2012 National 4-H Week
October 7 - 13
Promotion Packet
Welcome to the 2012-2013 4-H year and what a great year it is going to be for 4-H in Texas! The Texas A&M AgriLife Extension Service and its employees are committed to the education and development of the youth of Texas to be the future leaders of our state, country, and world. We are proud of more than 105 years of providing life development opportunities and look forward to the future and the opportunities it brings for our program and our youth.

A fundamental responsible of the 4-H Program is to highlight our program’s success and especially the youth that are involved in it. Each year, during National 4-H Week, the local and county 4-H clubs/groups have the opportunity to showcase what they have gained from their membership in 4-H through activities and events at the local and county level. In 2012, National 4-H Week will be October 7th through the 13th. This year, the Texas 4-H and Youth Development Program has developed this National 4-H Week Kit to help County Extension Offices, 4-H members, and volunteers design a National 4-H Week plan that works for them. This includes the following:

- Seven days of activities and events which 4-H members can organize and carry out in their community/county.
- Proclamations that can be presented at County Commissioners Courts and City Council meetings recognizing 4-H and National 4-H Week.
- Posters and flyers that can be distributed at schools and in communities inviting other youth to see what 4-H is about.
- Social media logos, icons, and graphics.
- Newspaper advertisements.
- News releases about 4-H in Texas and the benefits for both youth and adults.

All of the information in this kit can be downloaded from the Texas 4-H and Youth Development website at http://texas4-h.tamu.edu/ for the convenience of printing.

Thanks again for your participation in Texas 4-H and your celebration of National 4-H Week.

2012 National 4-H Week Packet prepared and distributed by the Texas 4-H and Youth Development Program.
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Amy Dromgoole, Extension Associate - 4-H
September 3, 2012
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National 4-H Week is our week to shine. To assist county 4-H Programs in the task of making 4-H the brightest it can be, each day of the week has been assigned a meaning and theme. This allows a 4-H program to use all seven days to interpret the great benefits of 4-H membership. With the help of former Texas 4-H Council members, a list of activities and events has been developed to be conducted during National 4-H Week.

SUNDAY, OCTOBER 7, 2012
Sunday, October 7th starts the celebration of National 4-H Week and is a day for families and for each of us to reflect on life and how to serve and help others. This can be done countless ways depending on one’s beliefs, traditions, and heritage.

Because each family may have different Sunday routines, this is a day designated for reflection as an individual towards your 4-H projects, leadership, and service to others. This reflection may be done as an individual or as a family.

For those involved in community or religious activities during Sunday, you could organize the following:
• Ask your pastor to offer a special prayer for 4-H members.
• Request to present a brief presentation to the audience about 4-H and the success of its members in your religious organization.
• 4-H Clubs can host fellowship after a service, especially if the 4-H club may meet in the church.
• Host an afternoon social for 4-H families to come and share their personal experiences about 4-H.

MONDAY, OCTOBER 8, 2012
Monday is linked to the 4-H Pledge statement of “I pledge my HEAD to clearer thinking.” This day should be about demonstrating and telling the story about how 4-H develops thinking and managing skills. As 4-H members host various events and visit with others they should talk about how 4-H helps with the following life skills: Learning Decision Making, Problem Solving, Critical Thinking, Service Learning, Goal Setting, Planning/Organizing, Wise Use of Resources, Keeping Records, and Resiliency.

Quote of the day: “If a man empyes his purse into his head, no one can take it from him.” –Benjamin Franklin

Suggestions for activities and events that could be held on Monday include:
• Give a presentation to your school (elementary, middle, junior, high) about the opportunities 4-H has to offer.
• Speak to local civic organization (Rotary, Lion’s Club, etc.).
• Attend your local County Commissioner Court or City Council meeting or visit a local County Judge and ask them to acknowledge the 2012 National 4-H Week by signing the National 4-H Week Proclamation (work with County Extension Office).
• Hand out caps or toboggans with “4-H” or the four leaf clover on them.
• Have a t-shirt day that advertises 4-H.
• Submit a newspaper ad or announcement for the radio to promote National 4-H Week.
• Give out 4-H bumper stickers to 4-Hers, 4-H parents and volunteers.
• Pass on the Passion: Wear clover stickers or 4-H pins and give sticker or pin to another non-member or new member at the end of the day.
• Have a 4-H flag raising at a local bank, business, etc. that is frequently visited and seen.
• Make promotional announcement at school promoting membership.
• Host a project fair where members can show projects they have competed in and invite the community to attend.
• Create a CD with 4-H promotional information and give to local schools or other organizations to distribute.
• Have members make posters that tell about a particular project or 4-H in general. Display in local business windows.
• Distribute bookmarks or other promotional information at public libraries or school libraries or doctors’ offices.
• Go to the mall to promote the Clothing & Textiles project in 4-H.
• Go to local feed store to promote farm and ranchers of Texas and how 4-H involves farms and ranches.
• Share with School Board about upcoming 4-H activities.
• Be a 4-H mentor (be someone’s 4-H role model for the day).
• Host a career day sponsored by 4-H clubs.
• Host an Emergency Preparedness Day led by 4-H members.
• Host a workshop involving one or more 4-H quiz bowls in which people have the chance to learn about the opportunities or
activities offered in 4-H while playing example rounds of quiz bowls so they realize how fun they are as well. It could be a 4-H community equivalent of family game night.

- Host a workshop informing people about the many different 4-H judging contests. Having one or more sample contests for people to participate in would create a fun, educational, and informative event.
- Hold fundraisers by hosting a dance, having a bake sale (bonus points for selling clover cookies and other green items), having a “green eggs” and ham omelet round up (green food dye puts a nice 4-H twist on things), holding a community movie night and sell tickets and snacks, or any other fund raisers. The point would be to raise funds while having a good time and promoting 4-H and National 4-H week as much as possible.
- Go to an electronics store to promote the 4-H technology project.
- Hand out brochures in local businesses sharing their involvement in 4-H.
- Hand out 4-H promotion pencils.
- Promote 4-H on signs of local businesses or paint their windows.
- Hand out fliers and brochures about 4-H along with making yourself available to lead these projects and answer questions.
- Host a mock competition at a school for non-4-H members to see what 4-H competitions might be like or to let them know what kind of projects there are to compete in.
- Develop a puppet show or skit to present to schools or other organizations to detail 4-H project areas or contests
- Put together presentations to help younger kids with animal projects.
- Hold 4-H kick-off (membership drive) by setting-up 4-H related activity booths.
- Put your heads together and remember that “you” put the “youth” into 4-H. Utilize a media source and impress them with the knowledge you have gained from 4-H.
- Send out an email forward with knowledge that you have gained from 4-H, and ask each person to add a piece of knowledge that they have gained through 4-H, and then forward it on to their contacts. This will allow you to expose your knowledge to a wide variety of people. This same concept can be done using Facebook, Blogs, or other media sources.
- Host a “Heads Up” social! Use the knowledge you have gained through 4-H to create opportunities for other youth in your community.
- Heading to the Future: Feature the new projects that 4-H is adopting in order to keep up with the changing world in which we live.
- Day of Learning: Create a day of learning to promote 4-H. You can do this by organizing a workshop where you either speak about 4-H, show a project that you complete in 4-H, and/or allow new or non members to adopt a leader that will educate them about a project.

TUESDAY, OCTOBER 9, 2012

Tuesday is “I pledge my HEART to greater loyalty” day. This part of the 4-H Pledge demonstrates the ability of youth to relate and care for others. Life skills that can be talked about on Tuesday include: Communication, Cooperation, Social Skills, Conflict Resolution, Accepting Differences, Concern for Others, Empathy, Sharing, and Nurturing Relationships.

Quote of the day: “Teach this triple to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.” –Buddha

Suggestions for activities and events for Tuesday include:
- Play with children at a local foster home.
- Take junior 4-H’ers to volunteer at a local pet shelter.
- Write a news article about the changes 4-H can make in a person’s life for your local newspaper.
- Take 4-H’ers to a nearby children’s hospital to talk with patients.
- Visit a children’s home.
- Give out bubbles to a day care.
- Have a butterfly release in honor of 4-H leaders.
- Make and distribute snacks or goodies to local businesses that support 4-H throughout the year.
- School club 4-H’ers can make snacks and goodies for teacher’s workroom at school.
- Write letters to President Obama, Congressmen, or Senators about the impact that 4-H has on the youth of today.
- Plan an activity or meal honoring the 4-H club for all they do. No adult effort required this time.
• Host a talent show for the community, either for anyone or specifically for youth/children. Emphasize that everyone has a talent even if it is not a traditional talent.
• Host a “Fun Day” for community children with such activities as obstacle courses and races with prizes and activities with a green theme.
• Create a 4-H children’s book to be distributed at local elementary schools.
• Make small corsages (such as mini Homecoming mums) for members to wear on a designated day.
• Donate food items to meals for the elderly.
• Host a Charity fun run and donate money.
• Host a petting zoo at a nursing home.
• Go to local nursing homes or retirement centers and play cards or bingo with residents.
• Go to orphanages and play with children.
• Assemble care packages for children in hospitals.
• Host a 4-H Blood Drive.
• Host a “Help a fellow 4-H’er” day with chores, study for a test, or even better, helping any 4-H families in need. This would show our loyalty towards one another.
• Hold your county awards banquet on this day. It makes sense to recognize the hard work and service of 4-H members on this day.
• Make supporter cards for local businesses.
• Deliver a basket of 4-H items to county commissioners’ offices.
• Raise money for Ronald McDonald Charities.
• Take goodie baskets to school nurses and/or hospital employees to highlight the 4-H healthy lifestyles programs.
• Hold a local winter clothes drive for a local shelter, girls home, etc.
• 4-H’ers could help Salvation Army, or other charitable organizations with a coat/jacket give-away in preparation for winter.
• I (heart symbol) 4-H! Promote your passion for 4-H with “I (heart symbol) 4-H” T-Shirts, key chains, etc.
• The Heart of the Matter: Organize a community 4-H meeting for all past, present, and future members in order to discuss and get input about how to improve the 4-H program in your community. This is also a great way to teach and showcase parliamentary procedure.

WEDNESDAY, OCTOBER 10, 2012
National 4-H Youth Science Day! On October 10, 2012, millions of young people across the nation will become scientists for the day during the fifth annual 4-H National Youth Science Day (NYSD). NYSD is the premier national rallying event for year-round 4-H Science programming, bringing together youth, volunteers and educators from the nation’s 111 land-grant colleges and universities to simultaneously complete the National Science Experiment.

If your 4-H Club would like to participate, you can order your Experiment Kits now from the National 4-H Science Day website. The kits are through a partnership with Ohio State University. Eco Bot Challenge kit provides turn-key materials for your NYSD event and contains enough materials for at least ten youth to participate in the experiment. Kits should be ordered at least 2 weeks in advance of your event. The complete Eco Bot Challenge kit is now available for pre-order on the 4-H Mall (4-hmall.org).

Your Eco Bot Challenge Kit will include the following items:
5 vibrating pager motors
5 1.5 volt button batteries
5 toothbrushes
Double sided foam mounting tape
5 youth guides

THURSDAY, OCTOBER 11, 2012
Thursday is “My HANDS to larger service” day. In 4-H, youth learn by doing, and the most learning is done by getting involved and using your hands. Thursday celebrates how 4-H members are using their hands to better themselves and their communities. This day should focus on the efforts of 4-H in the community. Thursday allows the opportunity for interpreting how the 4-H Program and its members make the world a better place. Life skills related to hands include: Community Service, Volunteering, Leadership, Responsible Citizenship, Contributions to Group Efforts, Teamwork, Self-motivation.

Quote for the day: “I hate the giving of the hand unless the whole man accompanies it.” –Ralph Waldo Emerson

Suggestions for activities and events for Thursday include:

- Set up a petting zoo.
- Wash windshields and leave a 4-H promotion card.
- Plant pansies at the courthouse or somewhere in the community (ex. Chamber of Commerce).
- Hand down the legacy: Choose a 4-H member to mentor for the day or the year and make it a goal to get them more involved in 4-H in order to ensure that the spirit of 4-H lives on for the next generations.
- Four of a Kind: 4-H is known for head, heart, hands, and health. Tell about how and why 4-H combines all of these features and speak about the history of 4-H.
- Promote how 4-H utilizes its resources to help those in the community. Lend a hand to a person in need, and 4-H will benefit indeed! Highlight community service project(s) that are scheduled as part of your one day 4-H projects on Saturday.
- Plant a tree in a local park or school in honor of 4-H with a marker denoting it.
- 4-H’ers in rural areas that do not have street cleaners could sweep sidewalks in front of stores and make sure curbs are not full of trash or dirt.
- Pick up trash around football field, track, school, or park.
- School club 4-H’ers could check with teacher and see if there is any help they could provide for them such as cleaning boards, changing out room decorations, grading or sorting papers, etc.
- Make tray decorations for local nursing home for the fall season.
- Organize a city wide cleanup, encouraging and helping those that need help.
- Set up a table at local business to promote 4-H or fundraise for a charitable cause.
- Develop a 4-H “app” for phones or other devices, highlighting upcoming 4-H events.
- Volunteer at a local animal Shelter.
- Volunteer in a local garden.
- Help out at a library.
- Carry groceries out for customers at grocery stores, Wal-Mart, Target, etc.
- Go to elementary schools and help students trace or paint hands to make 4-H clovers - “Our hands shape the 4-H future.”
- Help fellow 4-H’ers with a project(s). If two 4-H’ers got together and helped each other study for a judging or quiz bowl event, that would count. A 4-H member could help another clean up their barn or animal pens. A group of 4-H’ers could get together as well. Basically, any service that helps another 4-H’er be the best they can be at their project would qualify. It might also work out well as a county get together.
- Prepare for one day 4-H. Many one day 4-H projects require some work to be done ahead of time, so it might be nice to do the bulk of that work on this day.
- Do something to help with the Texas 4-H community service project, whether raising awareness or actually raising money.
- Have a workshop showcasing the many service-oriented activities that 4-H offers, as well as community service ideas for the various projects that 4-H members in that county are involved in.
- Focus on the civic service activities offered in 4-H.
- Use the Take a Stand curriculum to put together a bullying prevention workshop. The materials and activities are already available! This would show the community that 4-H cares about the way people are treated.
- Do a presentation at school about how 4-H affects the community.
- Sack Groceries at a local grocery store.
- Collect items for animals in the shelter.
- Collect coloring books and donate them to a children’s hospital.

FRIDAY, OCTOBER 12, 2012
Friday completes the work week of National 4-H Week with “My Health to a Better Living.” The strength of a community is only as strong as the citizens that live in it. For 4-H members, they pledge their health to a better living. This includes the ability to live a healthy life for themselves, as well as helping others in the community benefit from good health. This day can include the interpretation of the following life skills: Self-esteem, Self-responsibility, Character, Managing Feelings, Healthy Lifestyle Choices, Stress Management, Disease Prevention, and Personal Safety.

Quote for the day: “It is health that is real wealth and not pieces of gold or silver.” –Mohandas Gandhi

Suggestions for activities and events for Friday include:

- Make a school announcement about texting and driving, wearing seat belts, personal hygiene, etc.
- Put an individually wrapped sanitary hand wipe or Germ-X in each school locker with a tag promoting National 4-H Week.
- Partner with an exercising facility and serve Gatorade to participants in 4-H decorated cups.
- Volunteer to take a walk with residents in a nursing home and share with them what 4-H is.
- Organize a healthy lifestyles workshop for youth in the community, highlighting the projects that promote healthy lifestyles for a lifetime.
- Contact a local elementary school or after school program to inquire about giving a healthy lifestyles presentation to children that may not know about 4-H and would benefit from learning about healthy lifestyle choices.
- Healthy and Happy! Show how 4-H promotes healthy living by wearing a smile. Have a day of positivity, by having each member sign a positive pledge in which they must think positively for a day. Positive 4-H members will promote 4-H as a positive place for youth.
- Picture of Health. Take pictures of how 4-H promotes healthy lifestyles and display them in a publication, newspaper, etc. The pictures can also be useful in featuring the photography project. Featuring both of these projects will show people that it is easy to complete more than one project and how they can intertwine.
- Fit and Focused: Find your fit in 4-H by trying out a healthy lifestyles activity. Promote the variety of projects available from Nutrition Quiz Bowl to Public Speaking.
- Visit local senior citizens center during lunch and explain & promote the importance of good nutrition.
- Volunteer to help serve meals at school and talk to students promoting 4-H and what they have learned in 4-H.
- 4-H’ers could go to the local health department to help with people waiting in line for flu shots/vaccinations and promote 4-H and the knowledge they have learned through their projects.
- Host a cooking class for either school children or adults in the community teaching nutritional information.
- Host a health fair with exhibits that show varied items such as food guide pyramid, how to read food labels, etc.
- Organize a walk-a-thon asking teams from the community to raise funds for a charity of their choice.
- Give talks to local clubs or schools highlighting a specific health area such as bone health or how whole grains are a healthy choice.
- Promote teen driver safety.
- Volunteer at a local health clinic.
- Give blood at a blood drive.
- Sponsor an Elementary Safety Day.
- Host a 5K Walk/Run for 4-H.
- Host a Nutrition Adventure Event (health sessions and activities).
- Coordinate a healthy living clinic for public.
- Assemble and distribute a 4-H cookbook.
- Host a workshop based on the Health Rocks! Curriculum.
- Hold a 4-H Food Feast. Several different courses of a healthy meal would be prepared ahead of time and then eaten while a presentation on each course was given. The presentation would be similar to what cooking shows do. It would be a fun and interesting way to promote healthier eating habits.
- Try to have a complaint free day. Use “A Complaint Free World.org” for more information.
- Choose one or two healthy goals for your county such as exercising an extra 15 minutes that day or not drinking soda or energy drinks. Any simple goal that helps people work towards becoming healthier individuals would fit.
- Promote healthy living/benefits at a local grocery store.
- Prepare heart healthy snacks for the commissioners court.
SATURDAY, OCTOBER 13, 2012

One day 4-H is the final celebration of a great 4-H week. This day has been designated as the official Texas 4-H day of community service across the state. Every 4-H member, club, and group is challenged to identify an issue affecting their community that they can assist with and then implement a community service project. It can be something as simple as mowing the lawn for the elderly to hosting a 5K walk/run. Whatever it is, it is your day to make a difference for life.

For more information on one day 4-H and what you can do, visit the one day 4-H website at: http://texas4-h.tamu.edu/oneday/

Some other fun ideas to promote 4-H in the community:
- Carve four pumpkins, one with the word “Head”, one with “Heart”, one with “Hands” and one with “Health”. Display at local library or courthouse or extension office.
- Have a traveling “Clover” sign that is placed in a person’s yard. They must make a donation to either a designated charity or one of their choice to have the sign removed and placed in the next “victim’s” yard.
- Decorate parents’ or members’ vehicle windows with car chalk to advertise 4-H or a specific event or enrollment.
- If a county fair is in progress at that time, a 4-H booth or display could be set up.
- Focus on the heart of 4-H. Tell about how 4-H is using its agricultural roots in new projects and activities. Speak to an organization that may not know about 4-H or would like to learn more about 4-H.
- Give out “Peace Love 4-H” or “I Love 4-H” stickers.
- Hold a balloon release with 4-H website inside the balloons.
- Distribute pumpkins to area businesses (with 4-H clover attached).
- Host an outdoor movie night showing a family movie and possibly creating a commercial to air at the beginning highlighting what 4-H is about.
- Sponsor a pancake supper before a local football game.
Engineering Robotic Solutions
As the nation looks to address important environmental issues, youth are at the forefront of the discussion. In 4-H, young people are taught the skills they need to become the nation’s future leaders. Consequently, it is important for youth to understand the challenges faced by the global community, and the opportunities to make a positive impact on communities and ecosystems.

For the fifth annual 4-H National Youth Science Day (NYSD), The Ohio State University Extension has designed the 4-H Eco-Bot Challenge: the 2012 National Science Experiment. The experiment will introduce youth to robotic engineering concepts as they program an autonomous robot to clean up a simulated environmental spill.

4-H Youth Demonstrate Environmental Responsibility
On Oct. 10, 2012, young people across the nation will become scientists for the day during 4-H National Youth Science Day. In this year’s experiment, the 4-H Eco-Bot Challenge, youth will enhance their engineering skills by assembling their own Eco-Bots and surface controls to manage an environmental clean-up. Youth will then test the interaction between the Eco-Bot’s design features and various surface control configurations to determine the most effective clean-up solution for the simulated spill.

Why Robots?
Robots have a huge impact on society and affect our lives everyday. We use robots to assemble cars, manufacture cookies, and create computer parts. They can be programmed to carry out dangerous missions or complete boring, repetitive chores — even give us directions when we are lost! The future of robots is bright. But, what does that future look like? How will robots affect the next generation — and the generation after that? Some things are certain. Robots will have to be very good at what they do. They will need to be dependable, predictable, and they have a good cost/benefit standard — that is, be reasonably priced for what they accomplish.

The Experiment In the 2012 National Science Experiment, 4-H Eco-Bot Challenge, you will build and program a robot to clean up a simulated environmental spill — a mission that in real life would be too difficult or dangerous for humans to carry out.

PART 1: Part One: Build Your Bot Assemble your own Eco-Bot, and discover how it functions and determine what it can do.

PART 2: The Goal is Control Design a set of control surfaces to program the Eco-Bot to perform a simulated environmental cleanup project.

PART 3: Part Three: Make a Clean Sweep Measure the effectiveness of your control surfaces by recording how much of the spill is “swept up” by the Eco-Bot.

One Million New Scientists. One Million New Ideas.
For more than 100 years, 4-H has been at the forefront of teaching youth about science, engineering and technology. 4-H National Youth Science Day is an important annual part of 4-H’s One Million New Scientists, with a bold goal of attracting one million new youth to science, engineering and technology programs by the year 2013.

4-H National Youth Science Day seeks to spark an early youth interest and leadership in science. Currently, more than five million young people across the nation participate in 4-H science, engineering and technology programming in topics as varied as robotics, rocketry, wind power, GPS mapping, agricultural science, water quality and biofuels. For more information about 4-H National Youth Science Day, visit www.4-H.org/NYSD
WHEREAS, The _________________ is proud to honor the 4-H Youth Development Program of the Texas A&M AgriLife Extension Service for 105 years of providing experience-based education to youngsters throughout the Lone Star State; and

WHEREAS, This admirable program, which seeks to provide a learning experience for the whole child, including head, heart, hands, and health, helps young Texans to acquire knowledge, develop life skills, and form attitudes to enable them to become self-directed, productive, and contributing members of our society; and

WHEREAS, Its more than 660,000 urban, suburban, and rural youth participants, ranging in age from eight to nineteen, hail from diverse ethnic and socioeconomic backgrounds and truly represent a cross-section of the state; and

WHEREAS, The program undoubtedly could not have achieved the success that it has today were it not for the service of its more than 32,000 volunteers, who have given generously of their time, talents, energies, and resources to the youth of Texas; and

WHEREAS, Throughout its proud history, the 4-H program has developed positive role models for countless Texans and through its innovative and inspiring programs, continues to build character and to instill the values that have made our state strong and great; now, therefore, be it

RESOLVED, That the _________________, hereby designates October 7-13, 2012 as National 4-H Week in Texas and commend the 4-H Youth Development Program of the Texas A&M AgriLife Extension Service and the many men and women who have made the program a success.

____________________________________
County Judge

_____________________________     ________________________
Commissioner Precinct 1             Commissioner Precinct 2

_____________________________     ________________________
Commissioner Precinct 3             Commissioner Precinct 4

________________________________
Date
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(place for seal or other designation)

______________________________
Date
4-H VOLUNTEERS - MAKING A DIFFERENCE FOR LIFE
Writer: Courtney Dodd, cfdodd@ag.tamu.edu, 979-845-6533
Contact: County Extension Office

In Texas, more than 32,800 volunteers help deliver the 4-H and Youth Development Program to youth. The program gives volunteers the opportunity to serve based upon their interests, skills and time. This, coupled with the needs and interests of youth in the local community, makes the perfect match for fostering a positive relationship among youth and adults.

4-H Volunteers play a vital role in the ongoing growth and development of the 4-H and Youth Development Program. They build a special relationship with youth, guiding project learning experiences and offering youth with opportunities to learn and serve their community. Volunteers also serve in a coaching and mentor role for youth, helping build confidence among youth and foster positive youth development. Volunteers also help youth achieve their personal goals and motivate them to continue participating in and learning from the various opportunities provided through the program.

The relationships built among adult volunteers and youth also have lasting effects. As Retired General Colin Powell stated, “When adults take time to help young people through 4-H, they exert an enormous, positive influence on the lives of youth.” From 4-H experiences led by volunteers, youth gain important leadership, citizenship and life skills that can be applied to daily living, used in their community, in future jobs or when they continue their education. Although it may be years before a youth realizes and truly appreciates the influence of the 4-H volunteers that served as positive adult role models, one can be certain that volunteers are truly making a difference for life.

The Texas 4-H and Youth Development Program is a component of the Texas A&M AgriLife Extension Service headquartered in College Station, Texas. More than 660,000 youth between the ages of 8 and 18 participate annually in the youth development program. More information on Texas 4-H can be found at: http://texas4-h.tamu.edu.

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For more than 105 years, the 4-H Program of Texas has been engaging youth in activities that help develop skills for a lifetime. These skills range from communication to community service and from goal setting to leadership. Regardless of the skill learned, the benefits gathered from a young person participating in the 4-H Program is priceless.

The 4-H Program is nationwide youth development program that has more than 6.5 million youth involved in it annually. Administered in Texas by the A&M AgriLife Extension Service of the Texas A&M System, 4-H serves youth in all 254 counties in the state through a network of 250 County Extension Offices. 4-H is managed jointly by both a professional and volunteer staff. Texas 4-H, the largest 4-H program in the country, has more than 660,000 youth participants and more than 32,800 volunteers working together to deliver the more than 95 projects, opportunities, and events offered annually through the program.

4-H is unique in that it offers experiences to the most urban young person and youth in rural areas by providing the opportunity to participate in community 4-H clubs, learning experiences in school classrooms, day and overnight camps, and other special interest opportunities. Texas 4-H also serves the sons and daughters of our military personnel through the 4-H Military Program located throughout the state, primarily on military bases.

Youth members can participate in a variety of projects in the areas of technology, human sciences, animals and household pets, science and engineering, natural resources, and wildlife. Beyond the excitement of learning something new through a project, youth have the opportunity to participate in leadership conferences, travel the world, become involved in their community through service, and meet new friends in a safe and comfortable setting. A young person’s experiences in 4-H makes a difference for a lifetime by allowing them to grow and appreciate the importance of being a good citizen, a strong leader, and a person of character.

If you would like to learn more about 4-H, or have a family member wanting to join 4-H, contact your local County Extension Office or visit the Texas 4-H and Youth Development website at: http://texas4-h.tamu.edu.
Facebook Profile Icons (180 X 180 pixels)

Facebook Cover Picture (851 X 315 pixels)
Show your 4-H Program off and recruit new members at the same time! Below is an example of a Coroplast (Plastic) Recruitment sign that you can download the template from the National 4-H Week website (Texas site) and take to your local sign shop for printing. The sign is formatted to a 18” X 24” size. Signs, based on the number ordered and style of printing, can run from $8.00 to $15.00. With care, the signs can be used multiple years!
1 column format (2” X 4”)

Texas 4-H . . . your movement
4-H . . . your story

Join today to begin your story!

Contact your County Extension

2 column format (4.25” X 6”)

Texas A&M AgriLife Extension

Join today to begin your story!

Contact your County Extension Office or visit texas4-h.org
Join today to begin your story!

Contact your County Extension Office or visit texas4-h.org
Shell Example
National 4-H Week is a great opportunity to tell the story of 4-H and how it instills life-long skills into young people. How better to tell the 4-H story than using your 4-H members as features in articles, promotional pieces, or advertisements. Below, and on the next page, are two stories of 4-H members as an example of how the 4-H story can be told.

WHAT IS YOUR 4-H STORY.......

Heston Henry
Ector County 4-H Member

Speech memorized. Favorite tie on. A deep breath. I say a quick prayer and walk in front of my audience. To date, this is one of the most anticipated days of my life. Not only does this moment establish my position on District 6 Council, but it determines if I make Texas 4-H State Council. My whole life I have been working toward the green jacket. Let me further your insight into my 4-H career.

4-H is my life. Plain and simple. When both of your parents are county agents you don’t really have a choice if you join or not. You are born into it. It’s an understood fact that you will bleed green and white. I can still remember my first livestock show. The sights and the sounds of it brought a smile to my face. Now, I have been to stockshows before, don’t get me wrong, but every exhibitor knows it’s different when you are the person showing. Those are the days I look forward to and the memories I hold most dear.

Even though 4-H includes livestock production, it’s so much more than that. I found that out when I completed my first food and nutrition project. I decided to enter the county food show. I worked diligently to memorize my recipe and learn everything that I could about the project. When it came time to present my dish to the judges I did so with a grin on my face. I walked into the judging room with a confident presence. They asked me questions and I nailed each one. After the results were tabulated I had won first place. This led me to the district food show. There I did the same and won second place. Not bad for a first year 4-H’er if I do say so myself.

I could go all day and tell you story after story about my 4-H career, but I think two is enough to understand what kind of 4-H’er I am. Although those memories are superb and I appreciate each one, the things I have learned through this organization are so much more valuable to me. Characteristics such as responsibility, honesty, respect, being on time, and communication make me the person I am today. These traits were learned from adult leaders and county agents that demonstrated those same attributes. It did take time to master these and I’m still working on some. Each day I come across a new challenge and I face it head on, one step at a time.

Yes, it is nice to have those abilities, but they serve no purpose if you do not put them into action. Fortunately enough, this program has allowed me to utilize them and really make a difference. I can guarantee that I would not be the person I am today without 4-H. The work ethic, drive, and perseverance that I have today are because of this association.

I have many opportunities ahead of me. I will capitalize on them and work toward my goals each day. To me, 4-H is a lifestyle and I wouldn’t trade the world for the achievements, heart breaks, or the lessons gained from this youth development organization. My success in the future will stem directly from my involvement in the 4-H program.
WHAT IS YOUR 4-H STORY.......  

Shelby Maresca  
Hale County 4-H Member

For me, 4-H is an escape. It is practically a way of life. It can mean different things to different people; mine is to be a leader in whatever I do, wherever I am. It’s something I know I can always enjoy and when I get involved, I want to work hard. I am going on ten years of dedication to different projects and services, and it’s mind-boggling to think an organization like this truly makes a difference.

Every project I have been in has helped me become the person I am today. From Food and Nutrition, Shooting Sports, Goats, and all the way to leadership- it ALL makes an incredible difference and can teach you so much. Learning safety and anything you possibly could know about nutrition has been beneficial through Food Quiz Bowl. I’ve gained control and an incredible amount of patience from Shooting Sports. Developing hard work ethics hasn’t been easy, but my goat project has helped me do just that and even more. I have learned how hard work and determination pays off. I have had the chance to build character through this project and gain humility, humbleness, and responsibility. My main project, Leadership, would not have been the same if I hadn’t learned what I have from the rest of my projects. I’ve gotten the chance to be an example to many 4-Hers around my district and even others throughout the state of Texas. I was blessed to go to National and Texas 4-H Congress, be a counselor at Leader Lab all the way to being a counselor at a State Wide Leadership Camp. I even got to become a State Livestock Ambassador, be a volunteer in my community, and be on City and County Councils. Even all the people I have met have been incredible and are inspirational.

4-H can mean so much to someone. This organization has affected so many people for years, and it continues to touch and motivate. 4-H helps us be the best person we can be in everything. It’s an indescribable moment when you get the chance to lead- even in the smallest of ways. I get a feeling of accomplishment every time I touch someone else’s life because of 4-H. To live in those moments can be life changing; they are what count in life. 4-H has been my moment; it has left me inspired and thirsty to learn more. I hope people realize that 4-H is a blessing; it truly does make the best better.
What is 4-H?
4-H is a dynamic, youth organization that provides a safe environment for kids between the ages of 8 (and in the third grade) or 9 to 18 to grow and develop life skills that will follow them into adulthood. 4-H offers learning experiences in such areas as animal, food & nutrition, science, photography, health, and leadership through hands-on, fun, educational monthly club and project meetings.

What does 4-H cost?
In Texas, if a youth enrolls in 4-H between September 1st and October 31st, the fee is only $20.00 for the year. After October 31st the cost increases to $25.00. This fee covers a young persons membership fee at the state level, however, depending on the project(s) the 4-H members wishes to participate in, additional cost could be incurred.

How do we join 4-H?
4-H is managed at the county level by the County Extension Office. You can find your local County Extension Office in the phone book under county government, visiting the Texas 4-H website at texas4-h.org, or through the contact information below. Contact your County Extension Office and ask for a list of clubs that are in your area or community. From there, families set up a profile on the on-line enrollment system (4-H CONNECT), pay their participation fee, and become an active 4-H member!

Local county 4-H contact:

Educational programs of the Texas A&M Agrilife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.