

Welcome to 4-H!



A Guide for New Woodson County 4-H Families

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Did you know that 4-H members and leaders live all over Kansas, in all 50 United States, and in 82 other countries around the world? Members of 4-H are 7 to 19 years old, and live in cities, towns, and farms. There are over 22,000 4-H members in Kansas alone! Welcome to the Woodson County 4-H program. As you join the program and become involved in activities, you will probably have many questions.

We are hoping that this guide will answer some of those questions for you. Save it and use it for a reference during the year. If you have other questions, please contact your 4-H Club leader or one of the Extension Agents in our office, 620-625-8620. All of us would like to help you enjoy 4-H and make the most of your experience!

WHAT IS 4-H?

- ★ 4-H is a volunteer led, educational program that supplements the teachings of home, school, and church.
- ★ 4-H is an informal educational program for all boys and girls, whether they live in town, the country, or on a farm. A youth can join any time after they reach the age of 7.
- ★ 4-H is youth and adults growing together to become better citizens. As teaching methods, 4-H uses learn-by-doing projects, club meetings, community service, events, and experiences for young people and adults as they work toward attaining citizenship and leadership-developing life skills. The program supports five outcome skills to develop: positive self concept, sound decision making, positive interpersonal relationships, desire for lifelong learning, and concern for community.

Learning more about 4-H is easy on the internet! The Kansas 4-H webpage is www.kansas4h.org; there is a Kansas 4-H page on pinterest, as well: www.pinterest/kansas4h. Those with a Facebook account can visit the Woodson County 4-H group page.

THE PRIMARY OBJECTIVE OF 4-H IS...

The basic philosophy in 4-H is to strengthen the mental, physical, moral and social development of boys and girls; therefore, helping develop more desirable citizens and leaders. The main objective is the development of boys and girls through participation in projects, events, and various activities. 4-H is intended to supplement, not replace, the three primary educational institutions: school, home, and church.

YOUNGSTERS ENJOY 4-H BECAUSE

While all youth are different, they are also alike in many ways. Five inner desires are shared by all youth:

- ★ They want to belong
- ★ They want to achieve
- ★ They want to become independent
- ★ They want experiences and adventure
- ★ They want affection.

The wide variety of "learn by doing" projects, activities, and events, which make up the 4-H program contribute to meeting these needs. Decision-making, individual responsibility, achievement and recognition further help make 4-H satisfying.



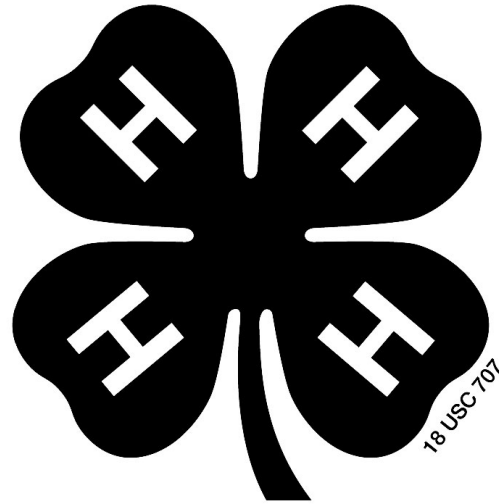
EMBLEM, COLORS, PLEDGE, & MOTTO

The four-leaf clover is the official 4-H emblem. The four “H’s” stand for Head (thinking critically, solving problems), Heart (respecting self, others, and the environment; communicating), Hands (preparing for a career, serving others), and Health (choosing healthy lifestyles, managing change and challenges).

The colors of 4-H are:

Green—life, springtime, youth

White—fresh, clean



The 4-H Pledge is:

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.

The 4-H Motto is:

“To Make the Best Better!”

4-H members should learn the pledge and try to follow it in daily life. The motto is to remind us to always strive for improvement, to continually set goals, and give every effort your best.

4-H work, as we know it, began in Kansas in 1905 (in the U.S. in 1902) as a means of reaching parents with improved farm and home practices. It was based on the assumption that if new ideas were instilled in the minds of the youngsters, they would convince their parents to try these innovations. The second reason 4-H was developed was because the schools were not meeting the needs and interests of rural youth. The first organized 4-H clubs were small groups covering a single topic such as beef, corn, gardening or canning. The first county agents were hired about 1915 and the first Kansas State 4-H Leader was hired in 1916.

The Nuts and Bolts of Woodson County 4-H

Who helps in 4-H?

Extension Agents are the professionals who help carry out 4-H objectives. We have two agents that share 4-H duties: Dale Lanham and Barbara Stockebrand. The Extension Office is located at 211 W. Butler in Yates Center; the phone number is 620-625-8620. Our website is www.woodson.k-state.edu; we're on facebook, or you may email the office: wo@listserv.ksu.edu.

Community Club Leaders are responsible for the general organization of the club.

Project Leaders help members with their project work.

Junior Leaders are 4-H teens who work with an adult leader to give leadership to activities, events, and/or projects.

Parents show interest and concern for their children by attending meetings, serving as leaders, helping in club activities, and serving on committees. Parents are very important in 4-H!

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 their community and country. Here are some activities:

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.

Judging Contests and Schools: Members may choose to enter contests and compete at local, regional, and national levels. Judging can be found in almost all areas of 4-H work. There are judging teams for photography, Family & Consumer Science, horticulture, livestock, horse, and more.

Exhibits: Members exhibit their best project work at the county fair, held in July of each year. Most top blue winners can compete at the State Fair.

What about Club meetings?

Club meetings help youth learn new information, develop social skills, acquire leadership, communication, and citizenship skills, and HAVE FUN!

4-H members are expected to attend at least 60% of the monthly meetings. Club meetings are also a family event. Parents are encouraged to attend meetings with their child.

All clubs elect officers in September. Officers are elected to the positions of president, vice president, secretary, treasurer, reporter, historian, photographer, song leader, and recreation leader. These youth then are responsible for leading the club meetings.

Project meetings allow members to get together to work on a specific project area such as rabbits or foods. These meetings may also include guest speakers, field trips, and activities.



4-H Projects



4-H'ers can choose from dozens of projects from beef to photography, wood-working to cooking! Projects are selected early in the 4-H year when enrollment cards are filled out.

In selecting projects, consider:

- Does it meet the needs and interest of the member?
- Is the project in keeping with age and ability? Will it challenge him or her educationally?
- How much time does the member have and how much time does the project require?
- Is the project acceptable to the parent and does it fit into the family needs and situation?
- How much will the project cost?
- Is adequate space and equipment available at home?

Project work is conducted through various activities and events such as project meetings, demonstrations and talks at club meetings, tours, family activities or work at home, exhibiting at shows and fairs, and record keeping.

Project leadership is provided by adult and teen volunteer leaders.

4-H competitive events provide youth opportunities to have their project work judged against a set of standards. The evaluation of an exhibit should be a positive and motivating part of the total 4-H experience. To plan, practice, and present a finished product is to learn by doing. The exhibit is not an end in itself, nor does it illustrate all the learning that has taken place during the year.

What should projects do for 4-H'ers?

Projects are important. Working with projects can produce satisfaction such as:

A feeling of accomplishment
Attention
Challenge of abilities
Excelling
Pride of ownership

Therefore, the objectives of 4-H projects are to:

1. Create a sense of ownership.
2. Give a satisfaction of achievement.
3. Strengthen family and community ties.
4. Provide opportunities for club members to learn skills connected with the project, develop and understand knowledge related to the project, develop desirable attitudes for a satisfying life, assume responsibilities, provide healthful competition, and make meaningful decisions.
5. Provide a leisure time involvement to help keep youngsters from getting involved in undesirable activities.
6. Explore career opportunities and understand the need for continued education.

The annual deadline to add or drop projects is May 1st.

4-H Records

Each 4-H member keeps a record of his 4-H work. Records are not an extra task, but are a part of 4-H work. Few young people (adults are no exception) enjoy record book keeping. However, in our society, the record habit is quite valuable. Many 4-H parents have found that keeping a notebook or calendar listing events attended or activities participated in works very well. The key is keeping it up to date.

Why encourage 4-H'ers to keep good records?

- A Good 4-H Record—is a **measuring stick**. Members and leaders are kept informed of the members' progress and will usually stimulate self-improvement by the member.
- A Good 4-H Record—is a **mirror**. It will reflect accomplishments and therefore serve as the basis for awards, trips and other recognition.
- A Good 4-H Record—**teaches a desirable habit**. Modern day society demands that everyone, no matter what vocation, keep track of financial and business matters. Developing this habit early in life will be a valuable asset.
- A Good 4-H Record—**can be achieved** only when there is the proper attitude and co-operation between members, parents, and leaders.

What Records Are There?

There are three different types of record book forms that are combined to create a complete 4-H record book.

Personal Page—It contains a space for a picture of the member, a list of projects carried and their 4-H Story. A new personal page is done each year.

Project Records Sheets—A separate specific record sheet is used for each project in which a 4-H'er is enrolled. The sheets provide space for keeping expenses, receipts, skills learned, and other information about the project. Members are encouraged to write a story of their experiences, both good and those that didn't work out so well, for each of their projects that current year. A new project record sheet is used each year.

Permanent Record Sheet—This contains a summary of all projects, exhibits made, offices held, events attended, and other activities participated in.

Only one permanent record is necessary for all the years that a youth is a 4-H member. All of the record book pages are available at the Extension Office, or on the KSRE Woodson County web site: www.woodson.ksu.edu.

When should 4-H record books be completed?

4-H members are strongly encouraged to work on the records throughout the year as they do their project work. Some project leaders may have the 4-H'er work on their records at the project meetings. Project goals should be set in each project at the beginning of the year. Records should include all activities regarding the 4-H'er and his/her projects that occurred during the 4-H year. Record books are generally turned in to the club leaders in September, and then to the Extension office for record book awards and other recognition consideration. Award applications need to be turned in along with

the record book. 4-H'ers who complete their record books may receive an award at the Achievement Banquet.



Types of Recognition

Achievement Pins are awarded to 4-H'ers who meet the requirements on the pin application form and turn in a completed record book. Nine pins are awarded in a series beginning with Membership, Bronze, Clover, Emerald, Silver, Silver Guard, Leadership, Gold, and Gold Guard. Only one achievement pin may be applied for each year. Applications are put in the record books at the beginning of the new 4-H year.

Membership Pins may be received at the completion of each 4-H year. To receive the membership award, 4-H members must complete their 4-H record book and submit it for judging.

Project Award Pins are awarded to the 4-H'ers with the top record book in their respective projects. Club leaders nominate the top books from their clubs, and the books are judged by 4-H'ers and leaders from a surrounding county. County winners in various projects are eligible to possibly compete at the area and state levels (some age restrictions apply).

The Key Award recognizes 4-H members who have an "all around" good 4-H record of accomplishments. To apply, 4-H'ers must have passed their 16th birthday by December 31, completed four or more years of 4-H work, been enrolled in the Leadership project for 4 years or more, and meet nine other requirements. A special nomination form is required.

4-H Council Scholarships are awarded to graduating high school seniors. To be eligible for a scholarship, a completed record book must be turned in, and the senior must have been a Woodson County 4-H'er for four years prior to their graduation.

4-H Activities

There is a wide variety of activities offered to 4-H members and their families. Participation in these activities is encouraged, but not required. For many activities, there are pre-entry needs, and for some a cost to participate (especially trips). The following is a list of activities offered on the local, county, state, and national levels. This list is designed to give you a little bit of information on each opportunity. More information will be supplied in the monthly newsletter sent to each 4-H family, or contact the Extension Office with specific questions.

Local Club Activities

Officer's Training—All club officers are asked to attend this yearly event to learn about their office duties and leadership development.

Club Tours—Many of the 4-H clubs hold a 4-H Tour during June or July of each year. Tours provide an opportunity for 4-H'ers with animal, garden, etc., projects to "show and tell" their projects to other 4-H'ers and parents in their club. Many clubs include a picnic or some other family activity.

Club Service Projects—Each year, clubs usually select a project that the club works on as a group, usually a community service project. The purpose of the club project is to perform a service to the community and to encourage unity and fellowship between club members. Additional club activities are planned by the individual 4-H clubs.

County-wide Activities

4-H Day—4-H'ers make presentations to share things they've learned in 4-H. Presentations include speaking (project talks, illustrated talks, demonstrations, public speaking categories), talent and musical numbers (solo and group), and model meetings. Presentations are evaluated and awarded top blue, blue, red, or white ribbons. 4-H'ers are divided into age divisions for competition. 4-H members are judged against a standard, not against each other. The event is usually held in February on a Saturday. Top Blue

Recipients from 4-H Day will get to advance to the Regional 4-H Day held on a Saturday in March. 4-H members from 7 counties and Districts in southeast Kansas give their presentations at this event in all categories from 4-H Days.

Spring Shows—Spring shows are held in lots of project areas to give 4-H members a chance to exhibit their project work other than at the County Fair. Be watching for dates in the monthly newsletters starting in March or April for more information.

4-H Camp—4-H'ers camp at Rock Springs 4-H Center, near Junction City, with 4-H'ers from other counties. Sunny Hills 4-H camp lasts for four days and is for youth who are ages 9–13 at the time of camp. A registration form and fee are required for this event.

Camp Counselors—Older 4-H members are encouraged to apply to be camp counselors.

Judging Schools and Contests—Judging provides a fun way for 4-H'ers to learn more about how to make decisions. 4-H members may participate in any judging contest regardless of projects enrolled in. There are judging teams for photography, family & consumer science, horticulture, livestock, and others. Judging contests are held in conjunction with other events and are done by age divisions. 4-H'ers must compete in county contests to be eligible for selection for State Fair judging teams.

Woodson County Fair—Held in July, the fair provides an opportunity for youth to show their project work. Exhibits are evaluated by judges using the Danish system. State Fair Blue placing's are eligible to enter at the State Fair if the exhibitor is at least 9 years old.

The Danish system of judging is a method of evaluation where a 4-H exhibit or process is evaluated against a set of standards, and recognition is awarded on the degree to which the standard has been met by each 4-H member. The standards of excellence are often printed on the judge's scorecard, and allows for the 4-H exhibit to be judged on its own merit, and not in comparison with others in the class. The following ribbons apply:

- ★ White: Fair, denotes much improvement needed. Fails to meet minimum standards.
- ★ Red: Good, some improvements needed.
- ★ Blue: Excellent, minor improvements needed. Exceeds minimum standards.
- ★ Purple (or State Fair Blue): Superior, outstanding on all standards.

Remember that when you exhibit at the county fair, you are asking for the judge's opinion. The judge's opinion is just that: an opinion, and it can vary from judge to judge and day to day. It is an opportunity to explain what you have learned, and it is an opportunity to learn from an expert. Each project is a success, no matter what color the ribbon may be.

In Conference Judging, the judge and 4-H member visit about the exhibit being evaluated. Knowing "why" they receive the ribbon they do greatly increases the learning experience. Consultation judging is used in several departments at the county fair. Parents may hear the conference with the judge, but may not enter into the discussion.

Livestock, horse, and dog project exhibitors must wear blue jeans and a white shirt during those shows. Anyone selling through the premium sale at the fair must also wear blue jeans and a white shirt.

Members must attend 60% of their club meetings from October through July (or from the time of initially joining 4-H) to exhibit at the County Fair.

A completed record book must be turned in to the Extension Office prior to the Fair Association payment of ribbon premiums from fair participation.

4-H Sunday—One Sunday is set aside each year to call attention to and emphasize the spiritual "H" (heart) of 4-H. The local clubs decide the way they want to observe 4-H Sunday. Some clubs attend church together, have a part in the church service, a 4-H family picnic or other activity. 4-H Sunday is a part of National 4-H week, the first full week in October.

Achievement Recognition Banquet—This is held each year to recognize the 4-H'ers for their accomplishment during the past year based on their completed

record books. The many awards (county champions, key awards, membership pins) are presented to 4-H members. Club awards are presented to clubs for their accomplishments. 4-H leaders are also recognized at the banquet. All 4-H members, leaders and parents are encouraged to attend this event, which is held in late October or early November.

State and National Activities

There are many activities at the state and national levels allowing 4-H'ers to meet new friends and learn new things. You will find additional information on these on the Kansas 4-H webpage (www.kansas4h.org), from your club leaders, and from the Extension Office. The monthly 4-H newsletter will also have information as the event dates approach.

Discovery Days—Discovery Days is held on the campus of Kansas State University. Classes and learning activities are the focus of this event. 4-H members must be at least 13 years old to attend. Participants also gain the experience of campus living.

District 4-H Horse Show—4-H'ers 9 years old and older compete in performance classes for the State Fair Horse Show. Achievement levels are required. Pre-entry is required. You must participate at the district level to advance to State.

Kansas State Fair—Starts the first Friday after Labor Day in Hutchinson. Entries are taken right after the County Fair. 4-H'ers who receive Purples at the County Fair are eligible to exhibit in the 4-H division at the State Fair. The minimum age is 9 for exhibition. Market animals must be nominated by May 1 for beef; June 15 for sheep, swine and goats.

Kansas Junior Livestock Show—4-H'ers can enter their beef, sheep, goats and swine in this show held at the Kansas Coliseum to compete with other 4-H'ers from across the state.

KYLF—Kansas Youth Leadership forum is a leadership conference for youth 14 years and older. This is held in November at Rock Springs. Youth have the opportunity to run for the state 4-H Youth Council.

Citizenship in Action—This two-day event is held at the State Capitol in Topeka. All youth 13 to 19 years old are eligible to attend. The purpose is for 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.

Campference—This event is focused on "tweenagers," youth ages 12—14. Participants experience the feel of a conference, while enjoying the "camp" activities Rock Springs 4-H Center has to offer. Campference features workshops about opportunities in the 4-H program, and activities to energize youth while learning leadership skills and how to better interact with others

Citizen Washington Focus—Citizenship Washington Focus is open to youth age 15-18 years-old. It is an intensive 12 day summer citizenship experience in our nation's capitol. Along the route, delegates tour educational sites like the Gateway Arch in St. Louis and Independence Hall in Philadelphia/Gettysburg Battlefield or Monticello and Williamsburg, Virginia.



The Role of Parents

Parents make the difference in 4-H! Parents and families are the strength of the 4-H program. A youngster joins 4-H to belong, to do things with his or her friends, to meet new friends, to have fun, to be recognized as a person, and to achieve. It is much easier for youngsters to succeed in 4-H and to continue to grow when they have the support and understanding of their parents.

Parents are very important to the success a child may have in the 4-H program. Parents are encouraged to attend club meetings and project meetings with their child.

The role of parents is the support they give to their children; support the child in the commitment they make, help them think through decisions, and see that they reach their goal.

4-H is truly a family affair. Youth need adult guidance to encourage and direct them in their character development. As a parent, you can be a project leader, activity leader, or even a club leader. All parents are encouraged to assume some responsibility to help with the 4-H club because all adults are busy. Share the load! 4-H clubs become more active and stronger when parents take an active role in 4-H.

YEARLY 4-H CALENDAR

October

- ★ Starts new 4-H year
- ★ National 4-H Week is the first full week of the month
- ★ Online enrollment begins October 1st
- ★ Achievement Recognition Banquet in October or November

November

- ★ Officer's Training
- ★ Achievement Recognition Reception
- ★ 4-H Council meeting

December

- ★ Online re-enrollment should be completed by Dec. 1st
- ★ Weigh Day for market beef exhibitors at the fairgrounds during Christmas break. Date TBA

January

- ★ Clubs make plans for County 4-H Day; 4-H Council meeting
- ★ Horse Panorama in Rock Springs. Date TBA
- ★ 4-H Day with the Lady 'Cats. KSU Women's basketball hosts 4-H kids with T-shirts, hot dog and drink for group price. Date TBA

February

- ★ County 4-H Day. Date TBA
- ★ Consumer Judging Contest at County 4-H Day
- ★ Usually 4-H serves the Conservation District Annual meeting supper on the first Saturday of February for a money-making project.

March

- ★ Regional 4-H Day for the Top Blues from County 4-H Day. Is sometimes held in February. Date and location TBA
- ★ 4-H Council meeting

April

- ★ Spring Beef, Lamb & Goat Show held at the fair grounds. Date TBA
- ★ Time to be purchasing lambs and pigs for the county fair
- ★ Weigh day for market pigs, breeding gilts, market sheep, breeding ewes, meat goats, and bucket calves held during last week of April. Date TBA

May

- ★ May 1 is the last day to add or drop a 4-H project
- ★ Heifer ID's due by May 1 to show at the Woodson County Fair
- ★ Horse ID's due by May 1 to show at State Shows and the Woodson County Fair

June

- ★ Discovery Days at K-State campus. Dates TBA
- ★ County Camp for 9—13 year olds at Rock Springs Ranch. Dates TBA
- ★ Area Livestock Judging Contest. Date TBA
- ★ Area Consumer Judging Contest. Date TBA
- ★ Start selling fireworks for scholarship program

July

- ★ Continue fireworks sales
- ★ Woodson County Fair!
- ★ 4-H Council meeting before swimming party after fair clean-up

August

- ★ Serve Woodson County CO-OP supper. Clubs help serve, provide cakes, and clean up.

September

- ★ Kansas State Fair. Date TBA
- ★ Kansas Junior Livestock Show. Date TBA
- ★ Complete record Books, pin applications
- ★ Record book judging. Date TBA.

As each 4-H Year Begins, Remember...

- 4-H youth are more important than the project exhibit itself.
- Learning how to do a project is more than the project itself.
- Our job is to teach 4-H members how to think, not what to think.
- Winning isn't always measured by the results of the ribbon or judging event, but by the character of the 4-H'er, parent, and leader



The Important Things Are Not Ribbons

*There once was a boy who won ribbons, mostly blue,
Came home from the fair with a big trophy, too.
With a voice glad and proud, he said to his Dad,
"Tis the best year that I've ever had."
Said his very wise dad, "Son, I'd like to hear,
Why you think that this was such a very fine year."
"Why Dad, you well know all the prizes I've won;
How I've come out on top in most things that I've done.
Just look at the ribbons that hang on the wall,
And think of the money I've made since last fall.
From premium checks and big auction prices,
You can't help but think cash and ribbons are nice."
But the man said, "My son, you're not thinking right.
Blue ribbons will fade, and trophies grow old,
Money's soon spent and fame soon grows old.
The important things, Son, aren't ribbons or pins,
And sometimes it's really the loser who wins.
Now here are the things most important; it's true,
Your 4-H experience has accomplished for you.
You've seen how a business meeting is run.
This knowledge will help you in years to come.
You've conquered the fear of addressing a crowd,
You've learned how to stand up and talk nice and loud.
Patience you've learned in your projects, too
As well as your skills that will always help you.
You've learned the fine feeling it gives you to lend
A glad helping hand to a stranger or friend.
You've learned to cooperate with majority rule,
To give in with grace and not be a fool,
Who must always have his very own way,
Be in club work, in school, or in play.
You've learned how to lose without making a "beef",
You know the judge judges to his best belief.
You've learned how to win without boasting too loud,
A kid can lose friends if he's overly proud.
Those are the things most important to you.
You'll remember and use them all your life through.
They'll help you become a mighty fine man,
They'll do more for you than a prize ever can."*

Woodson County 4-H Clubs

Eager Beavers 4-H Club

Leaders: Jay Weseloh: 620-625-2576

Kayla Westerman: 620-228-3135

Piqua 4-H Club

Leaders: Beth Wille: 620-468-2205

Shannon Culver: 620-365-9877

3-In-1 4-H Club

Leaders: John Pringle: 620-537-2017

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