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## 4-H TV Action Club : Extension Circular 25-01-69

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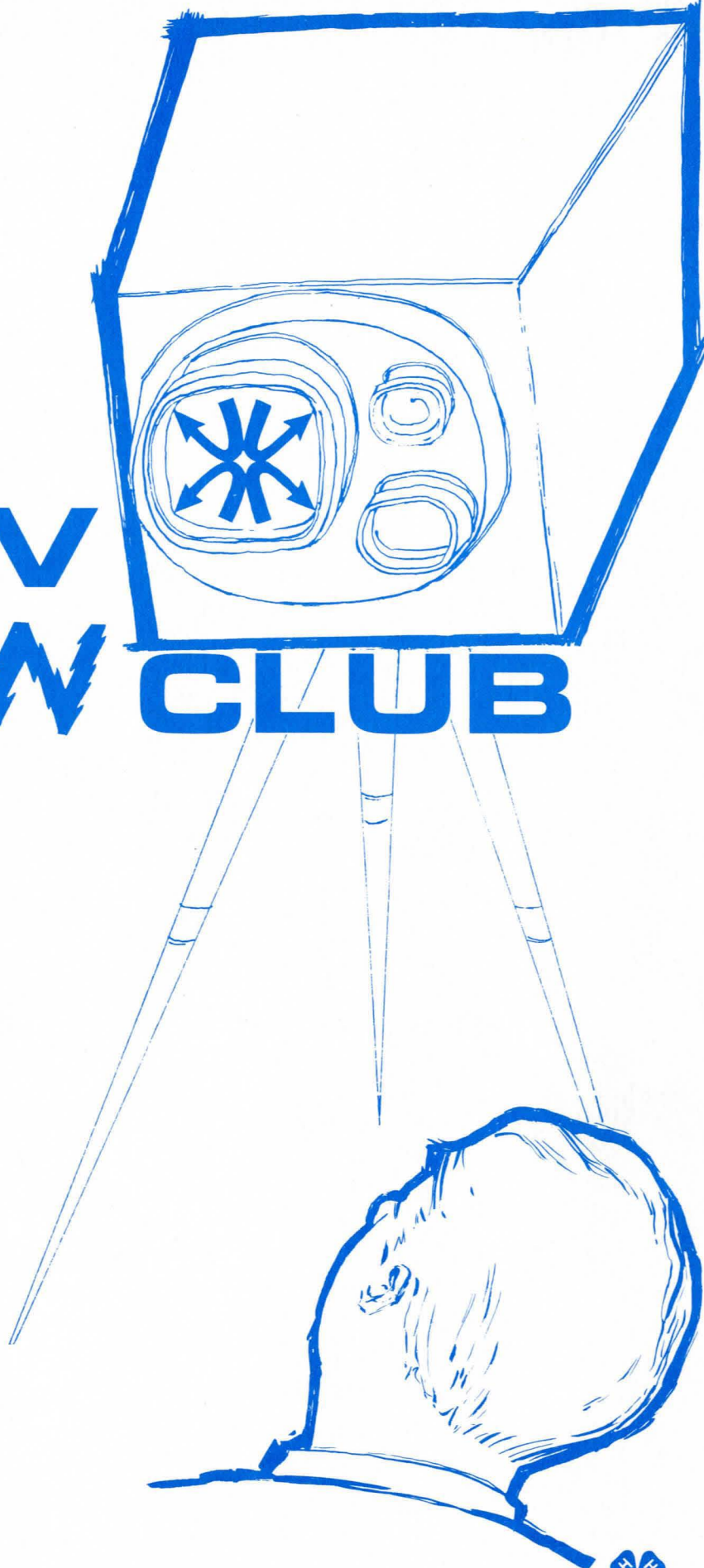
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# 4-H TV *ACTION* CLUB



COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE AND HOME ECONOMICS,  
AND U. S. DEPARTMENT OF AGRICULTURE COOPERATING. E. F. FROLIK, DEAN; J. L. ADAMS, DIRECTOR.



## **4-H Club Pledge**

I pledge

My Head to Clearer Thinking,  
My Heart to Greater Loyalty,  
My Hands to Larger Service,  
My Health to Better Living,  
For My Club, My Community and  
My Country.

## **What the 4-H Pledge Means**

### **TO CLEARER THINKING (Education)**

The good 4-H club member trains himself to think clearly and accurately. This he achieves through his activities at school, in club meetings, in judging and demonstration contests, and other phases of his club work. In order to keep thoroughly informed, he reads many books, magazines and newspapers. He discusses current topics with his friends. He attends and participates in meetings and conferences so that he may keep an open mind as to new thoughts and ideas.

### **TO LARGER SERVICE (Citizenship)**

The good 4-H club member is a good citizen and welcomes opportunities for service to his community, state, nation, and world.

### **TO GREATER LOYALTY (Values and Personal Integrity)**

The good 4-H club member is loyal to self, club, community, state, nation, and God. He is also loyal to the 4-H ideals of fair play, good sportmanship, truthfulness, and honesty.

### **TO BETTER LIVING (Health and Safety)**

The good 4-H club member constantly strives to build a body that has balance, poise, and beauty. He must learn the limits of his body and how to use it to its fullest capacities. He should be aware of basic safety rules and constantly strive to make his home and community safer and more attractive.

## **FACTS ABOUT 4-H**

### **Invite Your Friends**

They can watch the 4-H TV Action Club program with you. Then you can organize a 4-H Club in your community. You can all work together on your project, play games with our TV Club, and plan a tour for your own group. You'll want to ask an adult to serve as your 4-H Club Leader. You also elect your own officers. Later your club may want to take other 4-H projects. See your Extension Agent about these projects.

### **What Is 4-H**

Boys and girls organize a club with their own elected officers and "learn by doing" under the guidance of a local 4-H leader. The members attend meetings, carry out projects and take part in programs. They also participate in other 4-H activities, camps, achievement days, tours, fairs, exhibits and demonstrations.

### **Purpose of 4-H Club Work**

4-H Club work teaches boys and girls to work and play together. Members learn good work habits, learn new skills, practice democracy, and have fun.

### **4-H Parents**

Parents can be a big help. They may watch the 4-H TV program with you and help you with your projects when you have questions or problems. Be sure to talk with them about the projects you plan to do. Fathers and mothers of 4-H Club members are important people. They can serve as 4-H Club Leaders for you and your friends.

## **4-H Club Motto**

To Make the Best Better

## **4-H Club Colors**

Green and White

## Meeting I

### EMERGENCIES IN TODAY'S WORLD



More than ever boys and girls want to know about emergency situations. Emergency preparedness is a kind of do-it-yourself insurance. It is based on the first law of nature — self preservation. Preparedness means guarding against all kinds of disasters.

**For Yourself** — Now is the time to learn about emergency preparedness and the hazards of emergency situations. By taking an interest in emergency preparedness, you can serve your community and country while you train yourself for the future.

**For Your Family** — You can help your family protect themselves and your home against disasters. Making plans now is the best way to be ready to take action when an emergency occurs.

**For Your Community** — Knowing what to do and being ready to do it has saved many a community in peril. Boys and Girls your age have the energy and push to help parents make plans and carry them out. You will be helping to assure survival if disaster should strike.

#### PROJECT SUGGESTION NO. 1

Conduct an EMERGENCY PREPAREDNESS INSPECTION on your home using the attached checklist.

#### EMERGENCY PREPAREDNESS CHECKLIST

	Yes	No
1. Every member of the family knows what to do in case of fire, flood, hurricane, tornado, nuclear explosion or any other emergency situation.		
2. Our family knows protective measures against fallout.		
3. We have an emergency shelter stocked with food, water, and equipment.		
4. We know the tornado and nuclear attack warning signals and what to do if they sound.		
5. We know how to use our radio for emergency information and we have a working battery radio to use.		
6. Every member of the family knows general first aid rules.		
7. One adult in our family has first aid training.		
8. We have necessary first aid supplies in our home.		
9. Our home, garage, and yard are clear of burnable rubbish.		
10. Our electrical and heating systems have been checked for safety.		
11. All fuels and flammable fluids are stored in safe containers, outside the house.		
12. We have fire extinguishers, hand water pump or garden hose properly located for fire fighting purposes.		
13. Our car is in good running condition and the gas tank is left more than half full at all times.		
TOTALS		

Subtract the number of No answers from 13 to determine your score. If your Yes total is

12-13 - Good

9-10 - Watch out

Below 9 - You have potential hazards in your home

## PROJECT SUGGESTION NO. 2

Make an Emergency Assignment Chart which shows what each member of your family should do in case of an emergency. Post your Emergency Assignment Chart in some place in the house where everyone can see it and refer to it.

MEMBER OF FAMILY	FIRE	TORNADO	FLOOD	NUCLEAR EXPLOSION	HURRICANE
Dad					
Mom					
Darcy					
Mary					

## PROJECT SUGGESTION NO. 3

Make a list of Emergency Telephone Numbers.

### Materials:

1. Poster board
2. Poster paint or pen and ink.

### Instructions:

1. Make up list of telephone numbers you might need in the event of an emergency. These numbers might include
  - (a) Doctor's phone number
  - (b) Fire Department
  - (c) Police Station
  - (d) Others
2. If you have more than one telephone in your house, you should have a copy posted next to each telephone.



## POSTER SUGGESTION NO. 1

Prepare a poster on the topic of EMERGENCIES IN TODAY'S WORLD.

### Information:

Some of the emergency situations which you might include are:

Tornadoes	Atomic Emergency
Earthquakes	Cold
Hurricanes	Heat
Floods	Fire

## POSTER SUGGESTION NO. 2

Prepare a poster on the topic of EMERGENCY TELEPHONING.

### Information:

1. Have emergency numbers posted next to telephone.
2. Know how to dial in the dark.

## POSTER SUGGESTION NO. 3

Prepare a poster on the topic of HOW TO REPORT AN EMERGENCY.

### Information:

1. Tell What Happened
2. Tell What Help is Needed
3. Tell Where You are
4. Tell Who You are

## Meeting II

# DEMONS OF THE AIR



Tornadoes can occur any place in the United States at any time of the year. They happen most often in the midwestern, southern, and central states from March through September. April, May, and June usually have the largest number of tornadoes. Hot, sticky days with southerly winds and a threatening sky are called "tornado weather". However, many such days occur without tornadoes. Often just before a tornado, thunderstorm clouds can be seen. And an hour or two before a tornado, topsy-turvy clouds appear, sometimes bulging down instead of up. These clouds may have a greenish-black color. Rain, and often hail, comes before a tornado, with a heavy downpour after it has passed. Tornadoes are most apt to strike between 3:00 and 7:00 p.m. but they have taken place at all hours.

What causes a tornado? Tornadoes form when very harmless weather conditions come together in certain combinations — for example, when a layer of cool, dry air moves over warm, moist heavy surface air. No one can predict where tornadoes will strike. They look like funnel-shaped clouds, whirling rapidly, and dip down to earth from the bottom of a thunder cloud. Tornadoes have a tremendous roar, like hundreds of airplanes or speeding locomotives.

In most cases tornadoes move from a westerly direction, usually from the southwest. The path of a tornado is generally 10 to 40 miles long, and about a quarter of a mile wide. But tornadoes have moved forward for as much as 300 miles and have cut paths over a mile wide. While a tornado travels at about 25 to 40 miles an hour, the whirling, twisting winds inside the tornado itself can reach a speed of 500 miles an hour.

The destruction comes from the violent, twisting wind which uproots large trees, or twists them off, strips bark off trees, tears buildings apart, tosses human beings and animals about with a terrific force. But a tornado does not have to touch a building to destroy it. When it merely passes by, the vacuum it creates can cause buildings to explode. This difference in air pressure can even lift automobiles. Another serious hazard is caused by objects being blown through the air. The result is great destruction of property, cut-off of electric power and communications, and personal injury. What can be done about these gigantic forces is a constant puzzle to man. However, we do know that there are places where a person can be safe from this type of storm.

The weather bureau through radio and TV stations will warn of possible tornadoes. Learn these terms:

"Tornado Watch" - means that conditions are ripe for a tornado to develop. Be alert if you are within the area.

"Tornado Warning" - means a tornado has been sighted. Take shelter if you are in the danger area.

### PROJECT SUGGESTION NO. 1

Prepare a shelter area in the basement of your house. First ask your parents permission and let them know what you plan to do and how you plan to do it. Maybe your parents will even want to help you. Don't expect to get it all finished in one day but keep working on it.

Here are some suggestions. You will probably want to place your shelter in the southwest corner of your basement because that is the safest place in case of a tornado. Get wooden crates or boxes and line the walls in that corner with them. Get cardboard boxes which will fit into the crates and label them. Some of these boxes of supplies may be projects in future meetings.

#### FOOD SUPPLIES BOX

Be sure to pack foods which will keep for a long time without spoiling.

(See Project 1, Meeting 4)

#### SLEEPING EQUIPMENT BOX

Perhaps your mother has some blankets which you can use. You can also use this box to store sleeping bags if your family has camping equipment.

**CLOTHES BOX**

(See Project 1, Meeting 7)

**COOKING EQUIPMENT BOX****WATER SUPPLY BOX**

(See Project 2, Meeting 4)

**ENTERTAINMENT BOX****COMMUNICATIONS BOX****MISCELLANEOUS BOX**

(See Project 2, Meeting 3)

**PERSONAL BOXES****SANITARY SUPPLIES BOX**

(See Project 1, Meeting 3)

**THINGS TO REMEMBER**

Collect any old clothes and place them in the box. It doesn't matter if they are old or ragged so long as they are warm.

Store your camp stove in this box. Don't forget a supply of fuel, matches in a metal box.

This box should contain jars of water. Be sure to include enough water for the whole family. You may want to have an extra large box for this. Use clear glass jars. Seal tightly. Wrap in newspaper so they won't break. You will want to inspect your water supplies about every month to make sure that the water is still good.

Some of the things that you might want to keep in this box are: old games, toys you are tired of, books, puzzles, cards, writing paper and pencils, also don't forget the younger children, a doll for your sister and a truck for your little brother.

Use this box to store a transistor radio, extra batteries.

Use this box for miscellaneous items such as a flashlight and batteries, candles, first aid kit.

Make up a smaller box and label it with the name of each member of the family. Then let each member of the family put the things in the box which he thinks he will want in case of an emergency. He can also use this as a personal locker in case of an emergency.

This box should contain such items as soap, toothbrushes, toothpaste, towels, wash cloths, deodorant, shaving supplies for father, make-up for mother.

Talk to your parents before you make an emergency shelter in your basement. Be sure to consider that many basements are damp and supplies may mold or mildew if your basement is damp or has a tendency to flood. Make sure your basement is water safe before you build a shelter.

**POSTER SUGGESTION NO. 1**

Make a poster on the five-step plan of studying tornadoes and tornado emergency preparation.

**Information:**

1. Know what a tornado is.
2. Know a tornado's usual habits.
3. Know a tornado's damaging effects.
4. Understand the meaning of tornado reports.
5. Know what to do if a tornado strikes.

**POSTER SUGGESTION NO. 2**

Prepare a poster about what to do and what not to do before a tornado strikes.

**Information:**

1. If you are outside in open country, you should go home.
2. If you don't have time to get home, lie down in the nearest ditch or depression in the ground.
3. If there is no ditch around, lie down on the flat ground.
4. If you are in a town or city, try to find a basement or sheltered area.
5. If you are inside a building, stand against the inside walls and away from the windows.
6. If you are in school, stay inside.

7. If you are in school, be sure to always follow your teacher's instructions.

**POSTER SUGGESTION NO. 3**

Prepare a poster showing what to do if you are in the house and you hear a tornado watch announced.

**Information:**

1. Open the doors and windows on the north and east sides of your house.
2. Prepare to go to safest place in your home, one you have selected ahead of time or —
3. Prepare to go to the southwest corner of the basement and stay there until there is an all clear.

**POSTER SUGGESTION NO. 4**

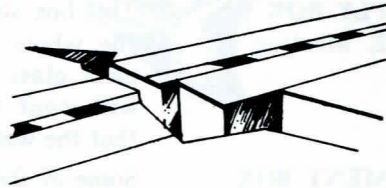
Prepare a poster on the topic of TORNADO REPORTS.

**Information:**

1. Tornado Watch means that conditions are ripe for a tornado to develop and you should be alert if you live in the area.
2. Tornado Warning means that a tornado has been sighted in your area. Take shelter if you are in the danger area.

## Meeting III

### THE SHAKING EARTH



We think of the earth as being firm. But our earth is constantly changing and remaking itself. Mountains rise through volcanic action or disappear by being eroded away by water; islands appear and disappear and jungles become deserts. Another way in which our earth changes is through a force which the scientists call "the crustal movements of the earth". Another name for these crustal movements is "earthquake".

We feel these movements as a shaking of the ground beneath our feet. Earthquakes cannot be predicted. They do not warn before they strike and so you cannot run away from them. Your only warning may be a low rumbling noise which grows louder until suddenly the earth tremors rock the foundations of buildings and send them crashing down to earth. These earth movements may last only seconds or minutes but they are enough to destroy a city. Tall buildings sway back and forth until they crash into rubble. Buildings sink into the earth as the ground opens up under them. Giant cracks open and close in the earth. Bluffs, mountains, cliffs and hills may slide and fall, and the ground surface rolls and heaves like waves on the sea.

The aftermath of earthquakes is also disastrous. Power usually goes off immediately. Fires, caused by ruptured oil tanks and gas pipes, are among the greatest dangers. Even worse, they generally burn without being stopped. Fire trucks may be buried or damaged or unable to get to the fire because the streets are blocked with the litter of wrecked buildings. Very often water pipes are broken and there is no water to fight a fire. As tidal waves roll in off the sea they toss large ships up onto dry land and sweep away buildings and people. Communications are broken off because the telephones, radio and television stations cannot function.

For centuries man has been trying to explain this frightening quaking of the earth. There are many thousands of small shocks each year. Most are tremors which cause little or no damage. But when an earthquake is violent, its initial shock and the after effects can cause great damage and loss of property and life.

#### PROJECT SUGGESTION NO. 1

Prepare an emergency family grooming kit.

##### Materials:

1. Container to store kit in. A piece of luggage, box with hinged top.
2. Supply of disposable diapers.
3. Toilet paper.
4. Toothbrushes and toothpaste.
5. Wash cloths.
6. Soap and towels.
7. Baby oil.
8. Small mirror.
9. Non-electric shaving equipment, blades, shaving lotion and cream.
10. Box of cleansing tissues.
11. Saturated cleansing pads.
12. Deodorant.
13. Cleansing astringent.

14. Dry shampoo.
15. Talcum powder.
16. Plastic containers with tight tops.

##### Instructions:

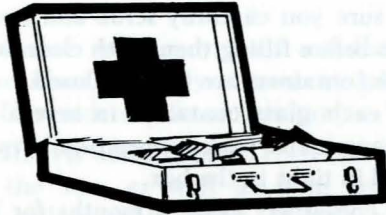
1. Place liquids in plastic containers and screw on tops tightly.
2. Organize your kit by placing items in it.
3. Talk about your project with your family. Maybe other members of your family can suggest items to include in the kit. Also, everyone should know where kit is kept and someone should be assigned to get it in case of an emergency.

##### Result:

Being prepared for an emergency includes more than just having a safe place to go. Cleanliness may help you to avoid disease during an emergency situation.

## PROJECT SUGGESTION NO. 2

Make up a home emergency first aid kit. Find a container, preferably something that is metal and watertight and paint a red cross on the top of it and the words "First Aid Kit". Then assemble all of the necessary items which a family should have on hand in the event of an emergency.



Some of the things you might want to have in your first aid kit are:

- 2 large bath towels
- 2 small bath towels
- 1 sheet
- supply of paper drinking cups
- flashlight
- flashlight batteries
- large safety pins

- single edge razor blades
- bar of toilet soap
- set of measuring spoons
- 12 wooden tongue depressors
- bandages and splints
- sterile dressings
- motion sickness pills
- water purification tablets
- eye medication with eye dropper
- bottle of aspirin
- burn ointment
- bottle of spirits of ammonia
- box of table salt
- box of baking soda
- boric acid
- mineral oil

## POSTER SUGGESTION NO. 1

Make up a poster on the topic of PROTECTION AGAINST DISEASE.

### Information:

Have you been vaccinated against:

Typhoid	Diphtheria
Tetanus	Malaria
Measles	Typhoid Fever
Smallpox	Influenza

If you haven't been vaccinated, you should be.

## Meeting IV

### WHEN WATER RUNS WILD



When we think of floods we think of dams breaking and releasing great torrents of water which destroy property and lives and cause millions of dollars of damage. Most floods, however, are less dramatic. They are caused by too much rain, snow melting too fast for the ground to absorb it, eroded farm lands, improper drainage and improper water control. These things cause rivers and lakes to overflow their banks and cover the areas on which people have their homes and cities. Many flash floods also occur each year. These, however, are more local in nature.

The hazards of floods include drowning; contamination of wells and water supply, food stuffs and feed; spread of disease; weakening or collapse of buildings; loss of crops; economic loss due to interruption of electrical power and communications, and possible personal injury.

In recent years we have learned how to control many flood conditions. We have learned the foolishness of stripping trees from our hillsides. Now that we understand how plant life acts as a sponge to soak up water, we are replanting these bare hillsides to control floods. We have also built many dams, levees, reservoirs, and flood walls. We have also improved our system of forecasting flood situations before they happen so that we can warn people of flooding. And we have set up ways to alert people in potential flood areas so that there is less chance of loss of life.

## PROJECT SUGGESTION NO. 1

Make up a food kit to be used in the event of emergency situations.

### Information:

1. You will need some sort of box, case, piece of luggage which you can use to store your food emergency kit in.
2. The amount of food you should have will depend on the size of your family. But plan for, at least, a one week supply.
3. Here are suggestions of the types of food you might include in your food emergency kit — things which will keep, require little or no cooking and will provide a well balanced diet.
  - a) Evaporated or dried milk.
  - b) Prepared baby foods.
  - c) Canned fruit.
  - d) Cheese spreads, peanut butter, jellies.
  - e) Crackers in tightly sealed containers.
  - f) Instant coffee, tea, and cocoa.
  - g) Bouillon cubes.
  - h) Soup mixes.
  - i) Instant puddings.
  - j) Gelatin desserts.
  - k) Hard candy, gum, canned nuts.
  - l) Canned vegetables.
  - m) Canned meats, meat spreads in cans.
  - n) Canned fish.

## PROJECT SUGGESTION NO. 2

Make up an emergency water supply.

### Information:

Although you can go without food for some time, you can only do without water for a very short time. During an emergency situation, the public supply of drinking water may be contaminated and so an emergency supply of water for both drinking as well as sanitary purposes becomes very important. A person needs about a half-gallon of water per day for drinking purposes alone. You will need 7 gallons of water per person per week.

### Materials:

1. A box or container.
2. Newspapers.
3. Containers with tight lids or tops. You can use plastic jugs, picnic jug, glass canning jars, thermos bottle, glass jugs, plastic freezer container, laundry starch or bleach containers.

### Instructions:

1. Make sure you carefully scrub and sterilize containers before filling them with clean water.
2. Be sure containers are tightly closed.
3. Wrap each glass container in several layers of newspapers and pack newspapers between them wedged in tight in the box.
4. Check containers every 6 months for leaks and to make sure the water is clear and tastes good to drink. If it doesn't taste good or has turned cloudy, replace it. Water should be checked regularly.

## POSTER SUGGESTION NO. 1

Make a poster on FLOOD CONTROL.

### Information:

We control flood situations by

- a) Replanting unwooded land
- b) Building dams
- c) Flood walls
- d) Reservoirs

## POSTER SUGGESTION NO. 2

Prepare a poster on the topic of FLOODS and damage they cause.

### Information:

Floods

- a) Destroy property
- b) Cause loss of life
- c) Carry off the rich topsoil of our farmland
- d) Bring disease and sickness
- e) Leave people homeless

## Meeting V

### LIVING WITH THE ATOM



An atomic emergency does not have to mean that a bomb has been dropped. It could result from any nuclear accident, possibly at a reactor laboratory, or while transporting nuclear materials. The greatest danger in any such accident is from radiation.

Radiation is nothing new. There has always been some radiation around us. It comes from natural sources such as the sun, as well as from artificial sources. Exposure to too much radiation could result in burns, sickness, and possibly death to both humans and animals. Certain foods and feeds could be contaminated, and growing plants could be affected.

Radiation is also the danger in fallout. You have probably heard of fallout, but may not know exactly what it is. When a nuclear explosion takes place on the ground, particles of dust and debris are sucked up into the mushroom-like cloud. Here they become radioactive and fall back to earth as fallout. Before falling, however, they can be carried for great distances by the wind.

It takes time for fallout to drop. It would likely be 30 minutes before fallout starts outside the devastated area. The most serious fallout danger would come from early fallout. Early fallout are those particles which return to the earth within the first 24 hours after an explosion. Any area may be touched by fallout and the dust from fallout could be blown great distances.

The first two days of fallout are the most dangerous. This is the time that shelter is most vital. This could be a home or community shelter, or any place that protects you from radiation. If fallout is light or moderate, after 2 or 3 days you might be able to come out of shelter for at least part of each day. Qualified men known as "monitors" are trained to measure the amount of radiation in any given location or instance. They will tell you when it is safe to come out of shelter and for how long. Still, you will be safer if you have a two weeks' supply of food and water on hand and the kind of shelter which will provide adequate protection.

After a nuclear explosion you might not know whether there is any fallout in your area unless you hear about it on your radio. Sometimes, if fallout is heavy, it is visible in the air or on smooth surfaces. It might look like ordinary dust or dirt. Or it could be invisible and detected only with special monitoring equipment. You cannot smell or taste fallout and cannot feel the radiation from it. Don't take chances, take shelter.

#### PROJECT SUGGESTION NO. 1

Construct a model of a backyard shelter.

##### Materials:

1. Low shallow box (size about 20 x 25 inches)
2. Dirt
3. Shoebox
4. Glue
5. Poster paint
6. Rags
7. Cardboard tubing
8. Scotch tape

##### Instructions:

1. Put a supply of dirt in the bottom of the shallow box. Press down firm.

2. Place your shoebox in place on bottom of box. Mark around the edge of box in the dirt.
3. Take out shoebox.
4. Dig a ditch all around where your shelter will be. The ditch should be about  $\frac{1}{2}$  inch deep. The purpose of this ditch is drainage so that the shelter will be dry. Press down dirt again so it is firm.
5. Glue or scotch tape the top of shoebox to the box section.
6. Turn over. On one end of box cut down. (See diagram.) Also cut out one side so people can see inside model.
7. Put shoebox in place inside the ditch.
8. Bank dirt on two sides.

9. Make sandbags by folding material into proper shape and securing by use of glue or scotch tape.
10. Paint sections of shoebox which show with poster paint.
11. Bank sandbags on top of the shelter and around entrance.
12. A couple of small dolls will make your shelter model look more realistic. For additional realism, add emergency supplies of models of water containers, radio, blanket, food box, etc.
13. Make ventilation shaft out of cardboard tubing and insert.



### PROJECT SUGGESTION NO. 2

Get a book about radiation and fallout. Prepare a series of True and False questions. Then conduct a survey among your family, your friends, your classmates about radiation and fallout. One of the important things you can learn from such a survey is **WHAT YOU DON'T KNOW**. Then find out.

### POSTER SUGGESTION NO. 1

Prepare a poster on **HOW TO BE PREPARED IN CASE OF A NUCLEAR EXPLOSION**.

#### Information:

1. Start to prepare today. Don't wait until tomorrow to start fixing a shelter area, or food and water kits, or making up a first aid kit. Start preparing for tomorrow's emergencies today.
2. Know the warning signals, how to recognize them, what they mean and what you should do when you hear them.
3. Have a battery radio and extra batteries and know where to tune in for emergency instructions.
4. Build a home shelter.
5. Read the facts about radioactive fallout.

### POSTER SUGGESTION NO. 2

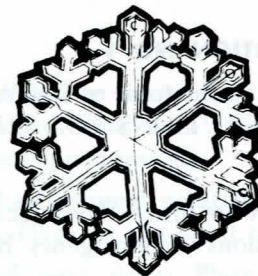
Prepare a poster on the subject of **DEFENSE AGAINST FALLOUT**.

#### Information:

1. The best defense against fallout radiation is not to be there.
2. The next best defense is to be in a shelter or protected place.
3. Decontamination or getting rid of radioactive dust on clothes and skin and in food and water is very important.
4. Know what to do to defend yourself against fallout radiation.

## Meeting VI

### 32 DEGREES AND FALLING



Many people enjoy cold weather. They can ice fish, ski, skate and go sledding. Also, some people claim they actually feel better in cold weather.

But winter is also a dangerous time of the year.

One of its dangers is low temperature. If a person stays in the cold too long without being warmly clothed, he can become ill from exposure and frost bite.

Snow is not, as many people think, frozen rain. Snow is made up of crystals which form when the water vapor in clouds freeze. Many people in the world have never seen snow since snow falls on only about a third of the earth's surface. When seen under a microscope, snow appears as tiny, lacy, beautiful, six-sided crystals. No two snow crystals are ever alike. Sometimes a snowflake has many crystals and is very big. There was once a snowfall in which the snowflakes were over a foot wide.

Snow is sometimes called the "white treasure". This is not only because it is beautiful but because melting snow means water for crops, livestock, industrial and human use during dry summer months. But sometimes we receive an abundance of this "white treasure" in the forms of snow, sleet and hail. When this happens, we may call it a snowstorm. Single snowfalls of over 30 inches are not uncommon in many parts of the United States. The state of Colorado once had 72 inches of snow fall during a single 24 hour period. And in California in 1911, 390 inches of snow fell during a single month.

When a heavy snowfall is coupled with wind, we call it a blizzard. During a blizzard the wind may drift the snow into small mountains. It can snarl traffic, make streets and roads impassable, maroon families in their homes and travelers on highways, interrupt electric power and communications and paralyze a city or state.

#### PROJECT SUGGESTION NO. 1

Make up an emergency kit which you can carry in your car to be used in case you are stranded in a blizzard, snowstorm, or in any other kind of emergency situation. It may be simply a case of your car breaking down in a somewhat isolated area and it may be some time before you can get help. Here are some of the things you might want in your CAR EMERGENCY KIT.

##### Materials:

1. You will need something to put the items in. An old knapsack, overnight bag, suitcase, or metal or wooden box with a hinged top.
2. Some things you might include in your CAR EMERGENCY KIT are:
  - a) A small first aid kit
  - b) Deck of cards
  - c) Candy bars, chewing gum, can of nuts
  - d) Flashlight
  - e) Blanket for each member of family
  - f) A sweater for each member of the family
  - g) Fire building equipment
  - h) Shovel
  - i) Tire chains
  - j) Ashes

- k) A thermos for coffee, tea, cocoa
- l) Candle

#### PROJECT SUGGESTION NO. 2

Prepare a FIRST AID MANUAL.

##### Materials:

1. Small spiral notebook.
2. Pencil

##### Instructions:

1. On the first inside page print the words FIRST AID MANUAL.
2. Now write out on the following pages the first aid instructions given in this manual. Give each separate page or section a heading such as BURNS, TRANSPORTATION OF THE INJURED, etc.
3. Look in newspapers, magazines, pamphlets, etc., for first aid instructions. When you find them include them in your manual. You can also ask your friends and family to be on the lookout for first aid instructions for you. You'll be amazed at how your first aid manual will grow.

### POSTER SUGGESTION NO. 1

Make a poster on the topic of SNOWSTORM AND BLIZZARD PRECAUTIONS FOR THE HOME.

#### Information:

1. Always be aware of weather forecasts.
2. Make provisions for emergency heating in your home.
3. Make provisions for emergency lighting in your home.
4. Have food on hand for emergencies.
5. Plan now for snow emergencies.

### POSTER SUGGESTION NO. 2

Make a poster on the topic of SNOWSTORM AND BLIZZARD PRECAUTIONS FOR TRAVEL.

#### Information:

1. Don't travel unless necessary during or after a snowstorm.
2. Never travel in wintertime without an emergency travel kit in your car.
3. If stalled, stay put unless visibility clears and the country is familiar.
4. Don't panic.
5. If stuck or stranded, run car heater at intervals but not constantly.

### POSTER SUGGESTION NO. 3

Prepare a poster on HOW TO BE PREPARED FOR A SNOWSTORM.

#### Information:

1. Have wood for your fireplace.
2. Have plenty of warm clothing on hand.
3. Have a camp stove with fuel.
4. Have cooking utensils which you can use to cook over your fireplace.
5. Have a supply of candles on hand for lighting.
6. Have emergency lamps on hand and a supply of fuel.

### POSTER SUGGESTION NO. 4

Prepare a poster on the topic of DISTRESS SIGNALS WHEN TRAVELING.

#### Information:

The Standard Motorists Distress Signals are:

1. Raise the engine hood.
2. Tie a white cloth or handkerchief to a door handle.
- or
3. Tie a white cloth on radio aerial.

Remember: Stay in your car.

## Meeting VII

### EMERGENCY LIVING IN THE HOME



Often in emergencies, we have to get along without many of the services we take for granted. These services include electricity, gas, water, and being able to talk with each other by telephone. We have come to think of these services as necessary, but people lived without them for thousands of years.

We can too. It is possible to live fairly comfortably without these services for short periods of time. To do so, however, we have to change our way of living somewhat. We must continue to keep warm without furnaces. We must prepare food without gas or electric stoves. And we have to find other sources of light for the night hours.

Think of an emergency as a test. Not only does it challenge your imagination, but your ability to get along in an unusual situation. The best way to meet an emergency in your home is to be prepared for it, both mentally and physically.

One of the problems during floods and snow storms is that people can be cut off completely from the outside world. This is more apt to happen on farms and in remote areas. But it can also happen to people in cities. Some people will react strangely to being alone. In any case, the situation will present hardships.

If you or your family should have to get along without all the usual services, or if you should be cut off from others, consider it a challenge. There will be plenty to do, meeting the emergency. Organize your time. Figure out what you're going to do, and how, and when. People who aren't working should be kept busy with games, books to read, and hobbies or other special interest activities. You might also hold family discussions, have a family sing, or read from plays. Another good past time is to keep a log or diary of your experience. It will be interesting to read later on and will help you prepare for your next emergency.

## PROJECT SUGGESTION NO. 1

Make up an EMERGENCY CLOTHING KIT.

### Materials:

1. Container in which to store clothing.
2. Clothing.

### Instructions:

What you wear affects how you feel. This is especially important during emergency situations since you may have to wear clothing for long periods of time without change. Clothing should be loose and light, should keep you warm. Pack enough clothing so that a person can wear several layers instead of a single heavy garment. Avoid clothing with bulky collars and cuffs.

Remember to include caps, scarves, and mittens or gloves. Include comfortable shoes and socks.

Clothing should be dark in color since light colored clothing will show soiling. Also, fabrics should be smooth which will shed water instead of absorbing it. Avoid synthetic fibers.

An emergency clothing kit can be made up of old cast off clothing or you can store your off season clothing in this manner.

## PROJECT SUGGESTION NO. 2

Prepare a meal without cooking.

### Materials:

1. Can of tuna
2. Canned, undiluted mushroom soup
3. Mixed pickles
4. Canned potatoes
5. Parsley flakes
6. Instant pudding mix
7. Nonfat dry milk
8. Water
9. Canned peas
10. Can opener
11. Plastic knife, fork, spoon
12. Paper plates
13. Small bowl
14. Measuring cup

### Information:

Ask your mother to let you prepare a meal without cooking.

### What to do:

Begin preparing the main dish of the meal; mix canned, drained tuna with undiluted mushroom soup and prechopped pickles.

Open and drain canned potatoes. Sprinkle parsley over the top. Place on plate next to tuna.

Open canned peas, drain. Place a serving on the plate.

Mix nonfat dry milk and water in proportions noted on package. Add the milk mixture to instant pudding. Mix. Stir.

Serve the finished meal.

## POSTER SUGGESTION NO. 1

Prepare a poster on the topic of EMERGENCY LIVING IN THE HOME.

### Information:

1. Be able to survive without power, heat, light.
2. Have emergency food on hand.
3. Be able to communicate with outside world without telephone.
4. Be able to stand the isolation.

## POSTER SUGGESTION NO. 2

Prepare a poster on the topic of BEFORE DISASTER STRIKES YOU SHOULD KNOW.

### Information:

1. Where to find safe water.
2. What foods to store and how to prepare them.
3. What foods are unsafe.
4. How to dispose of garbage.
5. How to purify water.

## POSTER SUGGESTION NO. 3

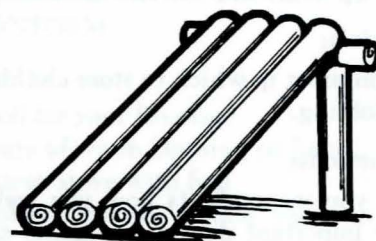
Prepare a poster on the topic of BEFORE DISASTER STRIKES YOU SHOULD HAVE.

### Information:

1. A supply of proper foods, paper plates and utensils.
2. Cooking and eating utensils, measuring cup, can and bottle opener, pocket knife and matches.
3. Stored water or other liquids.

## Meeting VIII

### EMERGENCY LIVING OUTDOORS



No one ever plans to get lost. But it's something which happens all the time. People travel a great deal more today than ever before. Camping is also more popular today than ever before. So your chances of being in unfamiliar country are greater. When you are in strange country, never wander off by yourself.

Your chances of being injured when lost are not great. If you know some of the things you should do, you will usually come out all right. One of the most important things to remember about being lost is to keep calm. Another is to stay put. Don't try to walk out unless you know where you are going. You will only tire yourself.

Before you start out on a hike or trip, always let your parents or some other responsible adult know where you are going. If the people looking for you have a pretty good idea where you were lost, they will know approximately where to look. Try to fix some sort of a signal to help your rescuers. If possible, find a clearing where you might be sighted from the air. Airplanes and helicopters are used today for much of the rescue work involved in finding people who are lost.

It is important, when lost, to take stock of your situation. First, see what you might have in your pockets that might be useful. If you have an emergency kit with you, you will be in much better shape. Always carry one in strange country. Next, decide what you are going to do. Make a mental list of the most important things to be done and the order in which they should be done. Build a fire. Get together a supply of firewood. Construct a shelter and a bed for the night and keep busy.

#### PROJECT SUGGESTION NO. 1

Make up an emergency survival kit for use outdoors.

##### Materials:

1. Kit container — any compact container which can be tightly closed can be used.
2. Tropical chocolate bars.
3. Candy-coated gum.
4. Fire-starter.
5. Moisture proof matches.
6. Water purification tablets.
7. Plastic water bag.
8. Razor blades.
9. Band-aids.
10. Whistle.
11. Knife.
12. Fishing line and hooks.
13. Adhesive tape.
14. Salt.
15. Small candles.
16. Iodine.
17. Aspirin.
18. Soda mint.
19. Motion sickness pills.
20. Burn ointment.
21. Dried foods.

22. Sewing thread.
23. Needles.
24. Safety pins.
25. Tiny compass.
26. Fishing sinkers.
27. Small unbreakable mirror.
28. Tweezers.
29. Folded sheet of aluminum foil.
30. Tiny magnifying glass.

##### Note:

There are hundreds of items which can be used in survival kits. The important thing to remember is to have a reason for including each item. A kit should be small, something which you will take along with you everywhere you go.

#### PROJECT SUGGESTION NO. 2

Construct a model showing how to signal for help if lost in strange country.

##### Materials:

1. A low shallow box.
2. Sand.
3. Small box of Plaster of Paris.
4. Glue.

**Instructions:**

1. Mix up the plaster in a can and pour into box.
2. Spread out evenly and smooth to simulate a beach.
3. Before the plaster hardens completely, scratch the word HELP or SOS into the plaster. Let plaster harden.
4. After plaster has hardened, pour a generous amount of glue on the plaster and spread over all areas with a brush.
5. While glue is still wet, pour sand onto glue and shake, tilt back and forth until all plaster areas are covered.
6. Pour off surplus sand.

**Result:**

Your model will have the appearance of a sandy beach into which someone who is lost has scratched the words HELP or SOS in large letters. Use your model to give a talk on how to signal for help if lost.

**PROJECT SUGGESTION NO. 3**

Construct a model of an emergency campsite, including HELP or SOS signal, campfire and shelter which could be built if lost in strange country.

**Materials:**

1. A large low shallow box.
2. Poster paint.
3. Glue.
4. Sticks.
5. Sponge.
6. Rocks.

**Instructions:**

1. Paint the bottom of the box to simulate a clearing.
2. Construct a HELP or SOS signal using the sticks or rocks.



3. Construct a campfire.
4. Build a model of a lean-to shelter using forked sticks for uprights, and bits of sponge painted brown and green (to simulate leaves) for the roof covering.
5. Use small pieces of sponge (leaves) to construct a bed in the shelter.
6. You can also probably find other things to use in your model to make it more realistic. For example, a large flat stone mounted on other stones might make an emergency table or stool. Be sure to keep all the items you build in scale.
7. Glue down everything as you construct it.

**Result:**

Use your model of an emergency campsite to discuss Emergency Living Outdoors.

**POSTER SUGGESTION NO. 1**

Prepare a poster on the topic of IF YOU ARE LOST.

**Information:**

1. Keep calm.
2. Keep busy.
3. Stay put.
4. Take stock of what you have in your pockets to help you.

**POSTER SUGGESTION NO. 2**

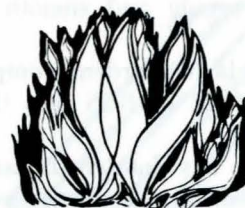
Prepare a poster on the topic of IF YOU ARE LOST IN THE WOODS.

**Information:**

1. When walking or traveling, always take emergency kit.
2. Don't eat wild fruit or berries unless you know what you are eating.
3. Never drink strange water unless absolutely necessary.
4. Build a fire.
5. Try to build some sort of emergency shelter.

## Meeting IX

### THE FRIENDLY ENEMY



Fire is one of the most important servants of man. Early man used fire for heat and light and to make his food taste better. He used fire to frighten away wild animals and to drive game out of the woods so that he could kill them for food and skins. Fire played such an important role in the life of early man that he often worshipped it as a god.

Even today, fire still plays an important role in our lives. Although we do not worship it as early man did or use it for protection, or as a means of obtaining food, or to give us light, we still use it for cooking and heat. Without fire, much of our modern manufacturing and industrial life would be impossible. Without fire, the lives we lead would be very different.

But fire can also be a dangerous enemy. Each year many lives and millions of dollars of property are lost by fire. Fire is one of our most common disasters. It knows no geographical limitations as hurricanes or earthquakes do. Fire is also one of our most destructive emergencies. Although we have learned a great deal about fighting and controlling fire, the loss is still considerable.

While most fire disasters are quite local in nature, they can be widespread. Consider the great losses each year from forest fires. Whole forests of valuable timber and wildlife as well as human life are destroyed by fire. Major forest fires depend largely on weather conditions and carelessness of people.

Fire can result from other major emergencies such as tornadoes, drought, nuclear disasters and explosions. More common causes of fires are trash piles, poor electrical wiring and lightning. Fire hazards include smoke damage, building collapse, cut-off of electrical power and communications, and personal injury.

Although fire is one of man's great servants and friends, fire which is out of control remains one of the great destructive forces of the world. Planning ahead can help lessen the effect of a fire disaster and may even save your life. Planning for a fire can prevent panic when it happens. The first five minutes after a fire is discovered are very important. Don't let panic use up all of those precious minutes. Prepare today.

#### PROJECT SUGGESTION NO. 1

Make a Fire Extinguisher. (Dry Powder)

##### Materials:

1. Baking Soda
2. Wide-mouth mason jar

##### Instructions:

1. Use mason jar with large screw-type cap (wide-mouth).
2. Fill can with baking soda.
3. Throw baking soda from jar onto fire.

##### Result:

Fire goes out due to:

1. Air being removed from burning material.
2. Carbon dioxide being formed when baking soda is heated.
3. Carbon dioxide will not support combustion and fire goes out.

#### PROJECT SUGGESTION NO. 2

Fireproof your own home. Be sure to tell your parents what you are going to do and ask their permission and help.

##### Materials:

1. Water hose
2. Soda extinguisher (See Project 1)
3. Bucket of sand
4. Broom
5. Rake
6. Shovel
7. Soda extinguisher (See Project 3)

##### Instructions:

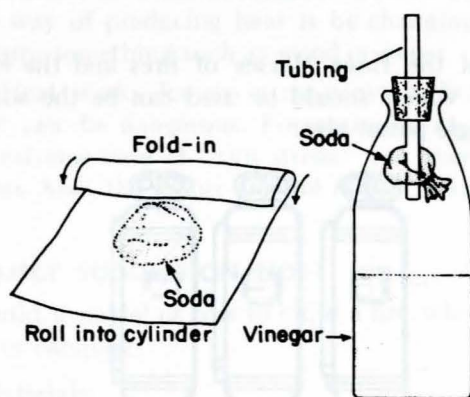
1. Conduct a survey of your own home and make notes on where the likely fire danger spots might be.
2. Be sure to remember the different classes of fires and the types of fire extinguishers which

should be used for different types of fires.

- Remember that conditions change all the time. For example, during the late rainy fall or winter when there is snow on the ground there is little chance of a grass fire. But during a dry fall when there are leaves on the ground might be a good time to have a hose hooked up, rakes and brooms at easy-to-reach locations.
- Place fire extinguishing equipment noted above near places where fire might occur.
- Take your entire family for a tour of your home showing them the fire equipment and demonstrate how they should use it and on what class of fire.

#### Result:

Your family will be prepared in case of fire.



### PROJECT SUGGESTION NO. 3

Make a Fire Extinguisher. (Liquid)

#### Materials:

- Wide-mouth glass bottle with stopper to fit.
- Three inches of  $\frac{1}{4}$  inch glass, metal or plastic tubing. (Tube from old Windex bottle can be used.)
- Spoonful of baking soda.
- Vinegar.
- Tissue paper.

#### Instructions:

- Drill hole in stopper and insert tubing.
- Wrap soda in tissue and attach package to tube with rubber band.
- Fill bottle one-half full of one part vinegar and one part water.
- Insert stopper in bottle with soda inside bottle but not touching vinegar solution.
- To operate, tip bottle upside down, soaking the tissue paper with vinegar.

#### Result:

Water-vinegar solution puts out fire.

### PROJECT SUGGESTION NO. 4

Knowing what to do in case of fire is very important. Fireproof your own home by working with your family to be prepared.

#### Materials:

- Ladder
- Several lengths of strong rope

#### Instructions:

- If you live in a two-story house, it is a good idea to keep a ladder handy.
- Have lengths of rope in every bedroom on the second floor.
- Make sure that all members of your family know what your fire escape plans are. They should know such things as how to get the window open, how to remove screens or storm windows, how to go down a rope, how to fasten rope.
- Discuss with your family what each member of the family should do in case of fire. An important thing to remember is the small children in the household and who is assigned to take care of them.
- Also plan to have a place outside the house which is designated as the meeting place for all members of the family to assemble in case of fire. A head count can then be made to insure that everyone has escaped.

### PROJECT SUGGESTION NO. 5

Prepare a Fire Evacuation Plan with job assignments for each person.

#### Materials:

- Large piece of poster board.
- Pen and ink.

#### Instructions:

- Put the name of each member of the family on the left hand side.
- On the same line, write in duties to be done by that person during a fire emergency.
- Post your Fire Evacuation Plan in your den, family room or kitchen.
- Point out what the duties are of each member of the family.

#### Example:

FIRE EVACUATION PLAN	
Father	Get ladder and see that everyone is out of the building.
Mother	Call fire department and take valuable papers out of the house.
Daughter	Take younger children out of house, get garden hose ready.
Son	Get axe and fire extinguisher.
Everyone	Fight fire after all are safely accounted for.

### POSTER SUGGESTION NO. 1

Prepare a poster for your home on the topic of  
IN CASE OF FIRE.

#### Information:

1. Keep calm.
2. Walk, don't run.
3. Alert everyone in the house.
4. Get out of the house.
5. Call the fire department.

### POSTER SUGGESTION NO. 2

Prepare a poster on the subject of IF THERE IS  
A FIRE IN YOUR HOME.

#### Information:

1. Never jump out of a high window except as a last resort.
2. If trapped on a second floor, try to crawl out on a porch.
3. If trapped on a second floor, make a rope of sheets.
4. If trying to find your way out, feel doors before opening.
5. Never open a hot door.
6. Keep doors and windows behind you closed to reduce drafts and slow down the fire.
7. If there is smoke, crawl.
8. If someone is burned, get first aid quickly.
9. Always remember the small children of the household.

### POSTER SUGGESTION NO. 3

Make a poster on the topic of THE DIFFERENT  
CLASSES OF FIRE.

#### Information:

It is important to know the different kinds of fire so you can know the type of fire extinguisher to use to put them out.

Class A Fires - Fire that leaves ashes

Extinguisher - Water

Class B Fires - Grease, oil or gasoline

Extinguisher - CO2 Extinguisher

Sodium bicarbonate powder

Soda

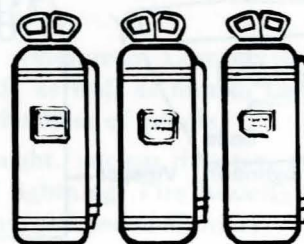
Class C Fires - Electrical

Extinguisher - Turn off power source

CO2 Extinguisher

#### Note:

Each of the three classes of fires and the extinguisher which should be used can be the subject of a single poster also.



## Meeting X



### THE TEMPERATURE'S RISING

The source of most of our heat is the sun. It is the heat of the sun which warms the earth and makes life on earth possible. We don't know how hot the sun is but it has been estimated that it is approximately 10,500°F. at the surface. If the sun should become cool, the earth would grow cold and life on earth would not be possible.

Another way of understanding heat is to know that all substances are composed of tiny particles called molecules which are in constant motion. The faster the molecules move the more energy or heat they possess. One way of producing heat is by changing the state of the matter or substance. This is what happens when we burn something such as wood or paper.

Heat works for us in many ways. But heat, like fire, is both an enemy and servant of man. Too much of it can be dangerous. For example, an overdose of the sun on a hot, summer day can make you very ill. An extreme case of "sun stroke" can even kill. On the other hand, we need heat to be able to live in cold places. Also, the proper amount of heat helps heal strains and other injuries to our bodies.

#### PROJECT SUGGESTION NO. 1

Build a model of how to build a fire when you are lost or camping.

##### Materials:

1. A low shallow box.
2. Glue.
3. Sticks of various sizes.
4. Rocks of various sizes.
5. Pieces of sponge.
6. Poster paint.

##### Instructions:

1. Paint the bottom of your box. Paint in grassy areas in green paint and bare areas in brown. You may even want to drop some sand on the wet brown paint to make your model look more realistic.
2. Glue in rocks around the area.
3. Use pieces of sponge painted green to suggest plants, bushes.
4. Pick the place for your campfire. The place should be bare of grass.
5. First break your sticks to appropriate sizes.
6. Place your sticks in a campfire arrangement and glue them.
7. A few drops of red paint on the center of the campfire will suggest that your fire is burning.

##### Result:

Your model can be used for display at school, at your club, or in a 4-H exhibit. You should make

up an explanation of the important facts to remember when you are building a campfire in the woods, such as never to build a fire under a snowcovered branch, using dry wood, and the location of your campfire.

#### POSTER SUGGESTION NO. 1

Prepare a poster on the topic of KEEPING WARM OUTDOORS.

##### Information:

1. Always dress warmly.
2. If lost in cold weather, build a fire.
3. Build a shelter.
4. Never sleep directly on the ground.
5. Try to dry out wet clothing.

#### POSTER SUGGESTION NO. 2

Prepare a poster on the topic of PROTECTION FROM HEAT.

##### Information:

1. Stay out of the heat during the hottest part of the day.
2. Protect your body from the rays of the sun.
3. Wear light colored clothing.
4. Never drink a lot of cold water when overheated.
5. If you sweat, drink water if available.
6. If possible, maintain salt intake by taking salt tablets or by salting your drinking water.



#### 4-H Club Motto

To Make the Best Better

#### 4-H Club Colors

Green and White

#### 4-H Club Pledge

I Pledge:

My Head to clearer thinking,  
My Heart to greater loyalty,  
My Hands to larger service,  
My Health to better living,  
For my club, my community and my country.

"This educational material has been prepared for 4-H youth by a program development committee composed of representatives of State and Federal Extension Service, and produced by the Cooperative Extension Service of Michigan State University, the Federal Extension Service, the Office of Civil Defense, and WMSB-TV of East Lansing, Michigan. The 4-H TV Action Club is conducted by the Cooperative Extension Service of the State Land-Grant Colleges and Universities with United States Department of Agriculture cooperating."

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