

Faulkner County 4-H Family Guide - 2008



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All meetings and activities announced in this informational packet are open to all youth between the ages of 5 and 19 without regard to race, color, national origin, religion, gender, disability, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity. The Arkansas Cooperative Extension Service is an Affirmative Action / Equal Opportunity Employer.

The "Faulkner County 4-H Guide" has been prepared to give you an overview of the purpose of the 4-H program as well as a brief look at the many opportunities available to your family.

We find that behind most successful 4-H members stands a 4-H parent who encourages, guides and supports his or her child. We hope you too will become interested in the 4-H program by helping your child. Make 4-H a family affair.

4-H offers an opportunity for young people to participate in projects. These projects help members learn how to make decisions and do tasks in the home, school, or community. Members use their head, heart, hands and health to learn by doing.

4-H members have the opportunity to:

- * Be leaders & followers
- * Learn by doing
- * Accept responsibility
- * Practice citizenship
- * Earn recognition & awards
- * Build character
- * Maintain records
- * Attend camps
- * Get along with others
- * Make decisions
- * Exhibit their efforts
- * Be a part of a positive peer group
- * Receive scholarships

The adults working with your local 4-H club are volunteers. These unpaid volunteers share their time, talents and caring attitudes. The reasons for volunteering differ among the adults, but all are concerned that children have a positive learning experience.

Best wishes for an enjoyable 4-H learning experience! Watch your monthly newsletter for dates and prices (if any) for upcoming events.

It is FREE to join 4-H. We get no outside funding from any source, so we will have various fundraisers throughout the year to support our organization. The Faulkner County 4-H Foundation oversees the spending of funds.

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WHAT IS 4-H?

4-H is the official youth organization of the Cooperative Extension Service, a division of the University of Arkansas. It is an informal education program for boys and girls. 4-H is conducted locally by volunteer leaders in cooperation with County Extension personnel.

4-H has young people sharing, doing and learning together in all kinds of projects, events, and activities, with guidance from their families, volunteer leaders and Extension personnel. Members choose projects that interest them and everyday activities that they experience where they live. Group activities such as meetings, workshops, tours, camps, and competitive activities provide additional learning experiences.

All meetings and activities are open to all youth between the ages of 5 and 19 without regard to race, color, national origin, religion, gender, or disability. Persons with disabilities who require alternative means for communication or program information (large print, audiotapes, etc.) should notify the County Extension office as soon as possible prior to the activity. Most 4-H clubs meet once or twice a month. During these meetings, they conduct business, share ideas, learn new skills, participate in decision-making and enjoy recreational activities. 4-H members develop self-confidence, leadership and become involved in community service activities.

PURPOSE OF 4-H

The purpose of 4-H is two-fold:

- * To provide the opportunity for parents and other interested adults to work with youth in their development.
- * To provide real-life experiences for youth through a fun, learn-by-doing, action-oriented and practical program.

Volunteers serve as 4-H leaders to plan and carry out organized learning experiences with youth. Many of the learning experiences are at the local club level. The many county, regional and state activities supplement and support those activities carried out at the local level.

4-H PROJECTS

A 4-H project consists of what a 4-H'er learns, makes or does. For example, some projects include: learning to grow a garden, making a dress or training a dog.

4-H members should take at least one project each year and complete records for that project. Younger 4-H'ers should limit themselves to one or two projects per year. Older 4-H'ers may want to take three or four.

Your 4-H club will try to locate a project leader when there are three or more members enrolled in a project. The project leader will notify members when and where the project meetings will be held. When there is no project leader, the member will be expected to work individually. As a family, you can use the 4-H project literature to guide your learning.

The family of a 4-H'er should take an active interest in his/her project. They should assist, encourage, and offer advice, **but remember, the 4-H'er learns by doing.**

HOW WILL CHILDREN BENEFIT FROM 4-H MEMBERSHIP?

From a child's perspective, 4-H'ers benefit from membership because they:

- * Learn, make, or do things that appeal to and are meaningful to them.
- * Make friends, belong to a group, give and receive acceptance and affection.
- * Have a good time—which makes learning appealing and enjoyable.

From an adult perspective, 4-H is beneficial because each 4-H'er will one day become a contributing and caring member of his or her community through the knowledge and life skills he or she learned in 4-H. These youngsters will learn how to:

- * Develop an inquiring mind and a desire to learn
- * Make decisions and solve problems
- * Relate to and work with other people
- * Develop a concern for their community and the people in it
- * Build their self-confidence

4-H AWARDS AND REWARDS

4-H offers a variety of awards and rewards such as trophies, ribbons, certificates, pins, trips, and cash scholarships.

In addition to these material awards are the personal rewards of accomplishment and self-satisfaction that result when a child knows that he/she has done his/her best.

A special 4-H Recognition Banquet is held annually to honor our 4-H members and volunteer leaders. It recognizes 4-H'ers who excel in their projects and activities. Leaders are also recognized for their contributions to 4-H.

WHY AND WHEN DID 4-H ORIGINATE?

4-H work, as we know it, began around the year 1900 as a means of reaching adults with improved farm and home practices. American farmers had experienced poor economic times for 30 years. To try a "new" recommended farm practice would have been risky business for the farmer of that day. In 1902, a few school teachers developed some crop demonstrations with their students who, in turn, shared their successes with their parents.

These school projects developed into small groups covering a single topic such as beef, corn, gardening and canning. By 1903, they were called 3-H clubs, and in 1911, the name 4-H was finally adopted.

The first 4-H type club in Arkansas is reported to have been in White County in 1908. It was a corn club with 40 members. Corn clubs, cotton clubs, pig clubs and canning clubs were all in operation in Arkansas by 1914.

Have the 4-H objectives changed since the early days? Yes! Today, members are no longer limited to agriculture projects. 4-H offers the urban as well as the rural young person the opportunity to learn, develop leadership abilities and become informed and effective citizens.

4-H EMBLEMS AND SYMBOLS

EMBLEM: The national 4-H emblem is a four-leaf clover with the letter "H" on each leaf.



THE 4-H'S: The 4-H's stand for Head, Heart, Hand and Health. These 4-H's represent the four-fold training and development in which members participate. This meaning is given in the pledge below.

PLEDGE:

All 4-H members should learn the 4-H 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, my world.

MOTTO:

The 4-H motto, "**To Make the Best Better,**" should be the objective of every member and leader.

SLOGAN:

"Learn By Doing"

COLORS:

Green and white are the 4-H colors. The white background of the flag symbolizes purity; the green 4-H emblem is nature's most common color in the great outdoors and is the color of springtime, life and youth.

4-H PARENT'S RESPONSIBILITIES

Parent interest and encouragement are major contributions to young 4-H'ers. If parents are involved right from the beginning, chances are significantly greater for a successful 4-H experience for the child or teen.

- **Assist** your child in selecting a 4-H project he/she can do and will enjoy.
- **Read** the project book your child receives. You'll find ways you can help your child with the project.
- **Attend** 4-H club meetings and activities with your child. This will help you understand the type of assistance your child needs.
- **Read** the 4-H mail that comes to your home. This will help keep you up to date, and you will be able to remind your child of upcoming events and due dates.
- **Encourage** your child to attend 4-H meetings and activities. See that your child has transportation to get to the events.
- **Offer** to assist the 4-H club leaders with specific tasks.
- **Provide** light refreshments for your child's club meeting when asked.
- **Lend** your kitchen, backyard, living room, garage, or basement for an occasional 4-H meeting when requested.
- **Share** a hobby, skill, or interest of yours with 4-H club members during a meeting workshop.
- **Assist** your child in keeping records on his/her 4-H work. 4-H members must keep a written record of what they do in 4-H; this record is turned in to the County Extension office on the fourth Monday in January. The journal includes 4-H project work, demonstrations, awards received, leadership positions held and community service involvement. (See page 10 for more on record-keeping.)
- **Guide and encourage** your child, but avoid doing the project for him/her. Working on a project together can be fun for both you and your child.

4-H MEMBER'S RESPONSIBILITIES

Some of the major responsibilities of the 4-H member are:

- Complete an "Application for 4-H Membership" form and give it to the 4-H leader. Enrollment forms are due annually by October 1 of the current year.
- Select one or two 4-H projects with the help of your parents.
- Read the 4-H project book related to your project(s) and complete the activities in the book. (Members are not limited to activities in the book and may want to do other activities relating to the project.)
- Attend and participate in 4-H club activities, community service and fund-raising.
- Help plan and support 4-H club activities, community service and fund-raising.
- Read 4-H mail that comes to your home. Share the information with your parents.
- Keep a current, up-to-date 4-H calendar of meetings and activities. Ask parents to remind you of upcoming events and due dates.
- Ask your parent, relative, or other adult to serve as a 4-H project helper.
- Serve as a club officer or on a committee when asked.
- Take an active part in the 4-H club meeting.
- Prepare a written record of your 4-H project work and turn it in to the 4-H leader at the proper time.
- Share a hobby, skill, or interest of yours with other 4-H members at a meeting or a workshop.
- Keep parents informed about 4-H meeting, projects and activities.
- Do at least one method demonstration or illustrated talk on your 4-H project.
- Conduct yourself at all times in a manner that would be a credit to you, your family, your 4-H club and your county.
- Talk about 4-H to friends and invite them to become 4-H members.
- Develop an exhibit about your 4-H project. Take it to your club meeting to show what you have accomplished in your project.

4-H JOURNALS

The Arkansas 4-H Journal is one place to show others what you have accomplished in your 4-H career. Completing the journal is much like completing a portfolio. Through your journal, you exhibit your accomplishments and how you have developed responsibility by keeping records. Throughout your 4-H career, you will find your journal useful in evaluating past achievements and in making improvements in future plans.

The Arkansas 4-H Journal was formally known as the 4-H Record book. It is now referred to as the Arkansas 4-H Journal. This restructuring took place in 2006 for the 2007 4-H Journal judging. There are still four levels of journal guidelines: Cloverbud (ages 5–8), Beginner (9–12), Intermediate (13–15) and Advanced (16–19). All four levels have specific guidelines. These guidelines are included with each report form, which can be downloaded from our Web site at www.uaex.edu or obtained in the county office. Report form covers are available for \$2.50 at the County Extension office.

Beginning with the Advanced Record Book winners named in 2000, Advanced Journal winners must apply for Category B scholarships (available to current or former state advanced journal winners only) the year they will graduate from high school. To be eligible for these scholarships, graduating high school seniors or those already in college or a post-secondary institution MUST submit a completed scholarship application (due Feb. 1) and must have submitted an application to the college or institution of higher learning of their choice. If an advanced winner is applying for a journal scholarship in a year AFTER the year they are named a journal winner, he or she will only submit a scholarship application.

4-H journals should be filled out completely, accurately, and neatly. Parents may oversee the child's work and may even type the book for the 4-H'er; however, **the activities must be done by the 4-H'er**. Encourage your child to work in their 4-H journal throughout the year. 4-H Journals are due in the County Extension office in January—check with your leader and in the 4-H Clover News for the exact dates. The 4-H reporting year is from January to December of each calendar year.

4-H'ers submitting journals are invited to participate in special 4-H recognition activities. Everyone who turns in a record book journal is invited to attend the 4-H Achievement Banquet at no cost to them. Senior books are submitted for state judging and may qualify for state and national awards, which include trips and scholarships.

4-H ACTIVITIES AND EVENTS

COUNTY AND STATE ACTIVITIES/ EVENTS:

Fashion and Fine Arts

Performing Arts—Instrumental, Vocal, and Dance (Arts, Popular and Modern Jazz) Competition. Constructed and Purchased Fashion Review. Contest information is found in the Arkansas Events Packet. Winners are eligible to go on to regional competition.

Dairy Foods and BBQ Competition

4-H'ers entering this contest prepare their favorite, original dairy foods dish. Winners are eligible to compete at the state competition and also receive cash prizes. Contest information can be found in the Arkansas 4-H Events Packet.

Activity Skills Day

A skills' competition in bicycle riding, bait casting, BB shooting, gun safety, Sport Fish ID, and Sport fishing. Study materials are available through the County Extension office. Winners are eligible to go on to regional competition.

Project Workshops

Educational workshops relating to various projects are conducted throughout the year. Workshops feature a variety of projects or may feature in-depth training on one topic. Past topics include: Beef Heifer Workshops, Illustrated Talk and Public Speaking trainings, Cloverbud Camps (for youth 5-8 years of age), Journal workshops, Food Preservation and club officer trainings.

Faulkner County Shooting Sports

4-H Shooting Sports is one of the fastest growing programs in 4-H today. The Faulkner County Shooting Sports program emphasizes the safe and responsible use of firearms, while teaching the fundamentals of using the pellet rifle and pistol, .22 rifle, shotgun, muzzleloader and archery equipment. A goal of the program is to improve the self-confidence, self-discipline and personal growth of the 4-H member while also improving his or her skills with the firearms. County and state competitions are scheduled to test and improve those skills.

Faulkner County Teen Leader's Club

Members of this countywide club must be at least 13 years old or older. Members must be 14 as of January 1 in order to vote. Many of the members are actively involved with various community 4-H clubs in the county.

Members plan and participate in community service projects as well as assist and facilitate at county and promotional events. This club fosters relationships between 4-H teen members within the county, developing and polishing leadership skills of each 4-H teen.

O-Rama

4-H O-Rama allows members an opportunity to showcase their talents and knowledge through a variety of competitions with members from across Arkansas' Northwest region. 4-H'ers must qualify at the county level in order to compete at the district competition. Activities range from Method Demonstrations, Illustrated Talks and Public Speaking in various project areas as well as fine arts and fashion, gun safety and marksmanship, bicycle skills and LOTS more! County winners are eligible to compete and represent Faulkner County at the regional competition held during June.

Regional O-Rama

The Regional O-Rama is a mix of competitive activities for 4-H'ers who have qualified through numerous county competitions. Senior members then qualify to compete at State 4-H O-Rama. The 2008 contest will be held in Atkins, AR on June 18.

District Horse Show

Any 4-H'er owning a horse(s) and enrolled in the horse project is eligible to compete in a district horse show. Members must compete in a qualifying district 4-H Horseshow in order to compete at the Arkansas 4-H Horseshow. Faulkner County shows as a part of the Southeast District 4-H Horseshow held during June. Entries are usually due between late April and early May.

Arkansas 4-H Horse Show

State competition for 4-H'ers who have entered district 4-H shows. Winners may qualify for the Southern Regional 4-H Horse Show. State 4-H Horseshow entries are usually due during June immediately following the conclusion of the District 4-H Horseshow.

Ross 4-H Photography Contest

4-H'ers have the opportunity to enhance their photography skills and exhibit those skills by entering color or black and white photographs they have taken. Photos must have been taken in Arkansas during the past year. One county winner in each division is eligible to compete in the state competition. Cash awards are given for winning state photos. County photo submissions are usually displayed at the County Library during the summer months.

Arkansas 4-H O-Rama

Held on the University of Arkansas at Fayetteville campus, 4-H O'Rama is a multi-day event, involving 40+ competitive activities for senior members. 4-H'ers usually qualify to attend through Regional O-Rama. Educational workshops, tours, "state only" competitive activities and recognition programs are conducted throughout this event.

Arkansas State Fair

Special 4-H activities are conducted on 4-H Day (one day during the State Fair). 4-H'ers in

animal projects enter the junior livestock shows. The student must be a member in good standing of a local 4-H club in order to participate as a 4-H member in the junior livestock shows. 4-H'ers may enter the Arts and Crafts competition that is open to the public. (There is no separate competition for 4-H).

State Camp

Held at the C.A. Vines Arkansas 4-H Center. This is a two- or three-day camp opportunity where 4-H'ers, ages 9-12 participate in workshops, recreation and other learning activities.

State Camp—Adventure Track

Held at the C.A. Vines 4-H Center. This is a 2 or 3 day camp opportunity where 4-H'ers, 13-15 participate in workshops and activities including a ropes course and rock climbing wall among other learning activities.

Adventure and Challenge Camp

4-H'ers have the opportunity to enjoy four action-packed days of fun, adventure, education, and leadership for 13-19 year old 4-H'ers. This camp is held at the C. A. Vines Arkansas 4-H Center.

Teen Leader Conference

This is a three-day conference for senior 4-H'ers devoted to leadership training. 4-H'ers discuss current societal issues and plan specific statewide initiatives for teen clubs within their county. This conference is held during June at the C.A. Vines Arkansas 4-H Center.

High Adventure Camp

Involves hiking and backpacking on a 10-day trek. Several training sessions and pre-trip preparations are required. Applications are due into the county office during January of the activity year.

Forestry and Wildlife Camp

4-H members ages 11-13 participate in a camp at the Arkansas 4-H Center loaded with hands-on activities that apply to 4-H project work in forestry, fisheries, wildlife and conservation.

State 4-H Tech Team

State Tech Team is similar to the county tech team except it is for senior members only. 4-H'ers attend five two-day workshops throughout the year at the C.A. Vines Arkansas 4-H Center. The 4-H'er must complete an application and submit it at the time stated in the Arkansas 4-H Events Packet. The team is designed to excite young people to learn more about technology and networking with other 4-H'ers from around the state.

NATIONAL 4-H ACTIVITIES AND EVENTS:

Citizenship Washington Focus

CWF is a six-day intensive summer citizenship program involving a bus trip to Washington, D.C., and a stay at the National 4-H Center for youth ages 15-19. Delegates will learn about the democratic process and their role as citizens while they experience our nation's capital. They will get the inside scoop about how government really works from prominent guest speakers. In addition, college-age program fellows lead bill-writing workshops, a national issues forum, mock elections and congressional sessions that prepare you for leadership now and in the future.

National 4-H Conference

Held in Washington, D.C. in the spring, four Arkansas delegates, 16-19 years old, are selected to participate in this conference.

Kansas City Global 4-H Conference

A career oriented conference involving 4-H'ers from five states. This four-day conference in Kansas City, MO, is for senior 4-H members.

National 4-H Congress

Held annually in Atlanta, this conference can be attended only by those 4-H'ers who are State Project Recordbook winners or are one of five selected to participate. All expenses are paid. 4-H'ers may only experience this, the ultimate of all 4-H experiences, once in their 4-H career. This is the goal that all 4-H'ers should be striving to reach.

INTERNATIONAL 4-H OPPORTUNITIES:

Several international exchanges are available through 4-H. LABO, IFYE, and Bavarian exchanges are currently available to Arkansas 4-H families. More information can be obtained from your leader or the County Extension office.

WHO'S WHO IN Faulkner COUNTY 4-H?

4-H Member

Any youth between the ages of 9 and 19 (as of January 1 of the current year) who participates in a 4-H Community Club, a 4-H School or Special Interest Program, or a 4-H Project Group or Club.

Junior and senior 4-H Members

4-H members are divided into two divisions for most competitive activities. Junior members must have reached their 9th birthday and have not passed their 14th birthday, as of January 1 of the current year. Senior members must be 14 on or before January 1 of the current year and must not have passed their 19th birthday by January 1.

4-H Cloverbuds

Any youth age 5, 6, 7, or 8, who participates in any of the above clubs or groups. Cloverbud members are not eligible to compete in district competitive activities. However, they may participate in educational activities and special "Cloverbud Events." All county activities have a Cloverbud division.

Main or Organizational Leader

A volunteer who is responsible for the organizational part of a 4-H club. All leaders must complete required Youth Protection Policy paperwork. Main leaders attend regularly scheduled leaders meetings and trainings.

Project Leader

A volunteer who helps 4-H members as they learn, make, or do something. This person can be a 4-H parent who agrees to help with a project. This may also be a teen leader or a person from the community who has knowledge in a particular subject matter or project area.

Teen Leader

A 4-H member who is 13 years of age or older is eligible to be a teen leader. They take an active part in helping the younger members in the club. By doing this, they grow, mature and develop leadership skills.

4-H Agents

Professionals who guide, teach, and administer the 4-H program. They are faculty members of the University of Arkansas.

4-H TERMS AND GLOSSARY

Project—the topic or subject that the 4-H'er wants to learn about.

Main Project—4-H'er shows the most interest in and does the most work on.

Project Book—guides the 4-H'er on a certain topic.

Record Book Journal—summary of what 4-H'ers have accomplished. See page 9 for a detailed explanation.

County Activities—competitive activities held throughout the year.

Arkansas 4-H Events Packet—a book with all Arkansas 4-H events, requirements, state due dates, and registration forms—available from the County Extension office.

Arkansas Competitive Events Packet—a book with all Arkansas 4-H competitive activities listed along with activity guidelines, purpose, and awards.

Registration Deadlines—for most activities and events, pre-registration and/or application is required. Deadlines are usually a week prior to the activity for county activities. Refer to the Calendar of Events for dates.

Arkansas 4-H Leader's Association—state-wide organization for 4-H volunteers. Dues are \$5 per year.

4-H Leader's Retreat—Spring and Fall training for volunteers conducted by the 4-H Leader's Association.

4-H Leader Training—meetings held to help 4-H leaders learn more about working with clubs and members, and Faulkner County Leaders meetings in conjunction with this training.

Leader's Guides for Projects—some projects have "Leader's Guides" to help volunteers and/or parents in working with 4-H'ers with their projects.

4-H Project Guides—some projects have "guides" to help 4-H'er in selecting and doing project activities.

4-H Clubs in Faulkner County

Community 4-H Clubs

Conway Clovers

When: Meets the second Tuesday of every month at 1 p.m.*

Crossroads 4-H

When: Meets the second Monday of every month at 7 p.m.

Where: Oak Bowery Church Fellowship Hall on Otto Road

Greenbrier Cloverleaf

When: Meets the first Monday of each month at 6:30 p.m.

Where: Greenbrier Jr. High

Guy Small Town

When: Meets the second Tuesday of every month at 7 p.m.

Where: Guy School Cafeteria

Mayflower Vision

When: Contact Main Leader

Where: Contact Main Leader

Mt. Vernon/Enola War Hawks

When: Meets the second Sunday of every month at 2 p.m.

Where: Enola Community Building

Oak Grove Clovers

When: Meets every two weeks

Where: Oak Grove Commons Apartment Complex

Rising Clovers

When: Meets the first Monday of every month at 6:30 p.m.

Where: Wooster Fire Department

Saltillo Heights 4-H Club

When: Meets the second Sunday of every month at 3 p.m.

Where: Saltillo Heights Baptist Church

Vilonia 4-H Club

When: Meets the first Monday of every month at 7:30 p.m.

Where: Belmont Chapel - Highway 107

*Contact the Faulkner County Extension office (329-8344) for details on meeting times and locations.

Project Groups

Arts & Crafts Group

When: Meets every two months

Description: For youth interested in arts and crafts projects

County Technology Team

When: Contact Main Leader for specific times and location

Description: For youth interested in technology

Greenbrier Show Team

When: Meets quarterly

Description: For youth interested in livestock

Faulkner County Rabbit Club

When: Meets quarterly

Description: For youth interested in breeding, raising, and showing rabbits*

Mayflower Show Team

When: Meets the second Monday of every month at 6:30 p.m.

Where: Mayflower Elementary School

Oak Grove Youth Garden

When: Meets weekly

Description: For youth interested in gardening

Shamrock Horseshoes

When: Meets the second Tuesday of every month at 6:30 p.m.

Description: For youth interested in horses*

Shooting Sports

When: Meets the third Monday of every month at 6:30 p.m.

Where: Nabholz Construction

Teen Leaders

When: Meets quarterly

Description: For youth ages 14-19 interested in leadership in 4-H and their community.

Teen Leaders help plan and conduct county activities.

*Contact the Faulkner County Extension office (329-8344) for details on meeting times and locations.