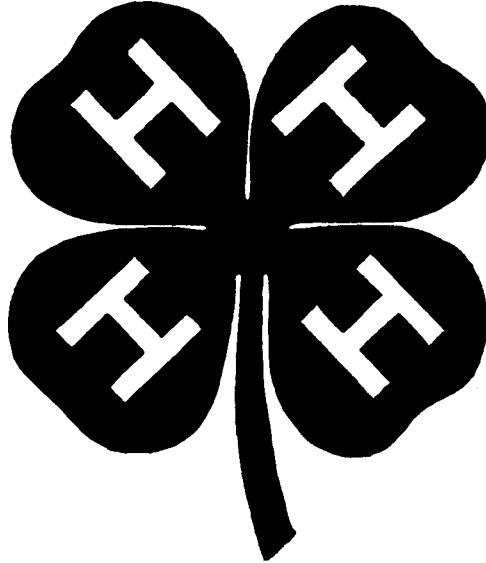


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# *My* 4-H RECORDS

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## OREGON

**DISCARD**

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ADDRESS \_\_\_\_\_

POST OFFICE \_\_\_\_\_

COUNTY \_\_\_\_\_

## 4-H Club Work

4-H Club work is the off-campus, informal, voluntary youth education program of Oregon State University. Each county Extension office has information about the 4-H educational program. It is a cooperative service between the United States Department of Agriculture, Oregon State University, and your county.

One of the great values of 4-H Club work is its voluntary nature. You make your own choice about being a 4-H member. It is a privilege to be a 4-H member where boys and girls learn by doing. In "Building Today for Tomorrow" 4-H members learn, live, and serve through 4-H.

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### Instructions for Keeping 4-H Records

Records are important. Good records tell the story of your accomplishments. 4-H will help you learn to keep and use records—to develop record-keeping skills that you can use all of your life. Good ideas and important facts are often lost if not recorded.

You will need your 4-H records when you apply for 4-H awards, trips, and scholarships.

Write carefully and neatly. Beginners should use a pencil so they can erase if necessary. Older members may use a pen. Spell correctly. If you have any questions, ask your 4-H Club leader or parent to help you.

Keep your records up to date. When you buy, make, or do something, write it down. Include the date and cost and the names of those who helped you. Livestock records should be brought up to date monthly.

**My 4-H Records**—This cover will help you keep your records neat, clean, and all in one place. At first you may keep all of your 4-H materials in it. After a year or two of club work, you may want to get a 3-ring notebook like you use in school. Oregon 4-H notebooks are available at most county Extension offices. Keep this cover in your notebook. Use it when you send your records in for 4-H contests.

**Project Records**—All 4-H projects require a record of some kind. Special record sheets are provided for most projects. In some projects, the project manual is a work book which takes the place of a record book. Be sure that you keep the required records for your project.

Some counties have record book contests. Keep your records up to date so they will be ready when needed. Follow the instructions of your 4-H Club leader and Extension agent.

**My Permanent 4-H Record**—This will be your permanent record of all of your 4-H work. Some sections can be filled in during the 4-H year. It should be brought up to date at the completion of each project and at the close of the 4-H year.

Your leadership record should include important leadership positions held and work done in your school, church, or in other youth or community organizations. Be sure to include your leadership activities at county and state 4-H events.

This record will be turned in when you enter special contests or apply for scholarships.

First year 4-H members do not need "Permanent 4-H Record" forms. They are usually provided during the second year of 4-H.

**National 4-H Record**—This is a form that must be filled out when you apply for certain state and national awards such as trips to the National 4-H Congress and Conference and for certain college scholarships. If your project and permanent records are complete, you will have most of the information needed to complete this form.

**4-H Memory Book**—In 4-H you will have many experiences that you will want to remember. A 4-H Memory Book is a loose-leaf notebook or scrapbook in which you keep pictures, newspaper clippings, letters, certificates, ribbons, and so forth. News clippings should be dated and may be covered with clear, adhesive contact-paper. Some of these items will be needed when you submit your records for certain trip and scholarship awards. Attach them in your memory book so they can be removed. Start your 4-H Memory Book now so you will have a complete record of your 4-H experiences.

**Project Accomplishment**—It is important for you to learn to complete each 4-H task or project activity that you undertake. In some cases, you may need to change your original plans for project work, but strive to do the most complete job possible. Situations will vary for each 4-H member.

As a 4-H member you will want to show your completed work to your 4-H leader, your parents, and to others. 4-H members may receive "Certificates of Accomplishment" for projects completed to the best of their ability.

# My Part as a 4-H Member

**4-H Requirements**—To be a 4-H member in Oregon, you must:

- Be nine years old and under nineteen on December 31 of the current 4-H year.
- Agree to meet the requirements of your project.
- Cooperate with your 4-H Club leader and your fellow club members.
- Keep 4-H records as required for your project.

**4-H Club Information**—The 4-H year starts with the organization of clubs in the fall and continues through the following spring and summer.

Eligibility for 4-H events and contests is based on year of birth or grade in school. Age classes for most 4-H contests are:

- Junior—9, 10, and 11
- Intermediate—12, 13, and 14
- Senior—15, 16, 17, and 18

Your age on December 31 will be your 4-H age for that 4-H year. If you are 11 on December 31, you will be a junior through the following spring and summer.

4-H members must be enrolled by June 30 to be eligible for that 4-H year. Members starting after June 30 will not be eligible to exhibit at 4-H fairs or participate in 4-H contests until the following 4-H year. Some counties may have earlier deadlines for some events.

4-H members do their own work. Articles for exhibits are made by the member.

4-H members feed and care for their animals and prepare them for showing.

4-H members own the animals they carry in their 4-H projects except as provided in the dairy, dog, and horse projects. Registered animals are to be registered in the member's name. Animals registered in a family name are acceptable if the name includes the club member and if the animals are identified at the beginning of the project.

**4-H Privileges**—As a 4-H member you may:

- Join a 4-H Club with other boys and girls.
- Wear 4-H insignia.
- Attend 4-H meetings, tours, camps, and conferences.
- Participate in 4-H events and contests.
- Exhibit in 4-H classes at fairs.
- Earn 4-H trips, scholarships, and other awards.

**4-H Responsibilities**—When you join a club, you promise to do your best to complete your projects.

If you are elected to an office or appointed on a committee, you will want to serve to the best of your ability.

As an older 4-H member, you will have younger members following in your footsteps. You will want to set a good example for them.

As a 4-H member, you represent your club, your community, your county, and your country. You will always want to look and be your best.

## 4-H Activities and Events

Many 4-H tours are arranged for club members to go places and see and do interesting things.

Many counties have three- to five-day 4-H camps where club members learn to live and work and play together, go on nature hikes, and learn many skills and crafts.

**4-H Summer School** is held at Oregon State University each June. Scholarships are provided by interested persons and organizations and are earned by doing good 4-H work. You must be 13 years old and selected to represent your county.

**County fairs** have classes for 4-H members where you can exhibit your 4-H work and demonstrate your skills.

The **Oregon State Fair** has 4-H classes for county winners. You must be selected in your county and must be 12 years old to exhibit livestock or participate in contests at the State Fair.

The **National 4-H Awards Program** provides county, state, and national awards. Many of the state awards are trips to the National 4-H Club Congress in Chicago. Oregon sends about 30 older 4-H members to Club Congress each fall. Most of the national awards are college scholarships.

The **Oregon 4-H Conference** is held in Salem each February. Each county may send a boy and a girl. The program is "Know Your State Government," with state officials participating.

The **National 4-H Club Conference** is held in Washington, D. C., in April. Each state sends two boys and two girls. They learn about our national government and the meaning of citizenship. Oregon's delegates are selected at the Oregon 4-H Conference.

The **International Farm Youth Exchange** provides opportunity for young men and women of Oregon to visit other countries and for the exchangees to visit our state and live in our homes. Contact your county Extension office if you would like to have an IFYE exchangee live in your home.

To become an IFYE delegate, you must be between 20 and 30 years of age, be willing to serve people, learn another language, if necessary, and report on your trip when you return to Oregon.

## THE 4-H EMBLEM



A green four-leaf clover with a white letter "H" on each leaflet, for the development of HEAD, HEART, HANDS, and HEALTH.

## THE 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, and my country.

## THE 4-H MOTTO

"To Make the Best Better"

## THE 4-H COLORS

GREEN—nature's most common color is emblematic of springtime, life, and youth.

WHITE—symbolizes purity and high ideals.

## THE 4-H CREED

I believe in Boys' and Girls' 4-H Club work for the opportunity it gives me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to THINK, PLAN, and REASON.

I believe in the training of my HEART for the nobleness it will give me to be KIND, SYMPATHETIC, and TRUE.

I believe in the training of my HANDS for the ability it will give me to be HELPFUL, SKILLFUL, and USEFUL.

I believe in the training of my HEALTH for the strength it will give me to ENJOY LIFE, RESIST DISEASE, and WORK EFFICIENTLY.

I believe in my Country, my State, my Community, and in my responsibility for their development.

In all these things I believe, and I am willing to dedicate my efforts to their fulfillment.