

Exploring 4-H

4-H Project Newsletter

This newsletter will be updated in December of each year, if necessary, based on changes made to the project at the 4-H Nova Scotia Annual General Meeting in November.

Welcome to the Exploring 4-H Project! Since this is likely your first year in 4-H, welcome to the 4-H Nova Scotia program and congratulations on becoming a member of Canada's premier rural youth program. 4-H is a hands-on program where you will:

- Have fun getting together with other 4-H members;
- Work on projects that you have chosen yourself;
- Take part in club and county activities, tours and events;
- Learn many skills such as decision making, public speaking, meeting procedures, and leadership.

This project newsletter will give you an overview of the Exploring 4-H project, answer some of your questions concerning expectations of the project, and provide you with project ideas and some resources. Project newsletters are an excellent reference to keep on hand to refer to throughout the year. Good luck and have fun! If you have any questions, please contact your Regional Agriculture Leadership Coordinator (ALC).

GENERAL 4-H INFORMATION

Ages for Members:

Junior Members: 9 - 13 years of age as of January 1, as of the current year.

Senior Members: 14 - 21 years of age as of January 1, as of the current year.

4-H members may register in the club and county of their choice, but must only be registered in one club, in one province. Members may register in one club and access projects in a neighboring club if that club is willing to assist with leadership of a certain project.

The Exploring 4-H not only enables new 4-H'ers to become familiar with what is involved in the 4-H program, but also allows them to explore a variety of projects. Exploring 4-H members will 'explore' at least six (6) different projects or aspects of the 4-H program. Exploring 4-H can take on a variety of fun-filled, hands-on learning activities, all which are meant to help you EXPLORE the 4-H program! **Junior 4-H members, in their first year of the 4-H program, are eligible to enroll in the Exploring 4-H project. Members enrolled in Exploring 4-H are not allowed to enroll in any other 4-H projects in the given 4-H year.**

Project Completion:

All 4-H members must complete 'project requirements', for each of their projects, at their club Achievement Day. If you are unable to attend your own club Achievement Day, please make prior arrangements with your Regional ALC. Completion of your project qualifies you to move on to any further county, provincial, or national 4-H competitions relating to that project in the current 4-H year. School projects are not permitted to be used as 4-H projects. Each member must complete and display their own project work (i.e., two members cannot share a project for project completion).

What is Achievement Day?

Achievement Day allows members to display their project work to the public and have their projects evaluated, non-competitively. Project completion at Achievement Day is based on the following system:

A Green project completion sticker will be given to a member who has completed:	A Silver project completion sticker will be given to a member who has completed:	A Gold project completion sticker will be given to a member who has completed:
<ul style="list-style-type: none">• Record Sheet• Project Work	<ul style="list-style-type: none">• Record Sheet• Project Work	<ul style="list-style-type: none">• Record Sheet• Project Work
Plus one of the following: <ul style="list-style-type: none">• Communications• Club Contribution• Judging	Plus two of the following: <ul style="list-style-type: none">• Communications• Club Contribution• Judging	Plus all three of the following: <ul style="list-style-type: none">• Communications• Club Contribution• Judging

RECORD SHEET – Each member must complete a satisfactory record sheet. Record sheets may be hand written or typed. *For more useful information, refer to Record Sheet Guidelines.*

PROJECT WORK – Each 4-H project (e.g., woodworking, dairy, etc.) has specific project work requirements. Each members' project work will be evaluated on the quality of the work, degree of difficulty for experience/age, the way articles are displayed/presented, and whether all requirements are met. A 1st, 2nd, or 3rd place ribbon will be given for each project. Please review project requirements for each project carefully. In non-livestock projects, members must complete the required number of items as outlined, unless prior approval is given by the Regional ALC. This request should be made in advance of the member's Achievement Day. Consideration of an item counting as additional items will be given based on members age, degree of difficulty, time required to complete, etc.

COMMUNICATIONS – Members who participate in public speaking and/or demonstrations at club level will receive recognition on their Achievement Day Certificate. Each club has its own standards for communications, so members should confirm with the general club leader.

CLUB CONTRIBUTION – Members are encouraged to be actively involved in their club, county, province, and community. The club contribution aspect is an assessment on such things as a member's attendance at meetings and events, attitude, effort, cooperation, and self-expression. Each club has its own standards for club contribution. Evaluation of this Achievement Day component is done by the Club General Leader and / or project leader(s). The standard for club contribution should be communicated clearly to all members by club leaders at the beginning of the 4-H year.

JUDGING – In each project, members are asked to compare four (4) articles or livestock (e.g., 4 wooden shelves in the woodworking project or 4 heifers in a dairy class), then evaluate them to place the class in order from first (closest to the ideal), to fourth (furthest from the ideal). Oral reasons, using proper terminology, are given to an official judge for the project to support those choices. There are many useful judging resources available through your Regional ALC, as well online at the [Nova Scotia Department of Agriculture](http://www.novascotia.ca/agriculture) website. In each county, a judging box is also available to borrow to help practice judging skills. It includes judging information and cards as well as judging classes, with reasons. Clubs may book these supplies through the Regional ALC.

At 4-H Nova Scotia Provincial Show, 4-H animals participating in the 4-H Nova Scotia Show competitions are used to make up livestock judging classes (e.g., 4 intermediate Holstein calves). Member are responsible for notifying their Regional ALC by September 15 by email if they do not wish to have their animal used. Please keep in mind that judging classes can only be provided if members are willing to offer their animals for a judging class. As such, 4-H members are encouraged to let their animal be used in a judging class if possible.

Exploring 4-H Project Work Requirements

On Achievement Day, Exploring 4-H members will be required to display six (6) simple articles that they have completed. Each article should represent a different project that they have explored. Displayed articles do not need to be complex, but rather meant to be exploratory in nature. Article examples which could be displayed include: potted plants to represent 'Exploring Gardening'; paper beads to represent 'Exploring Crafts'; a short description and / or picture of a visit to a dog kennel, accompanied by a thank you letter, to represent 'Exploring Small Animals'. Additional article ideas which represent involvement in the 4-H program as a whole, include: cue cards from your 4-H speech; a photo and short description of a club level event; a practice judging card, accompanied by written judging reasons.

To ensure that each member's articles are kept together, it is recommended that all six (6) Exploring 4-H articles be displayed together, in a box or a container (not exceeding 3' x 3').

4-H NOVA SCOTIA PROVINCIAL SHOW CLASS & SECTIONS:

Each county is eligible to send the top two junior Exploring 4-H display boxes to the 4-H Nova Scotia Provincial Show. The sections are as follows:

CLASS 14: EXPLORING 4-H

<i>SECTION 1:</i>	Exploring 4-H Collection
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NOTE: All reports, posters or displays must include a bibliography for information taken from a source other than the 4-H member. For example, should a member utilize information or pictures from a reference book or from the internet, then the member must include credit for the source of the information.

NOTE: 4-H members must complete their project at Achievement Day in order to compete in, or to participate in, any further county, provincial, or national 4-H competitions relating to that project in the current 4-H year. (i.e., judging, project competitions, etc.)

NOTE: Live animals are not to be used for display at 4-H Achievement Days, Exhibitions, or 4-H Nova Scotia Provincial Show in the Exploring 4-H project. Reports, displays, posters or demonstrations are acceptable methods of displaying projects about live animals.

NOTE: If members require video/slide equipment to display their project, specialty item or project activity, they must provide their own equipment at achievement day, exhibition and 4-H show.

LEADER RESOURCES

Please ask your Regional ALC for Exploring 4-H resources.

SPORTSMANSHIP – Be a Good Sport!

In 4-H, Sportsmanship plays a key role in living by the motto of 'Learn to Do by Doing'. Please take the opportunity to consider good sportsmanship when at 4-H events. Here are some key factors to good sportsmanship:

GOOD CONDUCT – Demonstrate and maintain high standards of personal behaviour and conduct. You are representing your family, your club, your community and the 4-H program.

FAIRNESS – Learn and follow the rules. Be objective and honest. No matter what the results try your best by using your true skills without cheating. Treat others fairly.

HONESTY – Be a reliable person, do not lie or deceive. Be straightforward in everything you say and do. Understand your abilities and skills, accept the fact that you cannot do everything perfectly, but you still can do many things well.

COMPETITION - Competition experiences enhance positive youth development and prepare youth with competitive knowledge, skills and attitudes. Take pride in your accomplishments and in improving your skills – you are all winners, even if the ribbon color doesn't appear to reflect this.

COURTESY – Be well-mannered in your conduct. Be respectful, thoughtful, considerate, cooperative, friendly, and cheerful, no matter whether you do well or not. When you have concerns, questions, or suggestions, be polite in expressing them. Be pleasant and nice toward other participants, spectators, program officials, judges, the media, your leaders, parents and others. Give others the benefit of the doubt. Treat people and animals kindly. Keep your emotions under control.

GRACEFUL ACCEPTANCE OF RESULTS – Accept judges' results and suggestions with a positive attitude. The judge's decision is final. Regardless of the outcome; thank all that were involved in helping you put forth your best effort. Thank the organizers for their efforts; Sponsors for their generous donations; Agriculture Leadership Coordinators for their wisdom and guidance; Judges for their skilled eye and time given to the 4-H program; and anyone else who has helped you along the way.

The work in any 4-H project should always be done by the members. Hiring, or the use, of professionals and/ or adults to prepare projects for 4-H shows are not acceptable. Using these people as resources provides 4-H members with the information and skills to do the job on their own.

4-H Nova Scotia has a Code of Conduct in effect for all members and leaders. It is to be followed always throughout the year. If you would like a copy of what are acceptable practices in the 4-H program, please visit <http://novascotia4h.ca/codeofconduct/>.

You might also be interested in...

For more information about any of the below opportunities, please contact your regional ALC:

4-H POSTER CONTEST – Create a hand-drawn or computer-generated poster focused around the annual 4-H Theme. Deadline and evaluation is normally at county rally.

4-H THEME CONTEST – Put on your thinking cap and be the one to come up with next year's 4-H theme! Submissions due to Provincial 4-H Office by July 1st. (i.e., "Let 4-H Reign Supreme in 2018").

WOOL & RECYCLING COMPETITION – Open to all 4-H members. These articles must be made from 100% wool or a minimum of 75% recycled materials and members must exhibit a Competition Report Sheet with their entry.

GIANT VEGETABLE COMPETITION – Each year a new vegetable is selected for the Giant Vegetable competition held at the 4-H Provincial Show. Each county can send one junior and one senior giant vegetable entry to the show.

TRACTOR DRIVING COMPETITION – The tractor competition is open to teams of 3 members (1 driver and 2 assistants); the driver must hold a valid class#5 driver's license or tractor license. The driver will drive a tractor and trailer through an obstacle course. The score is calculated based on safe operation and judge's evaluation. One team per county will advance to 4-H Provincial Show.

RECORD KEEPING COMPETITION – An entry will be one record sheet for a project completed in the current year by that member, with a detailed analysis included. Entries in this competition must include a 1 to 4 page analysis of the work and costs in the project for the given year in order to be eligible. Entries should be displayed in a binder/folder. The top two senior and top two junior record sheets per county will be eligible for the Record Keeping Competition at the 4-H Provincial Show, but entries must first qualify at county level. All county entries must be forwarded to Truro by September 15th of the current 4-H year for judging prior to the 4-H Provincial Show.

AWARDS, TRAVEL OPPORTUNITIES, AND SCHOLARSHIPS – Each year, 4-H Nova Scotia covers the registration fee to National and International travel opportunities for members awarded such travel experiences. Also, there are several scholarships available to 4-H members in Nova Scotia.

JUNIOR LEADER PROJECT – This project is designed to build leadership skills by providing members with the opportunity to lead any aspects of their club which interest them (e.g., projects, recreation, communication, etc.).

GRADE 10 PERSONAL DEVELOPMENT CREDIT – Members must achieve GOLD completion and document at least 110 hours of 4-H related work to qualify. For more information visit the [NS Department of Education & Early Childhood Development Personal Development Credit website](https://pdca.ednet.ns.ca/)
<https://pdca.ednet.ns.ca/>

NOVA SCOTIA YOUNG SPEAKERS FOR AGRICULTURE – Senior Members and screened volunteers up to age 24 compete by creating and presenting a speech on one of five topics from Canadian Young Speakers for Agriculture (<https://cysa-joca.ca/>). The winner represents 4-H Nova Scotia at the Canadian Young Speakers for Agriculture competition held annually in November at the Royal Agriculture Winter Fair in Toronto. Deadline to register for the competition is September 15th of the current 4-H year.

Exploring 4-H RECORD SHEET

Name of Member: _____

Name of club: _____

4-H Age: _____ Years in 4-H: _____

NOTE: *If you do a report as one of your projects, the report must be written up and submitted separately from the record sheet.*

Project #1

Project Name / Activity: _____

Member's summary, in own words, on activity or procedure involved in completing this project; include problems that you encountered, things learning, etc.

Project #2

Project Name / Activity: _____

Member's summary, in own words, on activity or procedure involved in completing this project; include problems that you encountered, things learning, etc.

Project #3

Project Name / Activity: _____

Member's summary, in own words, on activity or procedure involved in completing this project; include problems that you encountered, things learning, etc.

Project #4

Project Name / Activity: _____

Member's summary, in own words, on activity or procedure involved in completing this project; include problems that you encountered, things learning, etc.

Project #5

Project Name / Activity: _____

Member's summary, in own words, on activity or procedure involved in completing this project; include problems that you encountered, things learning, etc.

Project #6

Project Name / Activity: _____

Member's summary, in own words, on activity or procedure involved in completing this project; include problems that you encountered, things learning, etc.

Personal Comments

Please make a few comments about any problems you may have encountered, what you learned, and things that could improve this project.

Meeting Summary

How many meetings did you attend this year/how many meeting were there in total?

General Club Meetings: _____ out of _____ Project Meetings: _____ out of _____

Please list any other club/county activities that you may have participated in during the past year?
