

ST. LUCIE COUNTY



4-H MEMBER'S HANDBOOK

St. Lucie County 4-H
8400 Picos Road, Suite 101
Fort Pierce, FL 34945
Office: (772) 462-1660
Fax: (772) 462-1510
stlucie.ifas.ufl.edu/4-H.html

WELCOME TO 4-H CLUB MEMBERSHIP!

You are a member of the largest youth organization in the world with a membership exceeding seven million young people. Just in the United States, 4-H reaches out to all fifty states and more than eighty countries around the world.

I am glad that you have chosen to be a member of St. Lucie County 4-H. Whether you are a new 4-H'er or have been a member for several years, I trust that you will enjoy the coming year and give your very best to 4-H. The more you give, the more you will receive in return. Remember that the body is only as strong as its individual parts. 4-H'ers are parts of our St. Lucie's 4-H body. If you do not participate in meetings and in activities, you cause our body to weaken. I want you to be able to say, "I will help support our 4-H Program in St. Lucie County to make it the very best." St. Lucie County 4-H exists to provide opportunities for the mental, physical, and spiritual growth of young people in St. Lucie County.

This personal handbook contains important and helpful information for you. Read through the book carefully, it may answer some questions you have. Take it to your 4-H meetings. Discuss the information with your leader. This handbook contains a section for recording your 4-H participation and activities. Keep it accurate and up-to-date, then it will be much easier for you to complete your record books.

As a 4-H member, you have certain responsibilities and obligations:

1. Be obedient to your authorities.
2. Be of higher moral character.
3. Attend club and county meetings and activities.
4. Select and complete at least one project during the year.
5. Learn the 4-H Pledge, emblem, motto, slogan, and blessing.
6. Be informed and encourage others to join 4-H.
7. Help recruit new volunteer leaders.

By working together, we can achieve the goal "To Make the Best Better."

Sincerely,

Susan Munyan
4-H/ Agriculture Agent
St. Lucie County



An Equal Opportunity Institution

ABOUT 4-H

What is 4-H?

4-H is the nation's largest youth development organization. Over 230,000 members in the State of Florida help to make up the community of more than 6.5 million young people across America. 4-H is a non-formal, practical educational program for youth. Florida 4-H is the youth development program of Florida Cooperative Extension, a part of the University of Florida IFAS.

How did 4-H originate?



Florida 4-H became an official part of the Cooperative Extension Service, along with agriculture and home economics, at about the time Cooperative Extension was officially established by the US Congress in 1914. Read more... <http://florida4h.org/about/history>

What do the 4 H's stand for?

Head – Mental Development

- Deeper knowledge and reasoning

Heart – Emotional Development.

- Developing interest, appreciation, and wholesome attitudes.

Hands – Skills Development.

- Ability to do, skill in doing, and habit of doing.

Health – Physical Development.

- Understanding and appreciating a growing and changing body.

MORE ABOUT 4-H

What is the 4-H Mission?

The Florida 4-H Youth Development Program uses a learn-by-doing approach and caring adults to help youth gain the knowledge and life skills they need to be productive, responsible citizens.

To achieve its mission, 4-H accesses the expertise and resources of the University of Florida and a nationwide network of Cooperative Extension Service faculty and staff.

What is the 4-H Vision?

Florida 4-H aspires to be the leading youth development program that creates positive change in youth, families and communities.

What is the Motto, the Slogan, and the Pledge?



...To Make the Best Better.

Motto: To Make the Best Better.

Slogan: Learn By Doing.

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.

Emblem

The national 4-H Emblem is a four-leaf clover with the letter “H” on each leaf. It is one of the most recognized logos in America. It has proudly represented America’s largest youth organization for decades, and it should always be presented and used in a respected way. Read more... <http://florida4h.org/about/emblem>

4-H Colors

Green & White

The white in the 4-H flag symbolizes purity. The green, nature’s most common color, is emblematic of life, springtime and youth.

Who Can Join

4-H is open to all youth, ages 5-18, determined as of September 1 of the current 4-H program year. Eligibility for enrolled 4-H members is determined by the youth's age as of September 1 of the current 4-H program year, which runs September 1 - August 31.

Here are some examples for clarification. Ages are as of September 1 of the current 4-H year,

- If a child is age 5 on September 1, he/she can join 4-H for the entire 4-H year as a Cloverbud member.
- If a child turns age 5 on September 2 or later, he/she must wait until the next 4-H year to join.
- If a member is 7 years or under as of September 1, he/she is a Cloverbud member. If a member is 8 years or older on Sep 1, he/she is a standard 4-H club member.
- If a teen will be age 18 on September 1, he/she can join for the entire 4-H year.
- If a teen is age 19 on September 1, he/she cannot be a 4-H member but is encouraged to serve as a 4-H volunteer.

Divisions

4-H programs and events are offered on an age-appropriate basis to youth, ages 5-18. Age requirements are designed to give youth involved the optimum experience in their respective programs. Generally, age classifications for most 4-H programs and events are below. Age requirements can vary for each of the 4-H events and activities held within the state. It is important for one to be aware of the various age requirements for participation

Ages 5 – 7: Cloverbud Division

Children under 8 years of age on September 1 of the current 4-H year, are ineligible to participate in competitive activities at any level (Club, County, District, State, National or International). 5-7 year olds may exhibit or share project activities at a participation level (for feedback), against a predefined standard. Participation awards should be given to this group, but they should not be involved in Peer Competition. 4-H Cloverbud members are part of an introductory, exploratory program without competition that prepares them for the full 4-H membership experience as they get older (age 8).

Ages 8 – 10: Junior Division

Any youth 8-10 years old as of September 1 of the current 4-H program year is considered a junior.

Ages 11 – 13: Intermediate Division

Any youth 11-13 years old as of September 1 of the current 4-H program year is considered an intermediate.

Ages 14 – 18: Senior Division

Any youth 14-18 years old as of September 1 of the current 4-H program year is considered a senior.

All 4-H programs and activities shall be offered on an age-appropriate basis that should consider the mental and physical readiness of youth, availability of suitable curriculum materials, adequate supervision, and the health and safety of participants.

4-H aims to offer a progression of suitable, educational activities that avoid overwhelming younger participants but also maintain their interest and continue to challenge them as they grow older and more experienced.

4-H Membership Age Policy – effective September 1, 2015

Membership age of youth participation is determined by the youth's age as of September 1 of the current program year (September 1 – August 31). The minimum age of a 4-H'er is 5 years old and the maximum age for a 4-H'er is 18 years old, or completion of high school, whichever comes first. Youth whose membership age is beyond 18 who have qualified for a National Contest (as a culminating event for their project learning) shall be eligible to participate in the event as long as they qualify as per National Contest policies. Youth classified as an "exceptional student" and thus determined eligible for a special program by the State Board of Education [Florida Statute 1003.01(3)(a)] shall be eligible to participate in 4-H until the age of 21 years old (National 4-H upper age limit) or completion of high school, whichever comes first.

Volunteer

Adult volunteers play an important role in the 4-H program. They mentor 4-H youth, coordinate local community clubs, and help to plan and run events. Learn how to get started and receive training to be a 4-H volunteer.

- 1. Decide that you want to help kids grow and explore their futures.
- 2. Check out some of the different [volunteer experiences \(volunteer roles\) with Florida 4-H](#).
- 3. Contact your local [County Extension Office](#) to learn about 4-H in your county and discuss your possibilities with your 4-H Agent.
- 4. Choose a volunteer role and complete a [Volunteer Application](#) through 4HOnline.*
- 5. After you receive your official appointment letter, attend a county orientation and training.
- 6. Prepare to share your skills, knowledge and talents while having Fun with kids!

*Paper applications are available for those without Internet access.

Parental Role in 4-H

In order for your child to obtain the maximum benefits and rewards from 4-H membership, you as a parent must be involved. It is not necessary for you to act as a 4-H leader to have an impact. Simply attending activities as often as possible and exhibiting interest in your child's project(s) will greatly impact his/her 4-H experience. Beyond this, you may wish to assist the club leader by acting as a project, activity, or support leader/volunteer. Ask your child's leader how you can best fit in. The following list is the minimum level to which we ask you to participate in the 4-H program.

1. Make every effort to know and understand the 4-H program.
2. See that you 4-H'er arrives at the 4-H meetings on time. **A parent is required to attend all meetings and activities with their 4-H'er.**
3. Assist the 4-H'er in selection of suitable projects.
4. Encourage and assist 4-H'er in project work, so that he/she may have a feeling of accomplishment.
5. Provide supplies for members' projects at home and at club meetings.

DICTIONARY OF 4-H TERMS

DEMONSTRATION – A “show” and “tell” presentation using posters and other visuals. 4-H members learn to express themselves and to develop confidence before a group.

EXHIBITS – Showing your project work at the St. Lucie County Fair in February. 4-H members are encouraged to participate in the fair. Exhibits can be posters, product, animal, or an educational display of something you have learned, made, or grown in your project area.

OFFICERS – Those 4-H’ers who are elected to assume leadership for their club that year.

CLUB MEETINGS – The regular meetings of 4-H members. The purpose is to provide educational information and announcements of 4-H opportunities. 4-H club meetings are held in the community by volunteers. Club meetings are generally held once a month. Club workdays or activities are in addition to the club meetings.

CLUB RULES/BYLAWS – Most 4-H clubs have a set of written rules for the operation of the club. Be sure you become familiar with your club’s rules early in the year.

ENROLLMENT FORMS – A form that you fill out at the beginning of the 4-H year to join or remain in a 4-H club.

COMMUNITY SERVICE – A club project to better understand and care for your community. Clubs and club committees identify community needs or problems, plan and take action in helping with these needs.

COUNTY EVENTS – Every 4-H member’s opportunity to present a demonstration, illustrated talk or public speaking in a project area. You compete with other 4-H’ers for the county, winners go to competition at District. This takes place toward the end of March.

DISTRICT EVENTS – Winners from County Events, Fashion Revue, and Share the Fun (Talent Show) go on to compete on the district level. This takes place the beginning of May.

4-H DISTRICT XI – St. Lucie County is in the 4-H District 11 along with Brevard and Martin counties.

FASHION REVUE – A fashion show opportunity for all those taking the clothing project.

4-H UNIVERSITY – A week long, state competition in July that involves over 400 people from around the state each year. This event is held at the University of Florida, Gainesville, for the winners of District Senior Events, Share the Fun, and selected other state level events. It is a chance for senior 4-H members to participate in state events and meet others from different parts of the states. Participants stay in the dorms, use the facilities (especially the Reitz union), and eat in the cafeterias.

4-H STATE LEGISLATURE – A week long mock legislature held at the State Capitol in Tallahassee provides a “learn by doing” experience. 4-H’ers represent lobbyists and legislators by simulating the roles of each and studying state government. The House of Representatives and the Capitol meeting rooms are used throughout the week to facilitate this phenomenal experience. 4-H’ers stay in the Florida State University dorms and use the campus throughout the week for activities. 4-H youth participate in office hours, a political picnic, a banquet, and dances. 4-H’ers must be fourteen years old and have completed a citizenship project or a community service project to attend. Most first year participants serve as lobbyists. Lobbyists represent and work toward the passage or failure of legislation concerning their particular interest group. They inform legislators about their bills during office hours and committee meetings. During the session, lobbyists can either view the chambers from the surrounding galleries, participate as pages and serve the legislators, or visit historical sights of Tallahassee on tours. They lobbyists also work with legislators. Legislators, however play an entirely different role. They debate during committee meetings and on the floor, sponsor bills and amendments, and vote on bills and motions. After serving one year as either a lobbyist or a legislator, 4-H’ers may serve as a reporter. They investigate daily happenings, write articles, and publish a daily newspaper.

DISTRICT AND STATE 4-H HORSE SHOWS – County level 4-H members qualify to compete at a district horse show which is held at Florida State Fairgrounds in Tampa. 4-H members qualify at district to compete at the state horse show also held at the Florida State fairgrounds.

HORSEMANSHIP SCHOOLS – This is an intense week long camp, where horse and riders attend. Members may spend as much as eight hours a day in class, and they take care of their own horse.

4-H DISCOVERY CAMP – A week long day camp that offers a variety of fun and exciting activities.

NATIONAL 4-H CONFERENCE – To compete for a trip to National Conference, one must submit a complete “Florida Awards Portfolio.” The total number of the youth then chosen to attend the interviews at State 4-H Congress is fifteen. After a tough interview only four outstanding senior 4-H members are selected to attend National 4-H Conference at the National 4-H Center in Chevy Chase, Maryland. Along with the “volunteer of the year,” chose at Congress, the delegation spends a fun filled week attempting to strengthen Public Awareness and participates on program development.

CITIZENSHIP WASHINGTON FOCUS – 4-H youth across America converge in Chevy Chase, Maryland for a week in the summer to participate in a variety of citizenship workshops, meetings, field trips, and activities.

WASHINGTON FOCUS – A week long adventure in our Nation’s capital focusing of the inner workings of our Federal government. 4-H’ers 14-18 are eligible to participate.

STATE 4-H COUNCIL – the Florida 4-H Council comprises two members from each of the 67 counties. The Council meets at Congress usually twice to vote in the new State 4-H officers, to propose amendments for the State 4-H Constitution, to read resolutions to those who support 4-H exceptionally, give committee and district reports, and any other special activities as deemed by the current State 4-H President. The council has five elected offices: Reporter, Treasurer, Secretary, Vice-President, and President. The candidates participate in interviews with the districts, give a two-minute speech, and answer impromptu questions. Following their election, they meet to give interviews for the three appointed offices: Sergeant-At-Arms, Parliamentarian, and Historian.

HOG-N-HAM PROGRAM – During August and September, 4-H members can gain knowledge about pork production, processing, and utilization through hands-on experience. Participants compete through presentations or illustrated talks. They need to be at least ten years of age.

POSTER ART CONTEST – Every 4-H member is eligible to design a poster using the theme “4-H more than you ever imagined.”

OTHER ACTIVITIES AND EVENTS

St. Lucie County Fair

Building A is where the youth projects are displayed:

Horticulture	Poster Art	Horse
Recreation	Aerospace	Clothing
Photography	Wildlife	Foods
Wood Working	Organizational Exhibits	

Youth Animal Barns are where the youth display their livestock projects such as:

Poultry	Beef	Goats
Rabbits	Beef Breeding	Horse
Cavy	Swine	

PROJECT OPPORTUNITIES

Animal Science

Meats
Veterinary Science
Beef
Dairy
Horse
Sheep
Swine
Embryology
Poultry
Dog
Cat
Rabbits
Goat
Beef Breeding

Plant Science and Crops

Plant and Soil Science
Crops and Crop Science
Citrus
Garden, Fruits & Vegetables
Ornamental Horticulture

Mechanical Engines

Tractor
Small Engines
Automotive
Bicycle
Electric
Aerospace
Wood Science

Leisure and Cultural Ed.

Expressive Arts
Social Recreation
Hobbies and Collections

Energy

Home Energy
Energy Encounters

Natural Resources

Entomology
Apiary
Conservation of Natural
Resources
Forestry
Wildlife
Marine Science
Wetlands
Shooting Sports

Economics, Jobs & Careers

Marketing
Career Exploration
Leadership
Citizenship

Health and Safety

Health
Safety
Fire Prevention

Individual & Family Resources

Home Management
Home Environment
Housing
Consumer Education
Clothing construction
Clothing Care
Clothing Selection
Food and Nutrition
Breads
Dairy Foods
Food Preservation
Child Development

Communication Arts & Sciences

Public Speaking
Photography
Computers

Introductory or General

Discovering 4-H
Do Your Own Thing

WHAT IS A COMPLETE PROJECT?

You will hear the word “complete” mentioned often concerning projects and requirements for recognition and awards. To complete a project, the following must be done:

1. Select a project that is suitable to your home situation, for example: Do NOT choose Market Steer for a project if you do not have a facility to house or care for a steer.
2. Select a project that you will enjoy, which also has your parent’s and leader’s approval.
3. Get a record book for your project from your 4-H leader. Read it carefully with your parents and leader so you will know what you are supposed to do.
4. Do the work of the project yourself with advice and guidance from your leader and parents. Your leader will decide if you have done the work satisfactorily.
5. At a club meeting and county event, give a demonstration or talk to teach others something you have learned from your project. Your leader will help you choose your subject and plan your demonstration or talk.
6. At a club meeting and/or county event, bring an exhibit showing something you have made or learned. It may be a poster, product, or educational display.
7. Keep a written record of all the things you do in this project and other 4-H activities as you go along. (Use a calendar, notebook, diary, or your member handbook.) Save any newspaper articles about your club in which your name or picture appears. If you can, have your parents take a picture or two of you working with your project and your finished product and put these pictures in your project record book.
8. When you have done everything you should and want to do in your project, fill in your record book. Be sure to give all the information asked for and answer each line. If in doubt as to time period covered in your book, ask your leader or agent. Remember, give all the information asked for: records are very important.
9. Your 4-H story should tell what you have done and learned in your participation in club and county activities. Your project story tells what you have done and learned in that project.
10. Your leader will need to look over your record book. Your books will then be judged. Each 4-H’er who completes and turns in his or her record book will receive a ribbon (blue, red, or white).

DEMONSTRATION CATEGORIES

Animal Science

Companion Animals

Horse

Veterinary Science

Aquatic and Marine Environment

Waste Management

Energy

Clothing

Food Preparation

Housing and Home Environment

Health

Mechanical and Electronic Science

Leisure Arts/ Recreation

Career Exploration, Citizenship and Leadership

Consumer Education, Family Economics and Home Management

Earth Connections – topics relating to the interdependence of air, earth, soil, and water.

Forests and Other Terrestrial Environments – forest ecosystems, forest conservation, wildlife, entomology, and beekeeping relating to collection, preservation, biology, and control of insects.

General Category

Other Competitive Events

Automotive Driving

Fashion Revue

Horse Public Speaking

Public Speaking

Plant Connections

Foods and Nutrition

Food Science and Safety

Human Development

Safety

Petroleum Power and Small Engines

Media Art

Jr __ Inter __ Sr __ Florida 4-H Score Card for Demonstrations & Illustrated Talks

Name of Participant: _____ Category: _____

County: _____ Title: _____ *Time Limits: Jr & Inter: 3-12 min Sr: 5-12 min

Only judges ask questions--*Deduct 5 points if demonstration does not fall into allotted time.

Criteria	Max Score	4-H'er's Score	Comments
I. THE 4-H MEMBER (20 points)			
Appearance & Poise Neat, well-groomed, good posture, appropriately dressed for task being performed. Calm, pleasant, confident; keeps composure when something appears to go wrong or does go wrong. Self-assured, yet pleasant manner. 4-H clover optional.	10		
Voice & Grammar Distinct, forceful, yet natural. Clear voice with distinct enunciation & reasonably strong. Enthusiastic. Correct, well chosen words. Not memorized. Use correct grammar with clear meaning.	10		
II. ORGANIZATION & PRESENTATION (30 points)			
Introduction Effective, interesting. Brief explanation of the presentation, with introduction of the 4-H'er. Introduces main points of presentation. Gets the attention of the audience.	5		
Arrangement & Use of Equipment Right equipment for the job. Uses it correctly. Audience can see what he/she is doing.	5		
Visual Aids Equipment, models, charts, and supplies effective and well arranged. Chose the teaching aid to best tell the story. Charts and models neat, concise, large enough, & appropriate. Visual aids utilized in presentation.	5		
Logical Sequence Well organized, clear, logical steps. Evidence shows the 4-H'er has planned presentation.	5		
Ability to Work Easily & Efficiently Steps, illustrative material, and explanation coordinated. Talks about what he/she is showing and explains the procedure. Information given fills time during the process or is related to what is being shown.	5		
Summary Key points summarized. Reliable sources used and cited.	5		
Ability to Work as a Team** (team demos only) Spoken parts are divided evenly, team members work together smoothly.	(5)		
III. SUBJECT MATTER (50 points)			
Selection of subject – Reason for & practical value of demonstration Subject related to their 4-H experiences (projects, activities, etc.) Info. presented put to good use.	10		
One basic theme Presentation confined to one theme. Covered in the allotted time.	5		
Accurate, up-to-date & complete Information is correct & current All the steps in the process shown.	10		
Degree of difficulty Material sufficiently challenges the 4-H'er – age and/or skill level.	5		
Knowledge of subject & related skills Understands principles and practices presented. Questions adequately answered.	10		
Results – Finished product good or purpose accomplished.	10		
TOTAL	100 (105)		Judges Initials: _____

Total score divided by 100 = percentage score (90-100% blue, 80-89% red, 79% & below white; 20 **if team demo, 95-105 blue, 84-94 red, 83 and below white)