



*Being Yourself*

*Belonging Together*

*Building Connections*

*Discovering Skills*

*In Wisconsin 4-H we value*



*Exploring New Opportunities*

# Membership Guide



*Giving Back to your Community*



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
CALUMET COUNTY

**WISCONSIN**  
**Calumet County**

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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.

# Welcome to Calumet County 4-H!

Welcome to the largest youth organization in the world. We are pleased to have you as part of our family! 4-H is a program for the entire family. It offers educational experiences for youth, parents, adult volunteers, and community leaders.

The purpose of this handbook is to help you learn more about 4-H and how to help you child have a positive experience in 4-H. Use this handbook as a tool to familiarize yourself with the 4-H youth development program. It is our goal to keep youth interest, encourage participation beyond the club level and increase parental involvement for all 4-H youth.

Please allow us to take an active role in your family's life. As your family goes through the 4-H year, you may find you have questions about specific activities, events, or expectations of your family. Please be sure to keep the lines of communication open with your 4-H club/group volunteer leader(s) and/or contact the 4-H Program Coordinator. Become involved and use 4-H for yourself, your family, your community, and your world.



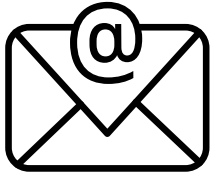
Sincerely,

*Cailee Hermans*

Calumet County 4-H Educator

# I'm enrolled in 4-H

## Now What?



You will hear from your Main Club leader introducing themselves. This will include sharing information about the next Club meeting. Feel free to ask them any questions about 4-H or the Club!

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You can start attending Club meetings, county programs, and any other state or national educational opportunities that are shared out.

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Stay up-to-date with all Calumet County 4-H happenings by checking out the monthly newsletter, or by following the Calumet County 4-H Facebook page.



# About 4-H: The Basics



## What is 4-H?

4-H is a youth organization that belongs to the members, their families and other interested adults who serve as volunteer leaders. It is a community of young people across America, learning leadership, civic engagement, and life skills. Professional leadership is given by the University of Wisconsin-Division of Extension faculty and staff. Support for 4-H programs is a joint effort of local county government, the University of Wisconsin, and the United States Department of Agriculture.

The 4-H year is from October 1st  
until September 30th.

The re-enrollment period is from the first week in September through  
November 1st through 4HOnline.

## Who can join 4-H?

Any youth in kindergarten through the year following high school can be a member of a 4-H club. Cloverbuds are ages Kindergarten-2nd grade.

## Who conducts the 4-H Program?

4-H educational opportunities for youth are provided by volunteers who serve as a part of the 4-H program in their community.

Volunteers who give leadership to the local 4-H program consist of youth, parents, and other interested adults in the community. The Extension office is also home to the 4-H Program Educator who assists with the overall 4-H experience, volunteer development, and outreach.



## What are the 4-H Emblems & Symbols?

The National 4-H emblem is a four leaf clover with the letter “H” written on each leaf. It is a federally recognized logo, so there are policies that need to be followed for printing (i.e. t-shirts, etc.).

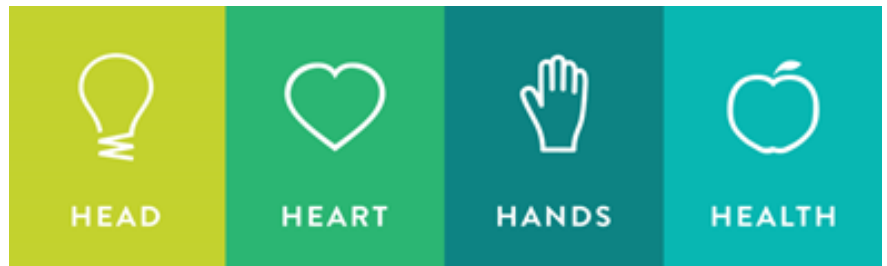
The colors of 4-H are green and white. The white background of the flag symbolizes purity. The green 4-H emblem is nature’s most common color in the great outdoors, and the green is also the color of springtime, life, and youth.

The four H’s stand for **HEAD, HEART, HANDS, and HEALTH.** These four H’s represent the four fold training and development in which members participate—which is described in the 4-H pledge.

### The 4-H Pledge

4-H members should learn the national 4-H pledge, as it, and the Pledge of Allegiance, are generally said at the beginning of each club meeting. There are hand gestures that go with the pledge as well. These can be learned at a club meeting.

The 4-H pledge is listed to the right.



*I pledge:*



*...for my Club, my Community, my Country and my World.*



## **What it means to be a 4-H'er**

- **4-H teaches members how to think, not what to think.**
- **Every 4-H member needs to be noticed, to feel important, and to be welcomed into 4-H.**
- **4-H'er's should be their own best exhibit.**
- **Good examples and attitudes are the best help members can receive.**
- **Learning how to do a project is more important than the project itself.**
- **Imagination is more important than knowledge.**
- **4-H members look to involve family members and friends with what they are doing and working on.**
- **Generally speaking, there is more than one good way of doing most things.**
- **Competition is a natural human trait and should be recognized as such in 4-H work. It should be given no more emphasis than other 4-H fundamentals.**
- **No 4-H award is worth sacrificing the reputation of a 4-H member or leader.**
- **4-H is not trying to replace the home, church, or school...only supplement them.**

# The Learning Experiences

4-H is about creating experiences that help youth, and adults, learn in new ways and gain new experiences. Below, you will find the general learning experiences that you will face while involved in the 4-H program:

**4-H Meetings....** are held for a variety of reasons. Most organized community clubs meet monthly to discuss general business, conduct recreation, and learn something new. Project groups may meet more often.

**4-H Projects....**should fit individual member's interests and should fit into the member's home and community life. By "project" we mean work done with animals, articles made, crops grown, or some other definite undertaking planned and carried out by the 4-H'er. The Extension Educator will provide a list of projects available in your county to members and leaders. Through project work, 4-H members can learn improved ways of doing things, which serve as examples for others and for the community. Members can also learn about subjects that interest them as possible career choices.

**4-H Activities....**such as demonstrations, public speaking, exhibiting, and tours that center on 4-H projects. They supplement the project and add greater depth to it. Various activities related to project areas are planned and conducted on county, state, and national levels. Singing at a nursing home, playing softball, and making dog toys/treats for a local humane society are all examples of these types of activities.

**"To make the best better."**

Is the 4-H motto and truly is the focus behind the program. It is all about growing and developing to become the best that you can be.

**"Learn by doing."**

Is the 4-H slogan and can be seen in all of the 4-H practices. These learning experiences highlight just that.

**4-H Events....**are most often thought of as once-a-year happenings, such as an annual recognition program for youth and adults, a speaking contest, a family 4-H picnic, the fair, state level competitions or summer camp.

During these types of events, 4-H members might present aspects of their 4-H projects and activity work.



# 4-H Terminology

If you are new to the 4-H program, it can be a lot. 4-H has a long and rich history—we are over 115 years old! Sometimes this means that volunteers, families, and staff may forget that the terminology we use is not something that everyone understands yet. Hopefully this will help you out a bit on that front, however, NEVER hesitate to ask questions!

**4-H Leaders Council:** This organization is made up of all 4-H volunteer leaders in the county. This is the 4-H policy making group, as well as private funding source for a number of county level 4-H programs. There is an Executive Board for this organization which meets ten times per year. It is also called the Parent and Leaders Board/Association.

**4-H Program Committees:** are groups of youth and adult volunteers who's purpose is to meet the educational need of 4-H members in the project or activity area, and plan and conduct county level activities and meetings.

**4-H Program Educator:** is a professional who guides, teaches, and administers the 4-H program. An individual who works for the University of Wisconsin—Extension office.

**Achievement:** achieving in 4-H means a member completes all membership requirements of the 4-H club and County 4-H policy during the year, including a record book.

**Charter:** A 4-H Charter is granted to 4-H clubs when the minimum requirements are met to start/have a 4-H club. Club leaders with club input (youth and adults) are in-charge of ensuring that club charters are completed each year (usually due on October 15th).

**Cloverbud:** These are youth who are in 5K through 2nd grade. Cloverbuds can only enroll in the Cloverbud project. They can exhibit two projects at the county fair for participation ribbons, and take part in county-wide events.

**Educational Experiences:** Opportunities available through county, state, national, and international programs for youth to travel to develop life skills.

**Enrollment:** How one becomes a part of the 4-H program is through completing enrollment on 4hOnline. Each year following when you first join 4-H you will have to fill out re-enrollment (starting at the beginning of September).

**Event/Program:** A planned, educational opportunity for 4-H members to learn through group participation. Events are held at the club, county, regional, state, and national levels.

**Explorer:** Explorers are youth who are 3rd graders. The emphasis is on sampling 4-H projects to determine interests and talents. Explorers may take up to three entries to the county fair. Besides enrolling as an Explorer, they can enroll in an additional three project areas.

**Fair:** An event where 4-H members may exhibit their projects. Information about the county fair is distributed from the Calumet County Fair Board, which is a separate entity to Extension. In this county, the Fair Board plans and executes the entire event.

**Fair Book:** The book that lists the Calumet County Fair entry classes and rules for entry. A new book is published annually by the Calumet County Fair Board. This is often just referred to as the 'Fair Book'.

**General Club Leader:** An adult volunteer who is responsible for the organizational part of the club.

**National 4-H Week:** The first full week in October. This event recognizes 4-H youth and leaders nationally. Often, this event is used as an opportunity to promote 4-H in local communities and recruit new members.

**Projects:** Areas of interest for learning and skill development, which you can choose from the list of available projects in the county.

**Project Leader:** A volunteer who helps 4-H members learn and master skills related to that project.

**Project Literature:** The information is written by University specialists and serves as suggested areas to study in your 4-H projects. Project literature can be found at the Extension office or can be purchased through the 4-H Store.

**Youth Leader:** They take an active part in helping the younger members in their club. By doing this they grow, mature, and learn leadership skills.

**Teen Ambassadors:** Any youth 13 and older can join the Calumet County 4-H Teen Ambassadors program, which gives our oldest members the opportunity to connect, while planning county wide events, programs, and service projects.

**Cloverbud Club:** Any youth in grades 5K-2 are able to join Cloverbud Club. The goal of the program is to engage the youngest members of 4-H, so they can learn what 4-H is about with hands-on activities and exposure to the different project areas.

**Recent research on youth development has documented the important role that youth development programs like 4-H play in the lives of young people. From that research, the National 4-H Youth Development Programs have determined the Essential Elements that form the foundation of the program's approach to positive youth development. The 4-H Youth Development Program fosters an environment for young people to develop a sense of **Belonging, Mastery, Independence, and Generosity.****

## **BELONGING**

Youth need to know that others care about them and they need to feel a sense of connection to others in the group. Current research emphasizes the importance for youth to have opportunities for long-term, consistent relationships with adults other than parents. This research suggests that a sense of belonging may be the single most powerful positive ingredient we can add to the lives of children and youth.

4-H gives youth the opportunity to feel physically and emotionally safe while actively participating in a group by:

- affiliating with local programs, clubs and projects
- forming short- and long-term relationships with adults, peers, and youth of different ages
- being a member or participant of a recognized group in the community.

## **MASTERY**

In order to develop their self-confidence, youth need to feel and believe that they are capable and they must experience success at solving problems and meeting challenges to develop their self-confidence. Additionally, youth need to have a safe environment for making mistakes and getting feedback, not just through competition but also as an ongoing element of participation. Finally, youth need sufficient breadth and depth of topics to allow them to pursue their own interests.

Through 4-H projects and activities, youth master skills to make positive career and life choices by:

- having the opportunity to learn-by-doing through experiential education
- concentrating on topics and projects of interest over multiple years to develop mastery
- developing a wide range of "life skills" such as teamwork, problem-solving, planning/organizing, record keeping, goal setting, financial management, and other marketable skills.

## **INDEPENDENCE**

In order to develop their self-confidence, youth need to feel and believe that they are capable, and they must experience success at solving problems and meeting challenges. They need to know that they are able to influence people and events through decision-making and action. They need opportunities to understand themselves and become independent thinkers.

Through 4-H leadership development opportunities, youth mature in self-discipline and responsibility and become independent thinkers by:

- practicing decision-making through participation as a club or unit member
- assuming the responsibility of a club officer
- providing leadership through participation as a Junior or Teen Leader or as a committee member at the local, state, or national level
- learning to accept responsibilities and to exercise self-discipline and self-control in fulfilling obligations.

## **GENEROSITY**

Youth need to feel that their lives have meaning and purpose and that they do not live in a secluded world, but instead in a global community, which requires awareness and compassion for others. They need experiences that provide the foundation that will help them understand the "big picture" of life and find purpose and meaning.

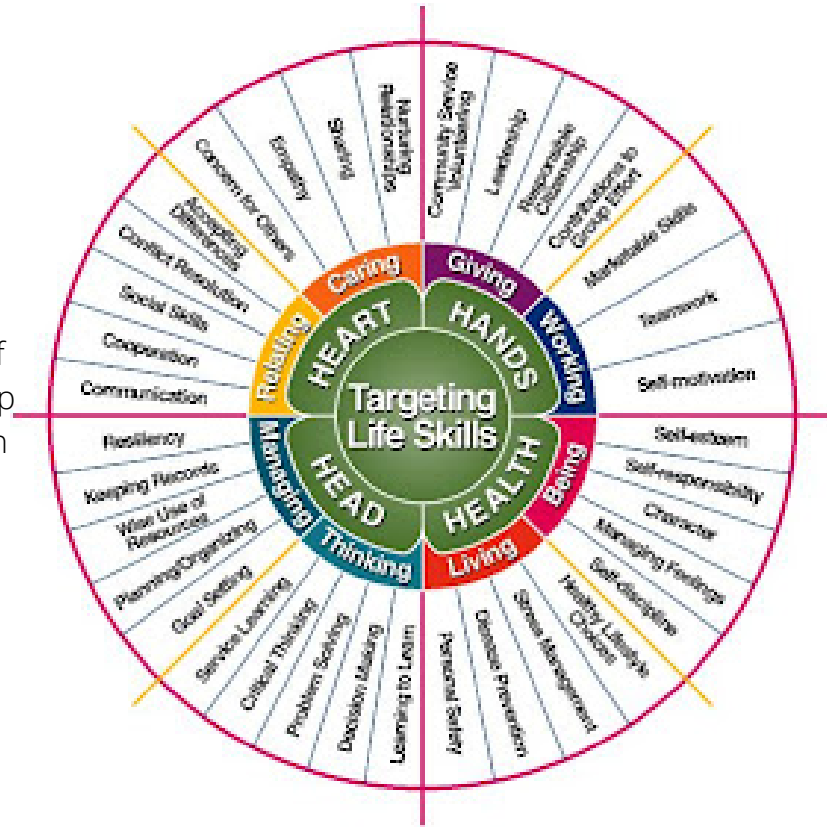
4-H community service projects and citizenship activities allow 4-H members to see that their effort to help others is important and valuable by:

- connecting to their community and feeling a part of something larger than themselves
- sharing time and other resources to assist others
- acknowledging and working with those with whom they share space and resources
- learning to accept differences, resolve conflict, and empathize with others.

All 4-H projects and activities should be designed to lead to the **development of citizenship, leadership, or life skills**. No matter the subject of the project at least one of these skill areas should be a part of what members are learning.

## Citizenship

It is more than voting and understanding how government works. It incorporates concepts of “youth in governance,” “civic engagement,” and uses strategies such as service learning and community service to foster young people’s sense of connection to communities. Our citizenship activities can and should foster the development of “generosity” as described above. They may also help develop important life skills; inspire an appreciation for the history and heritage of one’s family, community, state and nation; help develop knowledge of the principles, processes, and structures of government; develop awareness and understanding of environmental, social, or other issues; and encourage understanding of how societal issues impact oneself and others.



## Leadership

Leadership can be defined as “the ability to influence and support others in a positive manner for a common goal.” It is critical that youth hold the primary leadership roles throughout the 4-H program. 4-H creates opportunities not just to learn about leadership, but to practice it as well. Participating youth should have opportunities for goal-setting, program planning, problem-solving, team-building, and decision-making. Leadership development can begin as soon as a club or other group forms, so that youth can:

- learn how to become effective officers
- develop skills that prepare them for future roles
- make decisions at the local, county, state, and national levels.

## Life Skills

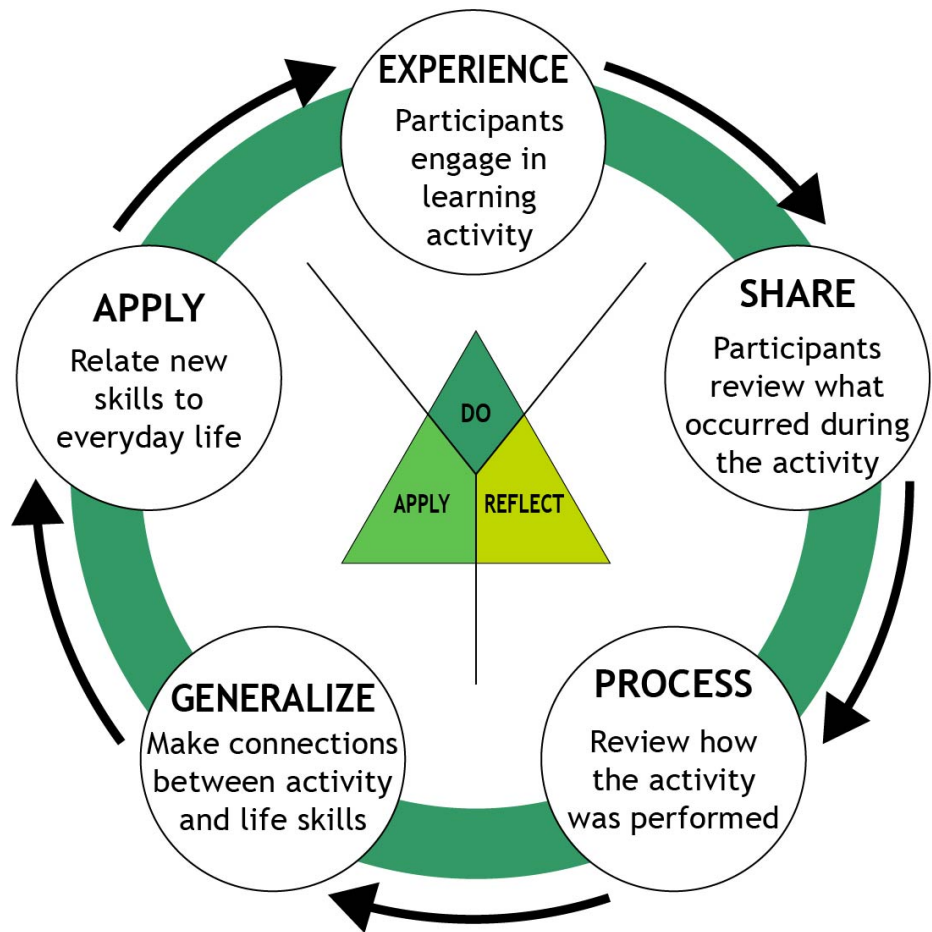
4-H Youth Development Program fosters young people developing a wide range of life skills and provides increasingly challenging opportunities for them to practice those skills and achieve a sense of mastery. This model can help you plan learning objectives or identify outcomes for projects.



## Learning Method

4-H promotes youth learning-by- doing and utilizes a methodology called Experiential Learning, which engages learners in an activity that:

- is direct and hands-on
- uses open-ended questions that invite further discussion and interaction
- allows participants to discuss the experiences they had doing the activity
- results in active reflection and discussion of the activity by the participants
- makes connections between the activity and real-world examples
- applies the outcomes of the activity to one or more independent situations



## What can I do as a parent to support your child in their Project Learning?

- Help your 4-H member set SMART goals
- Share Club, county, regional, state and national opportunities when available
- Attend meetings and special events
- Reflect on their project learning - ask them questions on what they learned:
  - What did you do?
  - What did you see?
  - What did you feel?
  - What did you like?
  - What did you learn?
  - Would you do anything differently?



*Learning-by-doing* is a basic philosophy of 4-H. The 4-H Project is one of the areas where learning-by-doing takes place. Within the project, members learn things to do, things to make, and things to explore. As members gain experience, the size of their projects may be increased and/or they may choose to take on additional projects.

A 4-H Project Is:

- Planned work in an area of interest to the 4-H member
- Guided by a volunteer who is the project leader
- Aimed at planned objectives that can be attained and measured
- Summarized by some form of record keeping

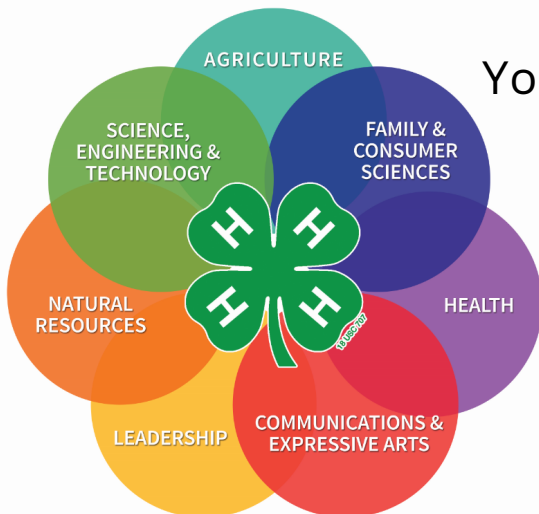
Most project work occurs over a period of several weeks or months during a year. In most counties, a minimum of six hours of instruction is recommended or required to complete a project. Check with the Calumet County Office for specific guidelines.

Any project a 4-H member selects should be based on:

- Their interests, needs, and time available
- Their family situation
- Suitability to the area in which they live
- The availability of necessary tools and equipment
- Their financial resources



A 4-H project consists of meetings, field trips, and related activities with the guidance of a volunteer and with the support of the member's parents, but it is important that the 4-H members do the actual work themselves. Youth can participate by joining a community 4-H club, participating in a SPIN Club (Special Interest), attending camp, attending Festival of Fun, or several other project learning opportunities available throughout the county.



You may hear us talking about helping members find their Spark through Project Learning

## What is a Spark?

1. a skill, talent or interest
2. a special quality that someone has
3. a passion that brings you joy and purpose





## **SPECIFIC**

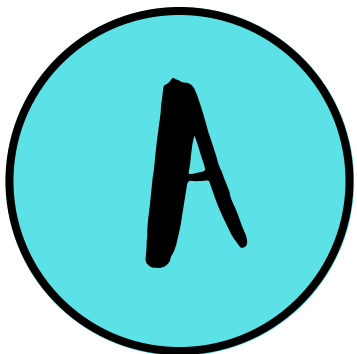
What do you want to accomplish?

# S.M.A.R.T. Goals



## **MEASUREABLE**

How will you know you achieved your goal? How will you keep track of your progress?



## **ATTAINABLE**

How will you achieve your goal?  
Make a plan.



## **RELEVANT**

Why is this goal important to you?



## **TIMELY**

When will you achieve your goal?

SMART Goals are a great way to help you be successful in challenging yourself to accomplish or learn something new.

Here's a place you can practice writing you own SMART goals.



My goal is:



I will track by progress by:



I will achieve this goal by doing the following:



This goal helps me because:



I will complete this goal by:

**Example SMART Goal:** I will try a new pie crust recipe for a pumpkin pie by Thanksgiving, to master ultimate pie recipe.

Potential challenges/obstacles that could stand in your way of completing your goal?

I will implement the following ideas to work around obstacles?



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

## CONTACT THE EXTENSION OFFICE TO TALK WITH 4-H STAFF ABOUT 4-H



**Carlea Liermann**

4-H Program Educator

Office: 920-849-1450 ex. 1

Cell: 920-483-0646



[carlea.liermann@wisc.edu](mailto:carlea.liermann@wisc.edu)

**BELONGING**

**MASTERY**



**INDEPENDENCE**

**GENEROSITY**