



CANADA
4-H Nova Scotia

4-H Nova Scotia Family Guide

Learn To Do By Doing

4hnovascotia.ca

WELCOME TO 4-H

Established in 1913, 4-H is one of Canada's longest running and most respected youth organizations. As a positive youth development organization, we are focused on the goal of helping youth "Learn To Do By Doing" in a safe, fun and inclusive environment. We believe in nurturing responsible, caring and contributing young leaders who are committed to positively impacting their communities.

4-H IN NOVA SCOTIA

4-H Nova Scotia is a not-for-profit organization. In Nova Scotia, the program is run by staff under the guidance of a Board of Directors. Staff support members and volunteers throughout the 4-H year.

4-H Nova Scotia is fully accredited through 4-H Canada and meets national standards for programing and youth safety.

The 4-H NS website is an excellent resource:

www.4hnovascotia.ca

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, my country and my world.

WHO CAN BE A MEMBER?

4-H is open to all youth in Nova Scotia, whether they are from the city, a rural community or a farm.

- 7 and 8-year olds can join as Cloverbuds.
- 9 to 13-year olds can join as Junior Members
- 14 to 21-year olds can join as Senior Members.

Membership age is based on age as of January 1st of the current 4-H year.

WHAT IS A 4-H CLUB?

4-H clubs are formed within a community. Each club will have one or more General Leaders, Trained Leaders, Screened Volunteers, Members and Cloverbuds.

General Leaders are responsible for club administration, guiding club executive, providing general information to families and coordinating club events.

Trained Leaders and Screened Volunteers work together following the Rule of Two to provide members with hands on learning opportunities.

Each member or Cloverbud signs up to complete at least one 4-H project during the 4-H year.

WHERE ARE 4-H CLUBS LOCATED?

4-H Clubs are found across Nova Scotia, and across Canada. In fact, versions of the 4-H program are found in over 80 countries worldwide.

To find a club in your area, contact your Regional Program Coordinator or the 4-H NS office.

HOW MUCH DOES 4-H COST?

Members pay a registration fee of \$35 to join 4-H Nova Scotia. Some clubs charge an additional fee to cover club activities and administration. Throughout the year there may be club and provincial fundraisers for members and families to participate in. Members are responsible for costs associated with project work. This cost varies depending on the project selected. Please discuss the costs with your leader.

WHAT PROJECTS ARE AVAILABLE?

The first step to start your year in 4-H is to choose a project. A project is an area of interest you would like gain hands on experience in. 4-H members have many exciting projects to choose from each year. These projects are categorized into the four 4-H Canada Leadership Development Pillars.

- Community Engagement & Communications
- Science & Technology
- The Environment & Healthy Living
- Sustainable Agriculture & Food Security

In Nova Scotia the following projects are recognized:

- Life Skills Projects - Sewing, Scrapbooking, Foods, Crafts, Cake Decorating, Heritage, Woodworking, Horticulture, Junior Leader, First Aid, The Great Outdoors, Small Engines, Welding, Computer, Vet Science, Exploring 4-H, and Photography.
- Livestock Projects - Dairy, Beef, Light Horse, Horse Basics, Sheep, Dog, Draft Horse, Waterfowl, Goat, Poultry, and Rabbit.

WHAT THINGS SHOULD I CONSIDER WHEN SELECTING A PROJECT?

4-H Members' Interests – What are your 4-H members passionate about?

4-H Members' Abilities - A project should teach members something new, encourage the development of skills and increase knowledge.

Achievable - The project should be challenging, but not out of reach. Make sure to think about what is realistic, what is feasible within the timeframe, and consider the resources and the abilities of the group.

Resources – Do members or leaders have access to the necessary equipment and resources, such as an animal, land or special tools that may be needed? If not, is it possible to borrow or share these necessary pieces? Money and space required should also be considered. If borrowing an animal, it is important to inform the owner that the animal must be present at Achievement Day for completion, and at County Show (for the duration) if the member wishes to compete. The animal owner will need to provide or arrange transportation and insurance.

Location and Time - Can the project be carried out where the members live and in the time that is available?

Responsibility and Commitment - Keep in mind that project requirements specify that the member, not the parent, is responsible for completing the project.

Family Support – Is the member's family able to support them in this project and encourage their success? This includes transportation to and from meetings, events and activities, and may also include individual preparation or practice time at home.

Age Appropriate - Some 4-H projects have age limits. Check each project to determine the minimum age required. Your Regional Program Coordinator (RPC) will have more information about this.

WHAT IS SELF DIRECTED PROJECT WORK?

Self-directed project work provides members the opportunity to register for a recognized 4-H Nova Scotia project, even if their club is on hiatus or a leader is not available for the project. Project newsletters and manuals are available on the 4-H Nova Scotia Website, and members can reach out to their Regional Program Coordinator if further support is needed.

If you or your members are interested in doing a 4-H project that isn't currently offered by 4-H Nova Scotia, but is offered elsewhere in the country, be sure to

contact the 4-H office to confirm this is okay before starting.

Please note, parents are responsible for supervising all independent project work activities.

WHAT DOES THE 4-H YEAR LOOK LIKE?

4-H runs most of the year, with different activities taking place throughout the year.

October/November:

Club Year Begins; Reorganization Meetings; 4-H Month; Annual Nova Scotia 4-H Council Meeting

December:

*Begin 4-H Projects; Social Events; Community Service Projects; **Registration Due December 1***

January:

Project Work; Club Meetings

February:

Project Work; Club Meetings; Leadership & Skill Workshops

March:

Leadership & Skill Workshops; Public Speaking Training; Club Rallies (Public Speaking & Demonstrations); Project Work

April:

County Rallies; Regional Rallies; Judging Practices; Project Work

May:

Community Projects; Annual 4-H Weekend; Provincial Rally; Judging Days; Project Work

June:

Achievement Days; Project Work

July:

Camp Rankin; EastGen Beef & Dairy Workshop; Achievement Days; County Shows & Exhibitions; Tours & Exchanges; Project Work

August:

Achievement Days; County Shows & Exhibitions.

September/ October:

Provincial 4-H Show; Awards Banquets

4-H IS FOR ADULTS TOO

There are many different ways to volunteer your time to the 4-H program. If you think you might want to become a Trained Leader or Screened Volunteer, please contact your club's General Leader to get more details. You do not need to be an expert on any subject in order to be a leader. If you are enthusiastic, like to learn alongside youth, and have an interest in working with young people, you have what it takes to volunteer. 4-H Nova Scotia provides project newsletters, resource manuals and other information relating to the project or activities you may be volunteering in.

VOLUNTEER SCREENING

The following are requirements of all volunteers in the 4-H Nova Scotia Program:

- *4-H Registration*
- *Child Abuse Registry Check*
- *Criminal Record Check (with Vulnerable Sector)*
- *Three References*
- *Interview*

LEADER TRAINING

4-H Nova Scotia Leaders also complete the following:

- *Commit to Kids*
- *4-H Nova Scotia Youth Safety Training*

Screening packages for new leaders and volunteers are available on the 4-H NS Website and from your club's General Leaders.

A 4-H member would like a leader with the following qualities:

- *Enthusiasm for working with young people*
- *An interest OR skills in a project or leadership.*
- *An eagerness to learn new skills.*
- *A willingness to find and/or use resources*
- *Sets a good example.*
- *Is patient.*
- *A creative teacher or can locate someone who can help.*
- *Is understanding and can earn the respect of youth.*
- *Has a good sense of humour.*
- *Teaches on the members level.*
- *Is easy for the member to talk to and is a good listener.*
- *Gives constructive criticism and praise when*

necessary without comparing to other members.

- *Divides the work equally between all members.*
- *Interested in youth and their development as knowledgeable and caring citizens.*

4-H IS A FAMILY AFFAIR...

PARENT INVOLVEMENT WELCOME

Successful 4-H members have parents who not only witness the members development and achievements in the 4-H program, but who are directly involved in helping their son or daughter grow and attain greater accomplishments.

There are certain things that every parent can be expected to contribute. It is essential that the parent(s):

- *Support and to encourage your child.*
- *Get involved in your child's 4-H activities, understand and assist with what they are learning, and be a part of their success!*
- *Understand what the 4-H member will be expected to do in order to complete their project work.*
- *Provide supervision of independent project work (at home, using a friends/leaders workspace, or training an animal at a farm).*
- *Cover the cost for projects undertaken by the member.*
- *Provide transportation to and from 4-H programs and meetings.*
- *Ensure a Trained Leader and Screened Volunteer are present before dropping a member off at an event.*
- *Offer to help at meetings and events.*
- *Share a special skill, talent or time with the club- become a Screened Volunteer!*
- *Show appreciation to 4-H leaders.*
- *Understand your role in promoting good sportsmanship.*
- *Make sure that you stay informed, read emails, and follow up on any necessary correspondence.*
- *Remember and reinforce that development of the youth is more important than winning an award.*

WHAT HAPPENS AT CLUB MEETINGS

Clubs have General Meetings and Project Meetings. General meetings include everyone in the club, regardless of project. The general meeting deals with things that are important to all members, such as rallies, community service projects, social events, or passing along correspondence that comes to the club.

Project Meetings happen in each project and members only go to the project meetings for the projects they are enrolled in.

General and project meetings may be held on the same day or on separate days. There are no specific number of project meetings or general meetings that a club must hold. This will depend on the club, the number of projects or project members, the amount of business to be covered, and the time needed to complete a specific project.

Meetings are organized by 4-H leaders and can take many forms - from tours, to guest speakers, to demonstrations and much more. Since 4-H members "Learn to do by Doing" almost every meeting consists of some hands-on activities.

Depending on the type of project, members might judge a group of cattle, cook a new recipe, sew some clothing, complete a craft, work on a computer, play some games, go on a hike - the sky's the limit!

CLUB EXECUTIVE

Each club has an executive that works together to accomplish goals the group sets and to make sure that meetings run smoothly. The executive consists of a President, Vice President, Secretary, Club Reporter, and Treasurer. Brochures are available for all executive positions, as well as Secretary and Treasurer's books. 4-H staff will provide training to the executive on the roles.

The Club **President** usually acts as the meeting's chairperson. They work with the club volunteers to complete any business and keep the meeting running on time. The Club **President** also works with the General Leader to develop the meeting's agenda

The **Vice-President** is the assistant to the president. They are responsible for introducing any guests. The Vice-President can also lead the meeting if the President is absent.

The **Secretary's** job is to keep written notes on all club activities. They write a summary of each meeting, which is read at the next meeting.

The **Club Reporter** lets the public know what activities and events are going on within the club. This includes writing reports and sharing news with the local media & social media.

If the club has a bank account, the **Treasurer** keeps an accurate account of all the money collected and spent. They will report at each meeting on the status of the account.

The club executive is usually determined once the club members all register so that everyone has a role in selection.

WHAT ELSE DO MEMBERS DO TO COMPLETE THEIR PROJECT?

4-H members must meet the requirements for their respective project, which are outlined in the project newsletter provided to members for each project in January. A completed record sheet is required for every project.

Project newsletters and record sheets can be viewed here: <https://4hnovascotia.ca/projects-competitions/>

In addition to project work (showmanship in livestock or items/articles for all life skills projects) and the record sheet, members must do one of the following 3 components to complete their 4-H project.

- Communications
- Judging
- Club Contribution

Completing one of these additional components gives a GREEN level of achievement, two of the additional components gives a SILVER level of achievement, and all three additional components gives a GOLD level of achievement.

COMMUNICATIONS...

PUBLIC SPEAKING & DEMONSTRATIONS

Each member is encouraged to make a verbal presentation in the form of either a prepared speech or demonstration, or some other oral presentation to receive a communications sticker on their Achievement Day certificate.

The topic of presentation can be anything of interest to the member. A speech is simply a prepared talk. A demonstration can be made up of a single member or a team. Each demonstration shows how to make or do something that results in a finished product.

In public speaking, there are three categories:

- *Junior: 9 -12 years*
- *Intermediate: 13 -15 years*
- *Senior: 16 -21 years*

In each of single and team demonstrations, there are two categories:

- *Junior: 9 - 13 years*
- *Senior: 14 -21 years*

Once 4-H members have their presentations prepared, most clubs have a communication competition or rally. Top competitors from clubs go on to county rally, and finalists from each county are then eligible to participate in the regional rally. Winners from that competition go on to compete provincially at the annual 4-H Weekend in May.

JUDGING

Another important skill 4-H members learn is judging. Judging teaches 4-H members to think, observe, compare items, identify good and poor qualities in an item or animal, make sound decisions and state their reasons for that decision. It develops public speaking skills, develops self-confidence and decision-making skills.

Judging is where members study four (4) items related to their project, decide how they rank from best to worst, decide on the reasons why and present those reasons to a judge based on a specific format. The member is then given a score based on their placing and reasons.

In 4-H, practice judging is done at the club level or during workshops. At County Judging Days, 4-H

members must judge the class that relates to the project they took during the year to receive credit towards their achievement day completion.

CLUB CONTRIBUTION

Club Contribution is evaluated by the club leaders and reflects the effort, attendance, attitude, 4-H spirit, and involvement of the member throughout the 4-H year. Some things that may be considered in Club Contribution evaluation are:

- *Attendance at 4-H general & project meetings*
- *Effort in getting their projects completed*
- *Participation in community service*
- *Participation in fund raising activities*
- *Willingness to help out*
- *Having a good attitude*

ACHIEVEMENT DAY- FINISHING OFF THE 4-H YEAR

Achievement Day is one of the many highlights of the 4-H Club year. Each club selects a weekday in June, July or August to hold their Achievement Day. The 4-H Achievement Day provides opportunities for 4-H members to be evaluated non-competitively on what they learned with consideration to their age and number of years in 4-H.

The 4-H members completion is based on project work and a record sheet, which is evaluated by 4-H Nova Scotia staff or staff designates, as well as club contribution, judging and communications. That evaluation determines the ribbon achievement for each completed project. On the members Achievement Day Certificate, stickers are included for each completed project as well as for judging, communications and club contribution.

Clubs are encouraged to make this day into a community event for families and friends of club members. This gives members an opportunity to display their projects and is positive publicity for the 4-H program.

There are many opportunities for competition. All completed projects qualify to enter competition at Nova Scotia Exhibitions and County Shows held throughout the summer. Winners from these events go on to compete at the NS 4-H Provincial Show.

COUNTY/REGIONAL ACTIVITIES

Within the local county and region, 4-H members and leaders will have the chance to participate in numerous activities such as:

- County Council Meetings – These meetings give the opportunity for leaders and senior 4-H members to plan joint activities and programs within a county.
- Social activities – Most counties or regions will have activities such as dances, tours, banquets, leaders' suppers, skating parties, winter carnivals, parades, etc.
- Woodsman competitions
- Tug of War competitions
- Numerous county and regional training workshops
- County shows are an opportunity for members to test their skills competitively with members in the same project. Participation in the County Show (for the duration of the event) is mandatory to qualify for the Nova Scotia Provincial 4-H show. Only top projects in each class will be selected to advance.

OTHER OPPORTUNITIES

- **Community Service** - 4-H members participating in a community service project learn to view the world as a kinder, more accepting place while organizations learn that from one small gesture comes great things. Both learn that having faith in the future of their community is the key to its success.
 - **Camp Rankin** – numerous 4-H members embark on a summer adventure at Camp Rankin, Nova Scotia's provincial 4-H camp, each summer from July to August. Campers are guaranteed an unrivaled experience involving skills training, friendship, and fun activities in a scenic setting in the Bras d'Or Lakes.
 - **4-H Nova Scotia Provincial 4-H Show** - Each fall Nova Scotia 4-H members and leaders take part in the largest provincial 4-H Show in Canada. This annual Provincial 4-H Show is an opportunity for 4-H members showcase their project achievements to the public. Approximately 25,000 people attend the show where 4-H members from across Nova Scotia
- compete for in a variety of livestock, homemaking and non-livestock classes.
- **National 4-H Month** - During November, the 4-H program celebrates the 4-H program and its members, leaders and families.
 - **4-H Nova Scotia Annual Meeting** - This takes place in November each year. Each county can send two voting delegates, one adult leader and one senior 4-H member. It is an excellent opportunity to be part of the rule making process for the Nova Scotia 4-H program and to meet other people from across the province.
 - **4-H Members and Leaders Workshops, Tours and Conferences** - provide opportunities for life-long learning and are provided on a county, regional, provincial and national level. 4-H members and leaders can participate in a variety of skill specific and leadership development workshops and conferences each year. Meeting people and having fun, while developing self-confidence and team building skills is what it is all about.
 - **Trips and Scholarships** – Each year, deserving senior 4-H members and leaders are awarded opportunities to travel and attend events across Canada, the United States and beyond. As well, there are several national and provincial 4-H Scholarships designed to assist 4-H members with their educational goals.
 - **Grade 10 Credit** - provides an opportunity for active senior members to use their leadership skills to complete a credit for Grade 10 through the Dept. of Education.
 - **Junior Leaders** - 4-H is all about leadership, and senior members are encouraged to take on leadership roles in their club. To be eligible, a member must be 14 to 21 years old and have been in 4-H at least two years. Junior Leaders may assist in any area of club work helping adult leaders with specific projects or club events. It is an opportunity to

develop leadership and organizational skills through the practice of leadership with the guidance of a 4-H leader.

- **EastGen Showcase**- 4-H Dairy & Beef members from Atlantic Canada will learn advanced beef, and dairy, management practices at this 4-H Showcase each July in Truro. 4-H members

learn the most current techniques in clipping, showing, and herd management.

- **Council Members** – There are opportunities for senior 4-H members and for registered leaders to join the executive of the local 4-H Council, or to represent the county/region at the 4-H NS level.

WHERE TO GET MORE INFORMATION

If you or a member of your family are interested in joining 4-H, or if you are interested in starting a 4-H Club in an area not currently served by a club, please contact 4-H Nova Scotia for additional details.

**4-H Nova Scotia
90 Research Drive
Bible Hill, NS B6L 2R2**

4-H Nova Scotia
PO Box 30066, Robie PO Box Truro, NS B2N 7J1

Phone: (902) 843-3990

Fax: (902) 843-3989

REGIONAL PROGRAM COORDINATORS

Cape Breton Region 902-305-7478

Eastern Region 902-305-7475

Central Region 902-305-7473

Valley Region 902-305- 7472

South West Region 902-305-7471

The 4-H Nova Scotia website is a great resource for finding member and leader resources, opportunities in the 4-H Family, and other important information for helping run a club.

<https://4hnovascotia.ca/>

4-H Nova Scotia is also active on the following social media platforms;

@4HNovaScotia – Facebook Page

4-H NOVA SCOTIA LEADERS GROUP – Facebook Closed Group

@Official4HNS – Twitter page

4hnovascotia – Instagram page

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