

WELCOME TO 4-H

A New Family's Guide

Coffey County



K-STATE
Research and Extension

For more resources, visit our website:

coffey.ksu.edu

Look under the “4-H Youth Development” tab on the left or
visit the state 4-H website at:

www.kansas4-h.org

If you have any questions please contact your club leader
or the Extension Office at 620-364-5313!

Extension Agents:

KSU Research & Extension professionals who are charged to implement and help carry out the 4-H PDC’s objectives. The Extension Office is located at
225 Cross Street, Burlington, Ks.



4-H'ers are 4X
more likely to
contribute to their
communities*



4-H'ers are 2X
more likely to make
healthier choices.*



4-H'ers are 2X more
likely to participate
in STEM activities
outside of school*



COFFEY COUNTY 4-H CLUB DIRECTORY

There are five 4-H clubs in Coffey County and they usually meet once a month. Listed below are the names and phone numbers of the leaders. Also listed are the meeting dates and times.

Club	Date and Meeting Location	Leaders Name
Blue Ribbon	Lebo Methodist Church 2nd Wednesday at 6:30pm	Dawn Williams Amanda Durst Janine Dorr
Liberty	Gridley, Ks 1st Sunday at 5:00pm <small>*Please contact leaders to confirm location and time of next meeting</small>	Yvonne Lutz Janet Leiser
Smilin' Thru	St. John Lutheran Church in Aliceville 1st Sunday at 6:00pm	Tara Crooks Laura Pavlak
Stringtown Bombers	Kelley Park – 4-H Building in Burlington 2nd Wednesday at 7:00pm	Ashley Krueger Sarah Rice
Tip Top	Waverly Community Building 2nd Wednesday at 7:00pm	Mary Lou Ponder Kristi Vogts



WELCOME TO 4-H

What is 4-H?

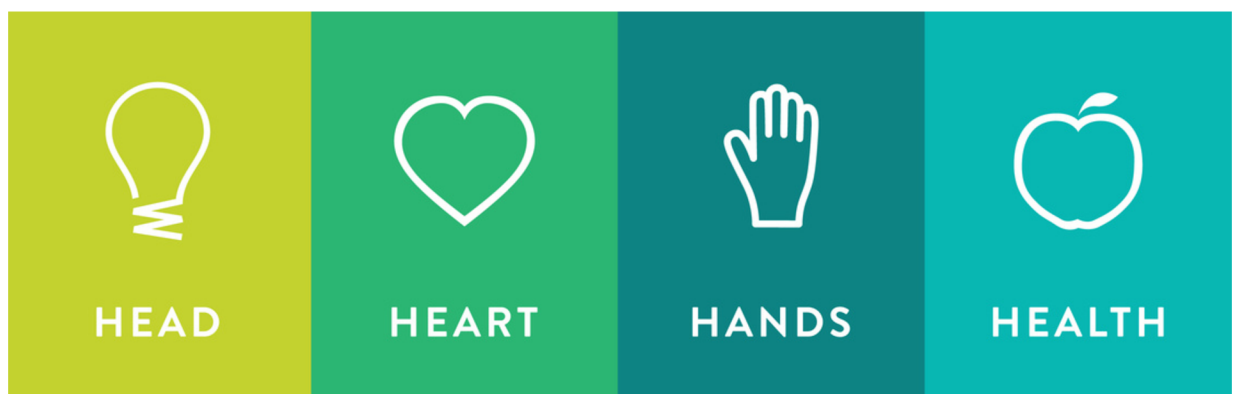
- 4-H is a volunteer led, family oriented, educational program
- 4-H is for all youth and gives them the opportunity to “learn by doing”
- 4-H is kids having fun and learning with their friends

4-H is focused on youth having fun and learning with their friends. We understand that you may have many questions your first few years in the program, so we developed this guide to help. Also, you can always call your 4-H community club leader or an extension agent for help.

The basic philosophy of 4-H is to strengthen the mental, physical, moral and social development of boys and girls, thereby, helping develop effective citizens and leaders. We do this through participation in projects, events and other various activities.

EMBLEMS, COLORS, PLEDGE, MOTTO:

The four-leaf clover is the official 4-H emblem. The four H's stand for **head**, **heart**, **hands** and **health**. Our colors are green — signifying life, springtime and youth — and white, signifying fresh and clean.



THE 4-H PLEDGE:

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.

4-H Motto:

The 4-H motto is “To make the best better.” Our members and volunteers learn the pledge and use it in their daily lives. The motto is there to remind us to always strive for improvement, to continually set goals and give every effort your best.

4-H MEMBERSHIP:

4-H Year

A new 4-H year starts October 1st each year and ends September 30th of the following year.

Age for Membership

4-H membership is open to all boys and girls that will turn 7 years old and have not yet passed their 19th birthday by January 1st of the current 4-H year. Youth 5-6 years old may join as a “Clover Bud” until they become 4-H age 7.

4-H Cloverbuds

A group of 5 and 6 yr olds who learn cooperatively. Some 4-H Cloverbuds may meet monthly for non-competitive activities that are developmentally and age appropriate.



WHO HELPS IN 4-H?

At its roots, 4-H is a family program. Parents and family help members with project work and other activities. 4-H members are also helped by volunteer leaders. Each club needs one or more adult leaders. These leaders teach, organize the club, help officers, assist at meetings and orient new parents.

There are various kinds of leaders in 4-H:

- **Community Club Leaders:** Responsible for the general club organization.
- **Project Leader:** Helps members with their project work.
- **Junior Leaders:** 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.

All registered volunteers go through a screening process and attend an orientation training. This process ensures protection for both 4-H members and adult volunteers.

PROGRAM DEVELOPMENT COMMITTEE

4-H Program Development Committee (PDC)

The Coffey County Extension Council is made up of 24 representatives that serve on one of four Program Development Committee's (PDC's). Those PDC's are Agriculture, 4-H & Youth, Family & Consumer Sciences, and Economic Development. There are six citizens on each committee. The PDC's purpose is to:

1. Work with agents to plan Extension educational programming.
2. Review and establish priorities of educational needs, issues and concerns for residents of Coffey County.



WHAT DO YOU DO IN 4-H?

In 4-H, youth learn by doing. Youth learn useful skills, teamwork and how to serve your community and country. Here are examples of activities:

- **Project work:** Choose at least one project or area of interest per year.
- **Demonstrations:** Learn to share what you have learned with others.
- **Recreation:** Play games and make new friends. **Community service:** Improve your community.
- **County contests:** Choose to enter contests and compete against other members.
- **Exhibits:** Show your best project work at the county fair.
- **Camps:** Participate in a day camp, overnight camp, or camps on the K-State campus.
- **State Events:** Strengthen your leadership and citizenship skills while making friends from across the state.

PROJECT SELECTION

A member should consult with their parents and 4-H leader(s) when choosing projects. After considering all the projects available and the requirements of each, they should select one based on:

- Their interests, needs, and capabilities.
- Their family situation.
- Suitability of the area in which they live.
- What season of the year most of the activity in the project occurs.
- The number they can successfully complete.

Members enrolling for the first time are encouraged to take on 2-3 projects. As a member gains in knowledge and experience, the size of the project may increase and additional projects selected.

Kansas 4-H has a Project Guide which gives a brief explanation of each project. This can be found on our website: <https://www.coffey.k-state.edu/4-h/enrollingin4h/>

Early in their 4-H career, a member should consider developing a tentative project plan to guide them.

CLUB MEETINGS

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

There are generally two types of club gatherings. However, each club is unique and there are many ways a club might decide to structure their meetings.

1. Club meetings: Members plan and carry out what they want to do as a group. A good club meeting has four parts with defined activities:
 - Opening: Call to order, Pledge of Allegiance and 4-H Pledge
 - Business: Roll call, secretary's report, treasurer's report, committee reports, old business, and new business
 - Education: Program, demonstrations and guest speakers
 - Fun: Recreation, songs, skits, refreshments and entertainment
2. Project Meetings: Members work together on their projects. Meetings can include guest speakers, field trips and activities.

DANISH SYSTEM

The Danish system of judging is a method of evaluation in which a 4-H exhibit or process is evaluated against a set of standards and awarded on the degree to which the standard has been met. The standards of excellence are often printed on a judge's scorecard, and allows for the 4-H exhibit to be judged on one's 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. Meets minimum standards.

BLUE: Excellent, minor improvements needed. Exceeds minimum standards.

PURPLE: 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!

RECORD KEEPING

You will be encouraged to keep a record and a story for each area of project work to help you keep track of what you are learning and helps develop your business sense. Completed records are signed by your parents and leader at the end of the 4-H year.

A good record will reflect accomplishments and therefore serve as the basis for awards, trips and other forms of recognition, as well as teaching a desirable habit for keeping track of financial and business matters. Members are encouraged to work on records throughout the year as they complete project work, often at project meetings. Records should include all 4-H activities throughout the year.

There are three different types of record forms:

- Personal Page: Contains space for a picture of the member, project list and the 4-H story. A new personal page is issued each year.
- Permanent Record: A summary of all projects, exhibits, offices held, events attended and other participation for the entire year. Only one permanent record is necessary for all the years as a 4-H member.
- Project Award: used for each project in which a 4-H'er is enrolled. The project award form provides space for setting goals, knowledge and skills learned, work accomplished, leadership, photos and other project information. New project award forms are issued each year for each project.

4-H record book forms should be filled out as completely and accurately as possible. Parents may oversee the child's work, but the child should do their own writing.



CAMPS

Many 4-H members attend camps to take part in educational and recreational experiences as they learn about nature and living with other people. Most importantly, 4-H'ers have fun at camp!

- 4-H Camps: Youth may attend our County 4-H Camp or Rock Springs 4-H Center, south of Junction City. Older teens are also given the chance to serve as counselors to the younger campers. Activities include hiking, campfires, swimming, crafts, recreation and more!
- Discovery Days: For older teens, this leadership conference is a chance to experience college life on the Kansas State University campus, exploring career interests and strengthening your leadership and communication skills. Enjoy plenty of chances to meet teens from across the state while you live in the dorms, attend "classes," and socialize at the dance and ice cream social.

NEW 4-H YEAR REMINDER...

- 4-H youth are more important than the project exhibit itself.
- Learning how to do a project is more important than the project itself. To "learn by doing" through a useful project is fundamental in any sound educational program, and is characteristic of the 4-H program.
- There is more than one good way of doing most things.
- 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.

MORE RESOURCES

Kansas 4-H website: <https://www.kansas4-h.org/>

Website: <https://www.coffey.k-state.edu/>

Facebook page: <https://www.facebook.com/coffeycountyextension/>

Monthly Newsletters: <https://www.coffey.k-state.edu/4-h/newsletters/>

Call the extension office at 620.364.5313 with questions.

