Tuscaloosa County
4-H Handbook

Name: ______________________________
Tuscaloosa County
4-H County Team

Denise Shirley
County Extension Coordinator

Lauren Chapman
4-H Regional Extension Agent

Cindy Makemson
Administrative Support Associate
4-H Club Information

Name: _______________________________________________

My 4-H Extension Agent: __________________________

My 4-H Club: _________________________________________

My 4-H Volunteer Leader: __________________________

4-H Club President: ______________________________

4-H Club Vice President: __________________________

4-H Club Secretary: ______________________________

4-H Club Historian: ______________________________

Tuscaloosa County Extension Office

Office Address: 2513 7th St. Tuscaloosa, AL 35401

Telephone: 205-349-4630  Fax: 205-752-2349

Office Hours: Monday-Friday 8:00 a.m. – 5:00 p.m.
What is 4-H?

4-H is a learning-by-doing education program for boys and girls 9-19. It can involve “any kid...any time...anywhere” through one-time 4-H events, 4-H camps, 4-H clubs, or 4-H enrichment programs. Young people have an array of choices in their 4-H experience. Wherever energy, creativity, and involvement match the 4-H mission, values, and objectives—that is 4-H!

4-H Club Motto
To make the Best Better

4-H Club Pledge
I Pledge
my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service, and
my Health to better living
for my club, my community, my country, and my world.

4-H Colors
The National 4-H colors are green and white. The white background is for purity, the green stands for growing things—plants, flowers, and crops—and is a symbol of life, youth, and growth.

4-H Club Emblem
The National 4-H Club emblem is a four leaf clover with the H in each lobe of the leaf. This clover is the symbol of achievement of the Head, Heart, Hands, and Health. This emblem is protected by a U.S. copyright and cannot be altered, overprinted, or over inscribed.
What can you do in 4-H?

4-H is the largest rural and urban youth organization in the world. When you join 4-H, you become part of a tradition that dates back to 1909. Alabama 4-H has evolved over the years, but the traditions and ideals of 4-H still hold true today. Here are some ways that you can become part of that legacy.

- **4-H At Home Projects**
- **4-H Competitive Events**
- **4-H Special Interest Clubs**
- **4-H In-School Clubs**
- **4-H After-School**
- **4-H Enrichment Programs**
- **4-H Youth Council**
- **4-H Local, Regional, and State Events**

**4-H Age Divisions**

- **Cloverbuds**: 9 yrs. and under
- **Junior**: 9-11 yrs. old
- **Intermediate**: 12-13 yrs. old
- **Senior I**: 14-15 yrs. old
- **Senior II**: 16-18 yrs. old

*Cloverbuds can participate in 4-H, but they are not 4-H members until they are 9 years-old!*
4-H Calendar of Events

August
State Competitive Events Day
Youth Leadership Conference

September
Start a New 4-H Year

October
Alabama National Fair
4-H Football Day

November
National 4-H Congress

December
Christmas Holidays

January
4-H State Council Meeting

February
4-H Mid-Winter Leadership Retreat
North AL Jr. Beef Expo

March
4-H Summer Camp deposits due
AL Jr. Livestock Expo
State 4-H Rifle, BB, and Archery Championship

April
OMK Purple Up Day!

May
4-H Summer Camp final payments due
State 22 Smallbore Championship
State Shotgun Championship

June
Citizenship Washington Focus
4-H Summer Camp
State Forestry Invitational
State Wildlife Habitat Evaluation Contest

July
State 4-H Horse Show

4-H Opportunities for Kids!
To become an Alabama 4-H Volunteer you must:
- Be at least 21 years-old
- Fill out an Alabama 4-H Volunteer form and Background Check form
- Participate in an Alabama 4-H Volunteer Training with your 4-H Regional Extension Agent, Lauren Chapman
- Enjoy teaching kids and be excited about being a part of Alabama 4-H

What do you get to do as an Alabama 4-H Volunteer?
- Help young people develop as individuals and as responsible citizens in their communities
- Inspire youth to develop hidden talents and foster an interest in something new
- Acquire training in new curriculum and participate in exciting Alabama 4-H Events
- Meet other Alabama 4-H Volunteers at the yearly 4-H Volunteer Spring Training

Duties of an Alabama 4-H Volunteer:
- Have 4Her's complete 4-H Member Enrollment every year
- Assist with the election of club officers
- Assist 4-H members in planning 4-H Club meetings
- Meet with 4-H members at all club meetings and assist officers
- Encourage 4-H members to attend 4-H events
- Serve on 4-H Advisory Board if asked to do so
- Complete 4-H Volunteer trainings requested by 4-H REA
- Return any necessary forms to Tuscaloosa County Extension office in a timely manner
- Inform the 4-H REA of any assistance they club may need and any issues with club members or parents.
How can I serve as a 4-H Volunteer?

4-H Special Interest Clubs
- Lead a group of 4-Her’s as a 4-H club. The club can focus on a certain area like bird watching, cooking, gardening, photography, camping or whatever the volunteer and 4-Her’s are interested in. The club can also just be a group of 4-Her’s in a community who want to meet monthly and learn about things that interest them.

4-H In-School Clubs
- Assist the 4-H REA, Lauren Chapman, with 4-H In-School club meetings in local schools.

4-H Enrichment Programs
- Assist 4-H REA with Enrichment programs done in local schools.

4-H County Events
- Assist 4-H REA and other 4-H Clubs with local county events and regional events.

4-H Advisory Committee
- Serve as a member of the ACES County 4-H Youth Development Advisory Committee that helps organize the County 4-H program.

For more information on 4-H Volunteers go to: [http://www.aces.edu/4-H-youth/AL4-H/forvolunteers/ForVolunteers.php](http://www.aces.edu/4-H-youth/AL4-H/forvolunteers/ForVolunteers.php)
Horse Club
Meets on 1st Monday at Tuscaloosa Co. Extension Office
Contact: Teryl Melton at (205) 799-8826

Livestock Club
Meets on 2nd Thursday at Romulus Methodist Church
Contact: Johnny Gladney at (205) 349-4630

Shooting Sports Club
Meets on 3rd Monday at Tuscaloosa Co. Extension Office
Rifle Contact: Steve Munoz at (205) 370-4589
Shotgun Contact: Robert Dewitt at (205) 339-0555