

Saline County



Family Handbook

University of Arkansas System

Division of Agriculture

Cooperative Extension Service—Saline County

1605 Edison Ave., Suite 15

Benton, AR 72015

501-303-5672



Pursuant to 7 CFR § 15.3, the University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services (including employment) without regard to race, color, sex, national origin, religion, age, disability, marital or veteran status, genetic information, sexual preference, pregnancy or any other legally protected status, and is an equal opportunity institution.

Table of Contents

4-H FAQ's.....	3
Enrolling in 4-H.....	4
4-H Traditions.....	5
List of 4-H Clubs.....	7
The 4-H Club Meeting.....	9
4-H Projects.....	10
4-H Record Books.....	12
County Activities.....	13
Parent Involvement.....	14
Communication.....	15
O'Rama Series.....	16
Leadership Opportunities Outside Saline County.....	18
Where to Go For Help.....	19



4-H FAQ's

What is 4-H?

4-H is the premier youth development program conducted by the University of Arkansas System, Division of Agriculture, Cooperative Extension Service.

4-H is designed to prepare young people to step up to the challenges in their communities and provide youth with the skills to lead for a lifetime. The core elements of 4-H include youth leadership, youth-adult partnerships, life skills learning and community service. 4-H programs are grounded in the belief that youth learn best by doing. 4-H members complete hands-on projects in areas like science, health, agriculture, and citizenship in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles.

What Does 4-H Offer?

Saline County 4-H offers a wide variety of hands-on, learn-by-doing opportunities for everyone. Youth can concentrate on one area or they can try an assortment of programs throughout their 4-H experience. Based on their interests and guided by adult mentors, youth develop their own pathway in 4-H with the ultimate goals of learning life skills to help them thrive today and tomorrow.

4-H is conducted in many forms including community clubs, special interest projects, in-school clubs, and more, so you can be a part of 4-H wherever you live.

Who Can Be In 4-H?

Youth who are 5 years of age and have not reached their 19th birthday on or before January 1 of the current year may enroll in 4-H clubs and participate in 4-H events.

4-H members may enroll at any time throughout the year. The 4-H “year” runs from January 1 through December 31, but you can join at any time.

Types of Membership:

- Determined by the age of the member on January 1 of the current program year
 - Cloverbud—age 5-8
 - Junior—age 9-13
 - Senior—age 14-19

Enrolling in 4-H

How?

- 1) Go to <https://4h.uada.edu/join/> Click the button. Complete the form.



JOIN AR 4-H

- 2) Pick a club and contact the leader for more information.

We suggest you visit several clubs before choosing one.

- 3) Get involved with County Events and Programs by reading your monthly County Newsletter.

- 4) 4-H is a lot of Fun!!!



4-H Traditions

The 4-H Pledge

The 4-H Pledge summarizes what 4-H is all about. 4-H's goal is the four-fold development of youth: Head, Heart, Hands, and Health. Most 4-H members learn and try to live according to the promises they make in the 4-H Pledge.

The pledge was adopted by the delegates to the 1927 National 4-H Club Camp in Washington, DC. State club leaders voted for and adopted the pledge for universal use. The phrase "and my world" was added to the pledge in 1973. The pledge has a prominent place in 4-H activities, at regular 4-H meetings, achievement banquets and other club events.

"I pledge my **HEAD** to clearer thinking,

(right hand points to forehead)

My **HEART** to greater loyalty,

(right hand over heart)

My **HANDS** to larger service, and

(arms slightly bent, palms up)

My **HEALTH** to better living,

(arms at side)

For my **CLUB**, my **COMMUNITY**

My **COUNTRY**, and my **WORLD**."

4-H Colors

Green represents life, youth, nature and springtime

White symbolizes purity.



4-H Traditions (cont'd)

The 4-H Emblem



The green four-leaf clover has a white “H” on each leaf to represent the four H’s-Head, Heart, Hands, and Health.

4-H Slogan

“Learn by Doing”

A phrase that represents the educational philosophy of the 4-H program. Derived from educational theory and philosophy of the times, the slogan exemplifies the experiential nature of the learning experiences in 4-H. Young people learn best when they are involved in their learning. The intent is to do, reflect and apply.

4-H Motto

“To Make the Best Better”

The motto was adopted at about the same time as the 4-H Club pledge. Its intent is to inspire young people to continue to learn and grown and to make their best efforts through participating in educational experiences. This motto challenges everyone involved in 4-H to do the very best job they can do.

Saline County 4-H

4-H is the premier youth development program conducted by the University of Arkansas System, Division of Agriculture, Cooperative Extension Service. The program is open to all youth ages 5-19 as of January 1st of the year they join.

To learn more about 4-H please go to the following link:
<https://4h.uada.edu/about/default.aspx> or use the QR Code.



County 4-H Clubs

Salem Superstar Outdoor Adventure 4-H Club - Club leader is Lori Canada.

Contact information: lorilcanada@gmail.com

Sea Cow Robotics Club – Club leader is Mike Kasten & Stacy Statler.

Contact information: seacowrobotics@gmail.com

Livestock 4-H Club - Club leader is Mollie Wright.

Contact information: wright36@hotmail.com

Shooting Sports 4-H Club - Club leaders are: Ramonta & Mark Ward.

Contact information: ramonta.ward@johnstonesupply.com

4-H Dog Club - Club leader is Jackie Brosi.

Contact information: jackiegb2012@yahoo.com

Teen Leaders Club - Club leader is Katie West.

Contact information: kwest@uada.edu or 501-303-5672.

Sew Mates Sewing Club - Club leader is Kris Boulton.

Contact information is: kboulton@uada.edu or 501-303-5672.

You can visit several clubs before you pick one – and you can join more than one! **The best way to get started is to contact the club leader to find out when their next meeting is!** Most meeting dates are also included on the 4-H event calendar located within the 4-H enrollment system.

Need more information? Interested in having a club in your community or for a special interest?

Contact:

Katie West, County Extension Agent - 4-H Agent
501-303-5672

kwest@uada.edu



Ready for your child to join Saline County 4-H? Visit the following website
<https://4h.zsuite.org/> or scan the QR Code below.



The 4-H Club Meeting



Purpose of 4-H Meetings:

To help members:

- acquire new information
- learn teamwork skills
- develop social skills
- acquire desirable leadership and citizenship traits
- understand how to conduct a business meeting

4-H members are given the opportunity to learn and practice decision making in group situations by using the knowledge and skills acquired at these meetings. 4-H members are expected to attend the club meetings on a regular basis.

Parents are encouraged to attend 4-H Club meetings with their 4-H members. The 4-H program is a family-friendly organization.

Characteristics of 4-H Clubs:

- Composed of at least 6 4-H members
- Has elected officers
- Meets regularly throughout the year
- Has 2 non-related adults volunteering to guide the club
- Has a community service project
- Involves parents/guardians, and other supportive adults

Components of a 4-H Club Meeting:

- Business Session—members discuss and decide upon club activities, and notify members of county, district and state events
- Educational Program—designed to help members learn more about the subjects of general interest in the 4-H program. Generally includes talks and demonstrations by 4-H members, but outside speakers are welcome as well.
- Demonstration/Illustrated Talk—”show & tell” type presentations where 4-H members share some of what they have learned while completing their 4-H projects.
- Recreation—fun activity involving all members
- Refreshments—not essential, but always an added bonus for members!

4-H Projects

Purpose:

4-H members are encouraged to work on projects in 4-H to develop life skills, hone their talents, and gain new experiences. With over 50 projects to choose from, Arkansas youth have opportunities to grow in their knowledge while having fun experiences with their friends and families. 4-H Project books (not required) are a great resource for youth to work from, especially when getting started or beginning a new project area. 4-H Project Books can be purchased from: shop4-h.org.

Choosing a 4-H Project:

4-H'ers are encouraged to choose a project (s) that interest them. These projects can be worked on individually, or with groups of youth that have similar interests. While working on these projects, youth are encouraged to keep detailed records that can be submitted for awards such as 4-H Record Books or congressional awards.



4-H Projects (cont'd)



3 Major Project Areas:

Project Area 1: Healthy Living

- Bullying Prevention
- Personal Finance
- Self-Awareness
- Substance Abuse Awareness
- Food & Nutrition
- Food Preservation & Safety
- Health & Fitness
- Human Development
- Safety

Project Area 2: Civic Engagement

- Achievement
- Citizenship
- Communication
- Leadership
- Mentorship
- Public Speaking
- Workforce Preparation & Careers
- Entrepreneurship
- Service Learning
- Fashion & Fabric
- Music
- Photography & Videography
- Theater & Performance Arts
- Visual Arts

Project Area 3: Science, Technology, Engineering & Math (STEM) & Agriculture

- Cattle (Beef or Dairy)
- Goats (Dairy or Meat)
- Horse
- Livestock Skills
- Meat Science
- Pets
- Poultry
- Rabbits
- Sheep
- Swine
- Veterinary Science
- General Agriculture
- Gardening
- Soils & Crops
- Archeology
- Biology & Chemistry
- Climate
- Energy & Electricity
- Entomology
- Environmental
- Forage & Grasslands
- Forestry
- Water, Wildlife, & Fisheries
- Computer Science & Coding
- Mechanical Science
(automotive, welding, tractor)
- Robotics
- Rocketry & Aerospace

4-H Record Books

Record Books

Record keeping and completing a 4-H Record Book describing the work of a member's project is an important part of 4-H. While not easy, the benefits of completing a record book are very tangible. Youth will be prepared for future employment, college applications, and household management with the skills they gain from record keeping.

Records should be kept based on the calendar year, January-December. Five years worth of records can be submitted in a 4-H Record Book.

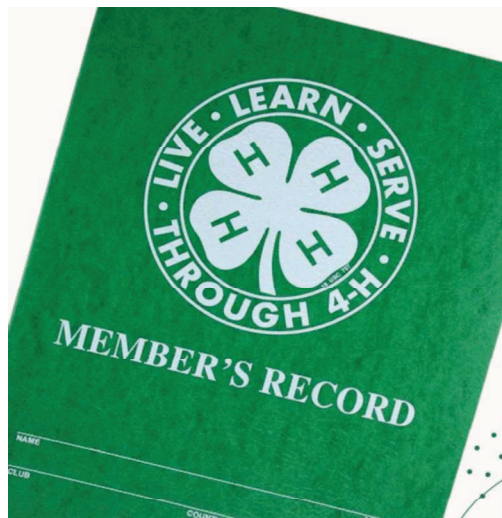
Record books are submitted to the county office in January for judging and proof-reading. Awards are presented to winners during the County Awards Banquet.

Cloverbuds have a simpler version of a Record Book to turn in. A Cloverbud Record book only includes 1 year of 4-H program work.

Resources

There are several resources available to help with filling out Record Books:

- The Arkansas 4-H Website: 4h.uada.edu/youth/projects
- Weekly emails are sent out with page-by-page instructions to help beginning in October
- Work days and workshops



County Activities

There are many 4-H activities that cover a wide range of project areas that take place throughout the year. No one is expected to participate in all. The idea is that 4-H members pick and choose activities that interest them and add value to their 4-H experience. We do ask that participants RSVP to make sure that enough supplies and materials are on hand.

The list of activities below are just an example. Each year is different in terms of the activities offered.

- Crafting With Kids workshops
- Sewing Workshops
- Poultry BBQ Workshop and Competition
- Indoor and Outdoor O'Rama
- Dairy Food Contest
- Summer Day Camps (varies from year-to-year)
- Ross Photography Contest
- Gingerbread House Decorating Contest
- 4-H Month activities
- Awards & Recognition Banquet
- Fundraisers
- Community Service
- Poultry Chain Projects
- Livestock Workshops
- And so much more.....



Parent Involvement

4-H is very much a “family” organization. It takes involvement by the parents to make 4-H members successful. Below are a few “tips” on how parents can be involved and make the 4-H experience best for the 4-H member:

- Make sure to enroll or re-enroll each January so that there is no delay in receiving emails and newsletters
- Attend as many 4-H meetings/events/activities that you can to stay informed
- Advise youth in selecting their 4-H projects. Help them select a project they are interested in, a project they have the ability to accomplish and one for which you can furnish facilities, financing, needed materials, and guidance.
- Show interest and enthusiasm for the 4-H projects/activities selected.
- Encourage your child to finish what they start
- Remember that the 4-H experience should be an educational one. Do not let the desire to win overpower your child’s ability to learn
- Offer to help at 4-H meetings/events/activities
- Be tactful with 4-H leaders, extension staff, judges, etc...
- Respect decisions made by extension staff and/or team coaches
- Ask questions if you don’t understand something. The extension staff is here to help!



Communication

It is very important to pay attention to the lines of communication so that your 4-H member does not miss out on important opportunities. Each 4-H Club has their own method of communicating. Please be sure to talk with the Club Leader and make sure you are on their communication method. Many clubs use: text chains, Facebook groups, or other apps to notify the membership of what they are doing.

There are several methods used to communicate to county membership:

1. Monthly Newsletters

- Usually during the first week of the month a newsletter will be emailed (or mailed) to all 4-H families. This newsletter will contain all events/activities for the next month.

2. Facebook

- We have a private Facebook page: Saline County, AR - 4-H
<https://www.facebook.com/groups/192058453317/>

3. GroupMe App

- Most of the clubs use this app to stay in touch and to share updates on events, club business, etc.



4-H O’Rama

The Saline County 4-H holds O’Rama competitive events. Juniors and Seniors who qualify at the county level (in certain events) are eligible to compete at district in June. Seniors who qualify at district will advance to the state competition in July.

Cloverbuds are encouraged to participate in all O’Rama events. The expectations/requirements will be age appropriate.

At the county level, 4-H members may participate in any (or all) events they have an interest in. If a member qualifies in more than 1 event they will have to choose only 1 for district.

The date for the event are determined by the Extension Agents at the first of each program year. Additional details will come out for County O’Rama as the date gets closer.

Talks & Demos O’Rama

- Each member will give a “speech”. Props, powerpoints, posters are allowed
- Cloverbud talks can be on any topic for any length of time
- Junior talks must be between 2-5 minutes in length on a topic that fits into a District O’Rama category
- Senior talks must be between 5-8 minutes in length on a topic that fits into a District O’Rama category
- Categories:

*Animal Science	*Health	*Photography
*Entomology	*Horse	*Public Speaking
*Environmental	*Human Dev.	*Food Fair
*FCS Presentation	*Innovative Tech.	*Safety
*Vet Science		

Performing Arts/Fashion Revue O’Rama

- Participants have the opportunity to perform in instrumental, vocal or dance categories as a solo or group act
- Fashion Revue allows the participant to showcase their knowledge in fashion and fabrics. 2 Categories: Fashion Revue-Constructed/Modified Garment or Fashion Revue-Purchased
- Members can choose to participate in as many of the categories as they wish.

4-H O'Rama Series (cont'd)

Outdoor O'Rama

1. Baitcasting & Sports Fishing
 2. Bicycle
 3. Crop & Weed ID
 4. Insect ID
 5. Gun Safety/BB Marksmanship
 6. Ornamental Horticulture
 7. Wildlife
 8. Livestock Skills
 9. FCS Skills/Consumer Decision Making
 10. Hippology
- Many may compete in as many (or all) of the events they like
 - There is a separate “Cloverbud” section that is age-appropriate
 - Study guides will be made available as the date gets closer



Leadership Opportunities Outside of Saline County

4-H Teen Star

- Recognition program for outstanding achievement in the areas of 4-H projects and activities, leadership and community service
- Gateway to other leadership opportunities
- Must be age 14
- Applications are due on March 15th of each year

Ambassador

- Assist with 4-H promotion at the county and state level
- Assist with Teen Leader Conference
- Must first be named a Teen Star
- Applications are due on March 15th of each year
- Ambassadors must attend the Ambassador Workshop held in February of each year

State Officer

- The top position within 4-H
- Represent Arkansas 4-H at the club, county, district, state and national level
- 7 officers are elected each summer to represent Arkansas 4-H for the year
 1. President
 2. Vice President
 3. Delta District Vice President
 4. Ouachita District Vice President
 5. Ozark District Vice President
 6. Secretary
 7. Reporter



Where to Go for Help

University of Arkansas System
Department of Agriculture
Cooperative Extension Service — Saline County
1605 Edison Ave., Suite 15, Benton, AR 72105
Phone: 501-303-5672
Email: kwest@uada.edu
Hours of Operation: Monday-Friday 8:00 am - 4:30 pm

Helpful Websites:

<https://4h.uada.edu/>
<https://www.uaex.uada.edu/counties/saline/programs.aspx>

Extension Staff:

Nicole Nichols- Staff Chair/ Agriculture Agent

LaTaaka Harvey- FCS Agent

Katie West- 4-H Youth Development Agent

Jake Ryan- Administrative Specialist III