

# **RUSK COUNTY 4-H**

## **NEW MEMBER GUIDE**



**UW**  
***Extension***  
University of Wisconsin-Extension

 **4-H GROWS HERE**

# Welcome to Rusk County 4-H!



We are thrilled that you have decided to join 4-H! You will join other youth from Rusk County to have fun, meet others, learn new things and make a difference. We currently have 8 4-H clubs in the county comprised of about 200 different families. 4-H is one of the largest youth organizations in the world!

The purpose of this booklet is to help you learn more about 4-H and how you can make the most out of being a 4-H member.

**Wisconsin** has adopted the **4-H Green Guarantee**.

## **4-H Clubs Guarantee Youth Opportunities To...**

- ... develop positive relationships with peers and adults
- ... be actively involved in their own learning
- ... contribute as active citizens through community service and leadership
- ... develop skills that will help them succeed
- ... recognize, understand and appreciate others
- ... have fun

**This means as a 4-H member, you can expect to**

- Have fun
- Meet and work together with other kids from many different age groups
- Meet and work together with other adults
- Give back to your community
- Have opportunities to take leadership for activities, events and the club
- Decide the projects and things you want to learn about, set goals for yourself and make a plan to reach those goals
- Be recognized for what you have learned or accomplished

***So lets get started!***



## Rusk County 4-H Staff



### **Jenna Behrends**

Positive Youth Development  
Extension Educator  
715-532-2155  
[jenna.behrends@ces.uwex.edu](mailto:jenna.behrends@ces.uwex.edu)

*Jenna is part of the UW-Extension staff. She links knowledge and research from the University of Wisconsin to the county. Jenna provides leadership to the design, development, implementation and evaluation of the county 4-H program. She also works on expanding the 4-H program to youth across the county and works with community partners to develop programs for all youth in the county.*



### **Charmaine Johnson**

Support Staff  
715-532-2151  
[chamaine.johnson@ces.uwex.edu](mailto:chamaine.johnson@ces.uwex.edu)

*Charmaine plays a vital role in assisting agent in managing the 4-H program. She supports all program areas, maintains multiple budgets and books rooms for meetings. Charmaine is also the financial officer for the Rusk County Jr. Fair. Additionally, she is the booking coordinator for the fairgrounds and Trails End Camp. Charmaine facilitates the county recycling, annual clean sweep and tire collection.*

# Rusk County 4-H Volunteer Leaders



## LEADER'S COUNCIL

The 4-H Leader's Council sets policies, makes decisions and raises funds for the county 4-H program. Leader's Council meetings are open to any 4-H adult volunteers. They meet monthly on the 3rd Thursday at 6:30 pm.



## JUNIOR LEADERS

The 4-H Junior Leader's Organization (JLO) also sets policies, makes decisions and raises funds for the county 4-H program. Junior Council also plans and conducts county activities. Monthly JLO meetings are open to any 4-H youth in grade 8 or above.



## CLUB LEADERS

A club leader is an adult volunteer who serves as the general leader of the 4-H club. They are responsible for the organizational aspects of the club and serves as the liaison with the county 4-H leadership. Club leaders advise the youth in making decisions for the club and may delegate tasks to other leaders and parents.

## CLUB OFFICERS

A club officer is a youth leader elected by members of the club. They conduct each club meeting. Officers include president, vice president, secretary and treasurer. Some clubs also have reporters and photographers.

## COMMITTEE LEADERS

4-H committees are adult and youth volunteers who are responsible for projects at the county level. They plan and conduct educational meetings and activities in specific projects that are open to any youth in the county enrolled in those projects.

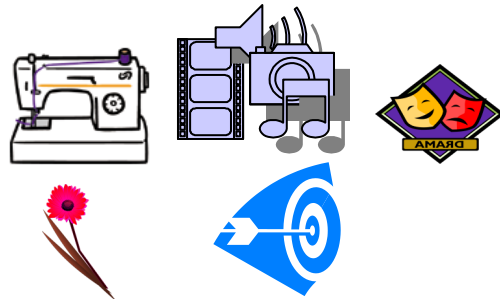
Currently in Rusk County, we have the following committee's:

- Dairy
- Horse
- Livestock
- Shooting Sports
- Small Animal



## PROJECT LEADERS

Project leaders are experienced adult volunteers who serve as subject matter resource people for project leaders, members and parents in a few specific projects. They are available to assist with project meetings and help members on an individual basis.



# 4-H Dictionary

*Here is a list of commonly used words in the 4-H program*



<b>UWEX</b>	University of WI Cooperative Extension service that is responsible for the administration of the 4-H program in Wisconsin.
<b>4-H Club</b>	A group of 5 or more youth from 3 or more families and at least one certified, caring adult leader. Clubs meet regularly throughout the year and are run by youth. Clubs do a variety of projects, including community service.
<b>4-H Year</b>	The start of the 4-H year during the fall.
<b>4-H Age</b>	Youth in 5K up to one year past high school. Cloverbuds are the youngest 4-H members (K-2nd grade).
<b>Enrollment</b>	A task that is completed online by you at the beginning of each 4-H year. In this process you will select the projects you are going to take.
<b>Club Rules and Bylaws</b>	Written rules or guidelines for the operation of your club.
<b>4-H Project</b>	A series of learning experiences that help you learn new skills or a new subject. Most projects have volunteer leaders who have knowledge in that area. Projects include animal sciences, plant and soil sciences, food and nutrition, environment, clothing, photography, theatre, leadership, healthy living and shooting sports.
<b>Exploring Project</b>	A project recommended for 3rd graders. They are able to explore a variety of other projects through exploring activities during the year.
<b>Record Book</b>	A report of your 4-H accomplishments, projects or activities throughout the year.
<b>Project Literature</b>	4-H member and leader guides written by University specialists to help you learn more about your 4-H projects. Clubs will determine how to handle the costs of these materials.
<b>M.E. Forms</b>	<b>M</b> ember <b>E</b> valuation forms. Older members complete this form if they are interested in applying for state and national awards and trips.
<b>Awards at the Club Level</b>	Completing all of the membership requirements for the 4-H club during the year.



# 4-H DETAILS



Motto: "To Make the Best Better!"

## The 4-H Pledge

Otis Hall, state leader of Kansas, was responsible for the original wording of the 4-H pledge. When the Executive Committee of the Land Grant College Association requested Dr. R.A. Peterson, President of Iowa State College, and Dr. A.C. True of the Federal Extension Service to write a pledge for 4-H, they submitted a pledge substantially as written by Hall. At the first National 4-H Club Camp in 1927, the 4-H pledge was officially adopted by the state 4-H leaders. The pledge remained unchanged until 1973 when, in response to requests from a number of states (including a recommendation from 4-H members attending National 4-H Conference), the pledge was changed to include "my world." This change was officially approved in 1973 by the Extension Committee on Organization and Policy and now reads:

### ***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 4-H Colors

Green and White are the 4-H colors. The white is found as the background on the flag with a green clover with an H on each leaf.

## Pledge of Allegiance

*"I pledge allegiance to the flag of the United States of America, and the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all."*



You will say the 4-H Pledge and the Pledge of Allegiance before every meeting!



# 4-H Pledge

I pledge:

My Head to Clearer Thinking

**Head**



(right hand points to forehead).

My Heart to Greater Loyalty

**Heart**



(right hand over heart)

My Hands to Larger Service

**Hands**



(Arms slightly bent, palms up)

And my Health to Better Living for My Club,  
My Community, My Country and My World

**Health**



(Arms at sides)



# Hello! Welcome to Rusk County 4-H!



My Name: \_\_\_\_\_

4-H Club Name: \_\_\_\_\_

General Leader's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Project Leader's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Other Club Members who can help me during my 1st year: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# WHAT PROJECT DO YOU WANT TO GROW WITH?

A 4-H project is an area that you want to learn more about during the year. There are projects on just about any topic you would like to explore. Choose from art to woodworking, from computers to rabbits, from clothing to small engines, from aerospace to horses. If you are interested in learning more about something, there is probably a 4-H project to help you! As you explore, you'll learn "life" skills, too. These are valuable skills, such as understanding yourself, communicating and working with others, problem solving and decision making . . . skills that you can use the rest of your life. The best part? You'll have **SO MUCH FUN** doing it!

In 4-H, you will ...

## LEARN BY DOING!



See below for an idea of all the projects available!  
For more information, contact your club leader or the UWEX office!



### ANIMALS

- Beef Cattle
- Small & Companion Animals
- Dairy Cattle
- Dog Care & Training
- Goats (Dairy, Meat, or Hair)
- Horse
- Livestock Judging
- Poultry (Chickens & Turkeys)
- Rabbits
- Sheep
- Swine
- Veterinary Science

### BIOLOGICAL SCIENCE

- Aquatic Science
- Biological Sciences
- Entomology
- Meat Science

### CIVIC EDUCATION

- Citizenship
- Global Education & Awareness

### COMMUNICATION & ARTS

- Theater & Performance Arts

### COMMUNITY/VOLUNTEER SERVICE

- Community Service

### CONSUMER & FAMILY SCIENCE

- Clothing & Textiles
- Consumer Education
- Family Life Education
- Housing & Home Environment

### ENVIRONMENTAL EDUCATION

- Energy
- Forestry
- Natural Resources
- Outdoor Education & Living Skills
- Range Science
- Shooting Sports
- Water Conservation & Education
- Wildlife & Fisheries

### FOOD & NUTRITION

- Foods & Nutrition

### HEALTH

- Healthy Lifestyles (Health)

### LEADERSHIP

- Leadership
- Public Speaking
- Workforce Preparation/Careers
- Youth Entrepreneurship

### PERSONAL SAFETY

- Bicycle Safety

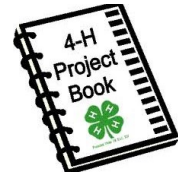
### PLANT SCIENCE

- Horticulture
- Junior Master Gardener
- Soil & Crop Science

### TECHNOLOGY & ENGINEERING

- Photography/Video
- Robotics
- Rocketry/Aerospace
- Science, Engineering, & Technology

# Why do a Record Book?



- \* To keep a permanent record of what you have done in 4-H!
- \* A place to showcase all of your activities, accomplishments, projects and learning!
- \* Helps you evaluate your progress and achievements!
- \* Gives you the opportunity to be recognized by your club and county!
- \* Allows you to reflect on your growth in project work, leadership, citizenship, and community service. This information will be extremely useful to you when completing future scholarship, college and/or job applications.
- \* You'll be keeping records all you life so you may as well start now!



You can talk to your club leader for more information about completing record books!

## Components of a Record Book

- A. Cover/Binder
- B. Member Cover Title Page
- C. Review Form
- D. Activity Record
- E. Activey Story
- F. Demonstration Log
- G. Project Worksheet
- H. Animal Record, if applicable
- I. Project Fair Results
- J. Project Story
- K. Permanent Record
- L. Awards
- M. Cover

# Rusk County 4-H Club Policy and Guidelines

In order to provide an excellent educational 4-H experience for all 4-H members in Rusk County, the Executive Board of Leader's Council has established minimum requirements for 4-H clubs and members. Clubs need to understand that the 4-H experience should include opportunities for members to develop a sense of belonging, mastery, independence, and generosity. Developing a sense of belonging includes being a part of a loving, supportive community of youth and adults. Mastery consists of building competence in many areas such as responsibility, self-control, appropriate social skills, project mastery and much more. A sense of independence is developed when youth become responsible for their own decisions, set their own goals, and learn self-discipline. And finally generosity is developed when youth understand the importance and rewards of contributing toward the welfare of others.

With these goals in mind, the following minimum requirements have been established.

## **Club Requirements:**

- Clubs shall meet a **minimum** of 6 times per year. These meetings shall be on a bi-monthly schedule.
- Clubs shall send a copy of their monthly secretary's minutes to the 4-H Agent as evidence of their monthly meeting and to keep the 4-H Youth Development Agent informed of activities in the club.
- Each club shall send one representative to the Plat book Ad Committee workshop.
- Clubs are encouraged to follow the recommended guidelines for 4-H club meetings as established in the 4-H Meeting Guide and Planner or Letters to New Volunteers, Letter #3. These documents are available at: <http://www.uwex.edu/ces/4h/clubs/starting.cfm> and <http://www.uwex.edu/ces/4h/clubs/leadership.cfm>.
- Clubs are encouraged to send one representative to the monthly meeting of the Executive Board of the Leader's Council. The representative may be the organizational leader, another leader, a parent, or an older youth.

## **Membership Requirements:**

- Membership re-enrollment is due November 1.
- Each member shall attend a minimum of 50% of the club meetings in order to be eligible to show at the county fair
- College students shall make arrangements with their club organizational leader to attend other educational events as a substitute for missed club meetings.
- It is highly recommended that all members submit to their club leader a minimal record book, scrapbook, PowerPoint, or other evidence demonstrating their achievement in each project enrolled in.



*Developed By:* Jenna Behrends, Positive Youth Development Extension Educator, Rusk County

*Adapted from:* Chippewa County 1st Year Member Guide developed by Jackie Johnson, Chippewa County 4-H Youth Development Educator and Sue Pleskac, 4-H Volunteer Leadership Specialist. Also adopted from A Guide for New 4-H Families developed by Heather Vierling, St. Croix 4-H Youth Development Educator.

*The University of Wisconsin-Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender/sex, creed, disability, religion, national origin, ancestry, age sexual orientation, pregnancy, marital or parental status, arrest or conviction record or veteran status. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that the proper arrangements can be made. Requests will be kept confidential. Contact your local Extension Office.*

