Name: _________________________
4-H Club: ____________________
Hello, Cloverbuds!

I am so excited to have you be a part of our River Valley District 4-H family. My name is Macy Hynek and I am the 4-H Youth Development Agent. I develop and deliver educational programs to school-aged youth in Clay, Cloud, Republic and Washington counties. I cannot wait to meet you and to see all the amazing things you do in 4-H. Please contact me at (785) 527-8054 or at mhynek@ksu.edu.

-Macy E. Hynek
Welcome! I am so excited to have you as a Cloverbud in Washington County! My name is Rachel Footit and I am your 4-H Program Manager. You will want to bring this book with you to every Club meeting, so you can complete the monthly activities with your leaders. I am here to help you with all things 4-H. Please contact me at (785) 325-2121 or at rachelvalleyacres@ksu.edu. I cannot wait to meet you.

~ Rachel A. Footit
Let’s Stay Connected!

River Valley 4-H

@rivervalleydistrict4h

River Valley Extension District

Bi-Monthly Newsletter

https://rivervalley.k-State.edu
https://ksre.k-state.edu
MY 4-H CLUB

Name:

4-H Age (Age on January 1, 2022):

Local 4-H Club:

Club Leader(s):

Leader Contact Information:

Monthly Club Meeting:

Date:

Time: a.m. p.m.

Location:

Washington County Fair Dates:

July 19-24, 2022
I PLEDGE MY **HEAD** TO CLEARER THINKING,

**MY HEART** TO GREATER LOYALTY,

**MY HANDS** TO LARGER SERVICE,

AND **MY HEALTH** TO BETTER LIVING.

FOR MY CLUB, MY COMMUNITY, MY COUNTRY, AND MY WORLD.

4-H PLEDGE

ADOPTED 1927
Trace the letters below to write the 4-H Motto.

To Make the Best Better
4-H COLORS

Green is nature’s most common color, it represents life, springtime and youth.

White symbolizes purity.

4-H EMBLEM

The green four-leaf clover has a white H on each leaf to represent the four H’s: Head, Heart, Hands, and Health.
CONNECT THE CLOVER
Let’s Color and EXPLORE 4-H PROJECTS

Cloverbuds can participate in non-competitive, age-appropriate events at the fair. Please contact your local extension office with questions.
WOODWORKING
Additional Projects

Refer to the parent letter for age restrictions regarding 4-H projects. For project descriptions please visit: https://www.kansas4-h.org/projects/.

Ag Mechanics (Welding)  Horse
Agronomy (Field Crops)  Horticulture
Architectural Block Construction  Leadership
Astronomy  Performing Arts
Beef  Pets
Civic Engagement  Photography
Clothing and Textiles  Poultry
Communications  Rabbits
Computer Science  Reading
Dairy Cattle  Renewable Energy (Power of Wind)
Dairy Goats  Robotics
Dog Care and Training  Rocketry/Aerospace
Electricity/Electronics  Self - Determined
Entomology  Sheep
Environmental Science  Shooting Sports
Exploring 4-H  Small Engines
Family Studies  Sport Fishing
Fiber Arts  Swine
Foods and Nutrition  Unmanned Aerial Systems
Forestry  Veterinary Science
Health and Wellness  Visual Arts
Home Environment  Wildlife
Activity 1: Fiber Arts

Activity 2: Communications

Activity 3: Swine

Activity 4: Rocketry/Aerospace

Activity 5: Foods and Nutrition

Activity 6: All About the Fair

Activity 7: Entomology

Activity 8: Horticulture
Activity 1: Fiber Arts

Fiber Arts Challenge: Macramé

Inspire Kids to Do

Skill Building
It is best to start with small items using materials that are pliable, uniform, and of a size appropriate to the item, but not too fine. The smaller the diameter of the materials, the harder it is to see the knot being formed. More knots might be needed. Members can build their skill by trying larger projects using more complicated knots.

Goals
- Learn to tie macramé knots.
- Create a macramé project.
- Share what I have learned with others.

Project Ideas
Try your hand at making coasters, belts, place mats, animal leashes or leashes, napkin rings, key chains, lampshades, jewelry, purses or bags and more.

Starting Out
- Learn to tie the basic macramé knots.
- Learn about the different types of twines and yarns used, and what works best for each project.
- Make a simple macramé project using one or two different knots.

Learning More
- Learn how to combine basic knots to make new designs.
- Learn to tie more advanced knots.
- Try using two or more colors to create a design.

Expanding Horizons
- Learn about the Elements of Design and apply them to your macramé project.
- Learn how to use additional materials like beads, wood or ceramic pieces in your project.
- Create your own design using the knots and techniques you’ve learned.

Self-Evaluation Before
Using the rating scale below, answer the following:

1 = not at all
2 = a little
3 = a lot

I know how to ...
- Create macramé knots .......... 1 - 2 - 3
- Add beads or other objects to a macramé project .......... 1 - 2 - 3
- Identify the Elements and Principles of Design .......... 1 - 2 - 3
- Macrame

Things to Learn/Do in Fiber Arts

- Crochet
- Knitting
- Needle Arts
- Patchwork and Quilting
- Rug Making
- Spinning
- Weaving
- Ethnic Arts
- Macramé
Step 1:
Leave all pages in your handbook.

Step 2:
Cut on every dotted line.

Step 3:
Take orange strip #1 and lay it on top of blue strip #1. Then take orange strip #1 and lay it under blue strip #2. Continue this pattern to blue strip #5.

Step 4:
Take orange strip #2 and lay it under blue strip #1. Continue the process going.

Step 5:
Continue the process of Step 3 and 4 for the rest of the strips.
Learning to Weave
Activity 2: Communications

American Sign Language Alphabet

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

Can you Spell your name?

Practice the alphabet
Activity 3: Swine

A mother pig is called a sow. Did you know that most sows have 7 to 8 pigs every litter? A litter is a group of piglets born at the same time by their mother.

Over at Clover farm, how does the farmer tell all the pigs a part? The farmer makes notches in the piglet’s ear to know which family of pigs that piglet belongs too.

The pig’s left ear tells what order number they were born in the litter.
Example: First Born, Second Born, Third Born, etc.
This is like the pig’s first name.

The pig’s right ear tells the litter number on the farm.
This is like the pig’s last name.
INTENTIONALLY LEFT BLANK
Step 1: Cut out your pig's ears, nose and eyes.

Step 2: Create your pig by gluing the pieces onto a 10-inch plate.

Step 3: Help the clover farmer learn all his little cloverbud pig's names by writing your first and last name.

Step 4: Tell clover farmer what order you were born in your litter.

Example:
Activity 4: Rocketry/Aerospace

How to make...
Moving Noodle Robots

Materials Needed:
To make one noodle robot, use...
  o 1 swimming noodle (cut down to size)
  o 1 AA battery
  o 1 battery operated toothbrush purchased at the Dollar Tree
  o Duct Tape
  o Stickers or markers to decorate your robot

What to do:
  o Open the toothbrush and remove the entire battery case out of the toothbrush.
  o Place one battery inside the battery case and make sure it is working properly by switching the power on. Be sure to keep the battery in place by covering the entire battery (case and all) with duct tape.
  o Wrap the case with about two layers of tape so it fits snuggly (not tight) into the noodle.
  o Decorate your robot noodle with stickers or markers
  o After the noodle is decorated, then just place the battery pack inside the center of the noodle and turn it on.

*One long noodle should be cut down into smaller sizes. You will want the noodles to be just shorter than the length of the battery case.
Connect the dots and color your spaceship!
Activity 5: Foods and Nutrition
**Food Group Bingo Guide**

Play Food group Bingo! Begin by marking the free spot on your bingo card. Then match the words from the Word Bank to the food groups on the bingo card by writing the word in each square. There are five extra words in the word bank. The first person to get them all yells bingo!

<table>
<thead>
<tr>
<th>Dairy</th>
<th>Fruits</th>
<th>Grain</th>
<th>Veggies</th>
<th>Proteins</th>
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<td>FREE</td>
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**Word Bank:** Milk Apple Bread Peas Chicken Cheese Banana Turkey Bagel Carrots Tuna Chocolate Milk Oatmeal Cherry Potatoes Eggs Hamburger Corn Cereal Orange Yogurt Broccoli Grapes Ice Cream

©Marsha Kucker
Activity 6: All About the Fair

Cloverbud Fair Rules:

1. 4-H Cloverbuds may exhibit or showcase age-appropriate activity items from their 4-H Cloverbuds experiences.

2. The Cloverbud may showcase a product, poster, or notebook for a show and tell display.

3. A 4-H Cloverbud may showcase a pet from the approved list during his/her show and tell. Pets cannot be included in overnight exhibits. No livestock can be exhibited.

4. The Cloverbud may not participate as a competitive exhibitor and is not eligible to receive premiums or awards. A 4-H Cloverbud may receive a 4-H Cloverbud ribbon or participation award.

Fair Dates:

Cloud County- July 5-10
Clay & Washington Counties -July 19-24
Republic County-August 2-7
TAPE/GLUE

YOUR

PICTURE

From Fair

HERE
Activity 7: Entomology

Body Parts of an Ant Game and Song

Body Parts of an Ant Game
Like all other Insects, an ant’s body has a hard-outer casing, and are divided into 3 sections: head, thorax (Body), and abdomen (stomach). It has 6 jointed legs.

What you need:
- Body parts of an Ant Printable
- Dice
- Scissors
- Glue

Step by step:
- Cut out the 6 insect body parts.
- To play the game, take turns rolling the dice.
- According to the number on the dice, select a body part and start to build your ant.
INTENTIONALLY LEFT BLANK
Body Parts of an Insect Song

(Sing to the tune of London Bridge is Falling Down)

Every insect has 3 parts, has 3 parts, has 3 parts.
Every insect has 3 parts
I can name them all
Head, body and Stomach, stomach, stomach
Head, body and Stomach
It has 3 parts
Every insect has 6 legs, has 6 legs, has 6 legs.
Every insect has 6 legs,
Count them all to see
Every insect has 2 antennae, 2 antennae, 2 antennae,
Every insect has 2 antennae
That is how they smell
Every insect has a head, body, and stomach
With 6 legs and 2 antennae
Some even have wings.
Activity 8: Horticulture

Things you’ll need:
- Leaves
- Paper
- Crayons

What to do:
- On a hard surface, put your leaf down
- Put your paper on top of your leaf
- Color over top with your crayon

Example
How do you feel about your Cloverbud year? (Circle One)

Write your four favorite things about your Cloverbud year.

1. 

2. 

3. 

4. 

How do you feel about your Cloverbud year? (Circle One)

Club Leader Signature: ______________ Date: __________
WE ARE HAPPY YOU JOINED US!

Sign up to participate in 4-H next year on October 1, 2022. Re-enroll by visiting; https://v2.4honline.com.

K-State Research and Extension is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact the Belleville Office at 785-527-5084, the Clay Center Office at 785-632-5335, the Concordia Office at 785-243-8185, or the Washington Office at 785-325-2121.