

Saline County

4-H

UofA
UNIVERSITY OF ARKANSAS
DIVISION OF AGRICULTURE



Family

Guide

SALINE COUNTY COOPERATIVE EXTENSION OFFICE

1605 Edison Avenue #15, Benton, AR 72015

Office Hours: Monday – Friday, 8 a.m. – 4:30 p.m. (closed 12-12:30 for lunch)

Phone Number: (501) 303-5672

Fax Number: (501) 303-5639

Website: www.uaex.edu/saline

Email: afreel@uaex.edu or nwebb@uaex.edu

Our Staff:

Angie Freel – 4-H Agent

Nanette Webb – 4-H Program Assistant

Ron Matlock – Agriculture Agent - Staff Chair

Lameria Colclough – Family & Consumer Science Agent

Ora Lee Yates – Administrative Office Supervisor

Saline County 4-H Guide

Prepared by:

Angie Freel

County Extension Agent - 4-H

Special thanks to Erika Harris – Pulaski County 4-H Agent



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Cooperative Extension Service

All meetings and activities announced in this guide 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 of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

This "**Saline 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 many a successful 4-H member stands a 4-H parent who encourages, guides and backs him or her. We hope you 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 heads, hearts, 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. None are paid to 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 the following events.

It is FREE to join 4-H. We get no outside funding from any source, so we will have various fund raisers throughout the year to support our organization. The Saline County 4-H Foundation oversees the spending of the 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 is 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 fit them and the places where they live, both urban and rural. 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 of 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 and 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 is what a 4-H'er learns, makes or does; example: learn to grow a garden, make a dress, or train 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. You may want to request a copy of "The 4-H Project Home Helper" from your leader or county Extension office.

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

HOW WILL CHILDREN BENEFIT FROM 4-H MEMBERSHIP?

Through the eyes of a youngster, a 4-H'er will:

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

Through the eyes of an adult, each 4-H'er will one day become a contributing and caring adult to his or her community because of the knowledge and life skills he/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 of the child by knowing that he/she has done his/her best.

A special 4-H Recognition Banquet is held annually honoring 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 1900 as a means of reaching parents with improved farm and home practices. American farmers had experienced poor economic times for 30 years. It was risky business for them to try a new, recommended farm practice. 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, to develop leadership abilities and to become informed and effective citizens.

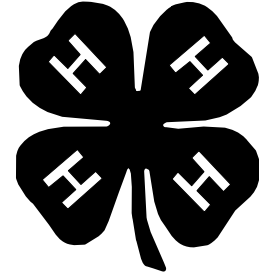
4-H EMBLEMS AND SYMBOLS

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, Hands* 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 influences on young 4-H'ers. If parents are involved right from the beginning, chances are greater for a successful 4-H experience.

- * **Assist** 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. A 4-H member is to keep a written record of what he/she does in 4-H, which is turned in to the county Extension office on the fourth Monday in January. This 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.
- * Select one or two 4-H projects, with the help of your parents.
- * Read the 4-H project book you receive and do 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 and share the information with your parents.**
- * Keep a current and 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 to assist you with your 4-H project work.
- * 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 meetings, 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 the 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 show 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 Recordbook. It is now referred to as the Arkansas 4-H Journal. This re-structure took place in 2006 for the 2007 4-H journal judging. There are still four levels of journal guidelines: Cloverbud (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 website at www.uaex.edu/Saline or obtained in the county office. Report form covers are available free at our office as well.

Beginning with the Advanced Record Book winners named in 2000: Advanced journal winners will need to apply for Category B scholarships (available to current or former state advanced journal winners only) the year they are a graduating high school senior. 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, they will submit only 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 his/her 4-H journal throughout the year. 4-H journals are due in the county Extension office in January—check with your leader 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 and attends at least three county, club or other 4-H activities, receive \$50 toward state activity fees from the Saline County 4-H Foundation.) Senior books are submitted for state judging and may qualify for state and national awards, which include trips and scholarships. To be eligible for the \$50, the member must have attended three 4-H activities during the past calendar year.

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.

Food Fair

4-H'ers enter 5-a-Day, Arkansas foods, breads, eggs, healthy snacks, beef ambassador and dairy recipe contest. Winners are eligible to go to regional competition. Contest information is found in the Arkansas Events Packet.

Agri/Skills Day

A skills competition in bicycle, bait casting, BB shooting, gun safety, sport fish ID, sportsfishing and broiler barbecue. Winners are eligible to go on to regional competition.

Project Workshops

Educational workshops relating to various projects are conducted. Workshops may feature a variety of projects or may feature in-depth training on one topic.

Saline County Shooting Sports

4-H Shooting Sports is one of the fastest growing programs in 4-H today. In addition to teaching concepts related to shooting safety and firearm responsibility, the curriculum offers opportunities for youth to develop important life skills such as citizenship, leadership, sportsmanship, ethics, critical thinking and an appreciation for natural resources. In addition, shooting sports can develop into a life-long recreational activity.

The Saline County Shooting Sports program will always emphasize 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/her skills with the firearms. County and state competitions are scheduled to test and improve those skills.

Saline County Teen Leader's Club

Members of this county-wide club must be 12. Many of the members are actively involved with various community 4-H clubs in the county. However, it is not required for a student to belong to a local community 4-H club, so long as the age requirement is met, to be a member of the County Teen Leader's Club.

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

O-Rama

4-H'ers can choose from method demonstration, illustrated talk and public speaking in various project areas as well as fine arts and fashion. Winners are eligible to go on to regional competition.

Regional O-Rama

Competitive activities provided for 4-H'ers who have qualified through numerous county competitive activities. Senior members then qualify to compete at State 4-H O-Rama.

District Horse Show

4-H'ers owning horses and in the horse project are eligible to compete in a district horse show.

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.

Ross 4-H Photography Contest

4-H'ers enter color or black-and-white photographs they have taken. The photos must be taken in Arkansas in the past year. Cash awards for winning county photos. Winners are eligible to go to state competition.

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 of a local 4-H club in order to participate with 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 2- or 3-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, ages 13 – 15, participate in workshops, ropes course, rock-climbing wall, recreation and other learning activities.

CAPS – Citizen's Action Provides Strength

CAPS is a three-day educational citizenship camp for 12- to 13-year olds. 4-H members have an opportunity to explore their rights and responsibilities as citizens. This camp is held at the C.A. Vines Arkansas 4-H Center.

Adventure and Challenge Camp

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

Teen Leader Conference

A three-day conference for Senior 4-H'ers devoted to leadership training. 4-H'ers discuss current societal issues and plan specific state-wide initiatives for teen clubs within their county. This conference is held 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.

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, etc.

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. 4-H'ers 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 about learning more about technology and networking with other 4-H'ers from around the state.

NATIONAL 4-H ACTIVITIES AND EVENTS:

Citizenship . . . Washington Focus (CWF)

CWF is a 10-day educational citizenship activity involving a bus trip to Washington, DC, and a stay at the National 4-H Center. It is designed for 4-H'ers 15 and older.

National 4-H Conference

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

Kansas City Global 4-H Conference

This is a career-oriented conference involving 4-H'ers from five states. This conference is four days in Kansas City, MO, and is for Senior 4-H members.

National 4-H Congress

Held annually in Atlanta, this conference can be attended by only 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 experience this, the ultimate of all 4-H experiences, only 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 SALINE COUNTY 4-H

4-H Member

A 4-H member is any youth between ages 9 and 19 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 aged 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

This is a volunteer who is responsible for the organizational part of a 4-H club.

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. It 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 12 years of age or older is eligible to be a teen leader. He/she takes an active part in helping the younger members in the club. By doing this, teen leaders grow, mature and develop leadership skills.

4-H Program Assistant

These are paraprofessionals who work with 4-H. Their main responsibility is organizing clubs and maintaining 4-H memberships in the clubs they work with. They are available to work with volunteer leaders and 4-H'ers in developing program plans and setting project goals.

4-H Agents

These are 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 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 nine for a detailed explanation.

County Activities – Competitive activities held throughout the year.

Saline County Events Packet – List of dates and specific information about county events available from your local 4-H leader or the county Extension office.

Arkansas 4-H Events Packet – This is 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. Saline County Leaders Association meetings are 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'ers in selecting and doing project activities.

4-H Clubs in Saline County

Pine Haven Miners Club – Meets 2nd Tuesday at 6:30 p.m. at Pine Haven Cafeteria

Magic Clovers – Meets 3rd Tuesday at 6:30 p.m. – Gary Webb, leader – Call Nanette Webb at 303-5672, for information.

Haskell – Meets 2nd Monday at 6:30 p.m. – Harmony Grove Cafeteria – Sandy White, leader

Freedom Reins 4-H Horse Club – Meets 3rd Thursday at 7:00 p.m. – Fairgrounds – Mike Jordan, leader

Shining Stars 4-H Club – Meets 2nd Monday at 6:30 p.m. - Johnson Street Church of Christ - Virginia and James McClure, leaders (317-1741)

Bryant Clovers – Meets 1st Monday at 6:30 p.m. – Bryant 1st United Methodist Church – Dana Byrd and Amanda Jolly, leaders

Bryant Stingers – Meets 2nd Thursday at 10:50 a.m. in Mrs. Hudson’s Class at Bryant Middle School

Helping Hands – Meets 2nd and 4th Fridays at 2:00 p.m. – Benton Library – Jean Vowell, leader (407-0208)

Salem Superstars 4-H Club – Meets 1st Thursday at 6:30 p.m. – Salem United Methodist Church – Becky McPeake (794-4898) & JJ Pitman (794-2790), main leaders. There are lots of younger kids in this group!

Shooting Sports Club – Practice starts in January at the county fairgrounds with competitions in the spring & summer

S.O.A.R. Club (Seeking Outdoor Adventure & Recreation) – Meets the 2nd Thursday night at the county fairgrounds at 6:30 p.m. – Sharon Sloan, leader (501-594-5257)

Teen Leader Club – Meets 4th Tuesday at 6:30 p.m. at the fairgrounds – all kids ages 12 – 19 may attend.

PALS (Parents & Leaders) – Meets 4th Tuesday at 6:30 p.m. at the fairgrounds