



What is 4-H?

4-H is a dynamic, voluntary educational program primarily conducted as an out-of-school learning experience for today's young people. It opens doors by giving youngsters a wide range of opportunities to:

Learn about and how to do interesting things.

have fun with friends while learning to do interesting things like taking care of plants or animals, fixing a bicycle, working on a computer, or sewing a garment.

Make new friends, have fun, discover, and develop by learning skills to use now and in the future.

Have a chance to try out new abilities and feel valued.

Learn to care about ourselves and others.

In 4-H, young people learn about themselves and others through many activities that interest them. They learn, with hands-on-experiences, why and how to do things. They also acquire social skills, learn how to plan, to make decisions, to communicate, and to value themselves as a capable.

4-H isHead, Heart, Hands and Health

4-H 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.

Colors

The 4-H colors are green (PMS 347) and white. Green symbolizes nature's most common color and is symbolic of youth, life, and growth. White symbolizes purity.



How Did 4-H Begin?

4-H began in the early 1890's as Boys' and Girls' Clubs. These clubs were formed in communities to help young people learn farming and homemaking skills. In 1914, Congress passed the Smith-Lever Act establishing the Cooperative Extension System. 4-H Youth Development is the name given to Boys' and Girls' clubs when they became a part of the Cooperative Extension System. The system is a combination of the Extension Service of the U.S. Department of Agriculture (USDA), 74 land-grant universities and colleges in the 50 states, Puerto Rico, Guam, the Virgin Islands, American Samoa, Micronesia, the District of Columbia, and 3,150 County Extension Offices.

What Is The 4-H Mission?

The mission of the 4-H Youth Development Education program is to provide experimental learning opportunities for culturally diverse youth and adults to reach their fullest potential, to develop skills that benefit them throughout life, and fosters leadership and volunteerism. Achievement of this mission will result in capable, competent and caring citizens.

What Do 4-H'ers do?

4-H members are involved in projects and activities. A 4-H project is a group of learning activities that 4-H members do to learn about a topic. These topics might include such things as farm animals and pets, nutrition and cooking, bicycles, computers, art, gardening, and many other interests. There are many activities that provide learning experiences such as camping, exhibiting projects, doing demonstrations, and attending or participating in workshops, conferences, tours and trips, and fairs.

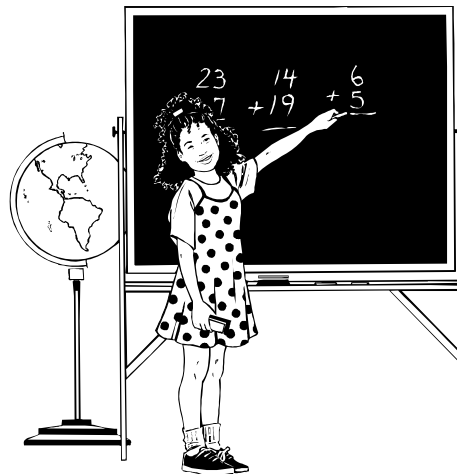
4-H members develop personal skills by participating. A 4-H'er can learn self-understanding, how to get along with others, ways to communicate, make decisions, and solve problems. They can learn how to manage resources and discover how to work well with others. 4-H'ers have an opportunity to develop leadership skills by participating in the program.



Who Conducts 4-H?

4-H is conducted through the Cooperative Extension System, and combines the efforts of youth and adult volunteer leaders, state land-grant universities, county and state governments, and the U.S. Department of Agriculture (USDA).

4-H is a cooperative effort supported through public funds at the federal level by USDA Extension Service. 4-H is also supported from the private sector - individuals, business, foundations, and grants - through the National 4-H Council and state 4-H foundations. Local community and school 4-H programs are supported through private funds. Private support helps to expand and strengthen 4-H at all levels.



What Is The 4-H Team And Why?

Parents, relatives, neighbors, and others make 4-H happen by becoming volunteers. Those who work in 4-H do so as a team. Volunteers work directly and indirectly with youth. The volunteers want to help youth learn, and then apply their newly developed knowledge, skills, attitudes, and values. 4-H volunteers create a learning environment that stimulates growth.

Learn-by-Doing is the 4-H way. Through 4-H, young people who work with adults and older youth can learn useful skills and can serve their community and country by putting knowledge to work in real-life situations - even while they are young. Young people learn skills and gain knowledge through experiences - inquiring, exploring, testing, problem-solving, and discovering.



How Do I Join 4-H

You must be at **least eight years old and in third grade to join 4-H**. You can stay active in **4-H until you are 18 years old**. You can become a member in any of the different ways described below. As a 4-H member in any type of club, you are eligible to participate in countywide events and contests, to go to 4-H camp and to apply for 4-H scholarships. Registered 4-H leaders can sign out curriculum or project planning materials from the Bexar County Extension Office. (See listing for materials available.)

1. **Join an Existing 4-H Community Club**
Review the locations and projects for existing clubs to see if one might suit your interests. Call the Bexar County Extension Office (467-6575) for the name of club leader who can talk to you more about the club. Do not attend a meeting as a guest without an appointment.
2. **Form a New 4-H Community Club**
You need about ten youth and several adult leaders to form a new 4-H community club. Each member must become involved in at least one 4-H project. Contact the Bexar County Extension Office (467-6575) to schedule a new leader orientation session.
3. **Form a Partner Organization Club**
Youth who are at a site-based youth organization may form a 4-H club as part of their participation with that group. For example, youth at an after-school site might become interested in gardening and could form a 4-H club to work on a gardening project. Staff or volunteers at the organization site should contact the Bexar County Extension Service (467-6575) for a leader orientation.
4. **Form a School Club**
4-H clubs can meet at school sites with parents, teachers or other adult volunteers. School-related projects such as computers, electricity, small engines, ecology or other topics can be enriched through 4-H projects.



Who's in a 4-H Club and what do they do?

4-H Member

- Any child, age 8 and in the 3rd grade to 18 years of age.
- Attends 4-H Club meetings
- Fills out an enrollment form
- Enrolls and completes at least one 4-H project.

4-H Club Officers

- 4-H youth elected by 4-H Club members each year.
- Plan and conduct all Club meetings and activities.
- Work with club manager to form an executive committee to give overall guidance to the club.

Junior Leaders

- Junior leaders, age 13 to 18.
- Assist leaders by taking responsibility for specific tasks as requested by the leader.

Teen Leader

- A young person between the ages of 16 and 18 who accepts the full leadership responsibility for a project, 4-H club, or a special short-term project.

Club Manager

- Provides guidance, leadership, and management for a 4-H Club.
- Manages executive committee meetings, monthly Club meetings, and Club organization
- Promotes cooperation, coordination, and communication.
- Informs parents and involves them in 4-H.
- Plans yearly club program with officers and members.
- Coordinates all club activities.
- Helps recruit leaders and members.
- Provides recognition for members and leaders. Publicizes 4-H in community. Keep records and supplies.



Project Leaders

- Organize and conduct project group meetings and activities.
- Help members select and manage projects.
- Assist members with record keeping.

Activity Leaders

- Work closely with club managers.
- Responsible for organizing and teaching in areas that are not considered projects, such as method demonstrations, Share the Fun, and record books.
- Help members organize and conduct special activities such as special community service projects, club events or activities, National 4-H Week activities, and/or 4-H field trips.

Parents

- Provide support and guidance to 4-H member(s).
- Attend as many activities and club meetings as possible.
- Help member(s) select and conduct project.
- Help member(s) secure finances for project.
- Responsible for member(s) getting to and from meetings and activities.
- Help member(s) keep records.

County Extension Agents

- Plan and coordinate educational programs with the 4-H program Development Committee.



Nominations for 4-H Club Officers

Club officers are important to your club. It is necessary that you select officers who are best qualified to carry out the responsibilities of these positions. Consider ability, skills, attendance and commitment to fulfilling their responsibilities when making choices. Other factors to consider are age and participation in club meetings and activities. Please nominate yourself and other club members to offices for next year. The nominating committee will compile the nominations.

- President
- 1st Vice-President (Programs)
- 2nd Vice-President (Social)
- 3rd Vice-President (Membership)
- County Delegate
- Secretary
- Treasurer
- Reporter
- Parliamentarian

Annual 4-H Club Meeting Agenda

1. Place:
2. Date:
3. Time:
4. Call to Order:
5. Inspiration:
6. U.S. Pledge:
7. 4-H Motto and Pledge:
8. Roll Call: (Answer with
9. Recognition of New members and Guests:
10. Reading of Minutes:
11. Reports: (officer, committee, activity, leader, other)
12. Unfinished Business:
13. New Business:
14. Introduction of Program:
15. Program:
16. Announcements:
17. Adjourn:
18. Recreation:



Texas 4-H Project Selection Guide

Considerations in selecting a 4-H project

- Select a project you like.
- Select a project that can be completed.
- Consider the money it will take. Can parents/guardians help?
- Consider the space and equipment that you have at home.
- Consider the time the project will take.
- Consider parental support for the project.
- Be aware of the opportunities for growth in this project.
- A 4-H project should be fun, serve a purpose, and be worth the effort.
- Select only the number of projects you can complete.

Items available to help you learn about your project

- 4-H project promotional brochures
- Project training workshops
- Tours
- Exhibits
- Contests-judging, visual presentation and 4-H record books
- Reputable Web sites

Making Project Goals

1. When you write down your goals and plans, you have already made a step toward reaching those goals.
2. Your written goals will help you keep track of where you are going and how you are going to get there.
3. Write your goals and plans for each project. Use the Member Achievement Plan (M.A.P.). *(available for download at <http://texas4-h.tamu.edu>)*

Your project goals should include the following:

- Knowledge Goals – things you want to learn.
- Skill Goals – things you want to raise, make and/or do.
- Leadership Goals – things you want to do and to teach others.
- Citizenship Goals – things you want to do for others.



As you get older or become more advanced in your project(s), you will want to set Goals in the following areas:

- Energy goals – how your project relates to energy and ways to save our natural resources.
- Economic goals – what you will do to save and make money.
- Experiment and research goals – studies and experiments you can conduct in your project.
- Career goals – studies, interviews.
- Other goals – workshops or contests you plan to participate in through your project.

Guidelines that relate to all projects:

- Make a set of project goals (refer to Member Achievement plan).
- Complete certain goals each month—most project work is done at home.
- Keep a record of goals completed.
- Exhibit project work whenever possible.
- Enter a contest at the local and county levels.
- Attend workshops on your particular project.
- Attend 4-H meetings regularly.
- Complete 4-H MAP and/or Record book each year.
- Develop leadership by teaching other interested persons something about your project.
- Carry out citizenship activities related to your 4-H project.
- Continue to study and broaden project knowledge and skills.

Find out what you can learn and do in your projects

1. Knowledge – things to do and resources to use in developing knowledge of your project.
 - Read the 4-H Clover Guide (*available at <http://texas4-h.tamu.edu>*)
 - Read library books related to projects.
 - Read magazines.
 - Purchase literature related to projects.
 - Secure owner's manual if there is one for your project.
 - Attend workshops related to your project.
 - Interview someone who is knowledgeable about your project.
 - Tour places related to the project.
 - Develop a research paper related to project.



- Subscribe to magazines.
 - Go on field trips to study project.
 - Study careers related to your project.
 - Study catalogs.
 - Take correspondence course related to project.
 - Study history related to your project.
 - Surf the Webb for reputable, non-biased sources.
2. Skills Options – the doing part of 4-H in which you develop your skills to their potential.
- Make several things related to your project.
 - Raise and properly care for something related to your project.
 - Repair things related to your project.
 - Make a list of skills related to your project and practice them.
3. Safety Options – part of almost every 4-H project.
- Purchase safety equipment.
 - Make a safety plan (locating safety hazards).
 - Participate in a safety clinic.
 - Make a study of accidents related to your project.
 - Study state and national safety laws related to your project.
 - Use warning signs where necessary.
 - Secure a safe place to work. Follow all safety recommendations.
4. Leadership Options – also a part of every 4-H project. (It is your duty as a 4-H member to develop leadership skills.)
- Present and display in schools and your community to promote your project.
 - Assist individual members with their projects (list ways).
 - Conduct interviews.
 - Help plan and conduct workshops about your project.
 - Serve as chair of your project group.
 - Teach groups about project work.
 - Organize a 4-H project club.
 - Conduct project contests in the local 4-H club.
 - Assist Volunteer Leader with project.
 - Set up a project tour for your club.
 - Assist with county contests.
 - Serve as a project leader for your club.
 - Recruit new club members into your project.



- Write an article for your local newspaper.
- Serve as a group leader during a workshop or tour.
- Assist with county exhibit days – register exhibits in your project.
- Secure a county donor for your 4-H project.
- Teach handicapped children about your project.
- Write and give speeches about your project.
- Develop a business related to your project.
- Serve on a committee related to your project.
- Write news articles about your project.
- Make exhibits that tell other people about your project.
- Appear on TV and/or radio and talk about your project.
- Write an information sheet about your project and use it as a handout during workshops.
- Develop a slide set or video about a certain part of the project.
- Serve as a teen or junior leader.

5. Citizenship Options– part of every project. You should set several project citizenship goals. Discuss ways you can work in your community to promote a part of your project through associations and private businesses.

- Make the public aware of the economic importance.
- Write your state and national legislators about issues related to your project.
- Give something related to your project to shut-ins.
- Secure pen pals who are interested in the project.
- Discuss project issues with local officials.
- Write project donors, thanking them for their support.
- Sell a product from your project and use the money for some worthy cause.
- Assist friends and neighbors with work related to your project.
- Make speeches about the importance of your project to the economy, society or school.
- Provide transportation for others to a project workshop.
- Organize a campaign to improve something related to your project.
- Conduct a radio program on your project, making the community aware of an issue.
- During National 4-H Week, do some type of project promotion.
- Take pictures of other 4-H'ers project exhibits, and use the pictures for publicity.



- Report to the proper authority things that you see in your project that is dangerous to people of the community.
- Do volunteer work related to your main project.
- Serve on a county or community committee that is related to the project.
- Loan something that you have related to your project.

6. Environmental Stewardship

- Study how your project relates to conserving our natural resources.
- Share stewardship information with others in your project area.

7. Economics

- Study consumer reports about your project.
- Watch television. Listen to the radio for economic news related to the project.
- Conduct your own price study.
- Make a study of how to cut cost and maintain quality.

8. Experiments

- Develop your own design.
- Compare the outcome of more than one item, using different ingredients.
- Invent something that is useful in your project.
- Conduct experiments related to your project.

9. Careers

- Study careers related to your project.
- Tour businesses related to your project.
- Attend seminars about careers.
- Interview people in different careers related to the project.
- Write several colleges and universities concerning careers related to the project.
- Start your own personal business related to your project

Important :DON'T FORGET!

Write thank-you notes to your donors, 4-H leader, parents, and others who helped you with your 4-H project.



Do You Need Help?

Secure help from the following:

- Your 4-H club manager
- Your 4-H club project leader
- The Texas Agricultural Extension Service staff
- Retired senior citizens in your community
- Professional people with careers related to your project
- Businesses related to your project

When is the project over?

When you have met the goals you set at the beginning of the year, and when a Member Achievement Plan has been submitted to the 4-H project leader, club manager or county Extension office, you have finished your project.

4-H ACTIVITIES

1. There should no doubt that "activities" are different than "projects."
2. An activity as opposed to a club project is usually an event planned through the Extension office for all 4-H members in the county. The County Roundup public speaking and demonstration contest is an example of one such activity.
3. Activities that are run as contests at the County level are usually preliminary events for District competitions. Senior 4-H Members who are winners at the District level may then advance to statewide competitions.
4. In most instances clubs will appoint or elect an adult volunteer to serve as Activity Leader. This Activity Leader then becomes the club's "specialist" who advises and recruits members as participants in these learning experiences.



4-H CONTESTS

- 4-H holds many contests to give members a chance to display their skills, talents, and measure their knowledge. NOTE: Participation in contests is optional.
- Winners of most county contest are afforded the opportunity to advance to District and State contests. If successful at this level, participants may be selected to attend Regional or National competitions.
- Information about all contests is mailed to each 4-H member in the monthly 4-H newsletter. Some of the contests which take place each year are:



4-H Roundup/Public Speaking and Performance

(When: Spring-around mid-April)

This competition allows members to combine the knowledge gained in projects and their skills in public speaking. Presentation are an integral part of the 4-H program and are an effective tool for teaching young people how to organize their thoughts and present them to a group.

The three categories of presentations are:

1. Method Demonstrations: A 5-12 minute speech where a member demonstrates how to make or do something related to their project area. The emphasis is on "showing" how to do or make something.



2. Illustrated Talk: A 5-12 minute speech where members talk about a project using slides, charts, or photographs. The emphasis is on “telling” how to do something.
3. Share-The-Fun: This is performance such as dance, song, instrument, poetry, reading, skits and comedy. 4-H members are allowed to demonstrate their creativity and showcase their talents as individuals or as a club group. Provides an opportunity to develop talent, leadership, and confidence along with wholesome recreation. Members serve as speakers, stagehands, crew, etc.

4-H Food Show

(When: Fall-around November)

- A chance for members who participate in the Foods and Nutrition project to demonstrate their knowledge and culinary skills. Competition is held in four categories:
- Main Dish, Fruits and Vegetables, Breads and Cereals, and Nutritious Snacks & Desserts.



4-H Fashion Show

(When: Spring-Around early April)

- This activity is open to all 4-H members who have completed a clothing project.
- Participants compete in the two divisions of buying and construction under four categories: Casual, Dressy, Specialty, and Formal. Those competing show off their skills by modeling the outfit they have made or purchased affording them an opportunity to work on poise and reduce “stage fright.”



Consumer Decision Making

(When: winter or around March)

Members study and compare the relative qualities and prices of various consumer items to determine which offers the best value for the money. Participants have chosen such items as blue jeans, CD players, and used cars as products to research. This judging contest teaches members how to make good decisions while being smart consumers.

Record Books

(When: Summer- around mid June)

- Members submit their completed record book(s), which show what they have learned and accomplished in their 4-H project(s).
- Each book is judged by outside volunteers along with those submitted in the same category and age group.
- Each entrant receives a medal at the county awards program for completing a book and the winners in each category advance to the District competition.
- This contest is an excellent way to teach youth how to keep records while allowing them to record progress toward achieving their goals.

Other Contest

Nutrition Quiz Bowl

(When: Spring-Around early April)

Photography Contest

(When: winter- around March)

Project Show

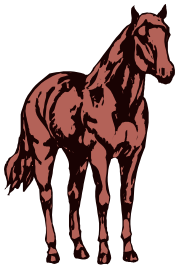
(When: early spring- around March)





Horse Show *(When: Summer-Around June)*

1. 4-H members demonstrate their horsemanship skills by participating in various Western, English, and Speed events.
2. Older 4-H members can demonstrate their skills in training horses by participating in the Yearling Halter and two year-old Western Pleasure futurities.
3. All 4-H horses must be owned by May 1. Futurity projects must be nominated by March 10 of each year.



Horse Bowl *(When: early spring-around April)*

1. A contest in quiz show format with all questions and categories related to horses.
2. Youth do not need a horse to participate in this activity and all contestants are provided with a study of sample questions to study in advance. Youth compete in teams of four.



COUNTY AWARDS

4-H members completing a 4-H Project Form are eligible to apply for several County awards. Awards are offered in age categories and are judged based on the information on their application. Awards are presented at the Annual County Awards Program in August and include the following:

4-H Member Awards

- **4-H Club Rookie Award** *(see Awards and Recognition Book for details.)*
Award is presented to first-year 4-H members who have completed community service projects, a project record form, and who have prepared a demonstration, talk, or exhibit on their project.
- **4-H Honor Roll Member Award**
This award is earned by members who are 8 years old and in the third grade up to those who are 10 years old as of August 31 of the current year.
- **Junior 4-H All Star Award**
An award presented to 4-H members who are 11-13 years of age as of August 31 of the current year.
- **Senior 4-H All Star Award**
This award is presented to 4-H members who are 14 years of age and over as of August 31 of the current year.
- **Year Pins**
Award is presented to recognize 4-H members for completion of project workbooks and club participation.
- **County Award Medals**
Recognizes outstanding 4-H project work by club members.



- **Bronze Star Award**
This award is presented to recognize outstanding achievements by 4-H members 11 to 12 years of age.
- **Silver Star Award**
An award, which recognizes outstanding achievements by 4-H members who are 13 to 14 years of age.
- **Gold Star Award**
Recognizes senior 4-H members, 15 to 18 years of age, for outstanding achievements.
- **"I Dare You Award"**
Presented to 4-H youth who have demonstrated unquestionable integrity, balanced personal development, and a willingness to assume responsibility.

Adult Volunteer Awards

- **Award of the Clover**
This award is presented to recognize 4-H Volunteers for their contribution to the Bexar County 4-H Program.
- **4-H Volunteer Leader Certificates**
Recognizes 4-H Volunteer Leaders who have made significant contributions to the Bexar County 4-H Program for several years.
- **Texas Salute to Excellence**
Presented at State level to recognize outstanding Volunteer Adult Leaders submitted by any club.
- **Texas 4-H Alumni Award**
Presented to individuals who have completed a highly successful 4-h career and who have distinguished themselves in service to others as an adult.

NOTE: Details on how to apply for all awards are contained in the Bexar County 4-H Award Recognition Handbook.



\$\$\$ SCHOLARSHIPS\$\$\$

Texas 4-H Foundation

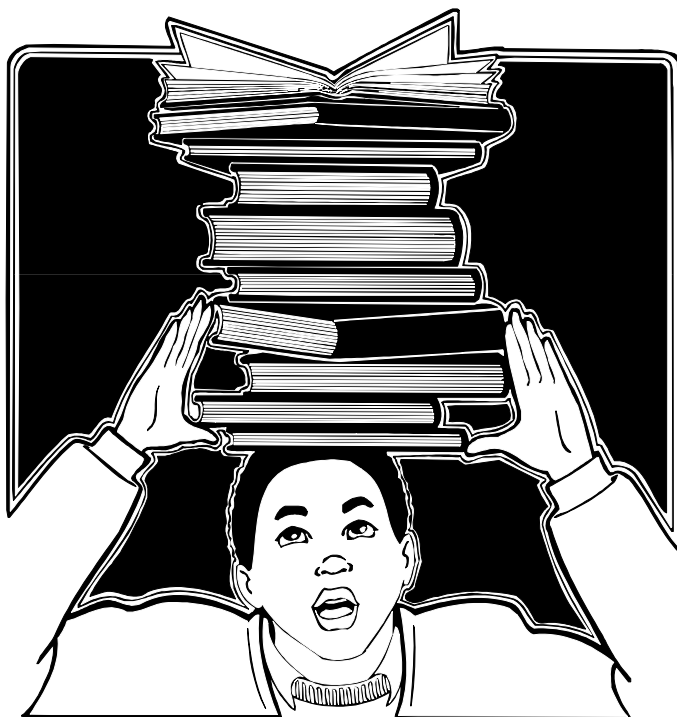
The Texas 4-H Foundation oversees a program that awards over \$960,000 annually in college scholarships. Candidates must be graduating seniors who are planning to attend a Texas college or university and who have a minimum score of 900 on the SAT or 20 on the ACT test.

Bexar County Horse Leaders Association Scholarship

Designed to recognize 4-H members who have participated in the 4-H Horse Project and who have gained and demonstrated knowledge and skills in the principles of horsemanship.

Bexar County Extension Educators Association (EEA)

Presented to 4-H members who have actively participated in 4-H and who have been recognized for outstanding projects, leadership, and citizenship activities?





4-H Terminology/Glossary

1. **Club Managers/Adult Volunteers** - Adult volunteer leaders whose purpose is to facilitate leader and resource development in addition to assisting in planning club and countywide 4-h events.
2. **Community Service Project** - An activity conducted by a 4-H member for the benefit of the community. Examples: neighborhood clean-up campaigns, voter registration drives, Food and clothing collections for the needy.
3. **County Awards Program** - Recognition event for county contest winners, adult volunteers, and friends of 4-H.
4. **County 4-H Awards Handbook** - A handbook compiled by a committee of adult volunteers which gives specific information and details of all 4-H awards (Available from the County Extension Office).
5. **County 4-H Council** - A body composed of two elected delegates, usually the President and Council Delegate, from each organized county 4-H club. Its purpose is to plan and coordinate countywide activities and events. Two delegates from this group represent Bexar County on the District 10 4-H Council.
6. **County 4-H and Youth Development Committee** - A committee composed of 4-H members, volunteer leaders, and other community residents, which is responsible for reviewing the overall youth situation in the county. It is charged with making recommendations and developing plans for expanding the 4-H program throughout the county.
7. **County Extension Agent** - An employee of the Texas Agricultural Extension Service who specializes in either agriculture, family and consumer sciences, 4-H and youth development, horticulture, or urban development. He/She is responsible for managing the 4-H Program in the county.
8. **District Adult Leaders Association** - A district-level organization consisting of two delegates from each county that is responsible for planning district-level 4-H events and leader development programs.

9. **District 10** - Twenty-one Texas counties comprise District 10. The District Headquarters is located at the Texas A&M University Research and Extension Center, 1619 Garner Field Road, in Uvalde, Texas.
10. **Enrollment Forms** - Standardized enrollment and registration forms used to record required information about 4-H members and volunteer leaders; provides mailing information for the 4-H newsletter.
11. **Extension Agent** -1890: An employee of the Cooperative Extension Program of Prairie View A&M University who specializes in agriculture, family and consumer sciences, or 4-H and youth development. His/her primary thrust is to provide limited-resource clientele with research-based educational information, but not at the exclusion of others in the community who are also in need of the same services.
12. **4-H Membership Age** - Age 8 and in the third grade through age 18. The 4-H age is the age on August 31 of each calendar year.
13. **4-H Campus** - A location that offers hands-on learning experiences in leadership, project skills, and recreation. Counties may plan and conduct individual camps or they may participate in the 4-H Summer Camp in Huntsville, Texas, or in the 4-H Summer Camp at the Texas 4-H Center in Brownwood, Texas.
14. **4-H Club** - A 4-H group of at least 6 to 10 youths, one or more adult volunteers, and elected officers. The club follows a set agenda and conducts a business meeting at least once a month.
15. **4-H Club Officers** - Members of a local club elected by the membership to serve a one-year term. Elected officers most commonly consist of a president, vice-president, secretary, treasurer, reporter, and council delegate.
16. **4-H Emblem and Colors** - The 4-H club emblem is a green four-leafed clover with the letter "H" in white on each leaf. The four "H's" stand for Head, Heart, Hands, and Health. White is for purity. Green is nature's most common color and is symbolic of youth, life, and growth.
17. **4-H Leader** - An adult volunteer who works with 4-H club members. The main classifications of leaders are:

18. **Club Manager** - Responsible for the organization and management of the club.
19. **Project Leader** - An adult who helps 4-H members learn through involvement in a specific project.
20. **Activity Leader** - An adult with the responsibility of helping club members learn through their involvement in one or more 4-H activities. Some examples of activities are: recreation, method demonstrations, illustrated talks, community service, exchange programs, or recognition events.
21. **4-H Project** - A subject or specific topic taught by a project leader through a series of lessons, which must include at least six learning experiences. Project meetings are held at times other than during normal 4-H club business meetings using written project leader guide materials. Note: All 4-H members are required to complete at least one project during the year.
22. **4-H Record Books** - A record of the 4-H member's accomplishments that may be entered in County level competition and which are required to apply for many 4-H awards.
23. **4-H Year** - September 1 to August 31 of the following year. Club members must be enrolled in September to remain active for the next year.
24. **IFYE (The International 4-H Youth Exchange)** - IFYE delegates live and work with host families while abroad for a period of 6-8 weeks. Participants must be 19-25 years of age. Texas families may host delegates for other countries a 2-3 week period during the summer.
25. **Junior** - A 4-H member who is 11 through 13 years of age.
26. **Junior Leader** - A member with at least one year of experience who is between the ages of 13 and 18. He/she assists project leaders with teaching projects, assisting younger members, and recruiting duties at both the local and county levels.
27. **Leader Training** - Workshops conducted by the County Extension Agents, Extension specialists or local resource persons.
28. **Method Demonstrations and Illustrated Talks** - Individual or team presentations given by 4-h members at the club, county, and district level or

at state competitions. Specific rules and categories for these items are found in the Texas 4-H Roundup Guide.

29. **National 4-H Center** - An educational facility operated by the 4-H Council in Chevy Chase, MD, near Washington, D.C., with lodging for over 700 people.
30. **National 4-H Council** - A chartered non-profit organization with the sole purpose of complementing the 4-H program and Cooperative Extension Service activities.
31. **National 4-H Supply Service** - A service of the National 4-H Council that supplies clubs and members with all types of 4-H items. Copies of this catalog are available from the County 4-H Office.
32. **National 4-H Week** - The first full week in October designed to increase the public awareness and understanding of 4-H.
33. **Pre-Junior** - A 4-H member who is age 8 and in the third grade through 10 years of age.
34. **Project Group Meetings** - Meetings coordinated by an adult project or teen leader where members learn about their specific project area.
35. **Roundup** - A competitive event held at the County, District, and State levels where senior 4-H members participate in public speaking, method demonstrations and judging contests.
36. **Self-Determined Project** - A project area where there is no project guide available. Extension agents, leaders, and parents work with the member to set goals, objectives, and learning experiences to complete the project.
37. **Senior** - A 4-H member who is 14 through 18 years of age.
38. **Short-Term Project** - A program that is conducted for special interest groups for a length of time that is needed to complete the objectives of the project. Groups are organized without formal structure and disband at the end of the project.
39. **Teen Leader** - A club member who is at least 16 years old and who accepts full leadership responsibility for a project group or special interest short-term group. This individual must have had previous experience working with younger 4-H members.

40. **Texas 4-H Center** - A camp facility owned and operated by the Texas 4-H Foundation on the shores of Lake Brownwood (12 miles North of Brownwood, TX). The Center includes a conference center with 22 motel-style rooms, 10 dormitories that can accommodate 300 persons, and a lakeside pavilion. Extension training, 4-H camps, and retreats are conducted at this location year-round
41. **Texas 4-H Council** - Two 4-H delegates from each of the 12 Extension districts that help plan and carry out many statewide events such as the 4-H Roundup and Texas 4-H Congress.
42. **Texas 4-H Opportunities Handbook** - A handbook that is updated annually which outlines statewide 4-H contests, educational workshops, the 4-H recognition program, and 4-H scholarships.
43. **Texas 4-H Volunteer Leaders' Association** - A statewide organization consisting of two delegates from each of the 12 District Adult Leaders' Associations.

4-H Policies

Membership - 4-H members must:

- Be members in the county in which they live.
- Membership cannot be held in more than one county or state. Exceptions are made if a 4-H member lives near a county line and it is easier to participate in the neighboring county.
- Maintain active membership status a member must be enrolled in a 4-H club and complete one 4-H project per year.

Clover Kids - Youth who have enrolled in kindergarten on September 1 but have not enrolled in the third grade.

- Projects - Clover kids may participate in any 4-H project offered through the regular 4-H programs.
- Projects may be exhibited at any 4-H event with recognition based upon completing and exhibiting the project.
- Animal projects may not be larger than rabbits in size.
- No judging or placing is permitted.

School Absences -

The Texas Education Agency (TEA) recognizes 4-H as a legitimate extracurricular organization and members may apply for excused absences when participating in 4-H activities.

To request an excused absence for a 4-H activity a member should obtain an academic "Eligibility Form" from the County 4-H Office two weeks prior to the event and have it completed by the school principal or counselor.

The completed form should be returned to the County 4-H Office.

No Pass-No Play Rule: 4-H must abide by all of the rules of House Bill 72 which means that a 4-H member must be passing all subjects in order to participate in competitive 4-H events.

- Two weeks prior to the event the 4-H member should obtain an "Eligibility Form" and have it completed by the school principal or counselor.
- Return the completed form to the 4-H Office no later than the day of the event.
- This rule applies even if the event is on a weekend and does not require an absence from school.

Reimbursement for State Contests -

Members qualifying to represent Bexar County in State 4-H Contests are eligible to have their registration fees paid for or reimbursed by the Bexar County 4-H Council.

- To be eligible, members must follow the 4-H Code of Conduct at all times during the event(s).
- Upon returning home, members must write a "thank you" letter to the contest sponsors and submit a copy of the letter to the County 4-H Office.

Reference

4-H County Management Guide, Texas Agricultural Extension Service

4-H Club Manager's Guide, Texas Agricultural Extension Service

Texas 4-H Opportunities Handbook, Texas Agriculture Extension Service