



4-H FAMILY

NOTEBOOK

What is 4-H?

4-H is an educational out-of-school, volunteer-led, family oriented program for boys & girls, 7 to 19 years old. 4-H is for everyone, regardless of race, color, national origin, sex or handicap. 4-H is for rural and urban youth.

Kansas 4-H provides educational strategies and opportunities for youth and adults to work in partnership as they develop life skills to become healthy, self-directing, contributing members of society. A life skill is an ability that one can use in everyday life. There are five basic life skills the Kansas 4-H program focuses on:

1. A positive self-concept.
2. Sound decision making, along with the ability to apply those decisions.
3. An inquiring mind.
4. Healthy interpersonal relationships.
5. Concern for the community.

4-H Motto

“To Make The Best Better”

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 county, and my world.*

4-H Membership & Ages

4-H membership is open to all boys and girls who are 7 years old before January 1 of the current 4-H year, and have not passed their 19th birthday before January 1 of the current 4-H year. Kansas 4-H attracts both rural and urban youth. Interested youth may join by completing the online enrollment (information can be obtained from 4-H club leaders). New members may join 4-H anytime during the year, but they may be limited on their participation due to established deadlines.

Beginning in 2017, Kansas 4-H Youth Development will be asking families to invest in the present and future of the program. With a \$15 annual program-enrollment fee, each child will have access to a wide array of development opportunities at the local, regional, and state level. These structured, hands-on, relevant educational programs will continue the tradition and history of Kansas 4-H in building skills, confidence, and experiences that 4-H youth will carry with them for the rest of their lives.

4-H Age & 4-H Year

Some 4-H events require age limits. 4-H age is determined as the child’s age prior to January 1 of the current year. The 4-H year begins October 1 and ends September 30 of the following year. Members must re-enroll each year by December 1 with their club to remain on the district mailing list. Re-enrollment consists of updating your personal information and selecting projects for the year.

4-H Newsletter & Website

The 4-H Newsletter is published monthly and distributed by the Central Kansas District 4-H Extension Offices. Each enrolled 4-H family in the district will receive a copy monthly. The Flash is also available on the District website.

The website for the Central Kansas District is <http://www.centrankansas.ksu.edu> and the website for the Central Kansas District 4-H program is <http://www.centrankansas.ksu.edu/4-H>.

Selecting a 4-H Project

A 4-H project is a learning experience for the 4-H member. Each 4-H member should select at least one project each year and complete the records for the project. In choosing a project, the 4-H'er will consult with his/her parents and 4-H leaders. The 4-H'er should base the project selection on:

1. His/her own interests, needs, and capabilities.
2. His/her family situation.
3. Suitability of the area in which he/she lives.

Once chosen, the member will attend project meetings (if available). These meetings will be conducted by project leaders at the club or district level who will schedule meetings and notify members of these meetings by club announcements or in the district monthly 4-H newsletter. Each member is encouraged to exhibit a completed project from his/her 4-H project at the fair.

Projects may be added or dropped until May 1 of the 4-H year and this information should be submitted through 4HOnline (the online enrollment program).

Early in a member's 4-H career, he/she should consider developing a project plan. This means selecting projects which compliment each other, giving the 4-H'er a deeper understanding of his/her basic project area. The first two years of membership should be used for exploring the youth's interests.

4-H Records

4-H records are an educational tool for enhancing the 4-H members' learning. When the 4-H'er joins, he/she will receive a green 4-H record book cover in the new member packet from the organizational leader. The basic records are available on-line at the District website: <http://www.centrankansas.ksu.edu/4-h> under the Awards & Recognition page:

Record Keeping Materials

Permanent Record

4-H Personal Page

The Personal Page is where the 4-H member writes basic information about himself/herself for the current year. The Permanent Records are where the 4-H member summarizes the year's activities and events, both 4-H and non-4-H. Each project has an individual record sheet (Central Kansas District 4-H Project Record) and is available on-line.

Filling out records regularly during the year helps ease the pressure when books are due at the end of the 4-H year (in September). Parents are advised to oversee the member's work but it is best if the book is completed by the member.

Kansas Award Portfolio (KAP) is another form of project records when the 4-H'er wants to apply for Area Champion in an individual project or may be completed instead of the project records and submitted to the Organizational Leader. These forms are also available on-line at the district website. The KAPs for District Champion are due in September.

4-H Records need not be typed by younger members; however, if the 4-H'er is 13 or older it is highly recommended that the records be typed or computer generated.

Who's Who in 4-H

4-H member: A boy or girl participating in an Extension-designed or supported youth program is considered a 4-H member and is encouraged to participate in any other Extension-designed or supported youth program. Club members are ages 7-18 (4-H age).

Parents: Parents are very important to the success a child will have in the 4-H program. Parents are encouraged to attend monthly meetings with their child. All club and districtwide events are open and parents are encouraged to attend.

Organizational Club Leader: A volunteer who is responsible for the organization of the club; helps with club goal-setting and program planning; promotes participation in club and outside the community programs, and assists club officers.

Project Leader: A volunteer who helps teach 4-H projects to 4-H'ers. This person is often a 4-H parent who agrees to provide leadership within a project. This may also be a Teen Leader or a person from the community who has knowledge in a particular subject matter area. Specific responsibilities include: help select project, teach or provide teaching over a named period, and encourage participation in outside-the-community experiences.

Central Kansas District: An Extension District which consists of Saline and Ottawa Counties.

Extension Agents: Professionals responsible for conducting educational programs for Ottawa/Saline County residents. Central Kansas Extension District (CKD) and Kansas State University employ the Extension Agents. CKD has 7 agents—three agriculture agents, two family & consumer science agents, a horticulture agent, and a 4-H agent. The Salina Extension Office is located in the Science Center on the Kansas State University Polytechnic Campus, 2218 Scanlan Ave, Salina. The phone number is 785-309-5850. The Minneapolis Extension Office is located in the basement of the courthouse in Minneapolis. The phone number is 785-392-2147.

District 4-H Council: A group which consists of up to four 4-H member representatives and two adults from each 4-H club in the District. They meet six times a year. The group plans 4-H activities and events for the District and develops the annual 4-H Council budget.

Committees

- There are opportunities for 4-H members and parents to serve on 4-H committees at the club and District level. Committees plan and supervise events and activities, helping members develop a sense of teamwork. Parents and adult supervisors may also serve to help committees be successful.
- Members may volunteer to serve on a committee or they may be appointed.
- All members should serve on at least one committee each year.
- Clubs may have standing committees, which are appointed each year and serve throughout the entire year, such as hospitality, fundraising, membership, and program committees.
- Special committees appointed during the year may plan a club tour, fair booth, or achievement program.

4-H EVENTS

There are numerous 4-H events throughout the year for members of all ages. A few are outlined here. More are outlined monthly in the 4-H Newsletter. All of the events listed here are designed for participation by even the youngest 4-H members.

Club Meetings: Traditional monthly meetings with all members, leaders, and parents present for the individual 4-H club.

Project Groups: Another form of group within the District based upon one single project subject matter; including Hoofbeats (horse) and K-9 Capers (dog).

Project Meetings: Meetings of a small interest group, conducted by a leader, usually separate from the monthly club meeting. These meetings may be club level or districtwide.

National 4-H Week: The first full week in October each year is set aside to recognize and promote 4-H. Clubs may have window displays, booths or special promotion of 4-H in the community.

4-H Celebration of Achievements: The 4-H Celebration of Achievements is a time to recognize 4-H members for all of their achievements throughout the year. Membership Achievement Pins, Club Seals, Project Medals, and other special awards are given out at this event. A dessert bar is held during this event, which is sponsored by the Salina Downtown Lions Club. This event, typically in November, is held in Minneapolis on even years and in Salina on odd years. Everyone involved in 4-H is encouraged to attend.

Gavel Games & Model Meetings: These are parliamentary procedure exercises to teach members about proper parliamentary procedures in a fun format. These exercises are divided by age groups and are judged. The event is usually held in January.

4-H Club Day: 4-H Council event, held in February or March, that provides 4-H members the opportunity of developing public appearance skills. Youth are encouraged to give project talks, demonstrations, or sharing talks. If a public presentation is presented, youth may also participate in instrumental or vocal solos or a dance performance. The presentation is evaluated by a judge and presented a purple, blue, red, or white ribbon. Members giving sharing talks will receive an evaluation and a participation ribbon.

Judging Schools and Contests: Learning events where 4-H'ers evaluate stated problems and rate the best solutions which are given. The contests & schools are divided by age of the members. Topics covered may include General 4-H Information, Family & Consumer Science, Livestock, Photography, Dairy, Horse, Meat Utilization, and Horticulture. Judging contests and schools may be held together to enable greater participation and teach younger members the proper judging techniques.

Rookie Camp at Rock Springs 4-H Center: A 2-day, 1 night experience for 4-H'ers in 1st or 2nd grade. It is held at Rock Springs 4-H Center near Junction City. The camp is organized by the camp association which includes Butler, Leavenworth, Marion, McPherson, Rice, Sedgwick, and Shawnee counties and the Central Kansas District. Teen 4-H members serve as camp counselors.

4-H Camp at Rock Springs 4-H Center: A 4-day, 3-night experience for 4-H'ers in 3rd to 7th grades, held at Rock Springs 4-H Center near Junction City. Teen 4-H members serve as camp counselors. The same Extension Units are involved as with Rookie Camp.

Ottawa County Fair and Tri-Rivers Fair: The annual events where 4-H'ers exhibit an end product of their current 4-H projects for evaluation. Judging is done by conference evaluation method where the 4-H'er visits with the judge. The Ottawa County Fair is held in mid to late July, and the Tri-Rivers Fair is held in early August. Exhibits are awarded purple, blue, red, or white ribbons, based upon the judge's decision. Purple winners are eligible for State Fair if their 4-H age is 9 or older and they meet the special requirements for eligibility in that division.

OTHER CLUB LEVEL VOLUNTEER POSITIONS

There are several other positions available at the club level. Your club may or may not have anyone in these positions so you may want to check with your club's Organizational Leader(s). These positions are ways for the Organizational Leaders to share the load and may offer you additional resources for answers to your questions.

- **New Family Coordinator:** Welcomes visitors, explains 4-H to new and visiting families, and distributes 4-H information.
- **Project Leader Coordinator:** Organizes project leaders, explains & trains new project leaders, collates needed 4-H materials for members, and distributes materials to members.
- **Record & Awards Trainer:** Keeps members informed of Achievement Awards and requirements to receive the awards, trains members in the fundamentals of completing 4-H records & Kansas Award Profiles.
- **Demonstration Trainer:** Trains members & adults concerning the fundamentals of presenting demonstrations & talks, coordinates 4-H Club Day entries and provides guidance for youth.

Awards

The object of awards in 4-H is to recognize 4-H'ers for their accomplishments and to help them learn the process of goal setting and evaluation. The awards process is **optional** for each member. Some of the awards are outlined here:

Record Book Seal: Annual award given to those members completing a record book and a 4-H checklist. Seals are white, red, blue or purple and reflect the member's 4-H involvement applicable to their age.

Member Achievement Pins: There are 10 Member Achievement Pins available for 4-H members with different requirements for each pin. The basis for selection is increasing involvement in the 4-H program. The application forms are available at the District website and members are encouraged to access this information early in the 4-H year to assist them in setting goals necessary to merit the next available pin. Members are allowed to receive only one pin each year.

District Champion: Award presented to the members who completed a Kansas Award Portfolio (KAP) for individual projects and are judged to be the top in that project based on comparison and ranking of the portfolio against that of their peers. These awards are presented at the 4-H Celebration of Achievements Program in November.

Ribbons: 4-H uses the Danish system of ribbon awards. In this system, the ribbon placings are defined as follows:

- Purple – Outstanding on all standards
- Blue – Exceeds the minimum standard; may have minor flaws where improvements can be made
- Red – Meets all minimum standards; may be visible signs of needed improvements
- White – Fails to meet minimum standards