

4-H

Newfoundland Labrador



4-H Motto

“ LEARN TO DO BY DOING”

4-H Pledge

I pledge

My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service
My Health to better living

For my club, my community and
my country.

4-H Logo



HOW TO JOIN 4-H

Starting a 4-H Club is easy! Contact the Departmental Program Coordinator(4-H) and she will guide you along the way.

Phase I

- (a) Once you have sufficient information on the 4-H Program, the next step is to recruit potential 4-H leaders.
- (b) Once you have a group of interested leaders, contact the Program Coordinator to arrange a convenient time to meet.
- (c) At this meeting, the Program Coordinator will supply all leaders with information on the program, its structure and what their role will be. Two things need to be accomplished:
 - (1) A commitment from leaders.
 - (2) What projects will be offered.

Now you have the basis of a 4-H club!

Phase II

- (a) In conjunction with the leaders and the Program Coordinator, set a date for an organizational meeting. Advertise the time, date and place of the meeting, inviting all interested youth and adults.
- (b) Should your community decide to organize a 4-H club, several things need to be accomplished:
 - (i) Choose a Club Co-ordinator and Assistant Club Co-ordinator.
 - (ii) Have all members and leaders fill out a registration card. Registration Fee is \$10.00 per member and leader each year.
 - (iii) Decide on a name for your club.

Now you have a 4-H club!

The Program Coordinator will provide you with trainings in Project meetings and Executive meetings immediately following your organization.

Now you have a successful 4-H Club!

4-H In Newfoundland Labrador

Learning in an informal setting, extension education, and fun; all of these elements have been part of the 4-H Program in Newfoundland Labrador since its beginning as a Junior Gardener's Club in 1937. In 1952, the name 4-H was officially adopted to Newfoundland and since that time, it has been committed to providing both youth and adults with opportunity for skill and leadership development. 4-H is designed to enable the participants to gain valuable practical experience for the future and to participate in fun activities.

The 4-H Program is made possible through the co-operative efforts of the sponsoring Department of Forest Resources and Agrifoods and the 4-H Provincial Council. Together, they encourage young people and adult volunteers to share their talents

and abilities by becoming part of the 4-H experience.

Learning Skills, having fun & making friends!

4-H Objectives

- ❑ The development of informed, responsible citizens through participation in 4-H project work/club activities.
- ❑ The development of responsible adult leadership through training conferences, project work, program planning and 4-H club related activities.

The 4-H movement of today promotes the development of the individual to become a well-balanced, responsible member of society. Members work within the organization of a club participating as a group in activities such as:

- Skill development
- Public Speaking/Demonstrations
- Leadership
- Community Projects
- Travel and Exchange Programs
- Scholarship and Camping

If you are a 4-H member, you can easily list the benefits you receive from your involvement. If you are not a member, but interested in learning about what 4-H can offer you, we welcome the opportunity to talk with you. This information package will provide you with valuable incite into a new experience. If an experience that is extended to youth throughout 80 countries of the world is for you, then 4-H is the answer.



Royal Bank 4-H Inter Provincial Exchange

VOLUNTEER LEADERSHIP

ROLE OF A 4-H LEADER

4-H volunteer leaders are adults in the community who enjoy working with young people. 4-H volunteers are special people interested in sharing some of their talents and abilities with others. Some leaders possess a particular skill or expertise while others may have a particular hobby. Whatever the circumstances, leaders come from all walks of life but are primarily interested in working with others.



CLUB CO-ORDINATOR

This person is responsible for the organization and administration of the club. This does not mean all of the duties have to be performed by this individual. He/she can solicit help.

PROJECT LEADER

This is an adult volunteer interested in sharing their talents and abilities with a group of five - eight youth members. If you have a particular hobby or interest, then why not share this ability with others?

ASSISTANT LEADER

Adult volunteers can assume responsibilities within two areas of the 4-H Program, assistant to the club Co-ordinator or assistant to the project leader in a project group. Co-leadership can make your 4-H experience very enjoyable.

JUNIOR LEADERS

Members who have been enrolled in 4-H for at least one full year and 15 years or older may serve as junior leaders. The junior leader enrolls in the junior leader project and provides assistance in many areas of club work..

TRAVEL PROGRAMS TRAINING & SCHOLARSHIPS

District & Regional

- Everything from meeting management to media relations to specific skill workshops.

Provincial

- Provincial 4-H Leader's Conference
- Provincial 4-H Senior Member's Program
- 4-H Camp Nipper

National

- 4-H Careers' Conference
(2 delegates), Winnipeg, Manitoba
- 4-H Citizenship Seminar
(6 delegates, 1 chaperone), Ottawa, Ontario
- Royal Bank Inter-Provincial Exchange
(5 delegates), All Provinces participate
- National 4-H Members' Conference
(6 delegates, 1 chaperone), Toronto, Ontario
- National 4-H Volunteer Leaders' Conference (6 Leaders), Toronto, Ontario

International

- U.S. National 4-H Conference
Washington, D.C. (1 delegate)
- W. Garfield Weston United Kingdom Exchange. U.K.
- International Trade Awareness Program

4-H SCHOLARSHIPS

Thanks to the generous contributions and support from Provincial and National sponsors, 4-H Scholarships are available to all 4-H members to assist with post secondary education. Applications are distributed to 4-H clubs on an annual basis.

- Harvest Trust 4-H Scholarship
Value: \$1,000.00
- Farm Credit Corporation Scholarship
Value: \$1,000.00
- Co-operator's 4-H Scholarship
Value: \$1,000.00
- The Betty Blackmore Memorial 4-H Scholarship
Value: \$500.00
- Ivomec 4-H Scholarship
Value: \$1000.00
- TD Bank 4-H Scholarship
Value: \$1000.00

DISTRICT ACHIEVEMENT DAY (DAD)

District Achievement Day is another main event of the 4-H year. It provides an opportunity for all the clubs in a District to get together for one day to:

- Display project work from each club.
- Socialize and exchange ideas.
- Compete in public speaking and demonstrations.
- Participate in a Special Program arranged by the host club.

DAD is held after all LADs are completed in a district, usually late May, early June. One club acts as host - this means a lot of prior planning and the probable formation of a DAD Committee.

The most important thing to remember is that DAD should be fun. It's a day when the 4-H spirit is contagious.

For more detailed information, please refer to the booklet "District Achievement Day Details". It is available from the Provincial 4-H Office.

LOCAL ACHIEVEMENT DAY (LAD)

The most notable of all 4-H events held at the club level is LAD. It marks the end of a 4-H year and allows each member to publicly display project skills and demonstrate leadership abilities developed at the club level.

Program includes:

- Displays of project work and record book.
- Evaluation of project work.
- Business meeting conducted by 4-H members which involves annual project and committee reports.
- Competitions in demonstrations and public speaking
- Special Program, ie. Guest speaking, entertainment, etc.
- Banquet or lunch.

LAD is usually held during the months of April and May. Dates for each community are determined co-operatively between the club and their District Council. For more detailed information, please refer to the booklet "Planning a Local Achievement Day". This is usually sent to all clubs in late January along with a supplies order form.

PROJECT MEETINGS

Project meetings are an integral part of the 4-H Program. Projects give practical training and information which helps young people to become knowledgeable in several skills. The minimum number of project meetings required in a 4-H year is ten. However, clubs are encouraged to schedule them on a regular basis in order to achieve success.

4-H project work is less important than the individual member. Participation in a project is only one method of developing a person's potential and increasing their leadership abilities while providing practical training that may benefit the individual later in life. Selection of a project must meet the interest of the member and be practical about the facilities, materials, equipment required and availability of resources. Participation in a project group enables 4-H members to be with their friends and promote success.



4-H Quilting Project

MEMBERSHIP - MEETINGS

Membership in 4-H is open to anyone between the ages of 10-21 for the Senior Program and 5-9 for the Junior Program. Starting a club is easy! If you have six or more youth and two leaders, you can become part of a nation-wide program. One of the first decisions a club makes is when and how often to hold meetings. There are two kinds of meetings - General (business) and Project (skills).

- ❑ The General Meeting is usually held once every month and involves the entire membership. Members and leaders should attend at least six general meetings each year. The 4-H Executive are elected **from** the members **by** the members. The club's executive leads the members and adult volunteer leaders in all club decisions.
- ❑ The Project Meeting is usually held every second week and members are required to attend at least 10 per 4-H year. Project meetings can be held more frequently, depending on the individual adult leader. 4-H clubs in Newfoundland and Labrador are organized as multi project clubs. Each club can, if they choose, offer a variety of different projects to its members. The variety of projects allows for a flexible schedule when planning meetings. Clubs should work out an arrangement which best suits them.

4-H CAMP NIPPER

Nestled in the wilderness, 24 km. inland from the Gambo overpass, lies Camp Nipper. Its campfire beach, Canoe Cove and swimming beach hug the shoreline of North Pond where campers from all over Newfoundland and Labrador meet and participate in fun summer activities. Developing leadership and growth while stimulating campers appreciation for nature and outdoor adventure are prime objectives of the camp. Swimming, canoeing, hiking and campfires are also traditional favourites of the regular program.

Camp Nipper, surrounded by wildlife and wilderness, is a true nature-oriented, educational campsite.



CONTACT PEOPLE

4-H Staff

Ms. Robyn Moss
Departmental Program Coordinator (4-H)
P. O. Box 569
Clareville, NL
A0E 1J0
Telephone: 1-800-387-4444(Toll Free)
709-466-2558
Fax: 709-466-3980
Email: robynmosse@mail.gov.nf.ca

4-H Provincial Council

P.O. Box 38
Clareville, NL
A0E 1J0

President: Mrs. Debbie Brake
709-783-2277

ACHIEVEMENT REQUIREMENTS

- must attend and participate in at least six 4-H general meetings per year.
- must attend and participate in at least ten 4-H project meetings per year.
- must complete a 4-H demonstration.
- must participate in at least one community project.
- must participate in Clover Day.
- must attend 4-H Local Achievement Day (LAD).
- must complete a Project Record Book to be displayed at LAD.