

2007-2008 CALHOUN 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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Welcome to 4-H in Calhoun 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.

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 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.

4-H Motto

“To Make the Best Better”

“**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.

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

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

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

I. 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 the 4-H group which is usually meets at school or as an afterschool group. Each club can compete for the **Club of the Year Award**- a cash award the group receives at the end of the year.
2. **Calhoun County 4-H Council Meetings**- the Leadership Committee is made up of 4-H'ers from all clubs and “members at large.” Officers of the committee are elected in the fall to plan and assist with 4-H programs and activities. **Any 4-H'er** may attend the County Council meetings.
3. **4-H Camp**- A 3 day camping summer program for **active** 4-H members. To be considered active, 4-H'er must participate in 50% of 4-H activities during the year. Dates and other information are announced in the spring.
4. Other activities, workshops, and field trips will be announced throughout the year.

II. 4-H Contest

Purpose: 4-H contests give the opportunity for youth to develop skills in areas in which they have an interest.

1. Follow all the rules and turn the entry in **before** the deadline (due date).
2. **Local**: Contests are offered during 4-H clubs whenever possible. All 4-H members are encouraged to enter the local club contests.
3. **County**: First place local winners can enter the county contest at the County Extension Auditorium or other location. Those eligible for the county contest are listed in each Clover Newsletter. If a local contest is not held in a club, members of the group are allowed to enter the county contest.
4. Individual youth (ages 9-19) enrolled in 4-H as “**Members at Large**” are eligible for all county contests. This club is called the **Calhoun County Clovers** or “**Triple C's**.”

5. Deadlines for exhibits and dates for county contests are designated in the monthly 4-H Clover newsletter. **All 4-H'ers are expected to meet the place and date requirements indicated there.**
6. Contest like Bicycle and Compact Tractor Driving do not have local contests. All 4-H members are invited to the county contest if they meet age requirements.
7. Contests like Handicrafts, Nature Ornament, 4-H design, and Recycled Container **DO NOT** have **Regional** 4-H competitions.
8. For County, Regional, and State Contests, there are two age categories in 4-H: **Junior 9-13 years** of age and **Senior 14-19 years** of age. Participants who turn 14 **before** January 1 will compete in the Senior category.

III. 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.

1. Choose your project on your enrollment form (**one project only**).
2. Discover what everyday activities, contests, and special activities come under this project.
3. Write on Project Record Sheet or on a sheet of paper your activities, research, or contests.
4. Turn in your Project Record Sheets in your 4-H Folder as you complete them (this goes toward Club of the Year). At the last club meeting turn in your 4-H Folder to compete for awards.
5. Have pictures taken of your projects.
6. Organize your records, story, and pictures in your 4-H Folder.
7. Special Awards will be given for 4-H Folders with good project record sheets.
8. Information regarding your 4-H project can be found at www.aces.edu/fourh/newsite/Programs/links.php

IV. Leadership and Citizenship

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