



Illinois *Leader*

Publication for Illinois 4-H Leaders

February – March 2009

4-H Mission Mandate: Healthy Living



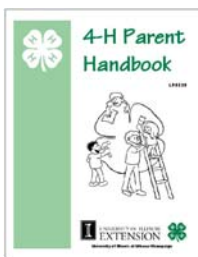
A core belief of 4-H is Health, as evidenced by the four H's in the 4-H clover: Head, Heart, Hands, and Health. 4-H is committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into adulthood. 4-H has become a national leader in health-related educational issues including chemical health, mental and emotional health, foods and nutrition, physical health and safety. The programs and projects imbedded in the Healthy Living mission mandate are an action plan to address our nation's critical challenge of the increasing number of youth impacted by childhood obesity and childhood diabetes.

The Healthy Living mission mandate is an area of focus in many 4-H projects such as **Bicycles, Child Development, Food and Nutrition, and Health and Fitness**. For a complete listing of the project areas that fall under the Healthy Living mandate, review pages 19-21 in the 2008-09 *Illinois Clover*.

4-H clubs can also focus on this mission mandate with involvement in one of the following group projects. Food and nutrition projects with a group focus include **Food Science** where clubs can use investigative skills as they conduct food science experiments at their club meetings; and **Sports Nutrition** which highlights power snacks and the identification of foods that are sources of high energy for club meetings. Group health and fitness is highlighted in the **Get Up & Move!** series as members work together to increase their daily minutes of physical activity and share nutritious snacks at club meetings. More can be found on page 43 of the *Illinois Clover*.

In addition to 4-H projects, clubs can continue to explore the Healthy Living area by planning community improvement outreach with a healthy living focus. Ideas include a community walkathon, a fitness fair, health fair, or distribution of nutrition or physical fitness information.

4-H Parent Handbook



The **4-H Parent Handbook** is available to 4-H families in Illinois. It may be ordered through your local Extension office. The booklet can help new 4-H families learn more about 4-H and how to help 4-H members have a positive experience in 4-H. The handbook contains a parent role description, facts about 4-H, where to get information about 4-H, what's expected in 4-H, 4-H projects and supporting events, an Illinois 4-H Glossary, resources to help 4-H families, and a map of the Extension regions. The booklet can be used as a companion piece to the **Welcome to 4-H** publication available for new 4-H members – especially those ages 8 - 12.

Host Families Needed for Exchange Programs

Japanese Exchange Program: The summer 4-H exchange program involves Japanese youth (ages 12-16) living with a family for approximately one month from July 23 through August 20, 2009. Families have opportunities to learn about Japanese life and culture and share their own culture. For more information about the Japanese and other hosting opportunities, contact your local Extension office.

4-H Club Program Planning Website Revised

The **4-H Club Program Planning** web site has been revised. The address is www.urbanext.uiuc.edu/4hplanning. The site contains an overview and six easy steps that 4-H leaders can use with their members, parents, and other leaders to plan an exciting yearly set of activities for their 4-H club. The steps include: select planning committee, survey members/leaders, plan program, approve plan, recruit volunteers, and evaluate. Leaders who complete the session on-line may print a certificate of completion for their records and the county Extension office will be notified of their participation. This session is module 3 of the VALUED Volunteer Orientation Series.

2009 State Fair Brings Schedule Changes



The lateness of the **2009 Illinois State Fair** dates results in the general 4-H exhibit schedule for counties being changed so conference judging could be maintained and school conflicts decreased. Counties have been assigned to one of five judging dates: **Friday, Saturday or Sunday, August 14-16 or Saturday or Sunday, August 22-23**. All project exhibits will need to remain on display for ½ day depending upon assigned judging time. The general 4-H exhibit areas will not be open during the week of August 17 through 21.

Due to lower enrollments and in an effort to save on some judging costs, judging for a few projects will only be offered on one or two days. If the judging is offered on two days, members will be expected to be judged on the same weekend as their county exhibits are scheduled. Those specific areas are as follows:

Consumer Education– Sat., August 15 and Sat., August 22

Robotics – Sat., August 15 and Sat., August 22

Bicycle Rodeo – Sat., August 22 ONLY

Electronics – Sat., August 22 ONLY

Geospatial – Sat., August 22 ONLY

4-H will have a presence in the Exposition Building during the entire fair, August 14-23. Clubs may apply for **Club Action Presentations** and provide learning opportunities for fair-goers each day. Applications are available from your local Extension office and are due by **April 15**. Clubs may earn up to \$100 in premiums for each day they provide a presentation.

Refer to your local Extension office for judging days and project specifics, but major changes have been noted in *Robotics, Interior Design, Computer Science, Horticulture, and Foods & Nutrition (4-H Cooking 201 and Food Preservation)*.

Risk Management Training for 4-H Leaders

4-H **risk management** volunteer training sessions will be offered via the University of Illinois toll-free teleconferencing system on **March 3, 11, and 19**. The one-hour sessions begin at 7:00 p.m. 4-H leaders may call in from their own home to listen to the session. 4-H leaders may register for any of the three sessions, by submitting their registration on-line at <https://webs.extension.uiuc.edu/registration/?RegistrationID=2300>. The registration deadline is **February 13**. Lines are limited so register early. Leaders will receive a packet in the mail with materials. The session helps volunteers identify possible risks happening to people, places, and the 4-H program reputation. Volunteers will consider how frequent and severe various risks are and what they can do to reduce, retain, or share the risk. Leaders will leave with the tools to develop an activity or club meeting risk management plan.

The Illinois Leader is your publication. Submit story ideas and comments to:
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