

4-H Service Projects with an FCS Twist

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2004 State 4-H Leadermete

Organizing a Multi-Project Service Activity

The Schedule:

Schedule the activity for about 3 hours. (3-6 p.m., 9 a.m.-12 p.m., 1-4 p.m.)

The Facilities:

- Hold the activity in a large, open room where 4-5 stations can be set up.
- Have one project and one helper at each station.
- Provide enough table space and seating to allow several participants to work on the project at one time.
- Provide an area to display all of the finished projects so 4-Hers can see what has been accomplished.

The Projects:

- Contact organizations you would like to do the project for in advance. Tell them what you would like to do and ask if that would be helpful. Be open to suggestions that they might have.
- Plan projects that will appeal to both boys and girls
- Talk to 4-Hers about who the recipients of the projects are, why they were selected, and how the projects will help.
- Have 4-Hers and leaders deliver the finished projects so they can experience the feeling of giving and the appreciation expressed by the recipient.

The Funding:

- Put an article in the 4-H newsletter asking 4-H leaders, members and families to donate supplies needed.
- Have a donation box at the project and ask participants to make a small contribution (50¢ - \$1) for supplies

Tips:

- Encourage participants to move from station to station and help with the projects that interest them.
- Take pictures. Write a news article telling what 4-Hers accomplished. Put a picture and story about the project in the 4-H newsletter.
- If funding allows, let participants make a small item to take home.
- Serve snacks.

Service Project Ideas

Sewing

- Refurbish a doll and sew new outfits for him/her for Sub for Santa.
- Make rice bag heating pad sets for a shelter, family support center, etc.
- Make duffle bags for Division of Child and Family Services or children's shelters.
- Make care cloths for homeless shelters, domestic violence shelters, etc.
- Make quilts for domestic violence shelters, children's hospitals, etc.

Child Care

- Have an Easter Egg Hunt for disadvantaged or disabled youngsters
- Record storybooks for children
- Make file folder games for a family support center, children's hospital, or children's shelter.

Personal Development

- Go Christmas caroling to the homebound
- Decorate convalescent homes for different holidays
- Provide toys, clothes, etc. for Sub For Santa
- Assist with community holiday activities – Easter Egg Hunt, Halloween Trick or Treat, July 4th Celebration, Pioneer Day Celebration
- Adopt a grandparent and assist them with special projects
- Volunteer to do things for someone who could use assistance. Mow the lawn, shovel snow, mail a letter, buy postage stamps, read aloud, take out the curbside trash can, rake the leaves, pull weeds, babysit for free, etc.
- Prepare a talent show, sing-a-long, or program for a nursing home or other group
- Donate personal clothes, toys, etc. to a good cause

Arts and Crafts

- Make holiday decorations for a nursing home dining room.
- Make a craft to send out with Meals on Wheels lunches. Contact your local Senior Center.
- Make arts and crafts kits (beaded animals, counted cross stitch, scrapbooking, etc.) for a children's hospital or shelter.

Finding a Project

Primary Children's Medical Center - <http://www.ihc.com/xp/ihc/primary/giving/service.xml>

For information about donating items call 801 588-3691

Examples: beading kits, counted cross-stitch kits, wooden picture frames to decorate, scrap booking kits, beaded necklace and bracelet kits

Festival of Trees - http://www.thechildfirstandalways.com/p_features.asp

Raises money for Primary Children's Medical Center. If you have other questions, please contact us at 801-588-3674 or festivaloftrees@ihc.com

Gift Boutique - A shop featuring handcrafted treasures such as quilts, toys, Christmas decor, tole painting, and kitchen crafts.

Trees - More than 600 decorated Christmas trees of every size, shape, variety and theme

Small Fry Shop - Small candy stuffed items for children to buy.

Aisle of Wreaths - Wreaths, door decorations, and outdoor display items.

Centerpieces and Collectibles - Centerpieces, table and mantle decorations, and collectibles.

Gingerbread Village – From Cottages to Castles

The Christmas Box House - <http://www.thechristmasboxhouse.com/>

Provides comprehensive, temporary shelter services for abused and neglected children. Visit the web site for ideas for what is needed. On March 25, 2004 the Salt Lake City House needed hand puppets, duffel bags, and children's clothes including clothes for preemies. Christmas Box Houses are now in Moab, Salt Lake City and Ogden.

Ronald McDonald House - <http://www.rmhslc.org/>

Pop Tabs for Kids – collect aluminum pop tabs that the Ronald McDonald House recycles for cash. Check their Wish List.

Division of Child and Family Services

Local Hospitals

Homeless Shelters, Food Banks, Soup Kitchens

Family Support Centers

Parent Education and Resource Centers (PERC)

YWCA Domestic Violence Shelters

Resources

Nancy's Notions

<http://www.nancysnotions.com/Nancys/assets/html/creativekindness.asp?msscside=0274EC895C8D94C378D938412B71468E&Gift=false&GiftID=>

Project Ideas: Benjamin Smiles Pillowcase; Chemotherapy turban, beret, headband; walker caddy; care cloths (roll-up toiletry kits)

Creative Kindness - book sharing service projects ideas, contacts, and instructions from around the country

Margo's Beadie Critters Web Site

<http://members.fortunecity.com/beadiecritters/beadnewwelcome.htm>

free patterns for beaded creatures of all kinds

Warm Up America! <http://www.warmupamerica.com/>

Create warm afghan blankets for those in need. Knit and crochet patterns or afghan squares.

Arts and Crafts Web Sites

Making Friends.Com - <http://www.makingfriends.com>

National Youth Service Events

Youth Serve America

- National Youth Service Day - <http://www.ysa.org/nysd/index.cfm>
April 16-18, 2004
- Grants and Awards for youth service projects.
http://www.ysa.org/awards/award_grant.cfm
- SERVENet – The largest web site for service and volunteering
<http://www.servenet.org/>

Make a Difference Day - <http://www.usaweekend.com/diffday/>

- October 23, 2004 – the fourth Saturday every October

Instructions and Patterns

Quick Turn Method for Finishing a Quilt

www.quiltscrafts.com/links/finishingquilt.doc

This technique is a good one for tied quilts made for service projects because when the quilt is tied it is ready to give to the recipient.

To prepare the quilt for tying, start by piecing together the backing and batting if necessary. Backing can be in as many pieces as desired. The more pieces, the more decorative the back of the quilt will be. The backing and batting should be a little larger than the top on all sides.

Lay out the backing fabric on a table or the floor **right side up**. Smooth so there aren't any folds or wrinkles. Clamp to the table or tape to the table or floor. Lay the quilt top on the backing fabric **right sides together**. Smooth the top so it is flat with no wrinkles or folds. Pin the two layers together all the way around the outside edge. Trim away excess backing to make it the same size as the top. Use a $\frac{1}{4}$ " seam allowance and sew around all four sides of the quilt, leaving a 24" opening along one of the long edges. Do not turn the quilt right side out yet. Lay the quilt on top of the batting. Smooth the layers and trim batting to the same size as the quilt top. Whipstitch the edge of the batting to the seam allowance to assure that the batting stays out to the edges of the quilt.

One person can turn the quilt, but it is much easier if two or three people do it. Station people at each corner of the quilt. If you are alone, start at one of the corners opposite the opening. Roll the corners and sides tightly in toward the opening, keeping batting in place. If you are working alone, then use a knee to hold down one corner, while rolling another corner. Open up the opening over the big wad of fabric and batting, and pop the quilt right side out through the hole. Unroll it carefully. Work out all wrinkles and bumps. Reach in with a yard stick if needed to smooth any bumps. You can also hold edges and shake to help flatten quilt. Slipstitch the opening shut. If desired, straight stitch all the way around the edge of the quilt about $\frac{1}{2}$ " – 1" away from the edge. You are now ready to tie the quilt.

How to Make Rice Bag Heating Pads

www.ttsw.com/MiscQuilting/RiceBags.html

Cut a 10" square piece of 100% cotton fabric. Fold it in half with right sides together. Sew across one short side and up the long side using 1/2" seam allowances. Turn right side out. Fill with 12 oz. (about 1 3/4 cups) uncooked long grain white rice. **DO NOT USE** converted, brown or "minute" rice. Turn seam allowance under 1/2" on remaining short side. Stitch across close to the edge, backstitching at both ends.

Cut a 10 1/2" X 11 1/2" piece of 100% cotton fabric to make a cover for the rice bag. Fold the 10 1/2" side in half with right sides together. Sew across one short side and up the long side using 1/2" seam allowances. Turn right side out. Turn under 1/4" on unfinished edge and press. Turn under a 1" hem and press. Stitch hem in place. This cover can be washed if it gets soiled. **DON'T WASH THE RICE BAG!!**

Hot Pack

Heat in the microwave oven. Make sure that your microwave oven is clean, with no food particles inside.

1. Put a glass of water (1 oz. or 2 tablespoons) in the microwave oven. Take the inner bag out of the cover, fold it and place it in your microwave oven. Never put the bag cover in the microwave oven.
2. Heat on HIGH for the amount of time specified in the table below.

Microwave Oven Wattage			
Maximum Heating Time Per Hour			
500-600 watts	600-800 watts	800-900 watts	900-1100 watts
2 min. 30 sec.	2 min. 15 sec.	2 min.	1 min. 45 sec.

Heat a maximum of four times per day.

3. Remove the bag from the microwave oven and insert it into the cover.

Cold Pack

1. Protect the product by placing it into a sealed plastic bag to prevent it from absorbing odors.
2. Place the bag in the freezer for a minimum of 3 hours. Rice bag can be stored in the freezer.

Care Cloths

Nancy's Notions – www.nancysnotions.com

1 standard washcloth.

20" of ¼" washable satin or grosgrain ribbon that coordinates with washcloth

Matching thread

Carefully remove the manufacturer's tag from the washcloth.

Turn up lower edge of the washcloth 4" and finger-press

Pin along both sides and the top edge of the pocket to prevent shifting.

Fold ribbon in half; insert and pin fold in right side 3 ½" from the lower edge, sandwiching the ribbon between the washcloth layers.

Stitch the sides with a ¼" seam, catching the ribbon in the right side seam. For durability, be sure to back-stitch both ends of all stitching.

Stitch along the three marked lines to form four pockets

Fill the pockets with basic personal hygiene items.

Roll or fold caddy from the left side to the right side. Wrap the ribbon ties around Care Cloth and secure.

Add a special touch with a note of hope and encouragement tucked under the ribbon.

Love Bug

Recommended for ages 6-12.

You need:

- Red or Pink Yarn
- Pipe Cleaner
- Craft Foam or Felt
- Empty Egg Carton or styrofoam ball
- Old Floppy Disk or Heavy Cardboard Cut to the Size of One
- Tacky Glue
- Scissors



Instructions:

Make a pompon by wrapping yarn around floppy disk (or heavy cardboard) as least 100 times. Cut a 6" piece of yarn and slide it under wrapped yarn. Tie tightly into a double knot. Turn floppy over and cut completely through yarn on this side. Turn yarn blob sideways and smooth down strands.

Bend a chenille stem in half and push it up through the pompon.

Cut out 1 section of the egg carton. Trim so it sits securely upside down. Cut a large heart (about 4") out of craft foam. Use tacky glue to glue the egg cup upside down in the center of the heart. You can also use a styrofoam ball. Cover the top and some of the sides of the cup with tacky glue. Separate the strands of the pompon to fit the egg cup up inside. Press pompon into place. Arrange yarn and bend chenille stems if desired.

Cut out two hearts for eyes and one for mouth. Cut out two small circles for pupils. Use tacky glue to secure in place. Give love bug to some one you love for Valentine's Day. Make another one for yourself!

www.makingfriends.com/

Love Bug Tags

The Love Bug

I'm the Family Love Bug – I have a great big bite.
I spread love wherever I go..I can break up any fight.
Do an act of kindness for someone in your home.
Take me along beside you and leave me when you're done.
If you find me lying around from a kindness done to you,
Keep the love going and do something nice too!
I just help get things started...
Pretty soon you woun't need me,
Because love and acts of kindness
Are contagious in a family!

We just wanted to
bring a little cheer
your way.

We hope you have a
very nice day!

Box Elder County
4-Her's

Candy Trains

You may use any type of candy combination to create these fun little trains. Buying in bulk or at holiday clearance sales is a cost effective way to purchase the supplies.

You will need:

Engine Style 1

- 1 pack of gum or small Kit Kat
- 1 roll of lifesavers
- 1 mini peanut butter cup
- 4 mint candies (like the starlight mints)
- 3 bite-size chocolate bars
- Glue Gun or double sided tape

Engine Style 2

- 1 pack of gum or small Kit Kat
- 1 chocolate kiss
- 4 mint candies (like the starlight mints)
- 1 starburst square
- Glue Gun or double sided tape

Train Cars

- 1 small Kit Kat
- 4 mint candies (like the starlight mints)
- Candy of your choice (6 mini tootsie rolls, 2 candy kisses, etc.)
- Glue Gun or double sided tape

Instructions:

Engine Style 1

Attach mints with glue or tape to pack of gum or small Kit Kat. Attach lifesavers to gum for barrel of the engine and top the end of the barrel with the peanut butter cup for a smokestack. Use 3 bite-size chocolate bars to form a compartment for the engineer. If you would like you may add a gummy bear engineer.

Engine Style 2

Attach mints with glue or tape to small Kit Kat. Attach chocolate kiss at the end of the Kit Kat for a smokestack. Use a starburst or similar type candy to form a compartment for the engineer. If you would like you may add a gummy bear engineer.

Train Cars

Cars are optional for your train. Attach 4 mints to Kit Kat bar and top with the candy of your choice. Tootsie Rolls for logs, kisses for water barrels, etc.

Tube Sock Snowman

1 white tube sock , boys size
5 buttons (buttons do not need to match)
2 branched twigs for arms
Strip of fabric for the scarf (1 ½" X 8 ")
2 rubber bands
10" of jute to tie hat
Fabric dye to dye hats

Cut the tube sock in two pieces. Make the cut 4 ½" down from the cuff of the tube sock .
Dye the 4 ½" piece of the tube sock to make the snowman's hat.

Fill the toe of the tube sock with 1 ½ cups uncooked rice, dry beans or wheat kernels to create the body. Wrap a rubber band around the tube sock just above the rice. Add 1 cup of rice to the top of the sock to create the head. Wrap a rubber band around the top of the sock to finish the head.

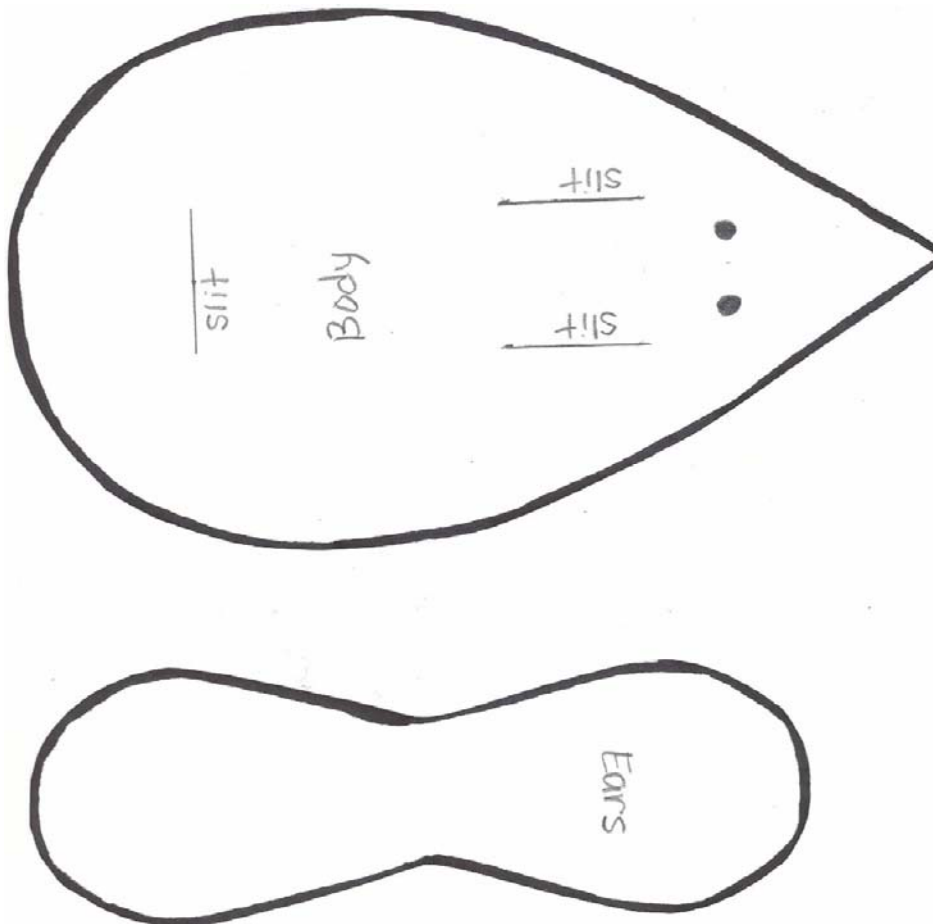
Tie the piece of jute near the cut edge of the hat. Place the hat on the snowman's head. Secure the hat by putting hot glue under the band of the hat on either side of the head. Attach two buttons for eyes and sharpened dowel for the nose. Attach the arms in the fold between the head and the body with hot glue. Tie scarf around the snowman's neck. Hot glue three buttons to the snowman's tummy.



Candy Cane Mouse

4 X 5" square of gray felt
1 ½ X 4 ½" square of dark pink felt
2 7-10 mm moveable eyes
1 6" candy cane

Cut the body of the mouse from the gray felt and the ears from the dark pink felt. Cut 2 slits in the gray felt for ears and 1 slit to insert the tail. Glue eyes in place near the pointed end of the body. Insert the ears through the slits near the pointed end of the mouse body. Insert the candy cane through the slit in the wide end of mouse body. Slide candy cane between the mouse body and the ears on the back of the mouse.



Candy Cane Ornaments

Version #1

½ red or green pipe cleaner
21 white tri-beads
24" red or green ¾" lace beading
18" 1/8" ribbon for bow
small holiday decoration for center of the bow

Weave the chenille stem through 2 holes in the lace beading. Place a bead on the chenille stem. Weave the chenille stem through 2 more holes in the lace beading and add another bead. Bend the chenille stem under at both ends to hold the beads in place. Shape the chenille stem into a candy cane. Make a bow from ribbon and hot glue to the candy cane. Hot glue small decoration to the center of the bow. Fold the metallic thread in half to make the hanger. Attach the hanger to the top of the candy cane with hot glue.

Version #2

½ red chenille stem
12 red tri-beads
13 round, clear 8 mm faceted beads
18" 1/8" ribbon for bow
10" of gold metallic thread for hanger
small holiday decoration for center of the bow

Begin by placing a clear faceted bead on the chenille stem. Then add red tri-beads and faceted clear beads alternately until the chenille stem is full. Bend the chenille stem under at both ends to hold the beads in place. Shape the chenille stem into a candy cane. Make a bow from ribbon and hot glue to the candy cane. Hot glue small decoration to the center of the bow. Fold the metallic thread in half to make the hanger. Attach the hanger to the top of the candy cane with hot glue.



Swirled Ski Cap

Courtesy of Caps for Kids

<http://www.geocities.com/Heartland/Hills/3272/capsforkids.html>

Materials (see note):

- 3.5 oz. 4-ply worsted-weight yarn, Main Color
- 3.5 oz. 4-ply worsted-weight yarn, Contrasting Color
- Size 8 Knitting Needles

Cast on 30 (child) or 40 (adult) stitches:

Row 1: Knit

Row 2: Purl 1st two stitches together (tog), purl to last stitch, knit twice in last stitch.

Row 3: Knit.

Row 4: Purl 1st two stitches tog, purl to last stitch, knit twice in last stitch.

Row 5: Knit

Row 6: Repeat Row 4

Row 7: Purl

Row 8: Knit 1st two stitches tog, knit to last stitch, knit twice to last stitch.

Row 9: Purl

Row 10: Repeat Row 8

Row 11: Purl

Row 12: Repeat Row 8.

Repeat these 12 rows 7 times (9). Cast off. Pick up 86 (108) stitches on bottom or piece. Knit one, Purl one for 20 (30 rows with main color yarn, sew up side seam, gathering top together. Make pom-pom and sew to top.

You may pickup stitches on double pointed needles or a circular needle to knit the rib on the bottom of the cap.

Note: This amount of yarn will make 2 caps. If you want a solid color cap you just need one skein of yarn. For a Rainbow Cap (multi-colored effect): Add different colors on knit rows and white on purl rows.