

4-H PROJECTS FOR THE PICKING

September 2015 Manitoba



WELCOME NEW AND RETURNING 4-H'ers!

Every 4-H member enrolls in a 4-H project – so the first thing you need to do is choose a project topic that interests you, and that will teach you something new. Check out the options in this brochure and choose something that fits for you.

If you are 6 or 7 years old - we encourage you to take the “Cloverbud” Project - 8 and 9 year olds are encouraged to take “Adventure into 4-H”. Both of these projects will give you a chance to learn about different project topics and will help you find out what 4-H is all about!

How to Pick your 4-H Project

When picking your 4-H project(s) for the year, the most important thing is that you chose a topic that interests you. Be sure to talk with your parent/guardian or project leader to make sure that you will have the time and resources to complete the project.

Most projects are designed to be completed in 15-20 hours. However, the amount of time spent on project work may vary, depending on the activities that you have chosen. All projects require you to complete the Showcase Challenge and My Portfolio Page.



Watch for the “NEW” symbol to find exciting new topics you can learn about this year.

Pick-a-Topic – If you are interested in creating your own project this year and will be taking a Pick-a-Topic project, look carefully and be sure that the topic you want to do is not already offered in one of the project series. For example – if you wanted to take a beef related topic you would take Mastering Beef- Pick Your Specialization. This year Pick-a-Topic projects are offered within the Foods, Crafts, Equine and Beef series.

In the Manitoba 4-H project framework, there is a member’s manual and a leader’s guide for each project and there are 3 levels of skill development in each project topic series.



Here’s how it works:

Explore - each project series has one project outlining the basics. All beginning members will be expected to complete the Explore level project before moving into the Discover level projects.

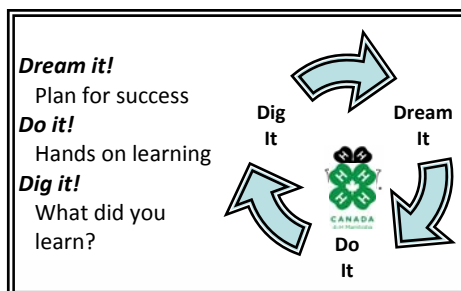
Discover – several project options at this level provide members with options to practice specific techniques and gain skills through specialized builders. Members can take as many Discover level projects as they like through their 4-H career.

Master – once members have learned the basics by taking the Explore and at least 2 Discover projects in a series, multiple project options allow specialization in a topic. The Leader’s role is to look for opportunities for their members to have more in-depth experiences by: working with other mentors, partnering with outside agencies, participating in exchanges,

LEARNING IS 3D!

To help members get the most out of their learning, each skill builder has the following parts:

Project activities are flexible! You can choose a different activity that suits your taste and teaches you the same skills. You can even take the same project over again to learn new or different skills on the same or similar topics!





CLOVERBUD PROJECT

(DRAFT 2013) Members (ages 6 & 7) may choose the Cloverbud project, which gives an introduction to 4-H through age appropriate Skill Builders. Members can sample project topics and learn what being a 4-H member is all about!



ADVENTURE INTO 4-H

4-H'ers ages 8 & 9 may choose this project to explore project topics available in 4-H. Similar to the Cloverbud project, members adventure into 4-H by choosing 6 Skill Builders to complete their project.



4-H HANDS ON SCIENCE

DISCOVER SCIENCE IN THE KITCHEN -

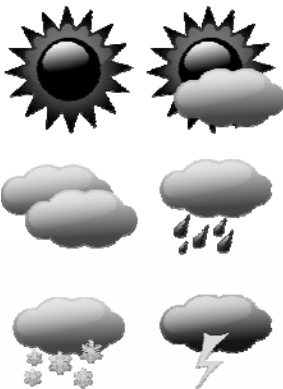
NEW This project is suitable for members with some knowledge of working in the kitchen.

Members will learn that science has a place in the kitchen as they observe ingredients interacting and experiment with cooking methods. Members choose 6 Skill Builders out of a possible 14 to discover delicious combinations of science and food.

DISCOVER CoCoRaHS - TRACKING PRECIPITATION AND WEATHER -

NEW Members who are interested in the weather will want to take this project, to learn about precipitation and how it affects their lives. Rain, hail, tornadoes and lightening are just some of the topics covered.

Members will also learn about the CoCoRaHS program and how citizen-science can benefit their communities.



PICK-A-TOPIC

DISCOVER PICK-A-TOPIC - Do you want to explore a project topic that 4-H Manitoba does not offer? No problem - you can do it through Pick-a-Topic. If you are at least 10 years of age, have taken at least two 4-H projects you can enroll in Pick-a-Topic. This project can be taken as a group or as an individual. You plan your own project, do it, keep records and evaluate how you think you have done. Check it out - it may be just the right project for you!



MONEY AND MORE

SMART CENT\$ ONE - This hands on project will increase member's understanding of the basics of money management and the value of a dollar. Quizzes and activities will help members age 9 to 11 learn the basics of where money comes from, how it is spent, and creative ways for keeping track of their money.

SMART CENT\$ TWO - Members age 12 to 14 will build on knowledge from *Smart Cent\$ One* with more fun activities about money. Spending plans, how advertising affects our decisions, using credit, smart savings and basic investing are explored.

GETTING A JUMP ON LIFE - 4-H'ers 15 years and over, to get ready for moving out on their own. Finding a Place to Live; Sharing Your Space; Survival Skills; Shoe-string Living; Transportation; Working and You; Protecting Yourself and Your Belongings; and Lifestyles.



BABYSITTING

SMART SITTER - Soon-to-be sitters discover what they need to know to become a great babysitter, and what every parent wants in a responsible babysitter. This project teaches the skills necessary to care for infants, toddlers and pre-schoolers, with a strong focus on safety and first aid basics. Members must be at least 11 years old to take the project and may not receive their certificate prior to their 12th birthday.



BODY WORKS SERIES

EXPLORE BODY WORKS - This project introduces members to the basics of living healthy lifestyles, taking care of their body and feeling good. Hands-on activities in five topic areas will give members the basic information needed to advance to the Discover level projects.

DISCOVER BODY WORKS -

YOUR LOOK - Members will learn more about body image, self esteem and basic care for the body. Body shape, trends, colour and personal styles and how they are expressed are new topics introduced in this project.

DISCOVER BODY WORKS -

FITNESS - This project looks at sports nutrition, training and work-out plans and community fitness. Activities are suitable for all members, regardless of current activity or fitness level.

DISCOVER BODY WORKS -

BICYCLING - (4-H Saskatchewan) - Get outdoors and active with the bicycling project. Members will have plenty of opportunities to practice their cycling skills, while learning about cycling safety and the mechanics of their bike. Activities include; bike maintenance, mapping bike routes, designing a bicycle and organizing a group ride and bike rodeo.

MASTER BODY WORKS -

YOUR FITNESS - Members will set a personal fitness goal and using knowledge and skills acquired from the Explore and Discover levels and set a plan (do the necessary research) to achieve their goals.





4-H CRAFTS SERIES

EXPLORE CRAFTS - Members will learn about the elements of design while making fun craft items. The elements include colour, texture, line and shape. The final project will help members combine all the elements to come up with a great final product.

DISCOVER CRAFTS - Scrapbooking – Members will take some of the skills learned in Explore Crafts and use them in creating scrapbooking pages. Scrapbooking is telling a story with pictures and recording thoughts and ideas as you write or ‘journal’ your story.

DISCOVER CRAFTS - Crafts Of The World - Building on Exploring Crafts, members will focus on 4 countries and discover some of the crafts of those countries.

DISCOVER CRAFTS - MY SPACE (4-H Saskatchewan) - This project will appeal to members who are interested in interior decorating. Topics covered include creating a plan, principles of design, career options and how to decorate on a budget. Members can practice their skills by drawing a floor plan, creating a colour scheme, and choosing furniture, fabrics and accessories. (Activity guide only).

DISCOVER CRAFTS - Pick-a-Topic (Draft 2014) - This project allows you to learn a craft skill or topic that isn't covered in the Crafts Series such as; knitting, weaving, candle making and pottery. Your project is only limited by your imagination and the time you wish to spend. The manual will guide you through a planning process that will help you pick a craft topic that interests you and set goals for your project year. Fact Sheets available for some topics: Candlemaking, Tie & Dye, Batik, Stitchery, Crocheting, Knitting

MASTER CRAFTS - Crafts Of A Culture - Concentrating on the crafts from one country or culture, members will delve further into the methods of making the crafts and the importance of the crafts to the culture from a social, economic and historical perspective.



4-H FOOD SERIES

EXPLORE FOODS - This project covers the basics; reading a recipe, measuring, food safety, healthy eating and where our food comes from. Easy recipes to try will give members lots of snacking opportunities while doing the fun foods activities.

DISCOVER FOODS - PIZZA - pizza really does cover all Canada's Food Guide to Healthy Eating categories and is an excellent choice to sample plenty of food products produced in Manitoba! Comparing crusts, sauces, vegetables, cheeses and meats will give members lots of hands on and tasting experiences while building on recipe selection and food preparation skills.

DISCOVER FOODS - SNACKING SENSE - For the busy 4-H'ers who want to learn more about how to choose snacks that taste good and are healthy, too. Snacking Sense activities will explore the hidden fat in snack foods, reading labels and how to boost the nutrients in your snacks to make every one count!

DISCOVER FOODS - BREADS - This project discovers the variety, history and future opportunities for bread and bread products. Compare the nutritional value of whole grain bread, the role of preservatives, and explore opportunities for making money and potential jobs.

DISCOVER FOODS - CAKE DECORATING - (4-H Saskatchewan) This project helps members discover the basics of baking cakes, planning cake designs and decorating. In addition to practicing a wide variety of icing techniques, members will learn about storing and transporting their cake and cupcake creations. (Combined reference book and activity guide)

DISCOVER FOODS - PICK A TOPIC - (Draft 2014) This project allows you to learn a food skill or topic that isn't covered in the Foods Series such as: outdoor cooking, grilling, new cooking techniques or ethnic cooking. Your project is only limited by your imagination and the time you wish to spend. This project will guide you through a planning process that will help you pick a topic that interests you and set goals for your project year.

MASTER FOODS - BREADS - If you enjoyed Discovering Breads, learn more about analyzing loaves of bread for improvement, how to adapt bread for different diets, and specialty breads. Understand more about how to make breads as well as how important the industry is to agriculture in Manitoba.



4-H FIBRES & FABRICS SERIES

EXPLORE FIBRES & FABRICS - Learn the basics of sewing with emphasis on short simple machine sewn projects. Includes getting to know the sewing machine, learning about fibres and fabrics, sewing buttons, zippers and a casing. Sewing pajama pants will complete the project. Alternate project ideas and instructions are included in the leader's manual.

DISCOVER FIBRES & FABRICS - Sewing Tops & Bottoms - Learn additional machine sewing skills, about specialty fabrics, interfacing, sewing machine needles, pressing tools and clothing care. With a commercial pattern, members will sew a shirt / top and pants / skirt /shorts with their new skills.

DISCOVER FIBRES & FABRICS - Rag Time Patchwork Quilt - Learn basic quilting skills by designing a rag quilt. Skills include working with fabrics and batting, quilting tools, rotary cutting, patchwork piecing, sewing accurate seams and how to make a Rag Time Quilt. It's time to get creative!

MASTER FIBRES & FABRICS - Sewing Green - This project is for the advanced sewer who wishes to experience more creative aspects of clothing. It looks at how to repurpose, reuse and recycle fabrics into new garments or household items. Explore fabrics that are good for the environment and look at how sewing skills can be turned into a business venture.





4-H MACHINE SERIES

EXPLORE MACHINES - To understand how complex machines like car engines, rockets, and robots work, it is important to understand the basics. Learn about the uses and workings of simple machines, electricity and magnetism through lots of interesting hands on activities. You'll even build your very own machine!

DISCOVER MACHINES - ROCKETRY- In this project you will learn about the basic principles of flight. You will be doing lots of fun hands on activities, such as building hot air balloons, airplanes and rockets. You will use the knowledge about the four basic forces that affect flight and then build rockets. Guaranteed to be a BLAST!

DISCOVER MACHINES - OXYACETYLENE WELDING AND CUTTING - You will learn about the basic equipment, operation, and safety of the oxyacetylene unit; how to make basic weld joints and how to use the cutting torch. You will create your own welding project!

DISCOVER MACHINES - SMALL ENGINES Engines need care and regular maintenance to ensure they run well for a long time. This project provides the background and basics of how small engines work as well as how to maintain them properly. You will gain practical knowledge on the operation and maintenance of small engines and hands on experience too!

MASTER MACHINES – REBUILDING SMALL ENGINES - In this project members will diagnose part wear and replace worn parts, learn the steps in engine disassembly, reassemble a small engine, change the oil and learn how the lubrication system works, understand how sparkplugs and the ignition system works, learn about the fuel system, troubleshoot a small engine and learn how to store small engines.



4-H LEADERSHIP

EXPLORE LEADERSHIP - This exciting project is all about exploring who you are, interacting with your world, and using your head, heart, hands, and health to be the best leader possible. Explore different ideas, play challenging and fun games, experience new activities, and practice and share new skills that will help you become a great leader – whatever your age!

DISCOVER LEADERSHIP - TEAMS Teams are everywhere! This super fun project is all about discovering your team skills and learning how you can use your head, heart, hands, and health to be the best team member possible.

DISCOVER LEADERSHIP - MY PLACE IN THE WORLD- Strong leaders know what they stand for and where they want to go. This project will help you to explore some of the most important questions of your life: what is my mission; where am I going; how can I give to my community; and what roles do I play in this world?

DISCOVER LEADERSHIP – COMMUNICATIONS - Effective communication drives all aspects of day-to-day life. Discover the exciting world of communication, and learn how being able to communicate allows you to stand out from the crowd, gain confidence, encourage opportunities, be yourself, and succeed!

DISCOVER LEADERSHIP – BE MY GUEST - (4-H Saskatchewan) - Members who are interested in party planning will enjoy practicing the variety of skills covered in this project. Theme, invitations, decorations, menu, entertainment, budget, location and hosting etiquette are all topics that members will learn about, while planning their own party. (Combined reference book and activity guide)

MASTER LEADERSHIP – MASTERING LEADERSHIP ROLES - Put your leadership skills into action, contribute to your community, and do your part as a leader in this world. This project encourages members to explore a broad range of leadership roles in the school, community or 4-H setting. It offers lots of flexibility and the opportunity to fit into a busy senior member's schedule.



4-H TECHNOLOGY SERIES

EXPLORE TECHNOLOGY - The 4-H Technology series starts off with a project that will show you the ins and outs of your computer. There will be opportunities to explore the internet, find facts and fun things to do, learn how you can contact friends online, and explore some of the many ways in which computers are useful.

DISCOVER TECHNOLOGY - PRESENTATIONS In this project, members will figure out how to use word processors, spreadsheets, graphics, animations and audio features. Then all of these things can be used together to create a captivating presentation with presentation graphics software (no specific software is necessary).

DISCOVER TECHNOLOGY - DIGITAL CAMERAS - This project is for members who want to learn more about their digital camera and improve the quality of their pictures. Through this project, members will understand the standard operations of their camera as well as basic lighting and picture composition practices.

MASTER TECHNOLOGY - MANUAL DIGITAL PHOTOGRAPHY - Members who are comfortable with digital photography can take their skills to the next level. This project focuses on digital cameras without using automatic settings, allowing greater control and customization over exposure, lighting and shutter speed with a DSLR camera (which is required for this project).



Please check our website to see other new projects as they become available:
<http://www.gov.mb.ca/agriculture/rural-communities/4h/projects-and-activities.html>



4-H BEEF SERIES

EXPLORE BEEF - BITE INTO BEEF!

For members between the ages of 8 and 11 years old or new members who are looking forward to learning about being a 4-H member in a beef club. Members will learn about the 4-H program, be able to select, feed, care for and house a beef calf. They will also gain valuable experience in training, grooming and showing a beef animal.

DISCOVER BEEF 1 - HERE'S THE BEEF!

This beef manual is for members between the ages of 12 and 16 or those experienced in being in a 4-H beef club. Members will learn how to select the best calf for their project, discover how to keep accurate records, learn about proper animal health and nutrition, improve their cattle judging skills, and train their calf.

DISCOVER BEEF 2 - LEADING THE

CHARGE! - This beef manual is for 4-H members between the ages of 17 and 21 or members who have more experience in being in a beef club. Members will learn about caring for cattle by handling them with respect, feeding them properly and keeping them healthy. They will also discover a number of different cattle breeds and learn how to choose the best animal for their 4-H project.

MASTER BEEF - FEED ISSUES -

NUTRITIONAL DISORDERS- This beef manual is for senior members from 18 to 21 or those who are very keen to learn more about feed issues. This self-directed project will educate members about some of the common nutritional disorders that Manitoba producers deal with on a yearly basis.

MASTER BEEF - PICK YOUR SPECIALIZATION (DRAFT 2014) -

Members age 14 years and older can design their own beef related project that includes their own goals and interests. This project offers members a chance to focus on an aspect of beef production. (AI, holistic management, cow calf) or further their knowledge of a particular beef related skill such as showmanship or judging. This project will guide you through a planning process that will help you set goals for your project year.



4-H EQUINE SERIES

EXPLORE HORSES (REVISED 2014)

Levels 1, 2 and 3 are in separate manuals. Aimed at members ages 6 - 12. These manuals cover the basics of horse safety, groundwork, grooming, psychology, health, identification and riding. Older members may challenge the checklists at the end of each level to move on to Discovering Equine and Mastering Equine levels. This level is required of all equine members.

DISCOVER EQUINE - HORSEMANSHIP 4 (DRAFT 2011)

Building on skills learned in Exploring Horses, this manual is aimed at members ages 10 and up, and covers in more detail the skill areas learned in Exploring Horses. Members are encouraged to complete this level before moving on to Discovering Equine - Horsemanship 5.

DISCOVER EQUINE - HORSEMANSHIP 5 (DRAFT 2011)

Building on skills learned in Exploring Horses and Horsemanship 4, this manual is aimed at members ages 12 and up and is a continuation of Discovering Equine - Horsemanship 4.

DISCOVER EQUINE - TIME TO SPECIALIZE (REVISED 2014)

Aimed at members age 12 and up. Members will have the opportunity to choose from six areas of specialization - dressage, jumping, reining, rodeo, cattle events, and ranch horse. A short resource manual for each of these topics is available.

MASTER EQUINE - ADVANCED HORSEMANSHIP (DRAFT 2011)

Designed for members ages 14 and up, this level covers the highest horse management skills in safety, groundwork, grooming, psychology, health, identification and riding. Members will learn more about importance of conformation and how to judge.

MASTER EQUINE - PICK YOUR SPECIALIZATION (DRAFT 2011)

Offers members a chance to go beyond what is offered in the other units. Members age 14 years and older can design their own equine related project that includes their own goals and interests. Members may choose to focus on such things as bridles, training a young

horse, cross country jumping, draft horses, driving, farrier work, veterinary studies or further their knowledge of a particular riding or equine related skill. The possibilities are endless! Think outside the box!

MASTERING EQUINE - YOUNG HORSE DEVELOPMENT PROJECT (YHDP)

Designed for the experienced rider/handler. Members purchase a spring foal from an approved MERA (Manitoba Equine Ranchers Association) ranch, and train the foal over a two year period. Members who take this project must be at least 14 years or older, and must apply to be selected to take part. This project material may also be used as the basis for a Mastering Equine - Pick Your Specialization project.



DAIRY

JUNIOR DAIRY - 8 to 11 year old beginning dairy members learn about the care, selection and feeding of a calf. Members show a dairy calf.

INTERMEDIATE DAIRY - 12 to 14 year old dairy members expand on what they have learned in their previous year. Members show a dairy calf and may show a heifer or dairy cow if they wish.

SENIOR DAIRY - More experienced dairy members explore selection, nutrition and housing of dairy animals. All aspects of dairy cow management are covered, including breeding, calving, health, milk production and facilities. Members show a dairy calf and may show a heifer or dairy cow if they wish.



SHEEP

NEW

DISCOVER SHEEP - (4-H Ontario) -

In this project members will learn about health, nutrition, breeding, lambing, selection, housing, transportation, marketing and animal welfare. Showmanship and judging will be covered too. This project is designed to be covered over more than one year—and can be done with market or breeding animals.



SMALL ANIMALS

SMALL ANIMALS 1 - This project is for the 8 to 10 year old 4-H member. The member may choose any type of small animal to learn about and care for in this project. An action packed manual leads members through a basic understanding of responsibilities.

SMALL ANIMALS 2 - This project is for 11 to 13 year old animal owners. A more in-depth look at animal care is done through a series of activities.

SMALL ANIMALS 3 - A self directed project - members select or create a topic on small animal management, of particular interest to them. The 14+ year old small animal owner will enjoy this opportunity to research and practice small animal management.



GROWING THINGS

EXPLORING PLANTS - (DRAFT 2013) Members will learn about the world of plants and the role they play in our everyday lives. Members learn about the parts of a plant through hands-on activities that will have them looking at plants in a new way.

A GROWING EXPERIENCE - This project is excellent for the beginning gardener who is interested in learning the basics of planting and caring for an outdoor garden.

CREATIVE GARDENING - Advanced gardeners (14 years+) can use their imagination to create a project they find interesting. Container gardens, fruits, herbs and market gardening are a few suggested topics.

FIELD CROPS - Each of the Field Crops levels looks at soil, tillage, equipment, fertilizer, seed, weeds, chemicals, insects and disease, along with the harvesting and marketing of a crop. Every member will have a chance to grow up to 2 hectares of a field or special crops choosing from cereals, oilseeds, pulses, forages, market garden, fruit, herbs or spices.

LEVEL 1 - 9 - 11 year olds.

LEVEL 2 - 12 to 15 year old

LEVEL 3 - 16 year olds +



WOODWORKING

EXPLORE WOODWORKING - You will learn basic techniques for common wood-working tools and have the opportunity to build different projects including stilts and a paddlewheel boat. There are six different sections called Skill Builders that focus on specific topics. Each Skill Builder has activities that will help you develop your skills.

DISCOVER CONNECTING YOUR CORNERS - 'Connecting Your Corners' is part of woodworking involving joining together the pieces of wood, that create the furniture, structures and many other items that we see and use every day. Throughout this Discover level, there will be five skill builders where members will learn about different methods of joinery, how best to use them, and what they look like.

BUILDING ON - Designed to further develop skills already learned in the first two units, this project introduces the use power tools. The investigation of 'joinery' techniques are also included. Final projects will be larger and more complex to complete.

CREATIVE WOODWORKING - Advanced woodworking members use their imaginations and personal desires to set goals for this unit. Making original designs, using new methods or mastering a large wood-working project are all possible.



MANITOBA ENVIROTHON

PARTNER-A-PROJECT - An exciting new project option for 4-H members of high school age! 4-H members can receive credit for 4-H project completion by participating on an Envirothon team. They may register as a member of an existing Envirothon team in their school, or create their own team of eligible 4-H members. For more information on Envirothon, visit <http://www.thinktrees.org/Envirothon.aspx>



OUTDOOR LIVING

CAMPING AND SURVIVAL SKILLS - Ages 9+ provides a series of activities under the topics, Building a Campfire, Making a Shelter, Living in Your Camp, Knots and Knives, Camping and Safety and First Aid.

FINS, FEATHERS AND FUR - Ages 9+ is a series of activities under the topics, Fish and Fishing, Animals of Our Lands and Birds of a Feather.

THE OUTDOORS - RESPECT, RENEW, RELATE - Ages 9+ - is a series of activities under the topics of, The Food Chain, Everything Green, Eye on Environment and Understanding Ourselves Through Nature.

GEOCACHING (4-H Saskatchewan) - Combine the outdoors and technology to enjoy the fun and adventure of Geocaching. Along with learning the basics of geocaching and using a GPS, members will learn how to make caches and find hiding spots. There are plenty of opportunities to develop geocaching skills through the More Geocaching! Activities.

MORE INFORMATION?

For more information on projects, specific details on leader or member manuals, record books and related resource material see the [2015 4-H Resource Guide](#) or contact your local Manitoba Agriculture Food and Rural Development (MAFRD) Growing Opportunities (GO) Centre.

For more information about the 4-H Program in general, contact a 4-H leader in your community, your local MAFRD GO Centre or Office or :

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