DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

**Washington County 4-H Program**
2536 N McConnell Avenue • Fayetteville, AR 72704
(479) 444-1755 • email: mthomas@uada.edu
www.uaex.uada.edu/counties/washington/

Dear prospective 4-H family:

It's my pleasure to welcome you to the Washington County 4-H program! 4-H is the premier youth development program conducted by the University of Arkansas System Division of Agriculture, Cooperative Extension Service. The four H's we emphasize are: Head, Heart, Hands, and Health— and the program is designed to prepare young people to step up to the challenges in their communities and provide youth with the skills to lead for a lifetime. The core elements of 4-H include youth leadership, youth-adult partnerships, life skills learning, and community service. 4-H programs are grounded in the belief that youth learn best by doing. 4-H members complete hands-on projects in areas like science, health, agriculture, and citizenship in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles.

The mission of Arkansas 4-H is to provide opportunities for youth to acquire knowledge, develop life skills, form attitudes, and practice behavior that will enable them to become self-directing, productive, and contributing members of society. Here in Washington County, we have 21 clubs that are dedicated to this mission. Some clubs focus on one specific project; other clubs conduct a variety of educational programs that could be about anything! From robotics to photography to soil science, 4-H has something for everyone.

We will do our best to get you plugged in with a club that best fits your needs and goals for your 4-H experience. Once you attend two meetings, we can get you enrolled in our online system, and you will be well on your way! 4-H is an incredible journey, and we're glad that you chose Washington County. If you have any needs or questions, please don't hesitate to reach out if I can help in any way.

Sincerely,

*Washington County Cooperative Extension*

Count Extension Agent : Makesha Thomas- mthomas@uada.edu

# What is 4-H?

4-H is a youth organization that builds future leaders by providing a positive foundation and developing essential skills for future generations. Arkansas 4-H is a community for all kids, from every background and with any interest. In 4-H, we believe in the power of young people. We see that every child has valuable strengths and the power to improve their community.

**4-H Emblem** The 4-H emblem is a four-leaf clover with the letter "H" on each leaf. The letters in the emblem stand for **Head, Heart, Hands** and **Health**—the foundation of all 4-H programs.

**4-H Educational Philosophy** The phrase **"Learn by Doing"** sums up the educational philosophy of the 4-H program. Youth learn best when they are involved in their educational experiences.

**The Mission of 4-H** The mission of the 4-H Youth Development program is to help children, youth, and families realize their full potential and to improve the quality of life for Arkansas youth and families. The 4-H youth development program provides opportunities for youth to acquire knowledge, develop skills, form attitudes and practice behavior that will enable them to become self-directing, productive and contributing members of society.

**4-H Motto** The motto **"To Make the Best Better"** is intended to inspire young people to continue to learn and grow and to make their best efforts better through participating in educational experiences.

**4-H Colors** Green—Nature's most common color, symbolizes springtime, life, and youth. White — symbolizes purity and high ideals.

**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.*

# Who Can Join 4-H?

**4-H membership is FREE and open to ALL youth ages 5-19.**

# 4-H Terminology

Sometimes 4-H can seem like it has its own language with unique names for competitions, age levels of membership and even workshops. If you are new to 4-H, this can seem a bit confusing, but we are here to help! Check out these common 4-H words and their explanations below. If you ever hear about something in 4-H you aren't quite sure what it is, feel free to reach out to the Cooperative Extension Office or your local club leader and we will be happy to help!

**Cloverbuds** – Youth ages 5-7. Cloverbuds become official on their fifth birthday. The Cloverbud program is a NONCOMPETITIVE, fun, educational program designed to acquaint youth with 4-H. There are NO competitive evaluations of a child's project. This is the future of the 4-H program.

**Junior 4-H Member** – Youth that are ages 8-10 as of January 1 and become eligible to participate in activities beyond the county level at this time.

**Intermediate** – Youth that are ages 11-13 as of January 1 and become eligible to participate in activities beyond the county level at this time.

**Senior 4-H Member** – Youth ages 14-19 as of January 1. They may participate and/or compete in 4-H activities and events until December 31 of the year they celebrate their 19th birthday.

**Parent & Adult Leaders (PAL)** – 4-H parents and adult volunteers that provide assistance to the county 4-H program. Meetings typically happen on the 3rd Monday each month at 6 p.m. during the Teen Leaders meetings. This is a support system to 4-H that helps with numerous activities.

**County 4-H Council** – Meetings are held on the 4th Monday, at 6:00 p.m., on even months. Everyone is welcome and encouraged to attend meetings. Officers from all 4-H clubs serve as members of the council. Applicants are elected to serve as officers of the County 4-H Council and chair county event planning committees and conduct all the county events throughout the year.

**Record Book (Journal)** – Method of recording and submitting information about projects and activities a 4-H member has completed each year. Purposes include developing life skills such as: record-keeping, setting goals, communication, measuring growth achievements and organizational skills. 4-H members may earn scholarships by submitting Record Books for competition and information recorded can be used in developing a resume and applying for non-4-H scholarships.

**O-Rama** – Competition that is held on the county, district (25 counties), or state level. On the county level 4-H members may enter several different contests/events. Those Junior and Senior members placing high enough, can go on to compete in one event at District O-Rama. Winners at District are eligible to go on to state. There are both individual and team events.

**Activity Day** - This event is a District 4-H O-Rama qualifying activity. Members compete in events including Bait Casting & Game Fish ID, Bicycle, Crop and Seed ID, Entomology, Forestry, Gun Safety & BB Gun Marksmanship, Ornamental Horticulture, and Reel into Sport Fishing. Event guidelines can be found at: https://4h.uada.edu/youth/opportunities/orama.aspx under the DISTRICT 4-H O-RAMA CONTESTS tab in the Contest Resources section.

**Breads, Dairy & Rice Contests** – Food preparation contest where both the products and the recipe are entered. Contest are broken into categories and age ranges for competition.

**Farm Friends** – County program to educate youth and community members on farm animals and how the farm and agriculture has an impact on the community and its economy.

**Achievement Banquet** – All 4-H families are encouraged to attend the annual County 4-H Achievement Banquet where we celebrate and recognize the hard work of our 4-H members.

**Talks & Demonstration Day** - This event is a District 4-H O-Rama qualifying activity. At this activity, members present a prepared speech and/or demonstration on one of a number of different topics. Presentations are 2-5 minutes for junior 4-H members and 5-8 minutes for senior 4-H members. Posters, visual aids, or PowerPoint presentations are used in most categories. Event guidelines can be found at: https://4h.uada.edu/youth/opportunities/orama.aspx under the DISTRICT 4-H O-RAMA CONTESTS tab in the Contest Resources section.

**Talent & Fashion** - This event is a District 4-H O-Rama qualifying activity. Members can showcase their instrumental, vocal, and dance talents. There are also events for constructed and purchased outfits. Event guidelines can be found online under the DISTRICT 4-H O-RAMA CONTESTS tab in the Contest Resources section at: 4h.uada.edu/youth/opportunities/orama.aspx

**Poultry BBQ Contest** – Contestants are provided two halves of a split broiler to barbecue and turn in one half for judging. Junior and Senior 4-H members compete against each other, and the top five contestants represent the county at the District Broiler Barbecue Contest.

**Ross Photography** – Each 4-H member ages 9-19, can enter two color photographs (living & non-living category) and two black and-white photographs (living & non-living category). Four county winners are selected, one in each category, and sent to compete in the state contest. Cash awards are presented to state winners. Event guidelines can be found under the DISTRICT 4-H O-RAMA CONTESTS tab in the Contest Resources section at: 4h.uada.edu/youth/opportunities/orama.aspx

**SeaPerch -** is a contest designed to spark youth participation in the STEM (science, technology, engineering, and math) area. During this contest, teams work to build a remotely operated submersible robot built from spare parts, including PVC pipe, pool noodles, motors, and batteries. Teams submit a report summarizing their design process and participate in a team interview. Teams also showcase their SeaPerch by navigating through an underwater obstacle course. For more information visit 4h.uada.edu/programs/science/engineering-technology/seaperch.aspx

**WHEP** - The 4-H Wildlife Habitat Evaluation Program (WHEP) is a 4-H youth natural resource program dedicated to teaching wildlife management to Arkansas 4-H members. Nationally, WHEP has earned a solid reputation for being a 4-H program that fosters relationships between youth, professional wildlife and fisheries biologists, agents, volunteers, parents, teachers, and farmers.

**County Fair** - There are hundreds of different categories that county 4-H members can enter in the county fair. 4-H members with livestock entries are eligible for selection in the annual premium auction. Fair entries range from vegetables, insect collections, crafts, and photography, to table settings, baked goods, rabbits, and beef cattle. The Extension Office will have information on entry dates and deadlines when announced. https://mywashcofair.com/

**County Educational Workshops** – Each year there are a variety of workshops available for members to participate in based on request, resources, and time. Examples of these workshops include Day Camps, Field Trips, Food Preservation, Robotics, STEM activities, Culinary Experiences, Sewing Workshops, 4-H Officer Training, 4-H Record Book, Livestock Judging, Entomology and more.

**Parliamentary Procedure -** Also called rules of order, is the generally accepted rules, ethics, and customs used to govern meetings. Parliamentary procedure is designed to help members and leaders conduct effective meetings with organizational structure. This term not only describes the way in which our meetings are run, but there is also a State O-Rama team contest that consists of a written exam, mock 4-H meeting and writing of minutes.

*Rules, event dates, and other information on specific events can be requested at the Extension Office.*

# A Look at Washington County 4-H:

Washington County 4-H is comprised of over **420** Youth Members, **40** Certified Leaders, and **19** Local 4-H Clubs.

## Washington County 4-H Clubs:

- *Big 4 Livestock Club*
- *Brush Creek*
- *Cove Creek Clever Clovers*
- *Elkins*
- *Garden Explorers*
- *Goin' Showin'*
- *Greenland*
- *Hogeye*
- *Hoof & Heart*
- *Jr. Master Gardner 1.0*
- *Land O' Goshen*
- *Leadership*
- *Lincoln*
- *NWA Sharp Shooters*
- *Washington Co. Healthy Living Advocates*
- *Washington Co. Equestrians*
- *Washington County Rabbit & Poultry*
- *Washington Co. Teen Leaders*
- *Winslow*

Washington County 4-H had 28 National Presidential Volunteer Service Award Recipients last year!

## Joining is easy and free!

1. Contact the Washington County Cooperative Extension Office at (479) 444-1755 for club meeting information.

2. Visit clubs to see which one is right for your family. Each club is unique and meet in various locations around the county.

3. Attend two club meetings, provide information to your club leaders and then you can officially register at 4h.uada.edu (Join 4-H)

4. Attend monthly club meetings and activities regularly to keep your membership current.




















# ARKANSAS 4-H PROJECT LIST

## *HEALTHY LIVING*

### MIND: SOCIAL AND EMOTIONAL WELL BEING
- Bullying Prevention
- Personal Finance
- Self-Awareness
- Substance Abuse Awareness

### BODY
- Food & Nutrition
- Food Preservation & Safety
- Health & Fitness
- Human Development
- Safety (ATV, Shooting Sports)

**Don't see your project interest? Self-determined projects can be placed in an area that best describes your focus of work.**

**Contact your local county agent for assistance.**

## *CIVIC ENGAGEMENT*

### PERSONAL DEVELOPMENT
- Achievement
- Citizenship
- Communication
- Leadership
- Mentorship
- Public Speaking
- Workforce Preparation & Careers
- Entrepreneurship

### COMMUNITY ACTION
- Service Learning

### FINE ARTS
- Music
- Photography & Videography
- Theater & Performance Arts
- Visual Arts

## *SCIENCE, TECHNOLOGY, ENGINEERING & MATHMATICS (STEM) AND AGRICULTURE*

### ANIMAL SCIENCES
- Cattle (Beef & Dairy)
- Goats (Dairy & Meat)
- Horse
- Livestock Skills
- Meat Science
- Pets
- Poultry
- Rabbits
- Sheep
- Swine
- Veterinary Science

### PLANTS AND AGRICULTURE
- Agriculture
- Gardening
- Soils & Crops

### ENVIRONMENTAL SCIENCE & ENERGY
- Archeology
- Biology & Chemistry
- Climate
- Energy & Electricity
- Entomology
- Environmental
- Forage & Grasslands
- Forestry
- Water, Wildlife & Fisheries

### ENGINEERING & TECHNOLOGY
- Computer Science & Coding
- Mechanical Sciences (Automotive, Welding, Tractor)
- Robotics
- Rocketry & Aerospace

DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
*University of Arkansas System*

# So, Why Should You Join?

## Projects & Workshops

Youth are encouraged to work on projects in 4-H to develop life skills, hone their talents, and gain new experiences. With over 50 projects to choose from, Arkansas youth have opportunities to grow in their knowledge while having fun experiences with their friends and families. Record keeping and completing a 4-H record book describing the work of a member's project is an important part of 4-H with tangible benefits. Youth will be prepared for future employment, college applications, and household management with the skills they gain from record keeping. There are many educational workshops on each level to get members involved and help them learn about their projects and interests.

## Competitive Events

Throughout the year, there are a number of competitive events that supplement 4-H project work ranging from Public Speaking and Livestock Judging to BB Shooting and Bicycling. These contests are held on the County, District, State and National level and consist of both team and individual events. Youth in 4-H learn effective team building skills in their clubs and contests. The 4-H O-Rama program is the event that serves as the culmination of a 4-H member's year of hard work and dedication. O-Rama consists of approximately 40 competitive 4-H events.

## Leadership, Community Service & Scholarships

4-H is committed to fostering youth development and growing future leaders. Through participation, youth develop and exercise leadership skills, gain a greater awareness of their civic responsibilities, participate in hands-on, member led, community service projects, and learn how to contribute to the world around them. Each year, Arkansas 4-H youth receive more than $80,000 in college scholarships at the state level for their 4-H accomplishments. 4-H not only provides numerous opportunities to apply for scholarships, but also builds extracurricular activities and strengthens resumes.

## Camps & Conferences

From Virtual Culinary Camps to the Citizenship Washington Focus Trip and Teen Leader Conference, 4-H is packed full of opportunities to get involved and learn by doing. 4-H teaches leadership, teamwork, citizenship, record keeping, public speaking, and many more skills young people will use throughout their lives. Youth members gain lifelong friendships and valuable life skills by getting hands on learning opportunities!

# *Let's Get Enrolled!*

**After you have attended your two monthly meetings and provided information to your new club leader, you can officially register online!**

# Arkansas 4-H Online Enrollment

Use your phone camera to scan the QR code & sign up online.

DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
*University of Arkansas System*

18 U.S.C. 707

# *Still Have Questions?*

**Reach out to us here at the Extension Office and we will be happy to help!**




**Washington County Cooperative Extension Office**
**479-444-1755**
**2536 N. McConnell**
**Fayetteville, AR 72704**
**8:00 a.m.- 4:30 p.m. Monday-Friday**
https://www.uaex.uada.edu/counties/washington/

Pursuant to 7 CFR § 15.3, the University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services (including employment) without regard to race, color, sex, national origin, religion, age, disability, marital or veteran status, genetic information, sexual preference, pregnancy or any other legally protected status, and is an equal opportunity institution.