

Science, Technology, Engineering, and Math come together to create the STEM activities that 4-Hers can't get enough of! Our projects confront the issues of alternative energy and natural resource conservation with a hands-on discovery based learning approach. Projects include:



- *Project Butterfly W.I.N.G.S.*
- *4-H AgriScience*
- *4-H2Online*
- *The Power of Wind*
- *There's No New Water*



# STEM



Also, explore our *film making*, *robotics*, and *tech clubs*. 4-Hers across the country use state-of-the-art technology to make discoveries at every meeting! Help us meet our goal of creating **1 Million New Scientists and 1 Million New Ideas by 2013!**

## Leadership

Take action and become make and invest money for your

*Teen Corps* - Develop leadership skills. Identify resources and provide training opportunities for 4-H programs. Plan and implement citywide events. Develop entrepreneurship, workforce readiness, service-learning and environmental science skills. Hone your skills in *Entrepreneurship* and *Public Speaking* by participating in marketing and outreach efforts, business development, and civic engagement. Network with local business professionals and learn from experienced industry leaders!



## Development

a leader in your community! Learn to future. Explore projects like:



## Nutrition

*Healthy Lifestyles*, and healthy living classes teach youth about making nutrition and physical activity a part of their daily lives so they can develop healthy habits. Our summer *Nutrition and Fitness Program* focuses on nutrition, and fitness, which includes food tasting! The 3 week course is fun and free! Some schools, and community organizations offer specialty 4-H clubs in nutrition and Fitness!



**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.



Health

Hands



Heart

Head

JOIN THE REVOLUTION OF RESPONSIBILITY



UNIVERSITY OF MARYLAND EXTENSION Solutions in your community

# Baltimore City 4-H



## University of Maryland Extension Baltimore City

6615 Reisterstown Road, Suite 201  
Baltimore Maryland 21215  
Phone: 410-856-1850  
Fax: 410-856-1852  
www.baltimore.umd.edu

UNIVERSITY OF MARYLAND  
EXTENSION  
Solutions in your community

University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status or national origin.



*Fashion Revue* challenges members to create quality clothing reflecting their individual style. Self confidence, creative thinking, and leadership are just some of the skills you can acquire! 4-H has something for everyone! *Clover Clubs* offer introductory 4-H events for children between 5 and 7 years old. Members use experiential learning to gain life skills, cultural diversity, communications, nutrition/fitness education and more. Join the *Revolution of Responsibility*

### 4-H Fun Facts

The iconic 4 leaf clover was originally a 3 leaf clover until the 4<sup>th</sup> "H" was added in the 1920's with the addition of "Health".

More than 60 million people across America have been 4-H members since the program began in 1902..

Studies show that 4-H members do better in school and are more motivated to help others.

Many well known professional athletes, politicians, and celebrities were in 4-H.

You can join 4-H at age 5 as a *cloverbud* and stay in 4-H until December 31<sup>st</sup> after your 18<sup>th</sup> birthday.

Visit [www.4-h.org](http://www.4-h.org) to hear remarkable stories about 4-Hers paving the way to their future by being active in their club, community, country, and world!

