2015-2016
Randolph County
4-H HANDBOOK

4-H’ER’S NAME ______________________________ AGE ______________

SCHOOL ______________________________ GRADE ______________

HOMEROOM TEACHER ______________________________

4-H LEADER ______________________________

This 4-H Handbook contains information and rules. Please talk with your parents about the handbook and all handouts papers that you get through 4-H. 4-H is a youth development program of the Alabama Cooperative Extension System.

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Alabama Cooperative Extension System, Alabama A&M and Auburn Universities
www.alabama4H.com
Welcome to 4-H in Randolph County! You became a 4-H’er when you completed your enrollment form. There is no membership fee to join, and you may choose which projects, contests, and activities in which you become involved with. By being involved and participating, you can win cash, trips, and other awards. If you have any questions about any of the contests or projects, be sure to contact your leader or the Extension Office so we can help you. Randolph County has had 4-H’ers to win state and national honors…and you can too!!

Basic rules of 4-H are rules to use all your life. They also go with the four “H’s” of 4-H.
1. **HEAD**: Think logically and follow instructions.
2. **HEART**: Show respect for each other and yourself.
3. **HANDS**: Do your own work, but share your skills and knowledge. “Learn to do by doing.”
4. **HEALTH**: Have a positive attitude, and take care of your mind and body.

**THE 4-H PLEDGE**

The 4-H Pledge summarizes 4-H as the 4-fold development of youth through Head, Heart, Hands, and Health. Delegates to the 1927 National 4-H Club Camp in Washington, DC adopted the pledge. The phrase, “my world” was added to the pledge in 1973.

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 Motto**

“To Make the Best Better” was the 4-H motto proposed by Carrie Harrison, a botanist with the US Bureau of Plant Industry. It was adopted in 1927 when the 4-H Pledge was introduced. The goal of each 4-H member is improving knowledge and skills through 4-H project work and building better clubs and communities through community service.

**4-H Colors**

The National 4-H Club colors are **green** and **white**. The white background is for purity and high ideals; the green, nature’s most prominent color symbolizes springtime, life, and youth.

**4-H Emblem**

The National 4-H Club emblem is a 4-leaf clover with an H in each lobe of the leaf. The clover is the symbol of achievement and good luck. Each “H” stands for equal training of **Head**, **Heart**, **Hands**, and **Health**. The emblem is protected by a US copyright and cannot be altered, overprinted, or over inscribed.
General 4-H Guidelines

There are 4 major ways you can get involved in 4-H:

1. Contests
2. Meetings
3. Projects
4. Leadership/Citizenship

The more things you try to do in 4-H, the more you will learn.

I. Contests

1. To compete in a 4-H contest, a participant must be enrolled. 4-H’ers will complete enrollment forms at the first club meeting of each year. If a member is not present at the meeting, it is the responsibility of the member to request an enrollment form to complete and return to the 4-H leader, 4-H Agent, or County Extension Office as soon as possible. This will ensure the 4-H’er is eligible for local, county, regional, and state events.

2. All projects must meet minimum standards in order to qualify for judging. Posters that are the wrong size, essays on the wrong topic or wrong length, wood projects not following the plans, and so forth will not be counted.

3. Once a Senior 4-H’er has won first place in a state event (speech, exhibits, or demonstration), the 4-H’er cannot participate in that particular event until they advance to the next age category.

4. County contest winners will be receiving cash awards and will have 60 days to pick the award up at the County Extension Office.

5. All projects turned in for judging must have 4-H’ers name (first and last names, please), school, and grade. No effort will be made to identify or return projects with no name, and no credit will be given for participation in that event.

6. All decisions concerning events are the responsibility of the Randolph County Extension Staff. Input from local volunteer leaders and parents is encouraged.

II. 4-H Meetings

Purpose: 4-H meetings allow the opportunity for youth to learn parliamentary procedure and leadership skills.

1. Local Club Meetings- A local club is a 4-H group which usually meets at school or as an afterschool group.
2. Special Interest Clubs- A club that focuses on a specific 4-H project.
3. 4-H Camp- A camping summer program for active 4-H members. To be considered active, 4-H’er must participate in 50% of 4-H activities (minimum of 2 contests a month) during the year. Dates and other information for camp are announced in the spring. 4-H’ers must be enrolled by January of current school year to be eligible for camp.
4. Other activities, workshops, and field trips will be announced throughout the year.

III. 4-H Projects & Achievement Awards

What’s a 4-H Project? A 4-H project is a hobby or something on which you spend time doing. Participating in activities, contests, workshops, or reading about this hobby helps you learn more and develop many skills. You will receive some information, but you are encouraged to ask questions of parents, teachers, and other knowledgeable individuals. Check in the library for extra reading materials. You will choose your project on your enrollment form.
Achievement Awards are applications submitted by the 4-H’er of their 4-H project work done during the 4-H year. There are five (5) subject areas for Junior Level 4-H’ers and fifteen (15) subject areas for Senior Level 4-H’ers. Applications for Juniors and Seniors will be due in May. Information regarding your project can be found on the 4-H website www.alabama4H.com or by asking your local 4-H Extension Agent. Awards are given to the best Achievement Awards.

IV. Leadership and Citizenship

1. **Youth Council**- This leadership committee is made up of representatives from in-school clubs, volunteer led clubs, and special interests clubs. Members of this council will help plan and coordinate county events, evaluate the needs, funding, and marketing of the County 4-H Team. If interested in joining, please contact Ms. Heather or Ms. Tiffany at 256-357-2841.

2. **State Council**- This leadership committee consists of youth representing state regional areas. The State Council plans and implements state events, state service project, promote and market 4-H, assist at state, regional, and local events as needed, attend select National events as Alabama representatives, provide representation to the State Advisory Committee, and act as a direct contact between local youth and State Staff and Administration.

3. **Leadership Retreats**- **Youth Leadership Retreat** (4-H’ers ages 9-13)- Each April, Junior 4-H’ers have the opportunity to participate in the annual Youth Leadership Conference. During the conference each year, participants have the opportunity to learn about Alabama 4-H through leadership programs and activities. **Mid-Winter Retreat** (4-H’ers ages 14-18) - Each February Mid-Winter Retreat is held for Senior 4-H’ers. During the retreat, youth have a chance to participate in a variety of different workshops and work on a community service project.

4. Become an officer at school and/or county clubs.
5. Attend and Participate in local and county meetings.
6. Do things to help others.
7. Clean up around your neighborhood and school.
8. Take a stand for something honorable.
9. Write down your leadership/citizenship activities as you do them on a separate record sheet, and place in your 4-H Folder.