discuss National 4-H Week and make posters promoting 4-H.

Discuss the opportunities available in 4-H

Have each child make a quilt square representing a 4-H project during one meeting, ask a volunteer to put it together and bind it for you, and at the next meeting show them how to quilt around the square. This helps the youth explore different project in 4-H as well as teaches them to quilt.

4-H Trivia played in the form of a Jeopardy game or Bingo

Play Win-Lose-or-Draw. Have 4-H related items as topics for the teams to draw and identify.

Leadership by 4-H'ers that attend Teen Leader Lab.

Kick-off for year. Give overview of 4-H program, picnic, flyers distributed to all schools in Spanish & English, play games, enrollment.

Parliamentary Procedure

Officer Training: (Club and Council)

Practice correct method of making motions.

The correct usage of parliamentary procedure. Conduct a mock 4-H meeting where there was no parliamentary procedure was used correctly, conduct another meeting with all procedures correctly performed, then discuss the differences.

Play a game of Follow the leader using different leaders with different leadership styles (ex. Positive, negative, bossy, not enough information). Then discuss each leadership style and what effects it had on participants - pros and cons.

Parliamentary procedure - demonstration by local FFA Chapter Team

Train youth to conduct their meetings and then let them. (Parents/leaders/agents add this motto: "Do you sit on your hands enough?")

Gavel Games Presentation - Junior Leaders or Chapter Conducting Team

Agricultural science teacher and FFA presented Parliamentary Procedure.

Livestock & Horse

Have an annual 4-H Project Tour. Travel to each 4-H'ers house and look at their projects and have them give a report on it.

Livestock Vaccination - let the members give shots into an orange to learn the procedure.

Livestock Project Clinics/Trainings

Livestock Project Possibilities

Take a field trip to the Sale Barn and let someone talk about what goes on and how it all happens.

Livestock Ethics - Character Counts - Agents & Ag Science Teachers

Beef: Grooming, Feeding Showmanship, Fitting, Preparation of Beef Exhibit

Horse: Judging Practices, Animal nutrition/reproduction, Horse health topics: worming, cuts, snake bites, Dress & equipment

Veterinarian - Post mortem a deceased animal

Veterinary Equine Health

How to properly use livestock scales.

Horseshoer - live demonstration

Breaking & Training Horse Video

Horse Shoeing & Hoof Care

Roping Demonstration

Livestock Quiz Bowl - competition between teams answering questions on all species of livestock. Prizes given to winning team.

Introduce (hands-on) animals to urban youth.

Program / demonstration on "Packing Tips for Stock Show Season."

Consumer Decision Making

Set up a Consumer Decision Making Class and judge it (ie, athletic shoes, backpacks, etc.)

Consumer Judging - Compare products - let all participate

Set up a practice class for Consumer Decision Making or other judging contest.

Decision Making - Roll Call: The toughest decision I ever made. A good decision I have made.
Program Topic: 4-H Consumer Decision Making Project. Community Service: Donate paper goods to Ronald McDonald House. Leadership: Decision Making overview. Recreation: Place CD classes.

Character & Etiquette

Etiquette/phone, table, politeness

Telephone etiquette.

Table Manners - Local Leaders

Character Counts intro.

Respect

Responsibility

Trustworthiness

Fairness

Citizenship

Caring

Flag etiquette

Basic manners

Writing thank you notes.

Character Counts - 6 pillars - Agents

Heroes for Life - adapt curriculum for use with members plus incorporate building character

Program on Heroes: Who are heroes? Senior 4-H'ers could tell about some of their heroes. 4-H'ers write a short paragraph on their hero(es) and bring it to the next meeting for some form of recognition or publish a few in the newspaper.

Team Building - Team games & relaxers

6 Pillars - Roll Call: Someone you admire. Tell an important character trait. Program Topic: Introduction to Character Counts! Community Service: Make wanted posters - 4-H recruitment; Leadership: 6 pillars of character. Recreation: Tower Building Activity

Citizenship - Roll Call: What makes a good citizen. Share a rule or law. Program Topic: Parliamentary Procedure Program - Teen Council. Community Service: Make Citizenship Flags - donate to nursing home. Leadership: Citizenship overview. Recreation: Activity

Trustworthiness - Roll Call: Name someone you trust. What makes you not trust someone? Program / Topic: Volunteer for local agency. Community Service: Conduct Canned Food Drive for South Plains Food Bank. Leadership: Trustworthiness overview. Recreation: Bingo Card

Respect - Roll Call: Who should you respect? How do I show respect? Program Topic: Program on Manners Community Service: Conduct clothing drive for needy families. Leadership: Respect overview. Recreation: Human Treasure Hunt.

Caring - Roll Call: Describe when someone was helpful. How do you show care? Program Topic: Valentine Party for Nursing Home. Community Service: Make valentines cards for shut-ins / nursing home residents. Leadership: Caring overview. Recreation: Activity

Responsibility - How are you a responsible person? Who is the most responsible person you know? Program Topic: Speaker: Fireman or Policeman. Community Service: Conduct 4-H Club Dog Dip / Pet Vaccination. Leadership: Responsibility overview. Recreation: Make posters publicizing dog dip.

Fairness - When were you treated fairly? Is it easy to be fair? Program Topic: Quiz Bowl Community Service: Donate Activity / Coloring Books to Childrens' Home. Leadership: Fairness overview. Recreation: Activity

Program on "Personality Types / Getting Along with Others."

Program on " Developing a Healthy, Positive Self-Esteem."

Tours & Field Trips

Tour: USDA Plan Materials Center - Knoxville

Tour - Local prison; textile mill; manufacturing plant

Tour various places in the community and in the county. Ideas include:

- a. County courthouse during County Government Week - Ask County Judge to conduct the tour.
- b. Post Office
- c. Hospital
- d. Ambulance Service
- e. Vet Clinic
- f. Restaurant
- g. Museums
- h. Funeral Home (Senior Age)

Tour area Ranging and Western Heritage locations in the county.

Monuments (working store)

Electric Company

Tour radio station or newspaper office.

Tour the Veterinary Clinic and discuss the Vet Science Project.

Jailer - jail tour

Tour local manufacturing plants.

Career Programs

Exposure to careers

How to complete a job application

Mock job interviews

How to interview for a job – what to wear and what to say.

College Recruiter from nearest College discuss what process High School kids need to go through to be ready for entering college, SAT, ACT, Dorm Deposits, What activities kids to be involved in.

Local business person - how to dress to apply for a job.

Program for Senior 4-H'ers on appropriate dress for job interviews, completing job applications,

obtaining references and preparing a resumé.

Program on “How to Save That Hard Earned Summer Money.”

Money management (management of projects, finances, as well as personal)

Establishing a savings account

How to open a checking or savings account

How to get credit or loans

The Bean Game - using their allowance or part-time job earnings.

Financial / Money Management

Drug Prevention & Education

Drug or Alcohol Awareness (Health Dept. Rehabilitated kids or reps., Law Enforcement)

TYC Students (Gang, Alcohol, Drug Prevention)

Drug Awareness - DPS Troopers

Police Department and drug dog

Program on drugs and why not to get involved with them.

Have a Police/DARE Officer come and discuss drugs, alcohol and their effects on youth.

Spit Tobacco

Drug / Alcohol Program

History & Government

Local Government, County/Community Service Projects (County judge, commissioners, elected officials)

Local History - Utilize Senior Citizens

County Judge or Elected Officials tour Courthouse - program

Have local historian from area come and tell about County and area history and heritage.

Local government leaders present program on their role in the city and county government.

History of 4-H, Extension Service

Clothing & Textiles

Fashion Design Program

Fashion Show by Fashion Show participants.

Demonstration on how to sew on a button.

Misc. Program Ideas

Scavenger Hunt - Divide up into teams with older and younger first time members on the same team. Promotes teamwork between the younger and older 4-H members.

Stick Horse Rodeo - Local Leaders

Ask beauticians come and do make-overs for both boys and girls.

Aging simulation game and program combined with community service visit to nursing home

Christmas Party - Hay Ride and Christmas caroling

Computer Science

Puppet & Magic Show

Computer Training

Water Conservation in the Home

Dealing with Anger - How Can We Make a Difference

Remote Control Airplanes

Weather

Early Spring - Have Roundup kids give their presentations

Valentine's Dance

Decisions – mini contests at clubs – perfect opportunity for Nutrition Quiz Bowl, Consumer Judging (Sometimes youth just aren't aware of other opportunities in 4-H)

Time Management – juggling 4-H projects, school and home.

4-H Manager Appreciation Meeting - roasting type party conducted by 4-H members.

Have 4-H'ers who have attended out-of-county functions (ie, Round-up, Teen Leader Lab) give reports on those events.

Bring supplies for making a peanut butter and jelly sandwich. Have 2 youth volunteer. One volunteer will tell the other exactly how to make a sandwich. The second volunteer makes the sandwich using the other one's instructions.

Show how to tie flies to encourage participation in the Sport Fishing.

Using the Internet - Sites of interest or fun.

All members bring an item and put it in a time capsule. Members tell why they brought each item.

Changing a flat tire

Reading a road map/giving easy directions to your house

What to do if you ever get lost

Each month assign one or two 4-H'ers to give a five minute mini program on one aspect of their favorite project.

Utilize older 4-H'ers to present club programs related to their major project area.

Good resource for recreation activities: "The Wrecking Yard of Games and Activities" by Alanna Jones, CTRS Idyll Arbor, Inc. (Publisher) (425) 432-3231

Talent Show for last club meeting party.

4-day Clothing Camp.

Photography program at club meetings - county competition within the next month

Chuckwagon cookout at county-wide meeting - volunteers cook out as on a trail drive, tell all present how / why things done using original equipment.

Miniature Cotton Gin

Teach the traditional 4-H dances. Older 4-H'ers can teach the younger ones. This way, if your club is going to any camps or other activities, the 4-H'ers know the dances.

Take Seniors to 'fun places'. i.e. hockey game, six flags, Slitterbahn, etc. Have their meetings at lunch time at a pizza place.

A Month in the Life of an Agent: Many 4-H families do not have a good understanding of all the demands that are placed on an agent's time. They are not aware of the number of required and optional trainings, the adult educational programs and paperwork and normal deadlines that accompany the job.

Method Demonstration

How to give a Method Demonstration and what the difference between a Method Demonstration and an Illustrated Speech is.

Short method demonstrations by 4-H members

Method Demonstration Program

Method Demonstration Training / Hands-on: Involve all participants.

At the first club meeting of the year (August/September) play a trivia game using 4-H facts. Use 4-H historical facts (in the club management guide), as well as local county 4-H program facts. This gives new members an opportunity to learn about the state and county 4-H program. Remember, everybody wins this game. Sample questions: 1) This district contest, usually held in November, requires you to prepare a dish and answer questions about nutrition. Answer: Food Show. 2) Name the 4-H Agent in this county.

Importance of Elders

Program on how to relate and help the aging. Maybe not to be scared of them and to let the kids know that they can learn a lot from older people.

Memories: journals & diaries from parents and grandparents. Questions provided to be answered for youth, parent or grandparent. Promotes family history. Sample question: What is (was) your favorite school subject?

HOW TO TELL A WINNER FROM A LOSER

1. A winner says, "Let's find out," a loser says, "Nobody knows."
2. When a winner makes a mistake, he says, "I was wrong," when a loser makes a mistake, he says, "It wasn't my fault."
3. A winner goes through a problem, a loser goes around it and never gets past it.
4. A winner makes commitments, a loser makes promises.
5. A winner says, "I'm good, but not as good as I ought to be," a loser says, "I'm not as bad as a lot of other people."
6. A winner tries to learn from those who are superior to him; a loser tries to tear down those who are superior to him.
7. A winner says, "There ought to be a better way to do it," a loser says, "That's the way it's always been done here."

Source: Amarillo Globe Times - Editorials and comments. Pg. 28, Thursday, June 10, 1971