

# Heritage

## 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 4-H Heritage Project! This newsletter will give you an overview of the Heritage 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. Enjoy your year in the Heritage project and when working on your project, remember to "Learn to do by Doing." 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.

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

**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** – Heritage members **DO NOT** have to complete the Judging requirement

## **Heritage Project Work Requirements**

The Project Work requirements for the Heritage Project are based on three levels. Each level provides options for members to complete. Please refer to the Project levels below:

### **LEVEL I: (MEMBERS CAN REMAIN IN THIS SECTION FOR ONLY ONE YEAR)**

Members trace their family histories through the development of a family tree and prepare a cultural food item and craft item.

### **LEVEL II: (MEMBERS CAN REMAIN IN THIS SECTION FOR A MAXIMUM OF THREE YEARS)**

Members trace their family histories through the development of a family tree and prepare a cultural food item and craft item. Level II members are expected to prepare a different food and craft item and to study either a different side of their family tree or carry on with a more in-depth study of what they began in Level I. Members have the option to stay in the Heritage Project, Level II, for a maximum of three years provided they are exploring another branch of their family tree, and prepare a different food item and craft item each year.

**NOTE:** The current year's written work (including the family history, family tree and record sheet) should be kept together at the front of a binder to make it easier for evaluation and judging. The previous year's work can be included at the back of the binder. We encourage members to keep their project work from year to year so that they will have a historical document to be proud of when they have completed the Heritage Project. If they arrange their material in this way, it is easy for the ALC to evaluate.

**TRADITIONAL CRAFT:** Members must complete a traditional craft item. Members are encouraged to learn and use techniques representative of their cultural background or create crafts which their ancestors would have made.

**FAMILY TREE:** The Family Tree should depict at least four generations for Level I plus an additional three generations for Level II of the member's family. Members may choose to complete one or both sides of their family tree in each year. If members choose to keep adding information to their family tree, please indicate the current year's work to make it easier for evaluating. ***The family tree must be exhibited in the binder for evaluation at Achievement Day and all levels of competition. If your family tree is larger than 8 ½ x 11 it must be neatly folded and placed in the binder.***

**TRADITIONAL FOOD ITEM:** Members must complete a traditional food item. Members are encouraged to learn and use techniques representative of their cultural background or foods their ancestors would have prepared. ***A recipe must accompany the food item prepared.*** After the food item has been judged at Exhibition and 4-H Show, only one piece or serving of the finished product needs to be displayed. The rest of the item may be removed. **Note:** If the food is perishable make sure it is handled properly, either refrigerated or kept hot.

**FAMILY HISTORY:** The Family History should be a brief (1-3 page) write-up on the family members for the current level. The members are expected to interview an elder relative. Information to record from your interview should include the following questions:

- Name and relation of who is being interviewed
- Address, nationality, birth date and place of birth
- Names, date of birth and date of death of the parents of interviewee
- Do they remember when their ancestors came to Canada and when?
- What level of education did the interviewee receive and what type of work do/did they do?

Members are asked to decide on five (5) or more questions to record some other interesting facts.

**NOTE:** ALL REPORTS, POSTERS OR DISPLAYS **MUST INCLUDE** A BIBLIOGRAPHY FOR INFORMATION TAKEN FROM A SOURCE OTHER THAN THE 4-H MEMBER. (I.E., DOWNLOADED FROM THE INTERNET, ETC.)

**LEVEL III: MEMBERS IN THIS LEVEL MUST COMPLETE ONE OF THE FOLLOWING SIX (6) SECTIONS EACH YEAR.**

**LEVEL III: (A) - COMMUNITY PROJECT:**

This Section was designed to be a group project; however, each member must prepare their own report. Individual members can complete this project as well.

Historical survey: Members conduct a Survey of their community. They are encouraged to research the history of their community, including its buildings, people and industries. They are encouraged to work as teams; however, each member must prepare a completed copy of the entire survey for evaluation.

Historical event: Members must participate in organizing and carrying out a Community History event. A written account of this event is to be displayed for evaluation.

Community service project: Members must do a community service project of their choice. The record of their activities, results and documentation must be displayed for evaluation. Both the service project and the documentation will be considered in the evaluation.

**LEVEL III: (B) - FIRST SETTLERS OF THE COMMUNITY:**

Members conduct research to find the first settlers in their community. They must trace one of these family's **genealogy** for a minimum of 5 generations; however, they may include additional ones if they have the information.

Members must complete a written report depicting the impact the first settlers had on their community- Did they build the first church? Where did they live? Are any of the first houses still standing? If so complete a history of the house if possible. Is the family name still in the community? Record any people currently living in the community who are related to these settlers.

### **LEVEL III: (C) - HERITAGE FOODS OF THE COMMUNITY:**

Members must research the early community life to determine who the **early** settlers were. Members will use this information they learned to make a display of 3 Heritage foods that have a history in their community.

Members must include the recipes and their history with the food item.

Members must make a collection of recipes gathered from friends, relatives and community members. The collection must contain a minimum of 20 recipes and a brief history of each.

### **LEVEL III: (D) - HERITAGE GARDEN:**

Members conduct a survey to find the varieties of vegetables and/or flowers grown by the member's grandparents or someone from an earlier generation in the community (Museums can help in the search for varieties).

Members must plant a Heritage garden containing a minimum of 5 varieties of Heritage plants. These plants must have been in cultivation in **their** area for at least 50 years. The write-up must include a diagram of the plan for the garden and a history of the plants the member is using.

Members must display a collection of pictures and some of the produce and/or flowers grown in their garden.

### **LEVEL III: (E) - TRADITIONAL CRAFTS:**

Members must research the crafts that have been made in their community. Members must choose a minimum of three (3) of these crafts. Complete a history of the crafts as they relate to the member's community or area. Include such things as - are they still being made, by whom and where they made for enjoyment or out of necessity.

Members must make and display one of these crafts for project completion.

Members must determine if there someone in their area collects Heritage crafts or visit a local museum. They should report if they were or were not able to find an antique version of their craft including a brief history and pictures.

### **LEVEL III: (F) - COMMUNITY IMPACT (NS 4-H AGM 2003):**

Members must research the history of an individual, group, club, or industry that would have an impact on them, their community or their county.

The member's written report should include a brief history of the individual, group, club, or industry; the impact on the community and individuals in the community; available pictures and some other interesting facts.

### **LEVEL III: (G) - HERITAGE ANIMALS (NS 4-H AGM 2013):**

Members must explore heritage breeds of animals that would have been raised in their communities. A written report including picture, history of the breeds and current status of the breeds would be required.

## Exhibition / 4-H Nova Scotia Provincial Show Class List

### CLASS 7: CRAFTS

Section 1:	HERITAGE PROJECT COLLECTION Level I -
Section 2:	HERITAGE PROJECT COLLECTION Level II -
Section 3:	HERITAGE PROJECT COLLECTION Level III -

**\*Please refer to Requirements listed in front of this newsletter**

#### **The Heritage Project Collection consists of:**

**Level I and Level II** - A binder containing the member's record sheet, family tree and family history. The historical craft and traditional food item accompanies the binder. All three items must be labelled individually in case they get separated during judging.

**Level III** - The binder containing the member's record sheet, and a written report as outlined in the requirements for the section (listed above) they are completing. The binder could be accompanied by a food item, produce or flowers, or a craft item. All items must be labelled individually in case they get separated during judging.

#### **NOTE: For Achievement Day, County or 4-H Nova Scotia Provincial Show:**

*Additional artifacts beyond the "collection" requirements are not encouraged because there is too great a risk of loss or damage and judging space is very limited. Heritage projects placed in the judging area are not to be done as presentations and/or displays which include items that are not part of the required project. These additions to the project are not a part of the 4-H member's work. The judge will bring items for judging foods therefore members don't need to bring dishes.*

## **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 1<sup>st</sup>. (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://pdc.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 15<sup>th</sup> of the current 4-H year.





**Cake Decorating, Computer, Crafts, First Aid,  
The Great Outdoors, Heritage, Lego, Photography,  
Scrapbooking, Small Engines, Tractor, Vet Science,  
Welding, Woodworking  
RECORD SHEET**



Name of Member: \_\_\_\_\_

Name of Club: \_\_\_\_\_ Level: \_\_\_\_\_

4-H Age: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_ Years in Project: \_\_\_\_\_

**4-H Project Experiences**

Explain why you are taking this project and what you learned this year.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Please make a few comments about problems you may have encountered, how your goals were accomplished, and what you learned about the project.

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\_\_\_\_\_

Please make a few recommendations on your project articles, and how you feel they could be improved.

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Project Articles** (please complete one box for each article you made/exhibit)

<b>Article</b>	<b>Skills/techniques learned</b>	<b>Materials used &amp; individual cost breakdown for materials</b>	<b>Total cost</b>

**Meeting Summary**

How many general club meetings did you attend this year? \_\_\_\_\_

How many project meetings did you attend this year? \_\_\_\_\_

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

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