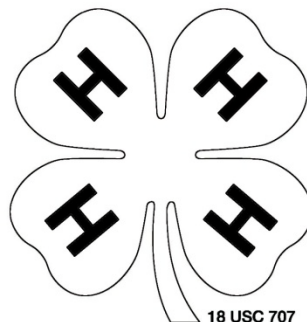




CULLMAN COUNTY 4-H HANDBOOK 2010-2011

YOUR NAME _____

SCHOOL _____



18 USC 707

2010-2011

4-H Community Club

Calendar of Events

August

- * 4-H County Awards Program
- * Youth Leadership Conference

September

- * AU Football Game
- * Fair Horse, Dog, and Cattle Shows

October

- * Begin 4-H Clubs/Elect Officers
- * Al. National Fair Livestock Events
- * National 4-H Week

November

- * Wildlife t-Shirt Design Contest
- * Freestyle Demo Contest
- * Extreme Birdhouse Contest
- * National Congress

December

- * Cookie Contest
- * Freestyle Showcase
- * Christmas party

January

- * Woodwork project
- * \$15 Challenge project
- * Community Service project

February

- * Mid Winter Teen Retreat
- * 4-H Chef Contest
- * Blocks Rock! Lego Contest
- * Senior Achievement Interviews
- * North Al. Beef Expo



March

- * Last month of regular meetings
- * Creative Endeavors Art Contest
- * Blocks Rock Lego Contest
- * Archery Championships

April

- * Summer Camp Money Due
- * County Round-Up Competition
- * National 4-H Conference
- * 4-H Space & Rocket Center Day

May

- * Day Camp Workshop
- * Shotgun Championships
- * Sci-Tech Challenge

June

- * 4-H Center Summer Camp
- * Day Camp Workshops
- * 4-H Regional Congress
- * Wildlife Judging Contest

July

- * Senior State Competitive Day
- * Day Camp Workshops



Alabama 4-H...for youth, for life!



4-H Planning Calendar

Write down the projects you plan to participate in and any 4-H events not listed on your club calendar of events.

JANUARY	
FEBRUARY	
MARCH	
APRIL	
MAY	
JUNE	

JULY	
AUGUST	
SEPTEMBER	
OCTOBER	
NOVEMBER	
DECEMBER	

NOTES



*Alabama A&M and
Auburn Universities*

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer.
www.aces.edu

4-H In Alabama

Four-H came to Alabama in 1909, so it has been around more than 100 years! The original name was not 4-H, but was Corn and Tomato Clubs. There were Corn Clubs for boys to learn how to better grow corn and Tomato Clubs for girls to learn to grow better tomatoes and have a canning competition.

In 1914 Congress passed a law that created the Extension service. The old Corn and Tomato Clubs became a part of Extension. They combined the boys and girls into one club called 4-H. Today, there are nearly 5 million 4-H'ers in the United States. Every state has 4-H and there are even 4-H clubs in different countries all around the world!

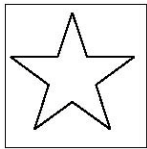
In Alabama, over 50,000 youth are members of their local 4-H Club. Here in Cullman County there are about 1,000 4-H'ers enrolled each year. 4-H clubs are part of the Alabama Cooperative Extension System (ACES). 4-H is an age-old organization that has been proven to be an outstanding learning experience with hands on learning styles. 4-H truly has something for everyone and

If it isn't fun- it isn't 4-H!



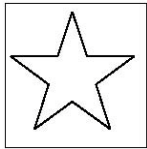
THE “STARS” OF 4-H

Four-H is the largest rural and urban youth organization in the world. When you join 4-H, you take a big step, a step toward being a “star.” As a member, you will have fun, make new friends, and learn by doing. Below are the different ways you can become a shining “STAR” IN 4-H.



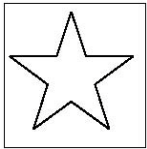
4-H PROJECT WORKER

In 4-H, projects are much like hobbies. Projects are fun things to do to help you learn about certain subjects. There are over 50 projects such as wildlife, cooking, horse, shotgun, archery, livestock, woodwork, photography, and public speaking to name a few.



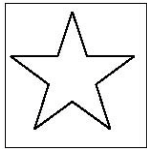
4-H COMPETITOR

4-H'ers compete against each other in a variety of events on the local, county, district, state and national levels. Shining stars in this area can lead to trophies, ribbons, certificates of recognition, money and other awards.



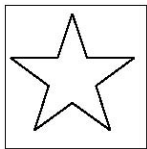
4-H COMMUNITY WORKER

Another area where 4-H'ers can really shine is in the area of community service. Whether it's picking up paper, working at the Humane Society, assisting the elderly or working with small children, you can help to make your community a better place in which to live.



4-H WORKSHOPS

Different types of workshops are held throughout the year on a variety of topics, such as workshops on leadership, food and nutrition, showmanship.



4-H TRAVELER

Through 4-H, young people have the opportunity to earn trips such as Regional Congress, State Competitive Day, 4-H Summer Camp, Mid-Winter Teen Leadership Retreat, Cooperative Leadership Conference, Citizenship Washington Focus, State and National level competitions, and National Congress. Trips like these that allow 4-H'ers to learn new things, see new places, and make new friends.





4-H Pledge



I Pledge:

my **HEAD** to Clearer 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.

4-H Motto

To Make the Best Better



4-H Colors

Green and White

**The white background is for purity.
The green stands for growing things.**

4-H Emblem

Four-leaf clover with an “H” in each leaf.

The clover is a symbol of good luck.

The H’s stand for head, heart, hands, and health.

The emblem is protected by a U.S. copyright.



4-H Purpose

**To help young people to develop skills,
leadership, and citizenship.**



4-H TO MAKE THE BEST BETTER

Select a Good Project—one that you can enjoy and take pride in doing. Keep a good record of what you do in your 4-H projects. Get the recognition you deserve.

Ask your parents for help—You will be surprised at how willing they are to help when they are asked.



Attend all the 4-H Meetings—This includes local club meetings, county events, and special activities.

Participate in a lot of activities—It's lots of fun to make something, and then exhibit your work.

Share experiences with others—Help younger boys and girls just starting in 4-H. Many 4-H'ers say they wish they had started at a younger age. Encourage brothers and sisters as well as other young people.

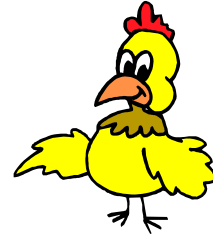


4-H Recreational Activities

Dixie Dancing

Supplies:

Dixie Cups (the small kind for rinsing your mouth) and Chicken Dance music



Directions:

Each player is given an empty Dixie cup to put on top of their head. When the music starts, all players start doing the Chicken Dance. Whoever keeps the cup on their head the longest wins the game. No touching the cup!

Paper Clapping

Supplies:

Everyone needs a piece of notebook paper.

Directions:

Have the group stand with at least one body length between players. Have each participant hold their piece of paper between their hands as though they had just clapped. When the leader says "GO!" everyone claps the paper between their hands without dropping their paper to the ground. If it touches the ground you are out. You must clap far enough away from the paper that daylight can be seen!

Other variations:

- Turn in circles while clapping.
- Clap behind your back.
- Clap with eyes closed.
- Clap under one leg.



Tied Up In Knots

Supplies:

A five- foot piece of soft rope for each team (longer if you have more than 10 players on a team)

Directions:

Have at least 2 teams. Loosely tie as many knots as there are players on a team in each rope. On "GO!" the first person in the team unties a knot, then hands the rope to the next person and so forth on down the line. The first team to untie all their knots is the winner.

Other variations:

After having them untie the knots do the race again with each player tying a knot then passing it to the next person. You could have them use one hand, but they will probably have to use their teeth to untie and therefore will need a clean rope.

4-H Songs

I'm A Nut



I'm an acorn, small and round, Lying on the cold, cold ground.
People always step on me, that's why I'm so cracked you see!

Chorus I'm a nut, tch,tch. I'm a nut, tch, tch,
I'm a nut, tch, tch. I'm a nut, tch, tch.

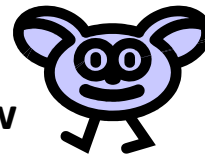
I call myself up on the phone, just to hear my golden tone.
Ask myself about a date, not any later than half past eight.

Chorus

I love myself, I think I'm grand.
I go to the show just to hold my hand. Put my arm around my waist.
If I get fresh I slap my face.

Chorus

Do Your Ears Hang Low



Do you ears hang low do they wobble to and fro
Can you tie them in a knot, can you tie them in a bow
Can you throw them over your shoulder like a continental soldier?
Do you ears hang low.

(Sing faster each time)

Little Red Wagon (A repeat after me song)



Leader: You can't ride in my little red wagon

Echo

Leader: Cause the front seat's broken and the axle's dragging.

Echo

Leader: Second verse

Echo

Leader: Same as the first

Echo

Leader: But a little but louder and a little bit worse. (repeat first verse)

Leader: Third Verse

Echo

Leader: Same as the first

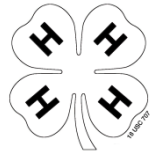
Echo

Leader: But a WHOLE lot louder and a WHOLE lot worse (repeat first verse)



4-H Club Projects

Annual Record



PROJECT: _____

Date	Work Done on Project	Money Spent on Supplies	Time Spent on Project	Money/Award Received

PROJECT: _____

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CULLMAN COUNTY 4-H PROJECT REPORT

Why keep a record book?

4-H wouldn't be the same without records. They are an important part of completing each project. They help you set some goals, keep track of your activities, record events and a whole lot more.

Keeping records is a great way to keep your memories about each incredible year you have in 4-H. In a couple of years, you can look back on these journals and remember what fun you had.

Keeping records is also a great way to develop your skills in setting goals, solving problems, keeping track of expenses and profits, communicating, organizing your time, documenting events and actions.

Records are like journals—they are a way to keep track of what you do and when you do it. Think of your records as an entry book.

Keep it regularly. Remember that these are your records. Make them fun. Make them yours. Make them creative. Make them memorable.


Design your own unique page. Add to your records so that they become a scrapbook of what you have done. You can put them on your computer

1. Choose a cover for your record book & include your name, school, and grade.
You can also use the one from our website.

2. Title/Picture Page

All About Me 🌸

Name _____
Age _____
Address _____
Name of Club _____
School _____



3. Table of Contents

Table of Contents

Title/Picture	1
Table of Contents	2
Project Records	3
Pictures	4
News Articles	5
Ribbons/Awards	6
Project Story	7

4. Project Report Record. Record your work on each project or the main one you participated in during the year.

My 4-H Project Report

Name _____
Address _____
Name of Club _____
School _____

My 4-H Year
This is what I learned.....
Problems I had & what I did....
What was proud of in my project:..

**Visit the 4-H section of our
Cullman County website for a
printable copy of the 4-H Project
Record Book:**
www.aces.edu/Cullman

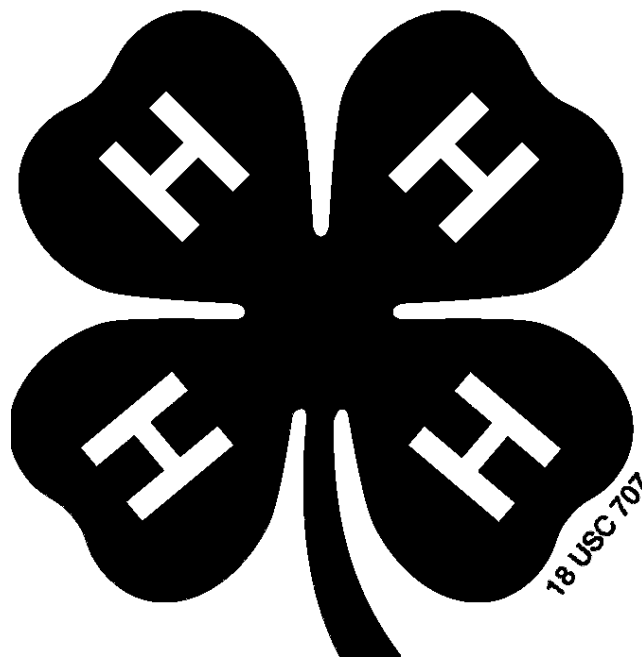
5. Project Attachments—Pictures, Awards/Ribbons, NewsArticles



6. Project Story---Create a story of some of your project experiences, both good & bad. Look back over the year and think about what you have learned & how it will help you later in life.

Project Story

4-H... More Than You Ever Imagined



Alabama A&M and Auburn Universities

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