



iowa

4-H volunteer

Northeast Area 4-H Update

belonging...generosity...independence...mastery



Volume 1, Issue 1

A publication of the Iowa 4-H Foundation

Be a Caring Adult

The Iowa 4-H program addresses youth needs by focusing on youth strengths and essential elements of positive youth development. These essential elements serve as a guide for planning 4-H activities and programs.

A caring adult is one essential element of a successful 4-H program. This adult sets boundaries and expectations for young people and is a supporter, friend, and advocate. A caring adult joins in the fun and games, enjoys laughing with the youth, and plans time to get to know the youth individually. A caring adult facilitates rather than dictates. The key quality is caring rather than knowing all the answers or organizing the best.

Other essential elements include safe environment, mastery, service, self-determination, inclusiveness, futuristic, and engagement.



Rough It!

Find overnight adventure on the historic paddle wheeler, William M. Black.

Are you looking for a unique overnight experience with your 4-H'ers? Round up your crew and board the historic boat, which is docked in the Ice Harbor at Dubuque on the mighty Mississippi. This National Landmark vessel was once a working dredge boat that roamed the Missouri River. Today you can walk the decks of the 1934 steamer and tour the engine room, crew quarters, and pilothouse. You also can experience an overnight, seeing what life was like on a working steamboat. Details include the following.

1. Cost is \$30/person for both children and adults. This includes twilight programming, an evening snack, overnight accommodations, breakfast, and a tour of the fabulous National Mississippi River Museum and Aquarium. Mark Wagner, director of education at the Museum and Aquarium, is an ISU Extension employee. The museum works in association with The Smithsonian Institute.
2. Accommodations are available for up to 55 people, with a minimum reservation size of 16. Minimum age is 6 years old or first grade.
3. Check-in time is 6:00 p.m. The group first moves on to the boat, receives sleeping assignments, and has time to make up bunks and stow

gear. Sleeping arrangements are in bunk beds, positioned close together and in one large room, called the Boar's Nest (crew quarters). The Museum recommends that children ages 13 and over are separated into different sleeping areas—additional bunk beds are positioned in a separate area of the boat.

4. The evening includes entertaining games and educational programs, followed by a snack. The staff can work with you to arrange an educational program to fit your needs.
5. One chaperone is recommended for every five children, or at least one chaperone for every seven children.

For more information or to schedule an overnight adventure, call (800) 226-3369, ext. 213 or e-mail info@rivermuseum.com. All Aboard!

Chaperones Needed

Three days of not cooking, cleaning, or making a bed await the lucky adults who chaperone youth at the 2005 Iowa 4-H Conference set for June 28-30 in Ames.

Inspiring speakers, workshops, and entertainment make up the program. Chaperones stay in dorms on campus along with the 1,000 high school youth who attend.

Contact your county Extension Office for information. The registration cost for chaperones is paid by the county.



Gain New Leadership Ideas

If you are looking for some ideas for teaching leadership, teamwork, responsibility, and cooperation in your club, be sure to check out the 4-H Leadership Project material. The mentor guide has great activities such as “Team Work Tightrope,” “Don’t Drop It,” “The End is In Sight,” or “Bridging to Partnership.” Your members are sure to have lots of fun.

Consider Iowa’s Dairy Story For Club Field Trip

Milk, cheese, and ice cream bring to mind the local grocery for many youth. You can acquaint even the most urban 4-H'er with Iowa's Dairy Story by visiting Calmar, Iowa. There you'll find the Dairy Center, a project of the Northeast Iowa Community-Based Dairy Foundation and Iowa State University Extension.

You'll tour the Hall of Breeds, compare the history and production of the seven dairy breeds, and learn about the history and geography of the dairy industry. You'll also learn about milk production in northeast Iowa, dairy products and their importance to human growth and development, and a cow's daily diet. Visitors also view cows being milked in the Dairy Center milking parlor and see what occurs in the special needs barn.

Appropriate for third, fourth, and fifth graders, Iowa's Dairy Story shows how dairy products reach consumer tables. Three thousand students from 36 schools in 12 counties have experienced the story and numbers continue to rise. Teacher comments include: excellent information, hands-on activities, age-appropriate, well-organized, and fun. Started as a school enrichment program, the story now includes community, family, and tourist activities.

For more information contact:
Barb Sauser, Youth Field Specialist
(563) 245-1451 or sauser@iastate.edu.
Minimum charge is \$2 to cover supplies. Program length runs from two to four hours.

ACTIVITIES

Use Mixers for Group Recreation

Recreational games play an important part in club meetings. Games give youth opportunities to get to know others in the club, although some youth may stick together and avoid mixing. Here are some simple, fun mixers for recreational games.

Line Up—Line up group according to any variable—oldest to youngest, tallest to shortest, alphabetically by first letter of first or last name, chronologically by month and date of birthday. To add challenge to the process, do not allow talking. The people at the beginning and end of the line become partners, working inward to the middle.

Commonalities—Prepare a series of statements that you can read quickly (My favorite color is red; I am a basketball fan; I have blue eyes). Before you begin to read, tell the group that they should raise their hand as soon as they hear a statement that is true for them. The first two people to raise their hands become partners and do not respond to any more statements. The next two to raise their hand become partners and so on. In case of ties, use the next question for a tie-breaker.

Picture Puzzles—Cut pictures from a magazine so that you have pictures for only half the group. Cut each picture in two pieces and mix them in a hat or box. Each person takes one piece and partners with the person with the matching piece. Optional—choose theme-related pictures.

First Names—Each person counts the number of letters in his/her first name. Each person then finds others with the same number of letters. They become partners. If someone is without a partner, shorten a name (Matthew becomes Matt) or find someone with the closest number of letters.

Finding Twins—Choose a category ahead of time such as animals, famous people, occupations, emotions, sports and prepare slips of paper with specific examples of the category chosen. Make two slips for each example (one set of three for an odd number group). After distributing the slips, each person makes a noise or performs a movement associated with the example. The group circulates until partners have been found.

Field Specialists Serving Northeast Iowa

Barb Sauser, Clayton County
Cindy Baumgarter, Delaware County
Kendra Crooks, Chickasaw County
Vanette Grover, Howard County
Gail Castillo, Franklin County
Mary TeWinkel, Black Hawk County



ISU Extension 4-H Youth Development Field Specialists can assist you with volunteer development and youth development education. Feel free to contact your field specialist for assistance with your 4-H club or youth development. Field specialists serve one to five counties and collaborate with county 4-H staff in working with local 4-H clubs, schools, and youth in out-of-school programs.

... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Stanley R. Johnson, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.