

4-H Family Guide

www.johnson.k-state.edu/4-h/

Welcome to 4-H! The basic philosophy of 4-H is to strengthen the mental, physical, moral, and social development of boys and girls, thereby, helping develop desirable citizens and leaders. The main objective is the development of 4-H'ers through participation in projects, events, and other various activities. We hope this family guide will help answer some of your questions about 4-H. Make sure to check out the links at the top of each page.



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4-H Membership

Full 4-H membership in Kansas is open to all youth who are residents of Kansas between the ages of 7 and 18. Youth who turn 7 before January 1 of the current 4-H year may enroll. Youth who turn 19 before January 1 of the current 4-H year are ineligible to enroll. A new 4-H year starts October 1 each year and ends September 30 of the following year; however, we allow youth to join 4-H at any time of the year. Members live in cities, small towns, in the country and on farms. 4-H is open to all youth regardless of race, color, national origin, sex or disability. There is an annual fee of just \$15 to join.

Youth ages five and six years old are eligible to participate in the Cloverbud program which is offered through some clubs in Johnson County. Check with your local club leader for more information regarding the club's Cloverbud program.

Choosing a Club

Johnson County has a variety of 4-H clubs available for youth to join. We suggest visiting several clubs before you join to figure out which club fits your family the best.



Basics

www.johnson.k-state.edu/4-h/monthly-newsletter/

The Motto

“To make the best better!”



The Emblem

The 4-H emblem is a four-leaf clover; the letter “H” stands for Head, Heart, Hands and Health.

The Colors

Green- life, springtime, youth

White- fresh, clean

The 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, and my world



4-H Age for Events

Some events do require age limits; in this instance 4-H age is determined by the age of the participant on January 1 of that current 4-H year.

Family Involvement

4-H is a family program. Your parents and family are important in 4-H. They help you with project work and other activities. Members are also helped by volunteer leaders. These leaders teach youth, organize the club, help officers, assist at meetings and orient new parents about 4-H.

4-H Office

The 4-H program is coordinated through the Johnson County Extension office in Olathe.

Clover Clips Newsletter

The best way to stay current with events and information is to read your monthly Clover Clips. Clover Clips is a newsletter sent out from the Extension office to 4-H members and leaders. It includes information about upcoming events, registrations, projects news, important dates, etc.



Clubs

www.johnson.k-state.edu/4-h/about-join/clubs/

4-H Clubs

A 4-H club is a group of young people and adults who meet regularly throughout the year for fun and learning. Clubs are usually made up of families from a community or special interest group and often formed around schools, churches, or community centers.

Most clubs hold monthly meetings which are planned and led by youth officers with the guidance of the club leaders. They offer activities which include demonstrations, project work, community service, and social events for the youth members. Typically the meetings are held the same time each month.

Community and Project Clubs

A community club is a group of youth organized with officers, appropriate to the group, and with one or more volunteers serving as leaders for the group. Clubs are organized with a neighborhood, school, church, business or social unit. Project clubs function like a community club but focus on one subject area.

What happens at a 4-H club meeting?

4-H club meetings are typically held once a month. Members are given the opportunity to learn and practice decision-making in group situations. 4-H members are expected to attend their club's meetings, and parents are encouraged to attend as well...4-H is a family affair!

Members plan and carry out what they want to do as a group. A good club meeting has four parts with definite activities in each part.

1. Opening- Call to order, Pledge of Allegiance and 4-H Pledge
2. Business- Roll call, secretary's report, treasurer's report, committee reports, old business and new business
3. Education- program, demonstrations, talks and guest speakers
4. Fun- recreation, songs, skits, refreshments and entertainment

Club Officers

Each 4-H club elects officers at the beginning of the year. Each officer has a specific job.

President	leads the club meetings and keeps them orderly
Vice President	leads in the presidents absence, introduce guests and leads program
Secretary	takes notes during the meetings and keeps attendance
Treasurer	takes care of club finances, pays bills and writes checks
Reporter	sends news stories to local newspapers and radio stations
Recreation Leader	leads games and other fun activities
Song Leader	leads the group in singing
Committee Chairs	your club may have several committees depending on club size and interest

Involvement

www.johnson.k-state.edu/4-h/volunteers/

Who Helps in 4-H?

4-H is a family program. Your parents and family are important in 4-H. They help you with project work and other activities.

4-H members are also helped by volunteer leaders. Every 4-H club needs one or more adult leaders. The leaders teach youth, organize the club, help officers and assist at meetings and orient new parents about 4-H.

There are various kinds of leaders in 4-H:

Community Club Leaders	responsible for the general organization of the club
Project Leaders	help members with project work, usually outside of club meetings
Junior Leaders	4-H teens who work with an adult leader to give leadership to activities, events and projects
Parents	parents are important in 4-H. They show interest and concern for their children by attending meetings, serving as leaders, helping in club activities and serving on committees.

Volunteers

Volunteers that work directly with youth are required to go through the Volunteer Screening process to become a Registered Volunteer. Volunteers must apply, do a face to face interview, complete orientation and a background check. This insures the safety of our 4-H'ers.

What do you do in 4-H?

In 4-H, youth "learn by doing." Youth learn useful skills, how to get along with people and how to help our community and country. Here are some of the ways 4-H'ers achieve that:

Project Work	members choose at least one project of interest per year
Demonstrations	members learn to speak in front of others
Recreation	members play games and make new friends
Community Service	members help improve their community
County Contests	members may choose to enter contests and compete
Exhibits	members exhibit their best project work at the county fair
Camps	members may participate in a day camp or overnight camp
Exchanges	members can learn about the life of a 4-H'er across the state or country

Projects

www.johnson.k-state.edu/4-h/project-club-resources/projects.html

4-H Projects

Each member must select at least one project each year. All project selection (and/or changes) must take place by May 1, to be eligible to exhibit in the county fair. You must be enrolled in the appropriate project to exhibit in any division of the county fair.

Projects help youth explore an interest area. Projects also help them explore potential career fields. Projects provide the basis of the 4-H program by offering a variety of educational experiences. A project will help the member learn by doing and learn why things happen. Members will also have opportunities to share what they have learned by participating in 4-H presentations, exhibiting in local fairs and other competitions. You might also be highlighted in the local newspapers and television shows for your accomplishments.

How do I Select Projects?

In choosing a project, the 4-H'er will consult with their parents and 4-H leaders. The 4-H'er should base their project selection on:

- ◆ Their own personal interests, needs and capabilities. Be sure the project is within the age and ability of the member.
- ◆ Suitability of the area in which they live.
- ◆ The amount of time needed to complete the project. The member and parents should be aware of the amount of time a member has to work on the project and how much time the project requires.
- ◆ The cost and needs of a project. The member and parents must consider how much a project will cost. Is there enough space for the project, or is additional equipment required?
- ◆ Are project leaders available to help with the project in the club, or are the parents willing to help the member with the project?

Projects are selected in the early fall when enrollment is completed online, or as soon as a new member joins.

Johnson County has created a Project Selection Guide which details each project that is offered in the county and can be found on our website.

How is Project Work Conducted?

Project work is conducted through various events such as:

- ◆ Project meetings - in the local club or county-wide
- ◆ Regular club meetings - by giving demonstrations, project talks, etc.
- ◆ Tours - visit projects of members or experts
- ◆ Field trips or family activities at home
- ◆ Club Day - giving a presentation about your project
- ◆ Exhibiting projects - At the county fair, each member is eligible to exhibit items they completed throughout the year related to the projects they are enrolled.
- ◆ Record keeping

Record Keeping/Awards

www.johnson.k-state.edu/4-h/forms-resources/record-books.html

Record Books

You will be encouraged to complete a record book each year you are in 4-H. Keeping records helps you keep track of what you are learning and helps you develop business sense. A good record will reflect accomplishments and therefore serve as the basis for awards, trips and other forms of recognition. A good record will teach a desirable habit! Modern day society demands that each and everyone one, no matter what vocation, keep track of financial and business matters. It is easier to write something down as it occurs, rather than recall all the activity dates and information later.

Members are encouraged to work on records throughout the year as they complete project work. Records should include all activities regarding the 4-H'er and their involvement through the year. The basics of a record book include:

Personal Page	includes basic information for the current 4-H year
Permanent Record	a summary of all projects, activities and events through the year
4-H Story	conveys how their total year impacted them and their family

Additional Records

In addition to record books, 4-H'ers can complete records for each project area in which they choose. The Kansas Award Portfolio (KAP) includes goals, a summary, leadership and citizenship experiences, awards and recognition, non-4-H related experiences and photos. Winners will be award in each project and 4-H'ers 14 and older have the chance to submit their KAP to state KAP judging. All members that complete a KAP will receive a project pin or medallion.

Awards

Achievement Pins	awarded to 4-H'ers each year they are in 4-H as long as they meet the requirements on the pin application
Officer Pins	each officer that meets the requirements will receive a pin
Project Pins	these are achieved by completing a KAP
Key Awards	one of the highest awards a 4-H'er can receive. The key award recognizes 4-H members who have an "all around" good 4-H record of accomplishments.
Record Book Seal	for completing your record book
Club Seal	Clubs can also fill out applications and receive an award based on the clubs activities.

Achievement Celebration

4-H'ers who complete their record books and/or pin applications can attend the 4-H Achievement Celebration each fall. Presentations of various awards and achievements are made at this annual event. It is a great way to celebrate the accomplishments of Johnson County 4-H'ers from all the clubs in the county.

Events

www.johnson.k-state.edu/4-h/events-programs/

4-H Camp

A four day, three night experience at Rock Springs Ranch, located outside of Junction City. The camp is organized by a camp association (Fantastic Four camp group) which includes Douglas, Miami, Wyandotte, the Frontier District and Johnson County 4-H organizations. The youth are supervised by one adult camp counselor and one teen camp counselor (ages 16 and older) who are then supervised by 4-H agents and other extension staff.

Discovery Days

Held at Kansas State University. Members, leaders and parents may attend. Classes and learning activities are the focus of this mini-college event. Youth must be at least 13 years old to attend.

Citizenship in Action (CIA)

The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process. This takes place at the Capitol building in Topeka.

County 4-H Club Day

A county event that provides 4-H members the opportunity to develop public appearance skills. The presentation is evaluated by a judge and presented a purple, blue, red, or white ribbon. 4-H'ers earning Top Purple awards in each division at County Club Day will represent Johnson County at the Regional Club Day.

The Johnson County Fair

The annual event where 4-H'ers exhibit an end product of their current 4-H projects for evaluation. Judging is done by a variety of evaluation methods. Exhibitors are awarded purple, blue, red, or white ribbons based upon a judge's decision. Typically the "Fair Edition" of Clover Clips is published in May, June and July. A fair book explaining rules and classes is available late in June. For more information about the fair visit www.jocokansasfair.com.

Kansas State Fair

4-H'ers age 9 and older who have met all requirements to enter, can compete at the State Fair. Each division has special requirements for eligibility at State Fair, based on County Fair awards. The fair is held in Hutchinson and starts the first weekend after Labor Day and runs through the following weekend.

National 4-H Week

The first full week in October is set aside each year to recognize and promote 4-H. Each year a theme highlights the week and is used throughout the year. 4-H clubs may have window displays, booths or special promotions of 4-H in their communities.