

Saline County

4-H

Family Guide



UfA DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

2014 Edition

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Welcome to 4-H!

The purpose of this booklet is to help you learn more about 4-H and how to help your child have a positive experience in 4-H. Use this booklet as a tool to familiarize yourself with the 4-H youth development program. As your family goes through the 4-H year, you may find you have questions about specific activities or events, or expectations of your family. Please be sure to keep the lines of communication open with your 4-H club volunteer leader(s) and/or contact your local U of A Extension office.



The 4-H year is from October 1 of the current calendar year to September 30 of the following calendar year.

4-H Motto - “To Make the Best Better”

Why have a 4-H Motto?

The intent of the motto is to inspire young people to continue to learn and grow, to make their best efforts better through participating in educational experiences where they gain knowledge, values, and skills.

4-H Colors

Green	White
Symbolizes life, springtime and youth	Symbolizes Purity

4-H Emblem Fact:

The 4-H emblem is federally protected under Section 18 US Code 707 and belongs to the Congress of the United States.

The official emblem is green with white H's - the 4-H colors. The 4-H Name and Emblem is a highly valued mark within our country's history. It is in a category similar to the Presidential Seal and the Olympic Emblem. It has federal protection deemed higher than a trademark or copyright.

The United States Secretary of Agriculture oversees usage of the 4-H Name and Emblem.



Arkansas Cooperative Extension Districts

We are the Ouachita District!



4-H Pledge



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,
(arms slightly bent to front with palms up)



And my Health to better
living, for my club, my
community, my country,
and my world. *(arms at sides or
clasped behind back)*

Responsibilities

You Can Expect Your Club Leaders To:

- Find answers to 4-H questions.
- Distribute 4-H materials in a timely fashion.
- Be courteous, helpful, and respectful.
- Provide an organized structure for club meetings and activities.
- Help officers plan creative, fun meetings.
- Assist members to learn leadership skills.
- Encourage all members to set realistic goals and work toward completing them.
- Be a positive role model.
- Create an awareness of resources and opportunities available to 4-H members.
- Reflect and celebrate successes, even small ones.

What's Expected of Your Child in 4-H:

- Select at least one project.
- Set goals for member's project(s) and make report on project to leader.
- Attend at least 2/3 of club meetings (or number established by club).
- Share his/her project experiences by giving a presentation or making an exhibit.

Cost of 4-H:

4-H is FREE to join. Expenses depend on what project area and activities you choose to participate in such as camps, workshops, activities and outings. There may also be costs for project manuals. Please keep the cost in mind when selecting a project(s) with your child. Your club leader(s) can help you select projects that can interest your child, but stay within your family's budget guidelines.

4-H Ages

5-8 – Cloverbuds

9-13 – Junior members (as of January 1 of current year)

14-19 – Senior members (as of January 1 of current year)

Supportive Adults:

Today's 4-H member may not live in a traditional two parent family. The term **parent** is intended to refer to the adult supporting a child's participation in 4-H, school or community activities. This could be a mother, father, aunt, uncle, grandparent, guardian, sibling or another caring adult.

Role Description for Supportive Adult

Purpose: To assist and support their child and other children in the 4-H club.

Success Criteria: Through the experiential learning (hands-on learning) process, the children in the 4-H club or group gain knowledge and skills to positively respond to life's situations.

Responsibilities: assist or encourage their child and other children in the club to:

- Set realistic project and achievement goals
- Accomplish those goals, where appropriate
- Participate in club, unit, regional, state and national programs
- Use positive reinforcement of each child's part in the club
- Provide transportation to and from meetings and special activities
- Attend meetings and special events of the club

Depending on the time that you have available, you may:

- Plan and facilitate special events for the club
- Make phone calls
- Lend use of home for meetings
- Serve as a project leader or helper in one or more project areas
- Assist with meetings or special events (tours, fund raisers, etc)
- Serve as an adult adviser to one or more committees

4-H Projects

A 4-H project is the interest area members explore through hands-on activities, sequential learning experiences, goal setting, and evaluation. These skills are emphasized in the project resource books. More than 82 4-H projects are available to 4-H members.

New 4-H members are encouraged to limit their project choices to best maximize their first year experience and not become overwhelmed with completing them. Members select new projects each year or may re-enroll in the same projects for multiple years.

Choosing a Project

We have a handy project guide at the Saline County Extension Office that will guide new members through the process of choosing a project area and examples of each project book.

Please come by to order your books today. Average price of each project book is \$3.

DID YOU KNOW?

Some 29 different individuals have been called the founder of the 4-H program. However, three people seem to have played a significant role in promoting this 4-H movement: W. B. Otwell, of Illinois, was an early (1900) sponsor of special farm work for youth. A. B. Graham introduced modern 4-H club organization and methods in Ohio in 1902. And in 1905, O. H. Benson, county superintendent of schools in Wright County, Iowa, worked out a plan of tying farm problems and record keeping in with school work.

4-H ACTIVITIES AND EVENTS

County & State Activities and Events

Big “B” Day - A skills competition in BBQ poultry cooking (see description below), bicycle, bait casting, and BB shooting (reel into sport fishing is also included).

Broiler & Turkey Barbecue Contest - This contest is open to 4-H'ers ages 9-19. Pre-registration is necessary. Each BBQ broiler contestant will be provided two halves of a split broiler to barbecue and will turn in for judging the half they consider to be the best. Turkey BBQ contestants will receive 2 turkey breast fillets. Contestants are responsible for their own equipment, sauces, etc. and for their own work (no help or coaching during the contest from anyone else). Contestants must use a charcoal grill. In the turkey contest, only senior 4-H'ers (ages 14-19) may compete at district for the chance to go to the state contest. Juniors (ages 9-13) may go to the district to practice, but cannot go to state to compete. For a complete list of supplies, please contact the office.

Dairy Recipe Contest - (Sponsored by State Farm) Any 4-H member may enter, but only Jr. & Sr. 4-H'ers may proceed to state the contest. The contest is divided into two categories: Party Idea and Main Dish. Any youth interested in the county contest is to bring a prepared product with recipe to the county activity. Winning recipes will be submitted to the State contest with a completed official entry form.

Project Workshops

Educational workshops relating to various projects are conducted throughout the year. Workshops may feature a variety of projects or may feature in depth training on one topic.

Saline County Shooting Sports

In addition to teaching concepts related to shooting safety and firearm responsibility, the curriculum offers opportunities for youth to develop important life skills such as citizenship, leadership, sportsmanship, ethics, critical thinking and an appreciation for natural resources. Teach the fundamentals of using the pellet rifle and pistol, .22 rifle, shotgun, muzzleloader and archery equipment. County and state competitions are scheduled to test and improve those skills.

4-H Resources:

<http://www.kidsarus.org/> - State 4-H Website

<http://www.kidsarus.org/go4it/Opportunities/Camps> - State 4-H Camp website

Talks, Talents & Fashion

County competition where 4-H'ers compete in:

Talks: Method Demonstration, Illustrated Talk, Public Speaking

Talents/Performing Arts: Instrumental (Classical/Nonclassical), Vocal, Dance

Fashion Review: Constructed (Dressy and Casual), Purchased (Dressy and Casual)

Contest information is found in the Arkansas Events Packet.

Senior & junior winners are eligible to go on to district competition and senior winners at District may go on to State O-Rama.

District O-Rama - Ouachita District

Competitive activities for 4-H'ers who have qualified through numerous county competitive activities: Talks, Talents & Fashion, Big "B" Day, etc. Senior members then qualify to compete at State O-Rama in Fayetteville.

State O-Rama

Held on the University of Arkansas at Fayetteville campus, State O-Rama is a multi-day event, involving 40+ competitive activities for senior members. 4-H'ers qualify to attend through District O-Rama. Educational workshops, tours, "State Only" competitive activities as well as award & recognition ceremonies are conducted throughout this event.

As of July 2014, for 4-H members to have any portion of this trip paid by the Saline County 4-H Foundation, they must have attended at least 4 club meetings for current 4-H year.

District Horse Show

4-H'ers owning horses and/or in the horse project are eligible to compete in a district horse show.

Arkansas State 4-H Horse Show

State competition for 4-H'ers who have entered district 4-H shows. Winners may qualify for the Southern Regional 4-H Horse Show.

Ross 4-H Photography Contest

4-H'ers submit color or black and white photographs they have taken in Arkansas in the past year. Cash awards for winning photos at the state level.

Arkansas State Fair

Special 4-H activities are conducted on 4-H Day (one day during the State Fair). 4-H'ers in animal projects may enter the junior livestock shows. The student must be a member of a local 4-H club in order to participate with the junior livestock shows. 4-H'ers may enter the Arts and Crafts competition that is open to the public (there is no separate competition for 4-H).

Volunteer Leader Forums

Adults in the 4-H program attend conferences in the district, state and regional levels. They learn valuable information about how to run club meetings, ideas for activities and grow close together in the 4-H family! Spring State Forum, Fall District Forum and Fall Multi-state forums are available.

State Camps

Held at the C.A. Vines Arkansas 4-H Center. These are 2 or 3 day camp opportunities where 4-H'ers, 5-19 year olds participate in workshops, recreation and other learning activities.

Cloverbud Camp

Ages 5-9, one parent must register as well. The goal is to give young campers an introduction to residential camping.

Camp Leadership - Basic & Advanced

During the Basic camp, Foundational training for teens and adult volunteers who plan to work with a camp. During the Advanced Camp, Training for teens & older and adult volunteers wanting to further camp skills.

Entrepreneur Camp

This is a three day educational citizenship camp for 9-13 year olds. 4-H members have an opportunity to learn to make a business plan and start a mock business. This camp is held at the C. A. Vines Arkansas 4-H Center.

Advanced Entrepreneur Camp

This is a three day educational citizenship camp for 14-19 year olds. 4-H members have an opportunity to learn to make a real business plan that can be implemented when they leave camp. This camp is held at the C. A. Vines Arkansas 4-H Center.

Junior Camp

3-day camp for youth 9 to 12 years old. 4-H'ers will be split up by their ages and work with their fellow campers to have a great time while learning fun and educational information!

Adventure and Challenge Camp

3-day camp for youth 13 to 15 years old. Camp focus is on teamwork and completing challenges such as the high ropes course.

Teen Leader Conference

A conference for senior 4-H'ers devoted to leadership training. 4-H'ers discuss current societal issues and plan specific state wide initiatives for teen clubs within their county. This conference is held at the C.A. Vines Arkansas 4-H center.

High Adventure Program

8 day trip for 13 to 19 year olds and adult chaperones where they will drive to a pre-announced location; there they will hike, set up camp and live in the wilderness for a few days. Two required training days: Parent & Camper Rally, Shakedown. 2015 location: North Carolina.

Forestry and Wildlife Camp

Weekend camp for 10 to 13 year olds filled with outdoor activities including learning more about Arkansas' plants & animals.

National 4-H Activities & Events

Citizenship Washington Focus

CWF is a ten day educational citizenship activity involving a bus trip to Washington, DC, and a stay at the National 4-H Center. It is designed for 4-H'ers 14 and older. Applications are due in December.

National 4-H Conference

Held in Washington, DC, five Arkansas delegates, 16 - 19 years old, are selected to participate in this conference. Applications are due in December.

National 4-H Congress

Held annually in Atlanta, this conference can only be attended by those 4-H'ers who are State Project Record book winners. All expenses are paid. 4-H'ers may only experience this, the ultimate of all 4-H experiences, once in their 4-H career.

National Poultry & Egg Conference

Held annually, this contest hosts the National BBQ cook-off for turkey & chicken state BBQ winners as well as egg contests. For more information, contact the extension office.

Great American Seafood Contest - 4-H Edition

Held annually, this contest is for state seafood contest winners. Teams from multiple states land in New Orleans, Louisiana for a cooking competition. During this competition, teams will have to prepare their dish as well as answer judges' questions.

4-H Glossary

These are some common terms that you might hear someone say when you are involved in 4-H.

4-H: 4-H is the youth development program conducted by the University of Arkansas, Division of Agriculture, Cooperative Extension Service. 4-H members can select from many activities in 82 project areas ranging from automotive to clothing to leadership.

Adult leaders, trained by county Cooperative Extension Service Faculty, teach projects to children using the "learn -by-doing" method during monthly club meetings. 4-H teaches leadership, citizenship, and skills children will use throughout their lives. Each year Arkansas 4-H youth receive more than \$80,000 in college scholarships at the state level for their 4-H work. Some scholarships are available at the county level.

4-H Member: A youth who has enrolled online and attended at least one meeting of an organized ongoing local 4-H club or group and is aware of their involvement in 4-H.

4-H Club/Group: A group of youth sanctioned by University of Arkansas Extension, which has been organized to have similar learning experiences.

4-H Club Volunteer: An adult who provides support to a 4-H club to complete the annual program plans and goals of the club. Titles may include: 4-H Leader, Organizational Leader, Activity Leader, Project Leader or other needed volunteers to conduct the club program.

Achievement Banquet: An annual event in which 4-H youth, leaders, community partners, and alumni are recognized for their achievements. Awards are distributed for levels of 4-H participation and accomplishment.

Activity Leader: A volunteer that leads a club or county activity. For example, an activity leader might coach youth preparing for a county 4-H horticulture judging contest or help a group of youth coordinate a club fundraiser.

Adult Volunteer: Unpaid support for the 4-H program by an individual 19 years of age or older who has gone through the certification process.

Camp: Usually an overnight outdoor living experience that is offered to 4-H youth. Camp is an excellent opportunity for youth to learn more about the environment, themselves, and working together in a "community."

Camp Counselor: An adult or older teen who volunteers to assist with the 4-H camp program for 4-H members. Counselors supervise campers throughout the daily 4-H camp activities.

Cloverbud: Youth that are 5-8 years of age that are enrolled in a 4-H group. Cloverbuds participate in 4-H projects that are age appropriate.

County 4-H Foundation: A group of volunteers chartered to raise funds from individuals, businesses, corporations, and organizations to provide financial support for county programs.

County Extension Council - a group of community leaders who identify key issues the Extension staff should address in their counties with programming efforts.

County Staff Chair: An Extension staff member responsible for program, staff and fiscal considerations within a specific local Extension office.

Demonstration: A method where a 4-H member shows and explains how to do something. Many counties have contests for the members to use public presentation skills while showcasing the knowledge they have learned in their project.

Experiential Learning: The process by which an individual or group participates in a learning *experience*, responds to the *experience*, discusses and processes the *experience* in terms of past and present, and generalizes & applies the *experience* in terms of future situations.

Extension Districts: Arkansas is divided into three geographical areas for administration of the University of Arkansas Extension programs. Each area has a district director who supervises and supports the local Extension staff. They are called the Ouachita, Delta & Ozark districts. Saline County is in the Ouachita District.

County Extension Council: The Extension County Council assists University of Arkansas Extension staff to determine the direction of local programs. Members of this local advisory group reflect the diversity of the local constituents. They bring a variety of views and backgrounds to local decision making.

Hands-On: Direct practical experience in the operation or function of something.

Learn-by-Doing: A 4-H slogan of doing and reflecting.

Life Skills: Life skills are abilities individuals can learn that will help them to be successful in living a productive life. The goal of youth programming is to provide developmentally appropriate opportunities for young people to experience life skills, to practice them until they are learned, and be able to use them as necessary throughout a lifetime. Through the experiential learning process, youth internalize the knowledge and gain the ability to apply the skills appropriately.

Main Club Leader: A volunteer who is identified as the key contact for the 4-H club. They are generally responsible for enrolling members, securing 4-H project

resource books, maintaining communications with the local University of Arkansas Extension office, and ensuring 4-H meetings run smoothly. Some clubs have several adults to share this duty; others may have only one.

National 4-H Week: The first full week of October is identified as National 4-H Week. The event recognizes 4-H youth and leaders nationally. Frequently this week is used as an opportunity to promote 4-H in local communities and recruit new members and leaders for 4-H clubs.

Project: A developmentally appropriate series of planned hands-on educational experiences leading toward achievement of learning goals, as established by the 4-H member.

Project Leader: A volunteer that is familiar with a project area and helps 4-H members learn and master skills related to that project.

Record Book: The 4-H record book is one place to show others what you have done in your 4-H career. Completing the record book and turning it in for judging each year is much like completing a portfolio. Through your record book, you show your accomplishments and how you have developed responsibility by keeping records. Throughout your 4-H career, you will find your record book useful in evaluating past achievements and in making improvements in future plans. Saline County 4-H awards all record books a county scholarship of \$50 that can be used towards camps, registration fees and project books. For more information, go to <http://uaex.edu/4h-youth/resource-library/project-books.aspx>

University of Arkansas: The land grant university in Arkansas designated by Congress to receive the benefits of the Morrill Acts of 1862 and 1890, which provided for college education for the working classes. The University of Arkansas has campuses at Fayetteville and Pine Bluff.

University of Arkansas Extension: Extension provides practical, research-based information and programs to help individuals, families, farms, businesses and communities in Arkansas. Its mission in short is to help the citizens of Arkansas put knowledge to work. U of A Extension offers educational programs in five broad areas: energy & environmental stewardship, food safety & security, economic development & workforce preparedness, family health, financial security & wellness, and youth development.

Volunteer Screening Process: A process adopted by the University of Arkansas Extension to prevent child abuse and neglect and to protect youth within the 4-H program. The volunteer must complete the *Extension Volunteer Application online* and authorize contact of three listed references. All volunteers who have contact sufficient to build a personal relationship with young people in the Arkansas 4-H program must successfully complete the full process.

Youth Volunteer: Unpaid support for the 4-H program by a person under the age of 19.

Saline County 4-H Dress Code

Adopted November, 2010

The dress, grooming, and manners reflect the general climate of any organization; therefore, Saline County 4-Hers are expected to wear appropriate clothing and to present a neat appearance when representing 4-H. Moderation in type and style of clothing should be the basic standard. The following clothing items are not permitted at 4-H activities:

- Pants, shorts, skirts, and dresses which are shorter than the fingertips of hands held at sides.
- Clothing with slits and/or cutout areas which are above the fingertips of hands held at sides.
- Any backless dress, top, or cutoff shirts that expose any part of the midriff or back.
- Clothing with revealing necklines.
- Mesh type or see-through shirts.
- Visible undergarments.
- Clothing with inappropriate or unsuitable graphics or slogans (vulgaries or obscenities and/or drug, tobacco or alcohol advertisements).
- Any clothing item that an Extension faculty member deems inappropriate.

Appropriate clothing for events that specify casual attire includes fingertip length shorts, jeans or pants, and T-shirts or sweatshirts. Business casual attire includes shirts with slacks or pants including khakis and dress denims. Semi-formal and formal attire includes coat and tie and slacks for males and dressy dress or pantsuit or party dress for females. Semi-formal and formal attire should be age-appropriate for the youth and should be moderate in type and style. Extension staff and adult volunteers are responsible for enforcing this policy at all 4-H events.