



Welcome to 4-H!

New Club Orientation

4-H is a community of young people across America who are learning leadership, citizenship and life skills. 4-H is the largest out of school youth program in the U.S., with over 7 million members and 500,000 teen and adult volunteers. In Nebraska, 4-H is part of University of Nebraska–Lincoln Extension. Lancaster County 4-H reaches more than 16,000 youth.

Overview of 4-H

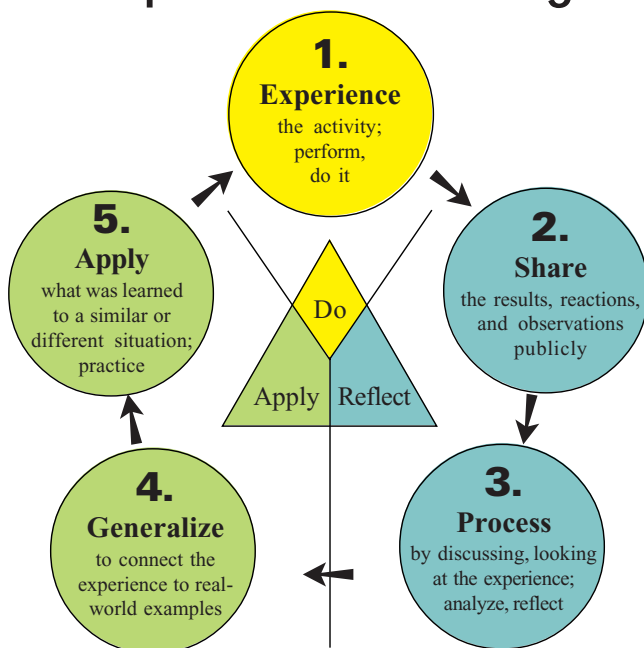
There are a variety of ways to participate in 4-H:

- **4-H Clubs** — Lancaster County has over 100 organized 4-H clubs.
- **Independent Members** — Youth work on 4-H projects on their own.
- **School Enrichment** — Many Lancaster County schools have implemented 4-H School Enrichment programs in their classrooms.
- **Afterschool Programs** — Many Lincoln afterschool programs have incorporated 4-H into their programs.
- **4-H Summer Camps** — More than 40 day and overnight camping programs are offered each summer at three 4-H camp locations in Nebraska (near Gretna, Halsey and Alma). To find out more, go to <http://4h.unl.edu/camp>

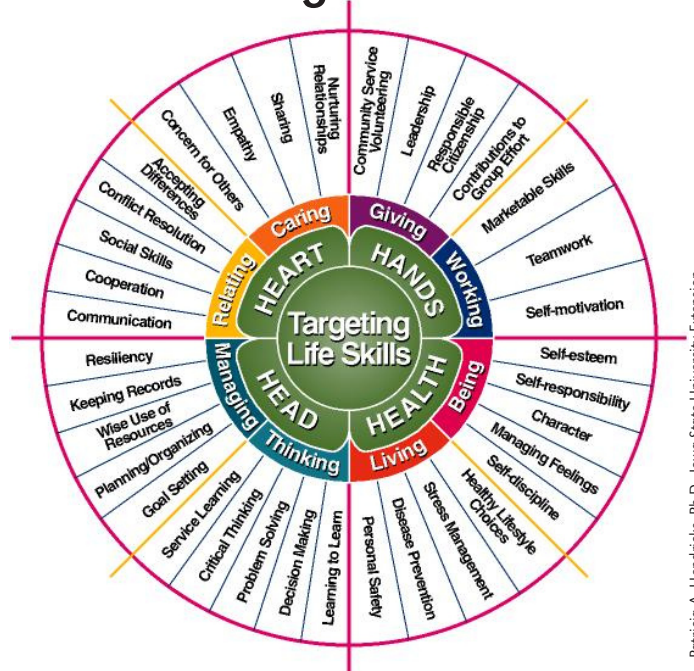
4-H emphasizes learning-by-doing to develop life skills and practical skills, while youth are having fun! Youth and clubs choose from over 150 projects to explore.



Experiential Learning



4-H Target Life Skills



Club Organization

Clubs range from 5 to 60 members. Each club is led (or co-led) by adult leaders. Parents are encouraged to attend meetings. Youth members choose their own club officers, which may include:

- President
- Vice President
- Secretary
- Treasurer
- Pledge Leader
- Recreation Leader
- Caller
- Nebline
- Historian

Clubs usually participate in one or more projects together. In traditional 4-H clubs, members complete several projects a year. There are also 4-H clubs which focus on one particular area, such as small pets, rabbits or chess. 4-H'ers may belong to more than one club.



4-H Meetings

Clubs decide how often and when to meet based on members' schedules and goals. Meetings can be held at members' homes or at community places such as the library.

Leaders and members decide how to run their own meetings, but a suggested format is:

- Business meeting (10–20 minutes)
- Project activity (40–80 minutes)
- Recreation (10–20 minutes)

4-H Pledge

*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.*

To receive designation as a Nebraska 4-H Club of Excellence, clubs must complete targeted state goals of club membership and activity. Some of the requirements are: meet at least six times per year, give youth leadership roles, complete one community service project, and have members who participate in a county, district or state event(s). The extension office has more information.

Clover Kids

4-H Clover Kids are members ages 5–7. Clover Kids clubs can be structured several ways:

- Club with all members age 5–7
- As part of a traditional 4-H club with separate activities for Clover Kids and older youth

Suggested club size is five to seven Clover Kid members — a ratio of one adult to four children. 4-H Clover Kids can exhibit noncompetitively at the Lancaster County Fair.

Educational Opportunities

4-H offers numerous educational and leadership opportunities. Many 4-H members choose to exhibit their completed projects at the **Lancaster County Fair** and/or **Nebraska State Fair**. Judges give feedback on projects and award ribbons based on merit. Premium monies are awarded according to exhibit class and ribbon placing. Many 4-H Contests are part of the county fair: Speech, Presentations, Judging, Table Setting, Style Revue, Herdsmanship and Judging Contests. Interview Judging offers youth a chance to talk with judges about their exhibits. The Lancaster County "Fair Book" has complete information about exhibiting at the fair.

There are many animal shows in the spring and summer. Clover College is four days of workshops offered each June. Citizenship Washington Focus (CWF) is an opportunity for youth to learn about government and travel to Washington D.C.

Leader trainings are offered several times a year.

Announcements

All Lancaster County 4-H events and opportunities are announced in THE NEBLINE monthly newsletter, on the Lancaster County 4-H Web site at <http://lancaster.unl.edu/4h> and in monthly e-mail announcements. Club leaders receive Spring and Fall packets plus occasional mailings.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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