



2009 – 2010 Oregon 4-H Publications

General Resources

General Member Resources

- 4-H Member Cards (4-H 0201)
- My 4-H Permanent Record (4-H 033R)
- Supplement for My Permanent Record (4-H 033RS)
- My 4-H (_____) Project Record (4-H 038R) (fillable version online)
- My 4-H Notes (4-H 039R)

Member Resources in Spanish

- Mi Registro Permanente de 4-H (4-H 033R-S)
- Suplemento para Mi Registro Permanente de 4-H (4-H 033RS-S)
- Registro de mi Proyecto de (_____) con 4-H (4-H 038R-S)
- Mis Notas de 4-H (4-H 039R-S)

General Club Resources

- 4-H Club Officer Handbook (4-H 035)
- 4-H Secretary's Book (4-H 036)
- 4-H Reporter (4-H 037)
- 4-H Club Treasurer's Book (4-H 0361)

General Volunteer Resources

- Facts About 4-H (4-H 0244L)* Free
- A Perfect Fit (4-H 0281L)* Free
- Exciting Meetings for Great Groups (4-H 0256L)
- For the Well-being of Youth and Adults (4-H 0258L)
- We Decide: A Guide for Group-determined Project (4-H 0227L)
- Active Teaching--Active Learning: Teaching Techniques and Tools (4-H 0259L)
- What is 4-H? (4-H 0271L)
- Starting a 4-H Club or Group (4-H 0272L)
- Planning and Conducting 4-H Club Meetings (4-H 0273L)
- Leadership and Teaching Techniques (4-H 0274L)
- Opportunities for 4-H Members (4-H 0275L)
- Opportunities for 4-H Leaders (4-H 0276L)
- Framing 4-H for Families (4-H 0279L)

2009 – 2010 Oregon 4-H Publications and Resources

- Recruiting and Supporting Latino Volunteers (PNW 536)
- Viewing Guide for Welcome to the World of 4-H (4-H 0278L)* Free
- Welcome to the World of 4-H: Basics for new Leaders video/DVD*

Volunteer Resources in Spanish

- Para el Bienestar de Jóvenes y Adultos (4-H 0258L-S)
- Bienvenidos a 4-H (4-H 0301)* Free

Animal Science

Beef

Member Materials

- Beef Resource Handbook (4-H 1410)* \$ 18.00
- Oregon 4-H Meat Animal Advancement Program (4-H 1020R)
- Keeping Your 4-H Market Animals Healthy (4-H 140)
- Feed and Growth Record for 4-H Market Animals (4-H 140R)
- Daily Feed Record for Market Animals (4-H 140RX)
- 4-H Beef Cow Production Record (4-H 141R)
- 4-H Animal Science Record for Junior Members (4-H 1001R)
- 4-H Animal Science Record for Intermediate and Senior Members (4-H 1002R)

Related Materials

- Oregon 4-H Forage Teaching Series (4-H 1001L)* Free
- Oregon 4-H Meat Animal Wholesale Cuts Series (4-H 1001)
- Oregon Carcass of Merit Procedures and Guidelines (4-H 103)
- How to Make a Rope Halter (4-H 104)
- Beef Parts Wall Chart (4-H 1412L)* \$ 3.50
- Market Beef Health Record (721-02)
- Beef Learning Laboratory Kit*
- COOL Affidavit
- Score sheets and additional contest materials are available on 4-H website

For Leaders, in Addition to Member Materials

- Oregon 4-H Livestock Breeds Teaching Series (4-H 105L)* Free

Dairy Cattle

Member Materials

- Dairy Resource Handbook (4-H 1100)* \$ 20.00
- Cowabunga (08161)* \$ 3.95
- Moving Ahead Level 2 (08162)* \$ 3.95
- Rising to the Top Level 3 (08163)* \$ 3.95
- Dairy Advancement Program (4-H 1101R)
- Raising Dairy Replacements (4-H 1110S)* \$ 10.00
- 4-H Dairy Production Record (4-H 110R)
- 4-H Yearly Lactation Record (4-H 110RX)
- 4-H Animal Science Record for Junior Members (4-H 1001R)
- 4-H Animal Science Record for Intermediate and Senior Members (4-H 1002R)

Contest Materials

- Judging Dairy Cattle--Giving Reasons (4-H 1109)
- Dairy Cattle Judging Guide (4-H 1108)* \$ 7.00
- Dairy Cattle Showmanship Guide (4-H 1116)* \$ 2.00 (also online)
- Score sheets are available on 4-H website

Related Materials

- Dairy Learning Laboratory Kit*
- How to Make a Rope Halter (4-H 104)
- Owning a Dairy Cow or Goat (FS 201)

For Leaders, in Addition to Member Materials

- Dairy Cattle Helpers Guide (08164)* \$ 3.95
- Using Dairy Records Leader's Guide (4-H1114L)* TBD

Dog

Member Materials

- Dog Resource Handbook (4-H 124)* \$ 21.00
- Oregon 4-H Dog Obedience, Showmanship, and Contest Guide (4-H 1202)
- Oregon 4-H Dog Advancement Program (4-H 1204R)
- 4-H Dog Project Record (4-H 120R) * Pkg. 25 for \$ 10.00 (also online)

Related Materials

- A Guide to the Livestock-Working Dog (4-H 123L)
- Parts of a Dog (4-H 1206)

2009 – 2010 Oregon 4-H Publications and Resources

- Dog Obedience Training Lesson Plans
 - Pre-Novice (4-H 1212)* \$ 4.00
 - Novice (4-H 1213)* \$ 2.50
 - Graduate Novice (4-H 1214)* \$ 1.50
 - Open (4-H 1215)* \$ 2.50
 - Open Challenge (4-H 1216)* \$ 1.50
 - Utility (4-H 1217)* \$ 2.00
- Score sheets and other contest materials are available on 4-H website

For Leaders, in Addition to Member Materials

- Dog Project Leader Guide (4-H 120L)* Free

Goat

Member and Volunteer Materials

- Goat Resource Handbook (4-H 1132)* \$ 22.00
- 4-H Dairy Goat Project (4-H 1120)
- Oregon 4-H Pygmy Goat Project (4-H 1130)* \$2.00
- Oregon 4-H Pygmy Goat Advancement (4-H 1133) (Avail. Fall 2009)
- The 4-H Meat Goat Project
- Oregon 4-H Meat Goat Advancement (4-H 1134) (Avail. Fall 2009)
- Dairy Advancement Program (4-H 1101R)
- 4-H Animal Science Record for Junior Members (4-H 1001R)
- 4-H Animal Science Record for Intermediate and Senior Members (4-H 1002R)
- Dairy Goat for Family Milk Supply (EC 1439)
- 4-H Dairy Production Record (4-H 110R)
- 4-H Yearly Lactation Record (4-H 110RX)
- Keeping Your 4-H Market Animals Healthy (4-H 140)
- Feed and Growth Record for 4-H Market Animals (4-H 140R)
- Daily Feed Record for Market Animals (4-H 140RX)
- COOL Affidavit
- Score sheets and other contest materials are available on 4-H website

Related Materials

- 4-H Dairy Goat Crossword Puzzle (4-H 1122)
- Dairy Goat Wall Chart (4-H 1121L)* \$ 2.00
- 4-H Dairy Goat Puzzle Board (4-H 1123)* Free
- Owning a Dairy Cow or Goat (FS 201)
- Oregon 4-H Forage Teaching Series (4-H 1001L)* Free
- Oregon 4-H Livestock Breeds Teaching Series (4-H 105L)* Free

Items marked with * are available through your local County Extension office. All other items are available online at Oregon 4-H website <http://oregon.4h.oregonstate.edu/projects>

2009 – 2010 Oregon 4-H Publications and Resources

- How to Make a Rope Halter (4-H 104)
- Market Goat Health Record (795-01)

Guinea Pigs (Cavies)

Member Materials

- 4-H Cavy Advancement Program (4-H 1621R)
- 4-H Animal Science Record for Junior Members (4-H 1001R)
- 4-H Animal Science Record for Intermediate and Senior Members (4-H 1002R)

For Leaders, in Addition to Member Materials

- 4-H Cavy Project Leader Guide (4-H 1622L) (PNW 573)* \$ 7.00

Horse

Member Materials

- 4-H Horse Project (PNW 587) (4-H 130)* \$ 9.50
- 4-H Horse Record (4-H 130R)
- 4-H Horse Judging Manual (PNW 575) (4-H 1308)
- Colt and Horse Training Manual (4-H 1303)* \$ 3.00
- Hunt Seat and Jumper Manual: Learning to Jump with Your Horse (PNW 488) (4-H 1307)* \$ 5.00
- 4-H Dressage Manual (PNW 608) (4-H 1311)
- 4-H Horse and Pony Driving Manual (PNW 229) (4-H 1321)
- Oregon 4-H Horse Advancement Program (4-H 1302R)
- 4-H Horse Contest Guide (PNW 574) (4-H 13011)
- Oregon 4-H Working Ranch Horse (4-H 1313)(Avail. Fall 2009)

For Leaders, in Addition to Member Materials

- 4-H Horse Project Leader Guide (4-H 130L)

Related Materials

- Oregon 4-H Forage Teaching Series (4-H 1001L)* Free
- Horse Parts Wall Chart (4-H 1310L)* \$ 3.50
- Parts of a Horse Teaching Aid (4-H 1304)
- Breeds of Horses Puzzle (4-H 1306)
- Videos and DVD's, information on horse shows, score sheets, contests and horse bowl are available on the 4-H website

Items marked with * are available through your local County Extension office. All other items are available online at Oregon 4-H website <http://oregon.4h.oregonstate.edu/projects>

Pigeons and Doves

Member and Leader Materials

- 4-H Pigeon and Dove Project (4-H 154)
- Poultry and Pigeon Advancement (4-H 1501R)* \$ 2.00 (also online)
- 4-H Animal Science Record for Junior Members (4-H 1001R)
- 4-H Animal Science Record for Intermediate and Senior Members (4-H 1002R)
- Feed and Growth Record for 4-H Market Animals (4-H 140R)
- Daily Feed Record for Market Animals (4-H 140RX)

Poultry

Member and Leader Materials

- Oregon 4-H Poultry Project (4-H 150)* \$ 3.00
- Poultry and Pigeon Advancement Program (4-H 1501R)* \$ 2.00 (also online)
- National Poultry Judging (4-H 1502)* \$ 4.00
- 4-H Poultry Showmanship (4-H 1503)* \$ 4.00
- 4-H Animal Science Record for Junior Members (4-H 1001R)
- 4-H Animal Science Record for Intermediate and Senior Members (4-H 1002R)
- Feed and Growth Record for 4-H Market Animals (4-H 140R)
- Daily Feed Record for Market Animals (4-H 140RX)
- COOL Affidavit
- Score sheets and other contest materials are available on 4-H website

Related Materials

- Poultry Parts Wall Chart (4-H 1502L)* \$ 3.50
- The Incredible Egg: 4-H Classroom Curriculum Guide for Grade Level 4-5 (4-H 1500)

Rabbit

Member and Leader Materials

- Rabbit Resource Handbook (4-H 1601)* \$ 15.00
- Oregon 4-H Rabbit Advancement Program (4-H 1601R)
- 4-H Rabbit Production Record (4-H 160R)
- 4-H Buck Performance Record (4-H 161R)
- 4-H Animal Science Record for Junior Members (4-H 1001R)
- 4-H Animal Science Record for Intermediate and Senior Members (4-H 1002R)

2009 – 2010 Oregon 4-H Publications and Resources

- Feed and Growth Record for 4-H Market Animals (4-H 140R)
- Daily Feed Record for Market Animals (4-H 140RX)
- Domestic Rabbits: Diseases and Parasites (PNW 310-E)

Related Materials

- Rabbit Wall Chart (4-H 1602L)* Free

Sheep

Member and Volunteer Materials

- Sheep Resources Handbook (4-H 1420)* \$ 17.00
- 4-H Ewe Production Record (142R)
- Market Lamb Health Record (771-02)
- Oregon 4-H Meat Animal Advancement Program (4-H 1020R)
- Keeping Your 4-H Market Animals Healthy (4-H 140)
- Feed and Growth Record for 4-H Market Animals (4-H 140R)
- Daily Feed Record for Market Animals (4-H 140RX)
- 4-H Animal Science Record for Junior Members (4-H 1001R)
- 4-H Animal Science Record for Intermediate and Senior Members (4-H 1002R)

Related Materials

- Oregon 4-H Forage Teaching Series (4-H 1001L)* Free
- Oregon 4-H Meat Animal Wholesale Cuts Series (4-H 1001)
- Oregon Carcass of Merit Procedures and Guidelines (4-H 103)
- Oregon 4-H Livestock Breeds Teaching Series (4-H 105L)* Free
- How to Make a Rope Halter (4-H 104)
- Sheep Parts Wall Chart (4-H 1422L)* \$3.50
- Sheep Learning Laboratory Kit*
- COOL Affidavit
- Score sheets and other contest materials are available on 4-H website

Swine

Member and Volunteer Materials

- Swine Resources Handbook (4-H 1430)* \$ 18.00
- 4-H Sow Production Record (143R)
- Suggested Vaccinations for Oregon Pork Producers
- Market Swine Health Record (781-01)
- Oregon 4-H Meat Animal Advancement Program (4-H 1020R)

Items marked with * are available through your local County Extension office. All other items are available online at Oregon 4-H website <http://oregon.4h.oregonstate.edu/projects>

2009 – 2010 Oregon 4-H Publications and Resources

- Keeping Your 4-H Market Animals Healthy (4-H 140)
- Feed and Growth Record for 4-H Market Animals (4-H 140R)
- Daily Feed Record for Market Animals (4-H 140RX)
- 4-H Animal Science Record for Junior Members (4-H 1001R)
- 4-H Animal Science Record for Intermediate and Senior Members (4-H 1002R)

Related Materials

- Oregon 4-H Forage Teaching Series (4-H 1001L)* Free
- Oregon 4-H Meat Animal Wholesale Cuts Series (4-H 1001)
- Oregon Carcass of Merit Procedures and Guidelines (4-H 103)
- Oregon 4-H Livestock Breeds Teaching Series (4-H 105L)* Free
- How to Make a Rope Halter (4-H 104)
- Swine Parts Wall Chart (4-H 1432L)* \$ 3.50
- Swine Learning Laboratory Kit*
- COOL Affidavit
- Score sheets and other contest materials are available on 4-H website

Veterinary Science

Member Materials

- Unit 1 Normal Animal (4-H 1921)* \$ 4.00
- Unit 2 Animal Disease (4-H 1922)* \$ 3.75
- Unit 3 Animal Health and Our World (4-H 1923)* \$ 5.00
- My 4-H (_____) Project Record (4-H 038R)

For Volunteers, in Addition to Member Materials

- Veterinary Science Leader Guide (4-H 1920L)* \$ 3.00

Communications

Educational Displays

Member and Leader Materials

- 4-H Educational Displays (214-200)
- Exhibit Materials (Evaluation Form) available on the 4-H website

Presentations

Member and Leader Materials

- Introduction to Presentations (211-200A)
- Types of Presentations for 4-H Competitions (211-200B)
- Parts of a Presentation (211-200C)
- Steps in Planning a Presentation (211-200D)
- The Mechanics of Presenting (211-200E)
- Preparing and Using Visual Aids (211-200F)
- Top Ten Tips for a Successful Presentation (211-200G)

Videography

Member and Leader Materials

- Making a Video (213-200A/Mar 2009)
- Video Preproduction (213-200B/Mar 2009)
- Video Productions Steps (213-200C/Mar 2009)
- Video Postproduction (213-200D/Mar 2009)
- My 4-H (_____) Project Record (4-H 038R)
- Exhibit Materials (Score Card and Explanation Card) available on the 4-H website

Additional Materials and Resources

- The Virtual 4-H Filmmaking Studio & Workshop, located at www.4-H.org/curriculum/filmmaking
- Portraits of Oregon: Youth Exploring Culture and Community Kit*

Expressive Arts

Art

Member Materials

- Sketchbook Crossroads (08140)* \$ 7.50
- Portfolio Pathways (08141)* \$ 7.50
- My 4-H (_____) Project Record, 4-H 038R
- Exhibit Materials (Explanation Card and Evaluation Form) available on the 4-H website

For Leaders, in Addition to Member Materials

- A Palette of Fun Leader Guide (4-H 713L)* \$ 13.00

Cast Ceramics

Member and Leader Materials

- 4-H Cast Ceramics (4-H 740)* \$ 5.50 (also online)
- My 4-H (_____) Project Record (4-H 038R)
- Exhibit Materials (Score Card and Explanation Card) available on the 4-H website

Cultural Arts

Member and Leader Materials

- Que Rico! La Cultura (08180)* \$ 10.00

Fiber Arts

Member and Leader Materials

- 4-H Fiber Arts Project Guide (4-H 7601)
- My 4-H (_____) Project Record (4-H 038R)
- Exhibit Materials (Explanation and Score Cards) available on the 4-H website

Leathercraft

Member Materials

- 4-H Leathercraft Manual (4-H 7501) (PNW 132)
- My 4-H (_____) Project Record (4-H 038R)
- Exhibit Materials (Explanation and Score Cards) available on the 4-H website

For Leaders, in Addition to Member Materials

- Oregon 4-H Leathercraft Leader Guide (4-H 750L)

Performing Arts (not a state supported project but may be available as a county project)

Member and Leader Materials

- 4-H Dance Project Record (4-H 780 R-B) (bilingual)

Photography

Member Materials

- My Photography Record (4-H 770R)
- Focus on Photography (Beginner) (PC 1)* \$5.95
- Controlling the Image (Intermediate) (PC 2)* \$ 5.95
- Mastering Photography (Advanced) (PC 3)* \$ 5.95

- Unit 3 Adventures with Adjustable Cameras (4-H 773) (PNW 373)* \$ 1.50
- Unit 3 Investigating Portraiture (4-H 7731) (PNW 423)
- Unit 4 Darkroom Techniques (4-H 774) (PNW 424)* \$ 1.50
- Unit 4 Fitting a Darkroom into Your Life (4-H 7741) (PNW 435)* \$.50
- Unit 4 Experimenting With Your Enlarger (4-H 7742) (PNW 464)
- Unit 4 Color Printing Techniques (4-H 7743) (PNW 426)
- Unit 5 Solving the Mystery of Publicity Photos (4-H 775) (PNW 434)* \$.50
- Unit 5 Making the Most of Your Photo Skills in Your Future Career (4-H 7751) (PNW 436)* \$.50
- Unit 6 How to Produce a Slide Show (4-H 776)* \$ 1.25
- Exhibit Materials (Explanation and Score Card) available on the 4-H website

For Leaders, in Addition to Member Materials

- 4-H Photography Project Leader Guide (4-H 770L) (PNW 374)* Free

Related Materials

- Portraits of Oregon: Youth Exploring Culture and Community Kit*

Home Economics

Crocheting Project

Member Materials

- 4-H Crocheting Project Member Guide (4-H 962)
- 4-H Crocheting Record (4-H 962R)
- ABC of Crocheting, Member Guide (Coats & Clark) Right-handed (4-H 96210)* \$ 1.50
- ABC of Crocheting, Member Guide (Coats & Clark) Left-handed (4-H 96211)* \$ 1.50
- 4-H Fashion Revue Manual (4-H 9202)* \$ 2.50 (also online)
- Exhibit Materials (Explanation Card and Check Sheet) available on the 4-H website

For Leaders, in Addition to Member Materials

- Crocheting Leader Guide (4-H 962L)* \$ 1.00

Additional online resources listed on the 4-H website

Foods and Nutrition Project

Member Materials

- Glossary of Food Terms (4-H 93111)
- 4-H Food and Nutrition Enrichment Guide (4-H 930R) (PNW 327)* \$.50
- Choosing and Using Recipes (4-H 93112)
- 4-H Food and Nutrition Record (Junior) (4-H 9301R)
- 4-H Food and Nutrition Record (Intermediate and Senior) (4-H 9302R)
- You Can Prevent Foodborn Illness (PNW 250)

Items marked with * are available through your local County Extension office. All other items are available online at Oregon 4-H website <http://oregon.4h.oregonstate.edu/projects>

2009 – 2010 Oregon 4-H Publications and Resources

- Phase 1 Foods of the Pacific Northwest, Unit 1 Member Guide (4-H 9311)
- Phase 2 Fit It All Together: Food for Fun and Fitness, Unit 1 Member Guide (4-H 9312)* \$ 3.50
- Phase 3 Cakes (4-H 93132)
- Phase 4 Foods of the Pacific Northwest, Unit 2 Member Guide (4-H 9314) (PNW 335)* \$ 4.00
- Phase 5 Fit It All Together: Food & Fitness Choices For You, Unit 2 Member Guide (4-H 9315)
- Phase 6 Foods with an International Flavor Member Manual (4-H 9316)
- Phase 7 Foods of the Pacific Northwest, Unit 3 Member Guide (4-H 9317) (PNW 337)* \$ 2.50
- Phases 8 & 9 Fit It All Together: World of Food & Fitness, Unit 3 Member Guide (4-H 9318)* \$ 3.50
- Exhibit Materials (Check Sheets, Score Sheets, recipe cards) available on the 4-H website

Video Resources

- Measuring Ingredients

For Leaders, in Addition to Member Materials

- Phase 1 Foods of the Pacific Northwest, Unit 1 Leader Guide (4-H 9311L) (PNW 334)* \$ 3.00
- Phase 2 Fit It All Together: Food for Fun and Fitness, Unit 1 Leader Guide (4-H 9312L)
- Phase 4 Foods of the Pacific Northwest, Unit 2 Leader Guide (4-H 9314L) (PNW 336)
- Phase 5 Fit It All Together: Food and Fitness Choices For You, Unit 2 Leader Guide (4-H 9315L)* Free (also online)
- Phase 6 Foods with an International Flavor Leader Guide (4-H 9316L)
- Phase 7 Foods of the Pacific Northwest, Unit 3 Leader Guide (4-H 9317L) (PNW 338)* Free
- Phases 8 & 9 Fit It All Together: World of Food and Fitness, Unit 3 Leader Guide (4-H 9318L)* Free

Food Preservation

Member Materials

- 4-H Food Preservation Beginning Level (4-H 93310)
- 4-H Food Preservation Expanding Level (4-H 93320)
- 4-H Food Preservation Advanced Level (4-H 93330)
- Labeling Preserved Foods (4-H 93313)
- 4-H Food Preservation Record (4-H 933R)
- Exhibit Materials (Explanation Cards, Check Sheets, Score Sheets) available on the 4-H website

For Leaders, in Addition to Member Materials

- 4-H Food Preservation Leader Guide (4-H 9331L)* Free
- You Can Prevent Food borne Illness (PNW 250)

Related Materials

- USDA Complete Guide to Home Canning

Beginning Division - OSU publications from the Family Food Education Resource Notebook

Items marked with * are available through your local County Extension office. All other items are available online at Oregon 4-H website <http://oregon.4h.oregonstate.edu/projects>

2009 – 2010 Oregon 4-H Publications and Resources

- Ways Food is Preserved (SP 50-493, March 2003)*
- Using Preserved Foods Safely (SP 50-494, March 2003)*
- Canning Equipment (SP 50-495, March 2003)*
- Canning Fruits (PNW 199, February, 2008)
- Canned Foods: Problems & Solutions - Fruits & Tomatoes (SP 50-743, March 2000)*
- Uncooked Freezer Jams (SP 50-763, March 2004)*
- Making Jams, Jellies and Fruit Spreads (SP 50-764, March 2003)*
- Canned Foods: Problems and Solutions - Jams & Jellies (SP 50-746, March 1994)*
- Low Sugar Fruit Spreads (SP 50-765, March 2003)*
- Making Dried Fruit Leather (FS 232, July 1999)*
- Freezing Fruits and Vegetables (PNW 214, Sept. 2007)
- Canning Tomatoes and Tomato Products (PNW 300, August 1988)

Expanding Division - OSU publications from the Family Food Education Resource Notebook

- Using and Caring for Your Pressure Canner (PNW 421, September 2008)
- Fruit Pie Fillings (SP 50-616, March 2004)*
- Preserving Fruit Juices and Apple Cider (SP 50-455, March 2003)*
- Making Berry Syrups at Home (SP 50-632, March 2004)*
- Canning Vegetables (PNW 172, June 2001)*
- Canned Foods: Problems & Solutions - Vegetables (SP 50-742, March 2000)*
- Pickling Vegetables (PNW 355, June 2008)
- Analyzing Pickle Recipes (SP 50-464, March 2003)*
- Pickle Fact Sheet (SP 50-466, March 2003)*
- Low Salt Pickles (SP 50-533, March 2003)*
- Fruit Pickles and Chutneys (SP 50-757, March 2003)*
- Canned Foods: Problems & Solutions - Pickles & Relishes (SP 50-744, March 1994)*
- Drying Fruits and Vegetables (PNW 397, April 2000)
- Enjoying Home Dried Fruits and Vegetables (SP 50-587)*

Advanced Division - OSU publications from the Family Food Education Resource Notebook

- Salsa Recipes for Canning (PNW 395, July 2000)*
- Canning Meat, Poultry and Game (PNW 361, March 1999)*
- Canning Seafood (PNW 194, June 2008)
- Home Canning Smoked Fish (PNW 450, August 2001)
- Canned Foods: Problems & Solutions - Meat, Poultry & Fish (SP 50-741, March 1994)*
- Canned Foods: Problems & Solutions - Sauerkraut (SP 50-745, March 1994)*
- Meat/Poultry Jerky (SP 50-535, March 2003)*
- Summer Sausage Tips (SP 50-735, March 2003)*
- Curing and Smoking Poultry Meat (SP 50-693, March 1994)*
- Smoking Fish at Home (PNW 238, May 1999)*

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2009 – 2010 Oregon 4-H Publications and Resources

- Pickling Fish and Other Aquatic Foods for Home Use (PNW 183, April 2007)
- Home Freezing of Seafood (PNW 586, April 2006)
- Freezing Convenience Foods (PNW 296, September 2002)

Home Environment Project

Member Materials

- Unit 1 4-H Home Environment: Design in Nature Unit 1 Member Manual (4-H 941)**
- Unit 1 4-H Home Environment: Design in Nature Unit 1 Record (4-H 941R)
- Unit 2 4-H Home Environment: Organizing Design, Unit 2 Member Manual (4-H 942)**
- Unit 2 4-H Home Environment: Organizing Design Unit 2 Record (4-H 942R)
- Unit 3 4-H Home Environment: Accessories, Unit 3 Member Manual (4-H 943)**
- Unit 3 4-H Home Environment Accessories Unit 3 Record (4-H 943R)
- Unit 4 4-H Home Environment: Design Your Own, Unit 4 Member Manual (4-H 944)**
- Unit 4 4-H Home Environment: Design Your Own, Unit 4 Record (4-H 944R)
- Exhibit Materials (Explanation Card and Check Sheet) available on the 4-H website

For Leaders, in Addition to Member Materials

- 4-H Home Environment Leader Guide (4-H 941L)**
- 4-H Home Environment: Design in Nature/Organizing Design, Units 1 & 2 Leader Guide (4-H 9411L)**
- 4-H Home Environment: Accessories, Unit 3 Leader Guide (4-H 943L)**
- 4-H Home Environment: Design Your Own, Unit 4 Leader Guide (4-H 944L)**

Knitting

Member Materials

- 4-H Knitting Member Guide (4-H 960)
- 4-H Knitting Record (4-H 960R)
- 4-H Knitting Skills (4-H 961)* \$ 3.50 (also online)
- ABC of Knitting, Member Guide (Coats & Clark) Right-handed (4-H 96010)* \$ 1.00
- ABC of Knitting, Member Guide (Coats & Clark) Left-handed (4-H 96011)* \$ 1.00
- 4-H Fashion Revue Manual (4-H 9202)* \$ 2.50 (also online)
- Exhibit Materials (Explanation Card, Check Sheet, Score Sheet) available on the 4-H website

For Leaders, in Addition to Member Materials

- Oregon 4-H Knitting Leader Guide (4-H 960L)

Additional online resources are listed on the 4-H website

****contact State 4-H office for a Xerox copy**

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Sewing/Clothing Project

Member Materials

- Measuring Up: Quality Standards in Sewn Items (4-H 92011) (PNW 197)
- Sewing Skills Checklist (4-H 9200)* \$ 2.00
- 4-H Fashion Revue Manual (4-H 9202)* \$ 2.50 (also online)
- 4-H Clothing Record (4-H 9200R)
- Oregon 4-H Sewing/Clothing Advancement Guide (4-H 92104R)
- Contest and Exhibit Materials (Exhibit Cards, Score Sheets, Fashion Revue Card) available on the 4-H website

Basic Skills (levels 1, 2 and 3):

- Let's Sew! (4-H 9201)* \$ 5.00

For Leaders, in Addition to Member Materials

- 4-H Sewing/Clothing Project Guidelines for Leaders (4-H 9210L)

Related Materials

- Fabric Stretch Guide

Basic Skills (levels 1, 2 and 3):

- Fun with Clothes K - 2 Leader's Guide (4-H 9201L)* Free
- Clothing Capers 3 - 5 Leader's Guide (4-H 9202L)* Free

Expanding and Advanced Skills:

- Clothes that Click 6 - 9 Leader's Guide (4-H 9203L)* Free

Child Development Project (not a state supported project but may be available as a county project)

Member Materials

- The Sitter Member Guide (4-H 912)* \$ 3.00
- Young Children and Safety (4-H 9121)* \$ 1.00
- Young Children and Stories (4-H 9122)* \$ 1.00
- Young Children's Play and Toys (4-H 9123)* \$ 1.00
- Behavior and Guidance (4-H 9124)
- 4-H Child Care Kits (4-H 9125)
- Child Care Checklist (4-H 9126)
- My 4-H (_____) Project Record (4-H 038R)

For Volunteers, in Addition to Member Materials

- The Sitter Leader Guide (4-H 912L)* Free

Horticulture

Gardening: Flowers and Ornamentals

Member Materials

First and Second Year

- Sustainable Gardening: The Oregon-Washington Master Gardener Handbook (EM 8742)* \$ 30.00
- Horticulture: Unit 1 Budding Gardeners (4-H 2303)* \$ 3.50
- My 4-H Horticulture Record (4-H 230R)
- 4-H Horticulture Advancement Guide (4-H 2301R)* \$ 3.00 (also online)
- Oregon 4-H Flower and Ornamental Growers Handbook (4-H 231)* \$ 4.50 (also online)
- Exhibit Materials (Score Cards, Information Card) available on the 4-H website

Third Year and Beyond Includes All Materials Above, in Addition to:

- Horticulture: Unit 2 Branching Out (4-H 2304)*
- Horticulture: Unit 3 Digging Deeper (4-H 2305)*
- Exhibit Materials (Score Cards, Information Card) available on the 4-H website

For Volunteers, in Addition to Member Materials

- Basic Floral Design Leader's Guide (4-H 2354L)* \$ 2.50

Gardening: Vegetables and Herbs

Member Materials

First Year

- Sustainable Gardening: The Oregon-Washington Master Gardener Handbook (EM 8742)* \$ 30.00
- Vegetable Gardening, Level A (10 - 11 year-olds): See them Sprout (07162)* \$ 3.95
- Vegetable Gardening, Level B (12 - 13 year-olds): Let's Get Growing (07163)* \$ 3.95
- Vegetable Gardening, Level C (14 - 16 year olds): Take Your Pick (4-H 2326)* \$ 4.00
- Vegetable Gardening, Level D (17 - 19 year olds): Growing Profits (4-H 2327)* \$ 4.00
- My 4-H Horticulture Record (4-H 230R)
- 4-H Horticulture Advancement Guide (4-H 2301R)* \$ 3.00 (also online)

Second Year and Beyond Includes All Materials Above, in Addition to:

- Herb Gardening Projects (4-H 2329)* \$ 6.50

Items marked with * are available through your local County Extension office. All other items are available online at Oregon 4-H website <http://oregon.4h.oregonstate.edu/projects>

Exhibit Materials

- Select and Prepare Herbs for Exhibit (4-H 2335)
- Oregon 4-H Horticulture Contest Guide: Vegetables (4-H 2334)
- Score cards, Exhibit Information Cards and Explanation Cards available on the 4-H website

For Volunteers, in Addition to Member Materials

- Leader/Helper's Guide for Vegetable Garden Curriculum (4-H 2323L)* \$ 5.00

Leadership & Citizenship Project

Member Materials

- Leading the Way - 4-H Junior Leader Project Member Handbook (4-H 6520)* \$ 2.50
- My Leadership Workbook, Grades 3 - 5 (4-H 661)* Free
- My Leadership Journal, Grades 6 - 8 (4-H 662)* Free
- My Leadership Portfolio, Grades 9 - 12 (4-H 663)* Free

For Volunteers, in Addition to Member Materials

- Junior Leader Project Adult Leader's Guide (4-H 6520L)* \$ 2.00
- Leadership Project Mentor Guide Level 1, Grades K - 5 (07903)* \$ 4.95
- Leadership Project Mentor Guide Level 2, Grades 6 - 12 (4-H 6602L)* Free
- Survivor Camp Leader Guide (4-H 664L) \$ 18.00* (Online Fall 2009)

Natural Science

EM*Power

Member Materials

- EM*Power Notebook (4-H 3901L)* Free

For Volunteers, in Addition to Member Materials

- EM*Power Leader Training Video, Oregon Version*

Entomology

Member Materials

First Year

- 4-H Entomology Manual (4-H 3221)* \$ 4.00
- Entomology 1, Creepy Crawlies (4-H 32211)* \$ 4.00
- 4-H Entomology Record (4-H 3220R)
- Exhibit Materials available at 4-H website

Second Year and Beyond Includes All Materials Above, in Addition to:

- Entomology 2, What's Bugging You? (4-H 32221)* \$ 4.00
- Entomology 3, Dragons, Houses and Other Flies (4-H 32231)* \$ 4.00
- Exhibit Score Cards available at 4-H website

For Volunteers, in Addition to Member Materials

- 4-H Entomology Project Grades 4 - 6 Leader Guide (4-H 3221L)* Free
- Entomology Group Activities Helpers Guide (4-H 3220L)* \$ 4.00

Environmental Stewardship - General

- 4-H Natural Science Project Records for Leaders (contains all 11 records listed below), (4-H 303LR)
- 4-H Natural Science Project Record (4-H 303LR-a)
- 4-H Environment Observation Data Sheet (4-H 303LR-b)
- 4-H Forest Observation Data Sheet (4-H 303LR-c)
- 4-H Habitat Data Sheet (4-H 303LR-d)
- 4-H Issue Investigation Data Sheet (4-H 303LR-e)
- 4-H Marine/Tidal Data Sheet (4-H 303LR-f)
- 4-H Photo Monitoring Data Sheet (4-H 303LR-g)
- 4-H Range Data Sheet (4-H 303LR-h)
- 4-H Soil Observation Data Sheet (4-H 303LR-i)
- 4-H Water Data Sheet (4-H 303LR-j)
- 4-H Wildlife Observation Data Sheet (4-H 303LR-k)

Forestry

Member Materials

- Oregon 4-H Forestry Member Manual (4-H 331)* \$ 8.00
- Trees to Know in Oregon (EC 1450)* \$ 12.00
- Oregon 4-H Forestry Quiz Series (4-H 33120)* Free
- My 4-H (_____) Project Record (4-H 038R)
- Exhibit Materials (Score Sheets, Site Analysis Sheets, Exhibit Requirements) available at 4-H website

For Volunteers, in Addition to Member Materials

- Oregon 4-H Forestry Leader Guide (4-H 331L)* \$ 10.00
- 4-H Natural Science Project Records for Leaders (4-H 303LR)
- Planning a Forestry Field Trip Day (441-03)

Geology

Member Materials

- 4-H Geology Member Guide (4-H 340)* \$ 4.00
- 4-H Geology Record (4-H 340R)
- Exhibit Score Sheets available at 4-H website

Videos:

- Volcanoscapes II: Kilauea Volcano*
- Impressions From the Past: John Day Fossil Beds National Monument*

For Leaders, in Addition to Member Materials

- Oregon 4-H Earth Science Leader Guide (4-H 340L)* \$ 1.50
- Description of Some Oregon Rocks and Minerals (4-H 3401L)* \$ 5.50
- 4-H Earth Science Teaching Kit*

Marine Science

Member Materials

- My 4-H (_____) Project Record (4-H 038R)

For Volunteers, in Addition to Member Materials

- Our Water World (4-H 350L)* \$ 1.00
- Understanding Tides (ORES-U-G-00-001)*

Of People and Fish: 4-H Natural Science and Cultural Discovery Program

Member Materials

- Of People and Fish (4-H 3811L)* \$ 13.00

For Volunteers, in Addition to Member Materials

- Of People and Fish Teaching and Material Kits*

Water Resources

Member Materials

- Give Water a Hand Action Guide (4-H 3802)* \$ 3.00
- Rosa Raindrop Water Cycle Board Game (4-H 3804)* \$ 4.00

For Volunteers, in Addition to Member Materials

- 4-H Watershed Project: From Ridges to Rivers (4-H 3803L)* \$ 5.00
- 4-H Wetland Wonders Water Quality Program (4-H 3801L)* \$ 6.00
- What Can We Learn At Pond? 4-H Wildlife Stewards Master Science Leader Guide (4-H 3101L)* \$ 10.00
- 4-H Natural Science Project Records for Leaders (4-H 303LR)

Outdoor Education and Recreation

Bicycle Project

Member Materials

- Bicycle Adventures Level 1: Bicycling for Fun (08334)* \$ 3.95
- Bicycle Adventures Level 2: Wheels in Motion (08335)* \$ 3.95
- Don't Get Stuck: Bicycle Fix It DVD (03899)* \$10.00
- Don't Get Stuck: Bicycle Fix It Video (07507)* \$ 9.00

For Leaders, in Addition to Member Materials

- Bicycle Adventures Helper Guide (08336)* \$ 3.95

Shooting Sports

Archery

Member Materials

- 4-H Archery (4-H 361)* \$ 4.00
- 4-H Archery Record (4-H 3611R)
- 4-H Archery Advancement Guide (4-H 3613R)
- Oregon 4-H Shooting Sports Member Guide (4-H 360)* \$ 3.00
- Oregon 4-H Shooting Sports Member Guide Answer Supplement (4-H 360S)

For Leaders, in Addition to Member Materials

- 4-H Archery Master Leader Guide (4-H 3610L)* \$ 24.50
- Oregon 4-H Archery Mail-In Tournament (4-H 3611L)
- SS03 4-H Shooting Sports Club Risk Management Plan Worksheet (460-03, revised 2-04)
- SS04 Oregon 4-H Shooting Sports Youth Participation Record (460-04)
- SS05 Oregon 4-H Club Shooting Sports Activity Planning and Reporting Form (460-05)

Hunting and Hunting Dog

Member Materials

- Oregon 4-H Shooting Sports Member Guide (4-H 360)* \$ 3.00

For Leaders, in Addition to Member Materials

- Materials Provided at State Workshop
- SS03 4-H Shooting Sports Club Risk Management Plan Worksheet (460-03, revised 2-04)
- SS04 Oregon 4-H Shooting Sports Youth Participation Record (460-04)
- SS05 Oregon 4-H Club Shooting Sports Activity Planning and Reporting Form (460-05)

Pistol

Member Materials

- Oregon 4-H Shooting Sports Member Guide (4-H 360)* \$ 3.00

For Leaders, in Addition to Member Materials

- Materials Provided at State Workshop
- SS03 4-H Shooting Sports Club Risk Management Plan Worksheet (460-03, revised 2-04)
- SS04 Oregon 4-H Shooting Sports Youth Participation Record (460-04)
- SS05 Oregon 4-H Club Shooting Sports Activity Planning and Reporting Form (460-05)

Rifle

Member Materials

- Oregon 4-H Shooting Sports Member Guide (4-H 360)* \$ 3.00
- Oregon 4-H Shooting Sports Member Guide Answer Supplement (4-H 360S)
- 4-H Shooting Sports Record (4-H 3651R)

For Leaders, in Addition to Member Materials

- 4-H Rifle Master Leaders Guide (4-H 3650L)* \$ 24.50
- SS03 4-H Shooting Sports Club Risk Management Plan Worksheet (460-03, revised 2-04)
- SS04 Oregon 4-H Shooting Sports Youth Participation Record (460-04)
- SS05 Oregon 4-H Club Shooting Sports Activity Planning and Reporting Form (460-05)

Shotgun

Member Materials

- Oregon 4-H Shooting Sports Member Guide (4-H 360)* \$ 3.00
- 4-H Shooting Sports Record (4-H 3651R)
- Oregon 4-H Shooting Sports Member Guide Answer Supplement (4-H 360S)
- Shooting Sports Contest Guide (460-00, revised 4-07)

For Leaders, in Addition to Member Materials

- 4-H Shotgun Master Leaders Guide (4-H 3660L)* \$ 24.50
- SS01 Oregon 4-H Shooting Sports State Plan (460-01, revised 2-04)
- SS02 Oregon 4-H Shooting Sports Leader information Form (460-02)
- SS03 4-H Shooting Sports Club Risk Management Plan Worksheet (460-03 revised 2-04)
- SS04 Oregon 4-H Shooting Sports Youth Participation Record (460-04)
- SS05 Oregon 4-H Club Shooting Sports Activity Planning and Reporting (Form (460-05)
- SS06 Oregon 4-H Youth Development Program County 4-H Shooting Sports Program Management Resources (460-06)

Sport fishing

Member Materials

- Sportfishing 1: Take the Bait (4-H 3620)* \$ 4.00
- Sportfishing 2: Reel in the Fun (4-H 3621)* \$ 4.00
- Sportfishing 3: Cast into the Future (4-H 3622)* \$ 4.00
- Oregon 4-H Aquatic Ecology and Sportfishing Advancement Program (4-H 3623R)
- Score sheets and exhibit materials available on the 4-H website

For Volunteers, in Addition to Member Materials

- Sportfishing Helper's Guide (7601)* \$ 4.00

Science, Engineering and Technology

Aerospace

Member Materials

- Aerospace Adventures 1 - Pre-Flight (06842)* \$ 3.30
- Aerospace Adventures 2 - Lift Off (06843)* \$ 3.95
- Aerospace Adventures 3 - New Heights (06844)* \$ 3.95
- Aerospace Adventures 4 - Pilot in Command (06845)* \$ 3.95
- Aerospace Adventures CD (07605)* \$ 15.00
- Exhibit Materials (Evaluation Sheets, Project Descriptions) available at 4-H website

For Volunteers, in Addition to Member Materials

- Aerospace Adventures - Helper's Guide (06846)* \$ 3.95

Computer

Member Materials

- Newbie Know-How (08346)* \$ 3.95
- Computer Power Unlimited 1: Inside the Box (08347)* \$ 3.95
- Computer Power Unlimited 2: Peer to Peer (08348)* \$ 3.95
- Computer Power Unlimited 3 : Teens Teaching Tech (08349)* \$ 3.95
- 4-H Computer Project Record (4-H 460R)
- Exhibit Materials (Project Descriptions, Evaluation Sheets) available at 4-H website

Electricity

Member Materials

- Electricity Level 1: The Magic of Electricity (06848)* \$ 4.00
- Electricity Level 2: Investigating Electricity (06849)* \$ 4.00
- Electricity Level 3: Wired for Power (06850)* \$ 4.00
- Electricity Level 4: Entering Electronics (06851)* \$ 4.00
- Exhibit Materials (Score Cards, Explanation Cards) available at 4-H website

For Volunteers, in Addition to Member Materials

- Electricity Project Group Activities and Helper Guide (06852)* \$ 4.00

Energy: Science of Energy

Member Materials

- Science of Energy Kits: Kits on Heat, Light, Energy in Motion, Chemical Energy *

Geospatial Science

Member and Volunteer Materials

- Exploring Spaces, Going Places CD (08358)* \$ 15.00
- Exhibit Materials available at 4-H website

Robotics

- Exhibit Materials (Project Description and Evaluation Sheet) available at 4-H website

Rocketry

- National Association of Rocketry Member Guidebook*
- Exhibit Materials (Project Description and Evaluation Sheet) available at 4-H website

Tractor Project/

Tractor and Farm Machinery Operator Certification

Member Materials

- Tractor Safety poster (4-H 42461)
- Safe Operation of Agricultural Equipment - Student Manual (4-H 4247)* \$ 9.00
- Safe Operation of Tractor and Agricultural Equipment Student Manual Supplement (4-H 42471)
- Certificate of Training (Form WH-5) (4-H 4246)* Free
- My 4-H (_____) Project Record (4-H 038R)
- Tractor Basics (Unit 3, Grade 7) (4-H 4240)* \$ 1.25
- Tractor Engines and Lubricants (Unit 4, Grade 8) (4-H 4241)* \$ 1.25
- Tractor Systems, Transmissions and Controls (Unit 6, Grade 10) (4-H 4243)* \$ 1.50
- Farm Tractors and Farm Machinery (Unit 7, Grade 11) (4-H 4244)* \$ 1.25
- Machinery for Chemical Application, Haymaking and Conservation Farming (4-H 4245)* \$ 1.50

For Volunteers, in Addition to Member Materials

- Tractor Leader Guide (4-H 4240L)* Free
- Safe Operation of Agricultural Equipment - Instructor Manual (4-H 4247L)* \$ 5.50
- Safe Operation Tractor & Agricultural Equipment Instructor Manual Supplement (4-H 42471L)* Free

Wind Energy

Member Materials

- Power of Wind Youth Guide (08383)* \$ 4.95

For Volunteers, in Addition to Member Materials

- Power of Wind Facilitator Guide (08384)* \$ 4.95
- Wind Energy Kits*

Woodworking

Member Materials

- Working with Wood and Tools, Unit I Member Manual (4-H 4421)
- The Wonderful World of Wood, Unit II Member Manual (4-H 4422)
- Building Bigger Things, Unit III Member Manual (4-H 4423)
- Woodworking Wonders: Measuring Up, Level 1 (06875)* \$ 4.00
- Woodworking Wonders: Making the Cut, Level 2 (06876)* \$ 4.00
- Woodworking Wonders: Nailing It Together, Level 3 (06877)* \$ 4.00
- Woodworking Wonders: Finishing Up, Level 4 (06878)* \$ 4.00
- Exhibit Materials (Score Sheet and Explanation Card) available at 4-H website

For Volunteers, in Addition to Member Materials

- 4-H Wood Science Leader Guide (4-H 442L)
- Woodworking Wonders Group Activities and Helper Guide (06879)* \$ 4.00

Cloverbuds

For Volunteers

- Family Fun and Family Connections Newsletters (4-H 681LA)
- 4-H Adventures: Join the Fun (4-H 0311)* Free
- 4-H Adventures Family Guide (4-H 6817L)* Free
- 4-H Adventures Leader Guide (4-H 6810L)
- Just Outside the Door Activity Sheets (4-H 68132L)
- Family Celebrations From Around the World (4-H 68133L)* \$ 7.50
- Start Smart Eating & Reading (English and Spanish) (4-H 6830L)
- Bicycle Adventures Level 1: Bicycling for Fun (08334)* \$ 3.95
- Bicycle Adventures Helper Guide (08336)* \$ 3.95
- Explore the World of Small Animals Leader Guide (4-H 6815L)* \$ 4.50
- Exploring Farm Animals Leader Guide (4-H 6820L)* \$ 3.50
- Fun with Clothes K - 2 Leader's Guide (4-H 9201L)* Free
- Seeds, Stalks & Science: Agricultural Awareness Leader Guide (4-H 691L)* \$ 4.00

2009 – 2010 Oregon 4-H Publications and Resources

- Food, Family & Fun: Consumer Science Leader Guide (4-H 692L)* \$ 4.00
- Harvest, Husks & Harmony Leader Guide (4-H 693L)* \$ 4.00
- A Palette of Fun Leader Guide (4-H 713L)* \$ 13.00

4-H Afterschool

For Volunteers

- 4-H Afterschool: Starting 4-H Clubs in Afterschool Programs (4-H AS 2)* \$ 10.00
- 4-H Afterschool: Guiding Growth (4-H AS 3)* \$ 10.00

4-H Wildlife Stewards

For Volunteers

- Oregon 4-H Wildlife Stewards Volunteer Handbook (4-H 3100L)* \$ 12.50
- Oregon 4-H Wildlife Stewards Trainer's Guide (4-H 3104L)* \$ 18.00
- Oregon 4-H Wildlife Stewards Project Certification Handbook (4-H 3103L)* \$ 10.00