

# 4-H Crafts Series

## Discovering Crafts of the World



### Introduction

Manitoba is a unique and vibrant blend of many heritages and cultures. Through this craft project, you will have the opportunity to celebrate and learn about people and their crafts from around the world and here at home.

Manitobans come from all parts of the world. We each bring our own special heritage and experiences and together we form a dynamic, culturally rich community. Crafts are a very important part of the tradition and legacy of all cultures.

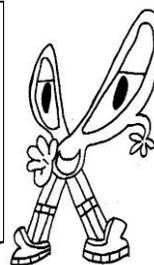
In this project you will learn about the crafts and study a little about why these crafts are important in each culture or country.

In the Skill Builders you will learn about the resources and skills you need to make a craft from Japan, Ukraine, First Nation people, and Africa. This project has only 5 builders recognizing that the crafts chosen may take longer than one meeting.

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### More Crafts of the World

This More Crafts of the World box will appear throughout the manual. Check out the great website links or ideas wherever you see More Crafts of the World. They will lead you to fun online content or other resources to help you with your 4-H project



### Meet Snips!

Snips is a pair of scissors that knows lots of stuff! Snips will tell you neat and important information throughout your workbook.



### Learning is 3D!

To help you get the most out of your learning, each project meeting has the following parts:

- Dream it!** Plan for success
- Do it!** Hands on learning
- Dig it!** What did you learn?



# What Skills Will You Learn?

## DISCOVER

Each section or Skill Builder (or Builder) in this project has activities that will help your project group learn to do by doing while learning new skills and having fun!

To complete this project, you must:

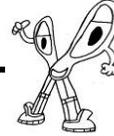
- Complete the activities in each Builder **OR** a similar activity that focuses on the same skills, as you and your leader may plan other activities.
- Plan and complete the Showcase Challenge.
- Complete the Portfolio Page.
- Participate in your club's Achievement (See the inside back cover for more information about 4-H Achievements).

	Members will be able to...	Activities	Page
Skill Builder 1	Let's Look for Resources <ul style="list-style-type: none"> <li>• Find resource people in your local area</li> <li>• Identify crafts from different countries</li> <li>• Keep track of the costs of your crafts</li> </ul>	<ul style="list-style-type: none"> <li>• Who are the people in your neighbourhood?</li> <li>• Take a real or virtual field trip</li> </ul>	4 3
Skill Builder 2	Japan <ul style="list-style-type: none"> <li>• Learn about Japanese culture and crafts</li> <li>• Make a craft from Japan</li> </ul>	<ul style="list-style-type: none"> <li>• Unscramble the words</li> <li>• Ask a 4-H member who has gone to Japan to share with your group about their trip</li> <li>• Make one craft</li> </ul>	7 7 7
Skill Builder 3	Ukraine <ul style="list-style-type: none"> <li>• Learn about Ukraine</li> <li>• Make a craft from Ukraine</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to someone of Ukrainian descent</li> <li>• Word Search</li> <li>• Make one craft</li> </ul>	8 8 9
Skill Builder 4	First Nations People <ul style="list-style-type: none"> <li>• Learn about First Nation crafts and the legends that surround them</li> <li>• Make a craft of First Nations origin</li> <li>• share the legend of your craft</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to someone who knows about First Nations crafts</li> <li>• Word cipher</li> <li>• Make one craft</li> </ul>	10 11 11
Skill Builder 5	Africa <ul style="list-style-type: none"> <li>• Talk to someone who has lived in Africa</li> <li>• Make one craft from Africa</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to someone from Africa about native crafts</li> <li>• Make one craft</li> </ul>	12 13
When you successfully complete your builders, you will showcase what you have learned.			
Showcase & Portfolio	<ul style="list-style-type: none"> <li>• Explain success in using the skills listed above</li> </ul>	<ul style="list-style-type: none"> <li>• Showcase Challenge</li> <li>• My Portfolio Page</li> </ul>	14 16



# Skill Builder 1: Let's Look for Resources

## Snips Says....



DISCOVER

In this project you will have a chance to learn about crafts from different cultures and countries. Where do you go to find out about the cultures and the crafts - that is part of what you will be learning in Crafts of the World.



### SKILLS CHECKLIST

- Find resource people in your local area
- Look at crafts from different countries
- Keep track of the costs of your crafts

### Important words

Watch for these important words throughout this builder:



**Culture, Tradition**

## Dream it!

Crafts are fun to make and sometimes we don't think about the reason behind them. Sometimes they have a religious meaning but they could also have a cultural meaning. Finding out what the meaning behind the craft is can be fun and it also gives you a better understanding of the people from that country and their culture. As you work on each of the countries or cultures try and find a reason why each craft is important for the people of the country.

Most often the crafts were made of raw materials that were readily available to the person. The raw material might have played a significant part of the life of the villagers or community.

As you work through the next 4 skill builders, be thinking of the raw materials you are using and where they might have come from in the country. Also be thinking of people in your community or area who might be able to help you understand the craft and the culture and the reasons for the craft.

4-H clubs are found world wide. In other countries they may not be called 4-H clubs but they have been founded with a similar philosophy and their goal is to work with youth in that country.

### Fun Fact



### Who are the people in your neighbourhood?

Are there people in your community or area who can be a resource for you as you learn about crafts of the world? Can you name someone who could help with/talk to you about crafts from:

Japan \_\_\_\_\_

Aboriginal \_\_\_\_\_

Ukraine \_\_\_\_\_

Africa \_\_\_\_\_

## Do it!

### Field Trip!

Take either a real or virtual field trip to expand your horizons of crafts of the world by choosing two of the following options.

- If you live close to a community that has an international craft store like 10,000 Villages or Marquis Project visit, the store and look at some of the crafts they have on display and for sale.
- Visit a gallery that displays crafts from other countries and cultures and look at what they have.

DISCOVER

### More Crafts !

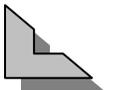


Check out the great website links for ideas on crafts  
<http://www.makingfriends.com/world.htm>  
<http://www.emints.org/ethemes/resources/S00001614.shtml>

## Dig it!

**Picture this .....** Insert a picture or write a description showing what you did in this builder as you were discovering your resources for this project.

In this picture, I want you to notice \_\_\_\_\_



### What's Next?

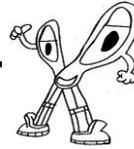
In the next skill builder you will travel west to the island/country of Japan and learn to make crafts from their culture. Use the worksheet on the next page to keep track of the cost of the crafts in you project.



# Skill Builder 2: Japanese Crafts

## DISCOVER

### Snips Says....



Konnichiwa (Good Day). When you think about Japan is there one craft that comes to mind? How do you say hello or goodbye in Japanese? Do you know anyone who has visited or lived in Japan? Sayonara (Good bye).

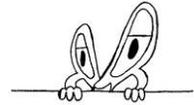


### SKILLS CHECKLIST

- Learn about Japanese culture and crafts
- Make a craft from Japan

### Important words

Watch for these important words throughout this builder:



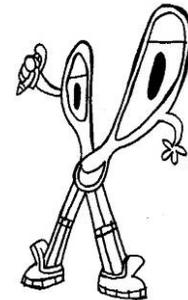
**Origami, Washi Paper**

## Dream it!

Japanese art, drama, and dance forms are steeped in ancient history and tradition. The arts of India, China and Korea were brought into Japan in the 6th century with Buddhism. Over the centuries they have developed a distinctive Japanese character. There are many different crafts found in Japanese culture. Sculptures are found in their religious temples. Japanese paintings can be done with a brush but also using a scroll. Flower arranging is very important in Japanese culture. There are strict rules that govern it - the flowers are positioned in the container so that three elements of heaven, earth and humanity are revealed. Shape, design and the type of flowers used are very important.

Origami is the ancient art of paper folding to create birds, animals and other articles. Today there are many books available in Canada on the art of paper folding. Many types of origami paper are also available.

4-H in Manitoba has a special relationship with the York Benimaru Foundation (YBF) in Fukushima Prefecture in Japan. Since 1987 high school students from Japan have travelled to Manitoba. They are billeted with 4-H families in Manitoba for two weeks. Japanese students come to Manitoba every August. Every second year, ten 4-H members chosen from the past Manitoba host families, have been invited as guests of YBF to travel to Japan. They tour many marvelous sights and enjoy gracious hospitality and live with a Japanese family and attend high school for a week. Your club's Head Leader will have more information about the Japan-Manitoba exchange.



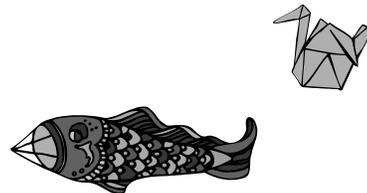
Unscramble the words....	Answer
ehexncag	
iamigor	
kdwnsoci	
heneav	
ehrea	
yntumiah	
fwrelo	
nhinkacwoi	
syraanao	



## Do it!

- Has someone from your 4-H club or area travelled to Japan with the York Benimaru Foundation? If you know someone who has, invite them to a club meeting to talk about their trip and all of the things they saw and did.
- Make a craft from Japan. The instructions for the following are in the Leader Guide or you can choose another craft of Japan that you have researched.

- Japanese Carp Windsock
- Japanese Rain Doll
- Washi Paper Beads
- Origami
- Japanese Flower Arrangement



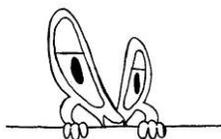
## Dig it!

Review the skills checklist on page 3. What skills have you developed? Do you need more practice?

Tell your group one interesting fact you learned about Japan.

Is your item totally finished, ie. Is it ready to use, display or be given as a gift?

(circle one)            Yes                            No



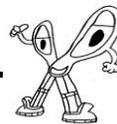
## What's Next?

In the next skill builder you will be learning about some of the crafts from a country in Europe - Ukraine.

# Skill Builder 3: Ukrainian Crafts

DISCOVER

Snips Says....



Ukraine is in South Central Europe. It is bordered by several smaller countries as well as Russia. It is also bordered by the Black Sea. The country has changed much during it's history but still maintains a strong sense of history and culture.



## SKILLS CHECKLIST

- Learn about Ukraine
- Make a craft from Ukraine

## Important words

Watch for these important words throughout this builder:



**Pysanka, Oblasts**

## Dream it!

Ukraine is one of the larger countries in Europe. In Canada we have 10 provinces and 3 territories. Ukraine has 24 provinces or oblasts. Each province or oblast has costumes, dances, foods and crafts that are unique to their particular area. Over 100 years ago many people from Ukraine came to Canada to live and many settled in different areas of our province. Maybe you are of Ukrainian descent or someone in your community might have immigrated from Ukraine.

Find someone in your community or your family who is of Ukrainian background and talk to them about their culture and the crafts from their culture. Speaking with them will help you to understand more about their culture and the importance of their crafts. Some of the crafts like pysanka are important at Easter and are part of a family's basket that is blessed on Easter Sunday at church. The seed or straw pictures use products of the agriculture harvest. The flowers and other designs in the embroidery take stylized designs from nature.

## Word Search

F A R E N A D E R A A D J M A S  
 P O I K T M N B E H I A F O F S  
 B N C D H I S T M T E R X L N I  
 E E F C A D Z D Z D A E R H T R  
 Y A P R P F E Z D S A R M S G E  
 E R K R E R V Z G T M Y A T S S  
 U U V N S R K G N P Y L E I P O  
 N M R E A J E R E R B S P H O S  
 T R L Y M S W D E O D E E Z S O  
 S U L Y T S Y D D V I Y K W C N  
 W A R T S B I P L I X I O W N N  
 D T N E I O E A E N B L H O R Q  
 S N I A R G W I S C L E L M C O  
 C N A B H T A N V E A S T E R N  
 T M M M C R L T Y T C T N T E G  
 K E E D T L I O V M K O X F M E

This word search contains some of the words you will learn as you make a craft from Ukraine.

Find the following hidden words:

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> pysanka,  | <input type="checkbox"/> straw,      |
| <input type="checkbox"/> stylus,   | <input type="checkbox"/> needle,     |
| <input type="checkbox"/> oblast,   | <input type="checkbox"/> embroidery, |
| <input type="checkbox"/> province, | <input type="checkbox"/> aida,       |
| <input type="checkbox"/> Ukraine,  | <input type="checkbox"/> Easter,     |
| <input type="checkbox"/> Kyiv,     | <input type="checkbox"/> Christmas,  |
| <input type="checkbox"/> wheat,    | <input type="checkbox"/> grains,     |
| <input type="checkbox"/> paint,    | <input type="checkbox"/> thread.     |
| <input type="checkbox"/> eggs,     |                                      |
| <input type="checkbox"/> red,      |                                      |
| <input type="checkbox"/> yellow,   |                                      |
| <input type="checkbox"/> black,    |                                      |

## Do it!

- Make a craft that originated in Ukraine. Here are some choices
  - ☒ Pysanka—Ukrainian Easter Egg
  - ☒ Straw Pictures
  - ☒ Seed Pictures
  - ☒ Cross Stitch—make a small item like a bookmark
  - ☒ Wheat and Floral Wreath



DISCOVER

Many of the raw products that you might use in crafts from Ukraine are produced by farmers here in Manitoba, wheat for the seed or straw pictures and eggs for pysanka. Manitoba farmers also raise birds that give larger eggs for decorating like ostrich and emu.

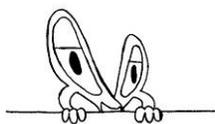
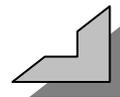
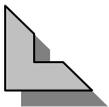
### Fun Fact



## Dig it!

What did you learn about this culture?

What did you learn about the craft you made from Ukraine?



### What's Next?

In the next skill builder we will learn about crafts from the First Nations people in Canada.

# Skill Builder 4: First Nations Crafts

## DISCOVER

### Snips Says....



In North America, people of First Nations communities have made many different crafts from very early days. Many were very functional and others were very decorative. As Europeans settled into Canada and the United States they brought new materials that the aboriginal community worked into their crafts. One example is glass beads - previously they had used shells, coral, animal bones, horns or teeth.



### SKILLS CHECKLIST

- Learn about First Nations crafts and the legends that surround them
- Make a craft of First Nations origin
- Share the legend of your craft

### Important words

Watch for these important words throughout this builder:



**Beading, Dream Catcher  
First Nations, Aboriginal**

## Dream it!

In Canada there are many different First Nation people. Their communities each have their own cultural differences. Crafts will differ from one First Nation community to another. Some may be similar but based on the raw materials they historically had available there will be differences in the end products. If you think of First Nation communities on the West Coast they made totem poles and dugout canoes from the giant trees found in their area. On the prairies the First Nations did not have large trees to use in that fashion. They made their canoes from birch bark. Another craft from the birch tree is birch bark biting. The bark is shaped then bitten and used in very intricate and delicate pictures. Inuit craftsmen used soap stone for sculptures but the plains First Nations would have found it difficult to carve the stones of granite and other materials found on the prairies with their primitive tools.

In aboriginal culture the Medicine Wheel is very important as well as the colours that go along with it. Depending on the First Nation the wheel may include slightly different elements and the colours may vary, red, black, yellow, green and white are most often part of the wheel.

Talk to people in your area who are knowledgeable about First Nations or ....

### More Crafts !

Borrow the DVD *Open Your Eyes* from your local Manitoba , Agriculture, Food and Rural Initiatives GO office. It includes an interesting section on making crafts from nature

<http://www.canadiangeographic.ca/magazine/ja04/indepth/knowledgetoolbox.asp>

[http://www.ask.com/web?](http://www.ask.com/web?q=how+to+make+native+crafts&o=14216&ifr=1&qsrc=999&l=dis)

[q=how+to+make+native+crafts&o=14216&ifr=1&qsrc=999&l=dis](http://www.ask.com/web?q=how+to+make+native+crafts&o=14216&ifr=1&qsrc=999&l=dis)



Using the cipher code given, solve the word puzzles below.

Plain: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Cipher: Y X F E L P V I Q D W Z A K T B U S J H G C R M N L

Y X T S Q V Q K Y Z

E S L Y A F Y H F I L S

H T H L A B T Z L

A T F F Y J Q K J

Using the idea, make up a one word puzzle for the other members of your group.



## Do it!

- Crafts to Make - Choose one of the following or another idea:

- Beaded Necklaces
- Dream catchers—as a decoration or earrings or necklace
- Use leather to make pouches, moccasins or mitts
- Coiled basket
- Drum



## Dig it!

What First Nation craft did you make?

If there is a legend or story associated with your craft, what is the legend or story?

---

---

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## What's Next?

Remember to keep track of your project costs to be able to complete the chart in Builder I. In the next skill builder we will discover the crafts of the continent of Africa.

# Skill Builder 5: African Crafts

## DISCOVER

### Snips Says....



Africa is a continent made up of many different countries. It would be impossible to study crafts from each country so we will be picking just a few crafts to discover. If you want to discover more you could take this project again next year and try other crafts or do a Create-a-Project and concentrate on one country or region of Africa.

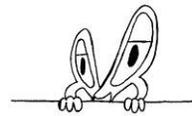


### SKILLS CHECKLIST

- Talk to someone who has lived in Africa
- Make one craft from Africa

### Important words

Watch for these important words throughout this builder:



**Raw materials, Continent, Kwanzaa**

## Dream it!

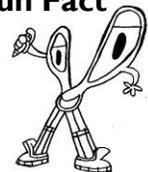
Africa is the planet's second largest continent and includes 53 individual countries. Just imagine how long it would take you to learn about a craft from each country! In this skill builder you will be looking at crafts from Africa that are used to celebrate at festival time, some that represent several areas of the continent or from a specific area or country. In Africa, as with all the other countries you have studied, the crafts are made with items or raw materials that can be found in the area where the people live. As explorers traveled to different areas some of the indigenous people traded and began to use materials that came from other parts of the world but they still maintained the traditional idea of their craft. People who have immigrated from other countries are often very willing to share stories, traditions, foods and crafts of their homeland.

Is there someone in your community from Africa or someone who has visited there? Ask if they would be willing to share their experiences with you. Brainstorm some questions to ask them—what do you want to know?

Africa contains the world's longest river - the Nile River as well as the world's largest desert - the Sahara Desert.

The African continent's highest point is Mt. Kilimanjaro (5,892 m) in Tanzania and it is just a bit shorter than Canada's highest point Mt. Logan (5,959 m)

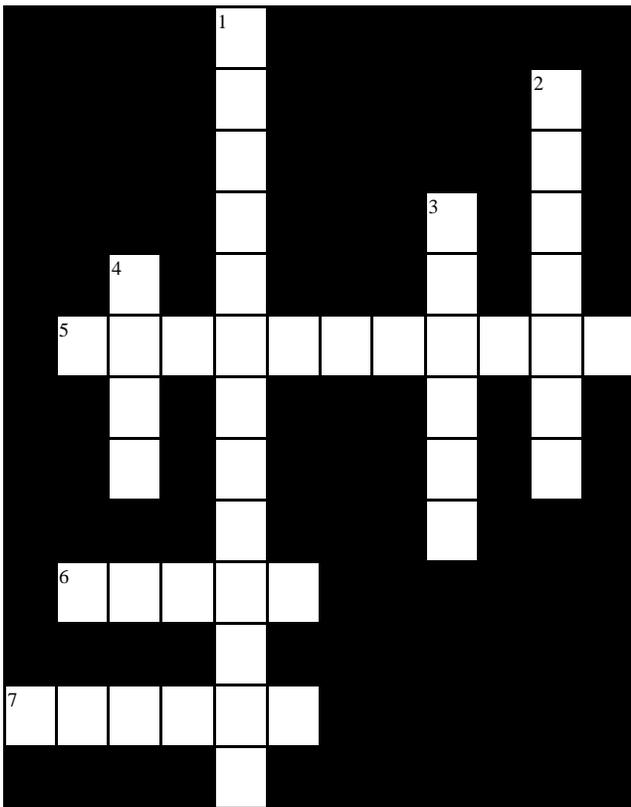
### Fun Fact



### More Crafts !

Check out the African crafts on this website:  
[http://www.makingfriends.com/kwanzaa\\_crafts.htm](http://www.makingfriends.com/kwanzaa_crafts.htm)





## Africa

### Across

5. Number of countries in Africa
6. African word meaning tie dye
7. Swahili word for creativity

### Down

1. Live in the northern region of Ghana
2. People who live in South Africa and Zimbabwe
3. World's largest desert
4. World's longest river



## Do it!

Crafts to make - Choose one of the items below or another idea you have researched.

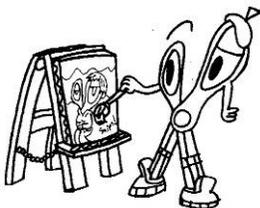
- African Rope Mask—based on an ancient mask made by the Ashanti tribe from northern Ghana
- African Wrap Dolls—from the time of slavery
- Kinara Candles—kuumba or creative candles used in a festival celebrated between Christmas and New Year's
- African tie dye or adire
- Ndebele bracelet—named after the Ndebele people of South Africa

**Dig it!** Is your craft ready to use?

If it is meant to hang, is it ready to hang up?

If it is to be worn is it ready to wear?

Is your item **totally finished**?      Yes                  No  
(circle one)



## What's Next?

Now that you have finished all the builders in this project it is time to think about and plan for the Showcase Challenge. The Portfolio Page is where you can make sure your Discover Crafts Project Skills Chart is complete. There will also be space for you to write down some thoughts and reflections on the project (what you liked and didn't like, etc.)



# Showcase Challenge

*Bringing it all together!*

DISCOVER

Now that you have finished this project, it is time to think about how you will share your experiences and knowledge with others. You may put your new skills to work by helping at a community event or at your club Achievement or teaching others about your topic. The goal of the Showcase Challenge is to help highlight your new skills and help **you** understand how you can use them. It can be an opportunity to receive feedback from others on your project. So go back through your manual and find some highlights of your learning (what you are proud of) and think about how you will “showcase” it.

## Dream It!

### Here are some Showcase Challenge Suggestions:

- Demonstrate something you made or learned about
- Make a poster or display
- Make a pamphlet
- Make a computer presentation (e.g. PowerPoint)
- Give a speech
- Write a report
- Use your new skills to help with the Club Achievement plans
- Or come up with your own idea. It is up to you and your leader!



## My Showcase Challenge Plan



My showcase idea: \_\_\_\_\_

What materials and resources do I need? \_\_\_\_\_

Who do I need to help me? \_\_\_\_\_

When do I need to have things done by? \_\_\_\_\_

## DISCOVER

### Do It!

Insert or attach your finished product or a photo of you sharing your skills in your Showcase Challenge.



### Dig It!

Now that you have showcased your project skills;

- How did your Showcase Challenge go?
- What would you do differently next time?
- How will you use your new skills in the future? (*in different situations?*)





# My 4-H Portfolio Page **Manitoba**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Year in 4-H: \_\_\_\_\_

Club: \_\_\_\_\_ Hours Spent on 4-H: \_\_\_\_\_ (Project and Other 4-H Activities)



## Discover Crafts of the World Project Skills Chart

To be completed by the leader and the member based on observations and conversations throughout the project.

Skill Builder	Members will be able to... Each Skill Builder had a Skills Checklist which identified the skill you will learn.	We know this because... Identify activities completed and record observations and information from discussions about activities.
1	<ul style="list-style-type: none"> <li>Find resource people in your local area</li> <li>Identify crafts from different countries</li> <li>Keep track of the costs of your crafts</li> </ul>	
2	<ul style="list-style-type: none"> <li>Learn about Japanese culture and crafts</li> <li>Make a craft from Japan</li> </ul>	
3	<ul style="list-style-type: none"> <li>Learn about Ukraine</li> <li>Make a craft from Ukraine</li> </ul>	
4	<ul style="list-style-type: none"> <li>Learn about First Nation crafts and legends that surround them</li> <li>Make a craft of First Nations origin</li> <li>Share the legend of your craft</li> </ul>	
5	<ul style="list-style-type: none"> <li>Talk to someone who has lived in Africa</li> <li>Make one craft from Africa</li> </ul>	
Showcase Showdown	<ul style="list-style-type: none"> <li>Explain success in using the skills listed above</li> </ul>	

Additional Comments/Activities:

### Leader Point of Praise!

I am most impressed by...

I acknowledge that the member has completed the 4-H project requirements.

Leader's Signature: \_\_\_\_\_



## Above and Beyond!

In addition to project skills, 4-H also increases skills in meeting management, communications, leadership, community involvement through participation in club, area, or provincial 4-H events or activities. List below any activities you participated in this year in 4-H.

(Some examples include Executive Positions Held, Workshops, Communication, Community Service, Rally, Bonspiels, Conferences, Judging, Camps, Trips, Awards, Representation to Area or Provincial Councils, etc)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

\*\*Feel Free to add additional pages that include awards, certificates, news clippings, photos or other items that describe your 4-H involvement.

## Member Point of Pride!

What I learned...

What I need to improve on...

What I want others to notice...

Member's Signature: \_\_\_\_\_



## Point of Praise! Another's perspective on your achievements in 4-H.

(community professionals, MAFRI staff, 4-H club head leaders, 4-H Ambassadors, friends of 4-H)

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

Signature: \_\_\_\_\_





## 4-H Achievement

4-H Achievement is... a 4-H club celebration when members have completed their projects. Achievements are planned by the club to give recognition to members and leaders for their accomplishments in their 4-H projects and club activities.



A 4-H Achievement can take many different formats: from choosing a theme, to member project displays, to members using their new skills for the event (entertainment, food, decorating, photographer, etc.), to members presenting their project to the whole group, the options are endless and open to the creativity of the members and leaders in each club!

Clubs may also plan their Achievement to promote 4-H to the community or to recognize sponsors and others who have helped the club.

Members and leaders - be sure to check your project books for the project completion requirements, so you will be ready for your club's Achievement celebration!

**If you have any questions, comments or suggestions for this or other 4-H projects contact:**

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This manual is for educational use only and is not intended as professional advice. ®

**For more information about 4-H and the many 4-H opportunities available please visit**

**<http://www.gov.mb.ca/agriculture/4-h/>**



## DISCOVER

### What is 4-H?

4-H is an international youth organization involving more than 7 million members in 80 countries around the world.

In Canada, 4-H began in 1913 in Roland, Manitoba as a community-based organization dedicated to growth and development of rural youth. Today's 4-H program reaches both farm and non-farm youth across Canada. The motto of "Learn to Do by Doing" is embodied in the program, as 4-H focuses on skill development as well as personal development of life skills such as communications, leadership and citizenship.



### 4-H Motto

"Learn To Do by Doing"

### 4-H Pledge

I pledge,  
My HEAD to clearer thinking,  
My HEART to greater loyalty,  
My HANDS to greater service,  
My HEALTH to better living,  
For my club, my community, and my country.

### 4-H Quality Equation Principles

#### Quality People

- Promote responsibility, respect, trust, honesty, fairness, sportsmanship, citizenship, teamwork and caring.

#### Quality Experiences

- Provide members with personal development and skill development experiences.

#### Quality Projects

- Promote and value quality effort.
- Promote high quality, safe food production within industry standards.



Manitoba 4-H project material is developed by  
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