

WELCOME TO 4-H: A New Family's Guide



Fall 2010



WELCOME TO 4-H...

Did you know that 4-H members and leaders live all over Kansas, in all 50 United States, and in 82 other countries around the world! 4-H members are 7-19 years old, and live in cities, towns, and farms. There are over 22,000 4-H members in community clubs across Kansas!

4-H is youth having fun and learning with their friends...welcome to the Sedgwick County 4-H Program. We understand that you may have many questions your first few years in the program and this guide will be there to help! Also know that you can always call your 4-H community club leader or the County Extension Agents for questions that arise.

The basic philosophy of 4-H is to strengthen the mental, physical, moral, and social development of boys and girls, thereby, helping develop desirable citizens and leaders. The main objective is the development of boys and girls through participation in projects, events, and other various activities. 4-H is intended to supplement, not replace, the three primary educational institutions...namely school, church, and home.

EMBLEM, COLORS, PLEDGE, & MOTTO:

The four-leaf clover is the official 4-H emblem. The four "H's" stand for head, heart, hands, and health.

The colors of 4-H are:

Green- life, springtime, youth
White- fresh, clean

The 4-H pledge is:

I PLEDGE

My Head to clearing thinking,

My Heart to greater loyalty,

My Hands to larger service,

My Health to better living,

For my club, my community, my country, and my world.



The 4-H motto is: "To Make the Best Better!"

4-H members and volunteers should learn the pledge and try to follow it in your daily life. The motto is to remind us to always strive for improvement, to continually set goals and give every effort your best.

HOW DID 4-H BEGIN?

4-H began in the early 1900's. The first groups were called Boys and Girls clubs. Girls participated in canning clubs, and boys participated in corn and pig clubs. In 1914, Congress passed an act that established Cooperative Extension and 4-H across the country. There were corn, poultry and garden clubs as early as 1905 in Kansas. The first county agents were hired about 1915 and the first State 4-H Program Leader was hired in 1916.

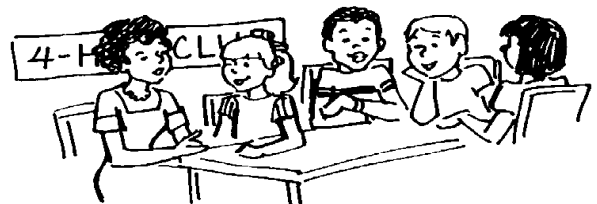
4-H has certainly changed since its early days! 4-H is no longer a program strictly for rural kids! While we embrace our rich history, 4-H has evolved to meet the needs of today's youth. With learning experiences designed to develop boys and girls of all ages, there is something for everyone!

4-H MEMBERSHIP & PROGRAMS

Youth wanting to join must be 7 years old and not passed their 19th birthday by January 1 of the current year in order to be eligible for 4-H. New members must enroll by March 1. Members live in towns, in the country, and on farms. 4-H is open to all youth regardless of race, color, national origin, sex, or disability.

TAG-A-LONG

The 4-H Program Development Committee has implemented the Tag-A-Long Program for younger family members.



A Tag-A-Long must:

1. Have an older brother or sister who is a 4-H member.
2. Be of kindergarten age (5 or 6)
3. May take **only one project from the list below** which are appropriate to the child's age.
4. May take **one exhibit** to the Fair. Exhibits will receive a participation ribbon.

Tag-A-Longs will not apply for achievement pins, participate in record keeping, or any other county wide events/activities other than in the Tag-A-Long Division of the County Fair.

Because this program is not recognized by the State, it cannot be used to determine membership years in 4-H.

Projects:

Foods
Crafts

Gardening
Clothing

WHAT DOES IT COST?

4-H members do not pay dues or initiation fees. There is a \$5.00 materials fee for each year for each member (maximum \$10.00 per family per year). Members are also responsible for cost of supplies for their own projects.

Local clubs may develop their own methods of raising money for worthwhile activities.

Kinds of 4-H programs available are:

- **4-H Community Clubs:** A group of youth organized with officers, appropriate to the group, and with one or more leaders under the sponsorship of K-State Research and Extension. Most clubs hold monthly meetings, normally the same night of the week each month. Clubs have a planned program at each meeting. Club activities can include demonstrations, project work, community service, and social events.
- **County-Wide Project Groups:** A group of kids meet to participate in a special learning activity organized or taught by volunteers or Extension personnel. Those currently offered include: shooting sports, dog, entomology, geology and electricity.
- **School Enrichment:** A learning experience presented or coordinated by Extension personnel with school officials as part of your school classroom activities.

WHO HELPS IN 4-H?

4-H is really a family program. Your parents and family are important in 4-H. They help you with project work and other activities.

4-H members are also helped by volunteer leaders. Every 4-H club needs one or more adult leaders. These leaders teach youth, organize the club, help officers, assist at meetings, and orient new parents about 4-H.

There are various kinds of leaders in 4-H:

- **Community Club Leaders:** responsible for the general organization of the club
- **Project Leader:** helps members with their project work
- **Jr. Leaders:** 4-H teens who work with an adult leader to give leadership to activities, events, and/or projects
- **Parents:** parents are important in 4-H! They show interest and concern for their children by attending meetings, serving as leaders, helping in club activities, and serving on committees.



All adult volunteer leaders go through the VIP (Volunteer Information Profile) process. To be VIP certified, adult leaders must apply, go through a screening process, and complete an orientation training. VIP ensures the protection of both the 4-H members and adult volunteer. See details at the end of this guide.

WHAT DO YOU DO IN 4-H?

In 4-H, youth “learn by doing.” Youth learn useful skills, how to get along with people, and how to help your community and country. Here are some of the activities you can take part in:

Project Work...	members choose at least one project of interest per year
Demonstrations...	members learn to speak in front of others
Recreation...	members play games and make new friends
Community Service...	members help improve their community
County Contests...	members may choose to enter contests and compete
Exhibits...	members exhibit their best project work at the county fair
Camps...	members may participate in a day camp, overnight camp, or stay in the dorms on the K-State campus

CLUB MEETINGS

4-H members are given the opportunity to learn and practice decision-making in group situations. 4-H members are expected to attend their club’s meetings, and parents are encouraged to attend as well...4-H is a family affair!



In 4-H, there are two kinds of meetings:

- 1. Club meetings:** Members plan and carry out what they want to do as a group. A good club meeting has four parts with definite activities in each part.
 - a. Opening- Call to order, Pledge of Allegiance, and 4-H Pledge
 - b. Business- Roll call, secretary’s report, treasurer’s report, committee reports, old business, and new business
 - c. Education- program, demonstrations, talks, videos, and guest speakers
 - d. Fun- recreation, songs, skits, refreshments, and entertainment
- 2. Project Meetings:** Members get together to work on their projects. Can include: guest speakers, field trips, activities, etc.

WHAT DO CLUB OFFICERS DO?

4-H Club officers are elected by members. Each officer has a specific job.

- President** The president leads the club meetings and keeps them orderly.
- Vice President** The vice president leads in the president's absence, introduces guests, and is the program chair.
- Secretary** The secretary writes down what happens at the meetings, keeps attendance records, brings the secretary's book to all meetings, and keeps track of all communications.
- Treasurer** The treasurer takes care of the club money, pays bills, keeps an accurate account of the club's finances, and reports at each club meeting.
- Reporter** The reporter sends news stories to local newspapers and/or radio stations and plans publicity for events.
- Recreation** The recreation leader leads games and other fun activities
- Song Leader** The song leader leads the group in singing
- Committee Chairs** Your club may have several committees, depending on the club size and what you want to do. Committees may include: program, membership, recreation, community service, fund-raising, and social events.

PROJECT WORK

As a 4-H member, youth choose at least one project. Choose a project that fits into your family, community, and the way you live. Projects provide the basis of the 4-H program by offering various education experiences. Carrying out a project will help the member "learn by doing" as well as learning why things happen the way they do. Projects are real-life experiences that help 4-H'ers learn to make sound decisions. There are more than 25 different projects. Many of the projects have been planned with several levels, so that a member may advance skills and learning opportunities.



4-H competitive events and fairs are often used to provide youth opportunities to have their project work judged against a set of standards. The evaluation of an exhibit should be a positive and motivating part of the total 4-H experience. To plan, practice, and present a finished product is to "learn by doing." The exhibit is not an end in itself, nor does it illustrate all of the learning that has taken place during the 4-H year.

DANISH SYSTEM

The Danish system of judging is a method of evaluation where a 4-H exhibit or process is evaluated against a set of standards, and recognition is awarded on the degree to which the standard has been met by each 4-H member. The standards of excellence are often printed on a judge's scorecard, and allows for the 4-H exhibit to be judged on one's own merit, and not in comparison with others in the class. The following ribbons apply:



- WHITE:** Below Average - denotes much improvement needed. Fails to meet minimum standards.
- RED:** Average - some improvements needed. Meets minimum standards.
- BLUE:** Above Average - minor improvements needed. Exceeds minimum standards.
- PURPLE:** Superior, outstanding on all standards.

Remember that when you exhibit at the county fair, you are asking for the judge's opinion. The judge's opinion is just that: an opinion, and it can vary from judge to judge and day to day. It is an opportunity to explain what you have learned, and it is an opportunity to learn from an expert. Each project is a success, no matter what color the ribbon may be!

CAMPS

Many 4-H members attend camps and conferences. They take part in educational and recreational experiences as they learn about nature and living with other people. Most importantly, 4-H'ers have fun at camp!

- 4-H Camp: For youth who are 7 through 7th grade, and is held at the Rock Springs 4-H Camp Center, south of Junction City, KS. Older teens are also given the chance to serve as counselors to the younger campers. Activities include: hiking, fishing, campfires, flag ceremonies, swimming, crafts, recreation, and more!
- Other: There are many other area and state opportunities available to 4-H members. Photography camps, horse camps, outdoor adventures, Discovery Days and Kansas Youth Leadership Forum, just to name a few.



RECORD KEEPING

You will be encouraged to keep a record and a story for each area of project work. Keeping records helps you keep track of what you are learning and helps you develop business sense. Completed records must be signed by your parents and leader at the end of the 4-H year.



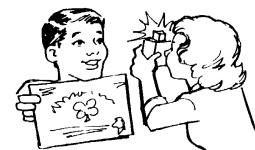
A good record will reflect accomplishments and therefore serve as the basis for awards, trips, and other forms of recognition. A good record will teach a desirable habit! Modern day society demands that each and everyone, no matter what vocation, keep track of financial and business matters.

Members are encouraged to work on records throughout the year as they complete project work. Many project leaders will have 4-H'ers work on their records at the project meetings. Records should include all activities regarding the 4-H'er and their project(s) throughout the year.

There are three different types of record forms which are combined to create a complete 4-H Record Book.

- **Personal Page:** contains space for a picture of the member, listing of projects carried, and the 4-H story. A new personal page is issued each year.
- **Permanent Record:** a summary of all projects, exhibits made, office held, events attended, and other participation for the entire year is made on the permanent record. Only one permanent record is necessary for all the years that a youth is a 4-H member.
- **Generic Project Record:** Members should complete one form for each project they enroll in. It is a record of what happened and what you did in your project.
- **KAP (Kansas Award Portfolio):** is the process used for getting a project award at the county level. Applying for an award is a choice youth may make.

Members may also choose to compete for awards, which are presented in November at the county-wide Recognition Banquet.



Other forms of recognition are:

Achievement Pins These are awarded to 4-H'ers who meet the requirements on the pin application form and turn in a completed record book. Nine pins are awarded in a series beginning with Membership, Bronze, Clover, Emerald, Silver, Silver Guard, Leadership, Gold and Gold Guard. Applications are available in the Extension Office, as well as on the web.

Project Award Pins Members must complete a KAP . County champions are awarded to the top 4-H'ers record book in their respective project. County winners in various projects are eligible to possibly compete at the area and state levels (some age restrictions apply).

Key Award The 4-H Key Award recognizes 4-H members who have an "all around" good 4-H record of accomplishments. To apply, 4-H'ers must have passed their 16th birthday by December 31, completed 4 or more years and meet nine other requirements. A special nomination form is required.

The greatest and most lasting rewards a 4-H member can receive are:

- Satisfaction from a job well done
- Pride in his or her accomplishments
- Recognition from leaders, parents, and other 4-H members
- Knowledge and skill gained through the project

PARENTS, HOW CAN YOU BEST HELP YOUR 4-H'ER?

You may help boys and girls get more from their 4-H experience in several ways:

1. Counsel your 4-H'er in the selection of a suitable project. Show interest. Help *guide*, but don't do for him. When something is started, see that it is *completed*.
2. Encourage your child to attend meetings regularly and attend with him/her so you'll be able to help the child know about and remember upcoming activities.
3. Offer your home occasionally for a club or project meeting.
4. Share your knowledge, special skills and hobbies with club members as a club leader or project leader.
5. Keep informed of 4-H information that comes to members of your family.



AS EACH 4-H YEAR BEGINS, REMEMBER...

- 4-H youth are more important than the project exhibit itself.
- Learning how to do a project is more important than the project itself.
- To “learn by doing” through a useful work project is fundamental in any sound educational program, and is characteristic of the 4-H program.
- Generally speaking, there is more than one good way of doing most things.
- Our job is to teach 4-H members how to think, not what to think.

Winning isn't always measured by the results of the ribbon or judging event, but by the character of the 4-H'er, parent, and leader.

4-H Family Newsletter

The monthly newsletter is to keep families posted on upcoming events. It includes dates and activities in which 4-H'ers and their families may want to participate. It is available on the web at: www.sedgwick.ksu.edu Families should also sign up to receive an email notification of the newsletter posting by registering on the web site as listed above.

HOW DO I BECOME A VOLUNTEER?

The Volunteer Information Profile (VIP) is the 4-H program's tool to match the volunteer and their skills to volunteer opportunities in the club or county program. All parents and other adults working with the 4-H are required to fill out the form and complete the process.

The process for becoming a 4-H volunteer is:

1. Complete the 2 page VIP form. Place it in an envelope marked “Confidential” and return it to the 4-H Department at the Sedgwick County Extension Office, 7001 W. 21st Street N. Wichita, KS 67205
2. Reference check letters will be sent to those people whom the volunteer listed on the form. The VIP Review Committee will process the references.

3. Volunteers must complete an orientation session which includes a study at home packet and response sheet. **This evaluation/response sheet must be completed and signed by each volunteer.** This sheet must be **returned** to the Sedgwick County Extension Office before a volunteer will receive “credit” for completing the orientation.
4. Club organizational leaders will receive a confirmation which indicates that the volunteer has complete the requirements. The VIP information pages will be returned to the club to use in matching the volunteer with the job needed.

Remember, the orientation is a “**one time**” only process. As long as you are an active volunteer, you only need to complete the annual, one page “Volunteer Renewal” form.

If you have a questions about your volunteer status, please contact the Extension Office

FOR MORE INFORMATION, PLEASE CONTACT:

K-State Research and Extension, Ford County

7001 West 21st Street North

Wichita, KS 67205-1759

Phone (316)660-0100

Fax (316)722-1432

Jodi L. Besthorn

4-H Youth Development Agent

Email: Besthorn@ksu.edu

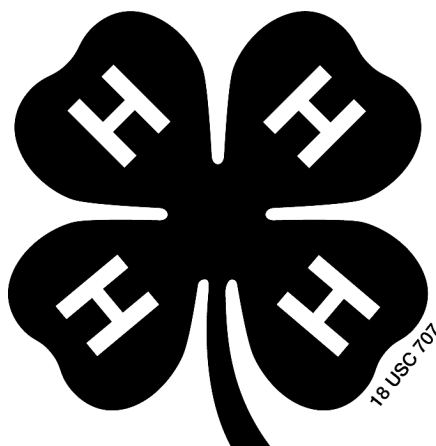
V. Elizabeth Drescher

4-H Youth Development Agent

Email: Drescher@ksu.edu

Website: www.sedgwick.ksu.edu

Kansas 4-H Website: www.Kansas4-H.org



**4-H is a community of young people
across America learning leadership,
citizenship and life skills.**

** KSTATE Research and
Kansas State University Extension**

K-State Research and Extension is an equal
opportunity provider and employer.

8/2010