

Howard County 4-H Family Guide



This 4-H Family Notebook belongs to the

_____ Family

Our Club is the _____ 4-H Club.

Our Club Meeting night is the _____ of each month at _____.

UNIVERSITY OF
MARYLAND
EXTENSION

Solutions in your community

HOWARD COUNTY OFFICE
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Dear Parents,

We are glad to have your child join our Howard County 4-H Program. We know that you want him/her to have the best opportunities as well as to be successful in their efforts with their particular involvement.

This 4-H Family Guide has been prepared to give you an overview of the purposes of the 4-H program as well as a brief look at the many learning opportunities available to your family. It has been our experience and understanding that behind successful 4-H'ers are parents, who encourage, guide and support the 4-H'ers involvement. We hope you will become interested in our 4-H program by helping your child. 4-H can easily become a 4-H family activity.

4-H offers an opportunity for young people to participate in one or several projects. These projects help members learn how to make decisions, establish goals and develop skills that can be used throughout their lives. Members learn why they're doing certain things--to use their heads as well as their hands.

4-H members have the opportunity to:

Be leaders and followers'
Be part of a positive peer group
Learn to do by hands-on experiences
Accept responsibility

Make Decisions
Earn recognition and awards
Attend camps, workshops' & seminars
Practice Citizenship

The adults working with 4-H clubs and programs are volunteers. None are paid for their time, talents, and caring. All are concerned that 4-H'ers have a positive learning experience.

Best wishes for an enjoyable 4-H year and 4-H learning experiences.

Sincerely,

Sheryl L. Bennett
Extension Educator, 4-H

Chris Rein
4-H Program Assistant

University of Maryland Extension programs are open to all citizens and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental ability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.



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Howard County University of Maryland Extension

What is 4-H?



4-H is a non formal youth educational program of the University of Maryland Extension. Professional leadership for 4-H is given by field faculty, Extension Educators of the University. Support for the 4-H program is a joint effort of county government, the University of Maryland, and the United States Department of Agriculture.

4-H is young people learning, doing, and sharing together in all kinds of projects, events, and activities in informal situations with the guidance of adult and teen leaders and their families. Members choose projects that fit their interests and the places where they live. Group activities and events such as camps, clinics, workshops, trips, fairs, and shows provide additional opportunities and learning experiences.

4-H is open to youth ages 5-18, girls and boys regardless of their ethnic background, race or creed. Most 4-H clubs meet on a monthly basis and have a business meeting, planned program, project demonstrations and recreation.

Regardless of the club, each 4-H group involves youth, family, and community members working and learning together.



Mission and Objectives

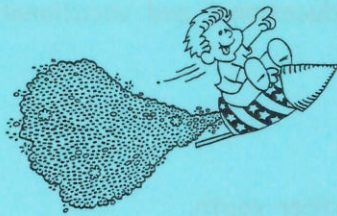
4-H's mission is to help young people become self-directing, productive, and contributing members of society. More specifically, its objectives are to help young people to:

1. Develop inquiring minds, an eagerness to learn, and the ability to apply Science and technology.
2. Learn practical skills, develop competencies and acquire knowledge.
3. Strengthen abilities to make intelligent decisions, solve problems and manage their own affairs in a fast-changing world.
4. Acquire positive attitudes toward self and a feeling of self-worth.

5. Develop their potential by seeking and learning through educational and vocational experiences.
 6. Improve skills in communications and self-expression.
 7. Develop effective interpersonal relationships with adults and other youth.
 8. Maintain optimum physical and mental health.
 9. Develop concern for involvement in community and public affairs.
 10. Increase leadership capabilities.
 11. Develop socially acceptable behavior, personal standards, and values for living.
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12. Develop abilities to perform as productive, contributing citizens.
 13. Use time wisely in attaining a balance in life (work, leisure, family, community and self).

JOIN THE 4-H PARADE!!





Benefits of 4-H Membership

By being an active participant in 4-H, youth will:

- ✓ Learn, make, and do things that appeal to them and are meaningful
- ✓ Make friends, belong to a group, receive acceptance, and positive reinforcement
- ✓ Have a good time, which makes learning appealing and enjoyable

From an adult perspective, each 4-H'er will one day become a contributing and caring adult in his/her community because of the knowledge and life skills 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-esteem and self-confidence

INCLUSION

The Maryland 4-H program is committed to inclusion and that no person will be subjected to discrimination on the grounds of DISABILITY. No 4-H UME youth or adult is excluded or denied benefits of 4-H programs solely by reason of his or her disability. In addition, Maryland 4-H understands many youth and volunteers have special needs. We are committed to considering accommodations and alternatives in programs', policies, and procedures to provide children and volunteers with safe and successful experiences when notified about special needs of the individual participant within a reasonable period of time BEFORE the program, event, or activity.

4-H Emblems and Symbols

Emblem

The national 4-H emblem is a four-leaf clover with the letter "H" on each leaf.

The Four "H's"

The four H's stand for Head, Heart, Hands, Health.

These H's represent the four-fold training and development in which members participate.

This meaning of the four H's is clearly given in the pledge below.

4-H 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, and my world.

The 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.

Motto

The national 4-H motto "To Make the Best Better" should be the objective of every member and leader.

Philosophy

"Learn by Doing"

4-H Terms

4-H Cloverleaf Newsletter

This monthly publication is sent to each 4-H member and gives information about county wide 4-H meetings and activities for 4-H'ers, parents, and leaders. For most events, this will be your only source of information.

UME

Stands for -University of Maryland Extension. This abbreviation is used sometimes to indicate program opportunities. University of Maryland Extension is responsible for the administration of the 4-H program.

Enrollment Forms

These forms are completed annually by both members and leaders. Members indicate their projects for the year on these forms with leaders indicating areas they're interested in helping with as far as projects.

4-H Age

The national 4-H age is 8-18 with the 4-H age being determined by January 1 of the current year. There is a 4-H Clover Program for 5-7 year olds with age being determined by January 1 of the current year. The clover program is statewide.

4-H Projects

4-H member projects and leader guides are developed and written by University of Maryland Specialists and 4-H Extension Educators and suggest learning experiences as part of every project. Record sheets come with each project that serve as a way to list what's been done in specific projects. Project records are available on the 4-H website at www.howard4-h.org

Project Demonstrations

This part of club work encourages 4-H'ers to share what they've learned in 4-H with others. In order to complete a project, a demonstration should be given. Demonstrations may be given at club meetings, PTA's, school groups, county events, at the fair, and other places.

Who's Who in Howard County 4-H

Local Club Level

4-H Member

Any boy or girl between the ages of 8 to 18 who participates in a local 4-H group or activity.

4-H Clover

Any boy or girl between the ages of 5 to 7 who participates in a local 4-H group or activity.

Club Leaders

Adult volunteers who are responsible for the organizational part of the club. Required to go through UME Volunteer Training.

Project Leaders

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 person from the community who has knowledge in a particular subject matter area. Required to go through UME Volunteer training.

Activity Leader

A volunteer who is responsible for organizing and conducting county or club special activities (i.e., club community service). Required to go through UME Volunteer Training.

Junior Leader

A 4-H member who is 14 years old or older and is enrolled in the Junior Leadership Project. By taking an active part in helping younger members in the club, these 4-H'ers are growing, maturing, and developing their leadership skills.

County Level

Resource Leader

A volunteer who is willing to answer project or activity questions for other volunteers or 4-H members and who helps organize and coordinates countryside workshops. Required to go through MCE Volunteer Training.

Extension Educators/Assistants - 4-H & Youth Development

They are the professionals who guide, teach, and administer the 4-H program. They are faculty members of the University of Maryland.

Program Assistants - 4-H

These are para-professionals who assist the educators with the 4-H program.

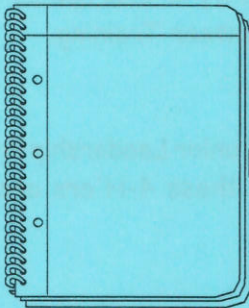
4-H Projects

The 4-H project is the foundation for 4-H club work. There are over 150 projects that 4-H'ers can choose from. Each member is expected to carry and complete at least one project in any 4-H year. In order for a project to be complete, the member must:

- * do the project work and complete project records
- * present a project demonstration or speech on the club or county level
- * make a project exhibit

Quality rather than quantity of project work is most important, in that 4-H'ers are expected to, for the most part, conduct project work individually. There will be group project meetings as planned by the local clubs and at the county level as necessary.

The family of the 4-H'er should take an active interest in his/her projects. Insist, encourage, and offer advice, but remember, the 4-H'er learns by doing.



4-H Records help members to:

- 1) Establish goals
- 2) Assume responsibility for record keeping
- 3) Collect information
- 4) Evaluate progress

4-H Records help others to understand and know the 4-H'er, learn about the member's interest, and evaluate members' progress and achievements. Howard County recognition awards are based on 4-H Record Books. This, along with the learning of basic record keeping skills, is why 4-H'ers are encouraged to complete a 4-H Record Book.

Countywide workshops are held annually to help 4-H'ers with this process. Individual club leaders are also familiar with Record Books and can help answer questions that 4-H'ers might have.



4-H Activities and Events



In addition to local club activities, there are opportunities and special events that are countywide. All 4-H members are encouraged to participate in county programs that will supplement and enhance what's done in the club program. The listing below is only a partial listing; many other project related activities and events are held annually. All 4-H programs and events are publicized in the 4-H Cloverleaf newsletter.

4-H Camp

This is a method that is used to educate and provide learning opportunities for youth ages 8-18. There are several camp programs available to youth throughout the summer. These include overnight resident camps, short term special interest camps, and day camps. All camping opportunities are publicized in the 4-H Cloverleaf and are open to all youth. Older youth members serve as counselors at camp for the various responsibilities. Camp adult staff and Extension Educators coordinates and supervise the camps.

National 4-H Week

This is the first full week in October and one that is set aside to recognize and promote 4-H across the country. Each year a specific theme is highlighted with each club conducting special promotion activities in their community.

4-H Judging Programs

This is another way for 4-H'ers to learn more about their projects. Through this program 4-H'ers utilize their project knowledge in evaluating and making decisions about desirable quality aspects of particular products and/or animals. Local clubs are encouraged to use this method in their club programs. Each year, judging practices and workshops are held countywide to help prepare 4-H'ers for county contests held throughout the spring and summer in the areas of dairy, livestock, horse, and consumerism.

Howard County Fair

The fair is held the first full week of August at the Howard County Fairgrounds. This fair features judging and exhibits in various 4-H project areas. Any 4-H'er may exhibit their project work at the fair and compete for ribbons and premiums. A complete catalog listing classes and activity is available in June from the 4-H club leader or 4-H office.

Project Workshops, Seminars and Clinics

Project Workshops, Seminars and Clinics are conducted throughout the year and highlight various subject matter topics and are usually held at the County Extension Office. All programs of this kind are publicized in the 4-H Cloverleaf.

4-H Awards and Recognition

Recognition is an important part of our 4-H program. 4-H'ers are recognized for their participation in 4-H projects, club activities, county, district, and state programs and sometimes on a national level depending on their interest.

4-H Records

Records serve as one way the 4-H member receives recognition. All achievement certificates and pins are based on the completed 4-H Record Book.

Outstanding 4-H Club

This award is presented to outstanding 4-H clubs in the state. This award is presented to the club and recognizes the club program and achievements. Clubs must submit the club program and secretary's book for consideration of this award.

4-H Scholarships

Scholarships are available from the county, state, and national level. Members are evaluated on quality and quantity of 4-H project work and need to make application for various scholarships through the county 4-H office.

There are many opportunities for awards and recognition through active participation in the 4-H program. 4-H'ers receive awards at shows, contests, fairs, and by participating in a number of 4-H activities in a year.

The University of Maryland Extension, Howard County

The University of Maryland Extension is a statewide informal education system within the University of Maryland at College Park and the Eastern Shore. Howard County Extension Educators extend the latest information from the University to county residents. The County Extension Educators, who are kept up-to-date by specialists at the University and Experiment Stations, are prepared to help county residents with information and programs in four major areas.

Agriculture/Urban Agriculture, Family and Consumer Sciences and 4-H

University of Maryland Extension, Howard County, is located at:

3300 North Ridge Road Suite 240

Ellicott City, MD 21043

410-313 2707 (office) 410-313-2712 (FAX)

Monday - Friday 8:00 A.M. - 4:30 P.M.

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The University of Maryland Extension Howard County

The University of Maryland Extension is a statewide network of educational programs and services. The University of Maryland at College Park is the primary location for the Extension. The County Extension extends the program information from the University to county residents. The County Extension Director who has been appointed by the University and Extension Districts are prepared to help county residents with information on programs and services. A program brochure is available from Agricultural, Family and Consumer Extension and 4-H.

University of Maryland Extension, Howard County is located at:
 1800 North Ridge Road, Room 540
 Ellicott City, MD 21043
 All Other UMW Counties: (410) 326-5200
 County - (301) 482-4300
 Howard County: (410) 326-5200

| Area Extension Director | Phone Number | Area Extension Director | Phone Number |
|----------------------------------|----------------|----------------------------|----------------|
| Agribusiness & Natural Resources | (410) 326-5200 | Adult Education | (410) 326-5200 |
| Community Development | (410) 326-5200 | Community Development | (410) 326-5200 |
| Family & Consumer Sciences | (410) 326-5200 | Family & Consumer Sciences | (410) 326-5200 |
| Human Resources | (410) 326-5200 | Human Resources | (410) 326-5200 |
| Job Training | (410) 326-5200 | Job Training | (410) 326-5200 |
| Leadership | (410) 326-5200 | Leadership | (410) 326-5200 |
| Local Development | (410) 326-5200 | Local Development | (410) 326-5200 |
| Public Safety | (410) 326-5200 | Public Safety | (410) 326-5200 |
| Small Business | (410) 326-5200 | Small Business | (410) 326-5200 |
| 4-H Youth Development | (410) 326-5200 | 4-H Youth Development | (410) 326-5200 |
| 4-H Youth Leadership | (410) 326-5200 | 4-H Youth Leadership | (410) 326-5200 |
| 4-H Youth Program | (410) 326-5200 | 4-H Youth Program | (410) 326-5200 |
| 4-H Youth Activities | (410) 326-5200 | 4-H Youth Activities | (410) 326-5200 |
| 4-H Youth Education | (410) 326-5200 | 4-H Youth Education | (410) 326-5200 |
| 4-H Youth Training | (410) 326-5200 | 4-H Youth Training | (410) 326-5200 |
| 4-H Youth Extension | (410) 326-5200 | 4-H Youth Extension | (410) 326-5200 |
| 4-H Youth Leadership | (410) 326-5200 | 4-H Youth Leadership | (410) 326-5200 |