



Join 4-H!



A special insert to the University of Nebraska Cooperative Extension Nebline.

What is 4-H?

4-H is an organization for boys and girls who are 5 to 19 years old in the current calendar year. It is open to every one, regardless of race, religion, color, sex, economics, disability or place of residence.

Who's in charge of 4-H?
4-H is sponsored in Nebraska by Cooperative Extension of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln.

How much does it cost?
There is a small fee for project manuals.

What do the H's stand for?
The 4-H pledge reveals this:

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.

What do you learn in 4-H?
Members learn by doing: practical skills, such as cooking or repairing an engine, and life skills that help 4-H'ers become

capable adults.

What are life skills?
They are the skills young people need to grow into competent and caring adults. Some life skills emphasized include: thinking critically; solving problems; respecting self, others and the environment; communicating; preparing for a career, serving others; choosing healthy lifestyles; and managing change and challenges.

How do you join?
Contact the University of Nebraska Cooperative Extension in Lancaster County at 441-7180 or visit the 4-H office at 444 Cherrycreek Road, Lincoln, NE.

What kind of 4-H membership is available?
Clover Kids: This is a non-

Clover Kids are able to participate in a variety of 4-H programs including showing exhibits at the Lancaster County fair.

4-H Club:
Members of an organized group of youth, led by an adult, with a planned program carried on throughout, or in several months of, the year.

Independent Member:
Youth participating in a planned 4-H program as individuals without group affiliation.

4-H School Enrichment:
Groups of youth receiving learning experiences during school hours in cooperation with school officials.

What is a 4-H volunteer?
An adult or teen who works voluntarily with a group of 4-H youth. Call the University of Nebraska Cooperative Extension in Lancaster County at 402-441-7180 for more information.

What do 4-H clubs and groups do at meetings?
4-H clubs usually do four general kinds of things: project work, business meetings, recreation or social activities, and community service.

What are 4-H projects?
4-H projects are learning experiences for 4-H members. Over 150 projects are currently available from Nebraska Cooperative Extension.

What is an exhibit?
An exhibit is an object or display designed to help the young person feel he or she is capable and has accomplished something. An exhibit lets 4-H'ers share what they learned in a project. Many 4-H'ers show their exhibits at the Lancaster County fair.

Does 4-H have a website?
Yes, you can find us at www.ianr.unl.edu/ianr/lanco/4-h/



competitive 4-H discovery program for 5 to 7 year-old children and their families.

What do these people have to say about 4-H?

"Out of all the years that I have been in 4-H, I've learned that to achieve a goal you need to work hard and not give up on it. I have learned through 4-H speech and song contests how to get up in front of a crowd and not get a bit nervous. 4-H gives a person a life time experience and treats you to so much fun. I recommend 4-H very strongly."
—Bryce Lemke, current 4-H member

"You don't have to have kids to be a 4-H leader. I love 4-H. I loved it when I was a member, I loved it when I was a junior leader and I loved it even more when I became a 4-H leader. Most leaders come from the ranks of parents, but I believe in the program so much I jumped at the opportunity to become a leader when my nieces were old enough to participate."

"I would encourage you...to become a 4-H leader. Your contribution to the 4-H program and to the 4-H'ers will be greatly rewarding."
—Janet Anderson, 4-H leader and 4-H Council member

"As I 'graduate' from 4-H, I look back gratefully at the many things 4-H has taught me. I have learned how to be critical of myself and my work in order to get positive results, and that no matter what, a project started is a project that must be done. However, more importantly, I treasure the experiences 4-H has given me. Among them: chances to travel all over the country, opportunities to build a better community through service, and always, the creation of friendships. 4-H has been a major part of my life for the past 10 years. I have laughed at messing up recipes, I have shaken with nervousness before giving a speech, and, in everything, I have grown. I can't deny that 4-H has, and will, help me to build a better future."
—JoHanna Madsen, 4-H alumni

"4-H has changed me to be more responsible. It also helped me to respect other people. It has given me courage to stand up in front of an audience and in school."

—Connie Lemke, current 4-H member

"I credit 4-H with much of the success that I have enjoyed in my professional life. Even though college degrees and work experiences taught me how to be a nurse and a hospital administrator, it was from my 4-H experiences that I learned valuable skills that have benefited me throughout my professional career."

"4-H taught me, very early, how to speak in front of groups, to be clear and concise in delivery of information, and to answer questions without getting flustered."

"4-H also taught me the value of good leadership. I had a continuous flow of role models from individuals who were 4-H leaders themselves and from older 4-H club members. I had demonstrated for me and was expected to demonstrate to others good citizenship, concern for 4-H members and others, and service to the community."
—Charlotte Liggett, 4-H alumni

"4-H has allowed me to expand my horizons and try things I've never tried before. I have had the opportunity to

work with projects such as photography, bread making, sewing, modeling and woodworking. I've also been involved in activities such as the livestock show, music contest, speech contest, teen council, 4-H Council and demonstrations."

"I think it's very important to experience many things and to discover new interests. I know 4-H has given me skills that I can use for a lifetime."
—Valerie Lemke, current 4-H member

"We have it all! Programs that teach life skills—rocketry, sewing, woodworking, pets, forestry, cooking, electricity and more—flexibility of scheduling, strong values and great socialization with adults and kids of all ages from all over Nebraska. It all adds up to 4-H."
—Ruth Lantis, Michelle Daize, Diane Spomer, Kristi Meter and Sandi Kroll, Home school parents and 4-H leaders.



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