



## 4-H Yearbook:

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**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Club(s):** \_\_\_\_\_

Virginia Cooperative Extension – Pulaski  
143 Third Street, NW, Suite 3  
Pulaski, VA 24301  
(540)980-7761      (540)980-7769 (fax)

## THE VIRGINIA 4-H MISSION

To develop youth and adults working with those youth to realize their full potential - becoming effective, contributing citizens through participation in research-based, informal, hands-on educational experiences.

## 4-H CLUB 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, my country, and my world."

## WHAT IS A CLUB?

A 4-H Club is an organized group of youngsters (ages 9-19) with elected officers and a planned program that is conducted throughout the year or the majority of the year. Clubs are led by volunteer leaders and may focus on one or more project areas. Club officers conduct monthly organizational meetings. Members also participate in a variety of learning experiences in their organizational meeting as well as within their project meetings. Project meetings may be held as often as deemed necessary, but at least once a month.



**4-H MOTTO**  
"To Make the Best Better"



**4-H COLORS**  
The white in the 4-H flag symbolizes purity. The green, nature's most common color, is emblematic of life.

## 4-H PHILOSOPHY

4-H is the youth development education program of Virginia Cooperative Extension. 4-H is committed to assisting youth, and those adults working with them, in acquiring the knowledge, life skills, and attitudes that will enable them to become self-directing, contributing, and productive members of society. The central theme of 4-H education is "Learn by Doing."

4-H is characterized as being community centered, volunteer led, extension staff supervised, research based, home and family oriented, publicly and privately funded and responsive to change.



## Pulaski County 4-H Yearbook

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

4-H Club: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_

Number of Club Meetings Held: \_\_\_\_\_ Number attended: \_\_\_\_\_

Did you hold an office in your 4-H club? ☐ Yes ☐ No

If yes, which?

☐ President ☐ Vice President ☐ Secretary ☐ Treasurer  
☐ Reporter ☐ Other: \_\_\_\_\_

- List any leadership roles held in the past year (*counselor, teen leader, etc.*):

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- List activities involved in outside of 4-H (*church, school, volunteer work, etc.*):

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## Participation Checklist

<u>Event</u>	<u>Yes</u>	<u>No</u>	<u>Date &amp; Award</u>
- 4-H Camp	<input type="checkbox"/>	<input type="checkbox"/>	_____
- 4-H Congress	<input type="checkbox"/>	<input type="checkbox"/>	_____
- All Stars	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Dramatic Reading	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Fundraisers	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Livestock Shows			
- Beef	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Dairy	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Horse	<input type="checkbox"/>	<input type="checkbox"/>	_____
-Sheep	<input type="checkbox"/>	<input type="checkbox"/>	_____
- NRV Fair			
- Exhibits	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Livestock Shows	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Poster Contests	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Presentations	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Public Speaking	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Service Projects	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Share the Fun	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Socials	<input type="checkbox"/>	<input type="checkbox"/>	_____
- State Fair	<input type="checkbox"/>	<input type="checkbox"/>	_____
- Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	_____

**Please answer the questions on the next page about your participation in each above event marked yes.**

**Please attach additional pages as needed. Also include any pictures from each event in which you have participated.**

**Event:**\_\_\_\_\_ **Date:**\_\_\_\_\_

**What was your goal when you started your project?** \_\_\_\_\_

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**What were the steps you took to complete your project?** \_\_\_\_\_

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**What was your favorite part of your project?** \_\_\_\_\_

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**What did you learn from your project and did you meet your goals?** \_\_\_\_\_

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## 4-H Camp

One of the most popular 4-H activities is 4-H Camp. Pulaski County 4-H spends one week each summer camping at W. E. Skelton 4-H Conference Center at Smith Mountain Lake in Wirtz, Virginia. Information and registration forms are given out in the Spring concerning 4-H Camp. There are five days of fun, sports, swimming, horse back riding, educational classes and a variety of other activities.



## 4-H Congress

This is an opportunity for teen 4-Hers to spend four days on the Virginia Tech Campus with hundreds of other teen 4-Hers and adults. Participants will take part in different workshops, activities, games, meetings, service projects, etc. throughout the event. To qualify for Congress you have to participate in county events and advance to area or state competitions.



## All Stars

By being active in your home 4-H community and maintaining a high interest in "Making the Best Better," you can apply to become a 4-H All Star in Virginia. Applicants should have at least three years of experience with their 4-H program and should be between the ages of 15 and 19. 4-H All Stars have many opportunities including two conferences during the year, the Midwinter's Conference and Summer Conference. All Stars also have the advantage of participating in local, district, state and interstate events. This is 4-H's highest awarded honor.



## Dramatic Reading

4-Hers can pick a favorite short storybook, part of a story, or a selection of poems to read. You do not have to memorize what you read but you should know it well so that you feel comfortable. Use lots of expression with your voice, face and body. You can hold what you are reading or place it on a stand. Be sure to time yourself so that what you read is 2 to 3 minutes long.



## Poster Contest

In 1937, grocer organizations started an annual celebration in June to celebrate "National Milk Month." In 1939, this became "Dairy Month" to promote dairy foods and the American dairy farmer. Today, youth ages 9-19 can create and enter a poster in the Dairy Month 4-H Poster Contest. Winners at the county level are sent on to an area contest to compete for prize money.



## Presentations

A presentation is simply showing and telling others how to do something that you have learned to do quite well. Your presentation should be something that:

- You have learned in a 4-H project, a school project, or at home
- You are interested in
- Is suitable and not too hard, and you want to know more about
- Can be shown and told in 2 to 5 minutes for *Juniors (9-11 years)*, 5-10 minutes for *Intermediates (12-13 years)* and 10-15 minutes for *Seniors (14-19 years)*



## Public Speaking

Public speaking is a communication event 4-Hers can participate in school or their communities. The objectives of public speaking are to:

- Develop communication skills through delivery of a speech
- Develop organizational and research skills
- Develop poise and confidence of self and of speaking in front of a group
- Develop understanding of speaking and communications skills in every day life



## Share the Fun

Share the Fun is one project in the 4-H Communications and Expressive Arts Curriculum area, open to youth 9 - 18 years of age, and currently enrolled in a 4-H Club. The primary objectives in the Share the Fun program are to encourage 4-H members to:

- discover and develop their talents
- to develop confidence in self and performing before others.

Each act has a **maximum of 4 minutes** to perform, with a **maximum of 4 members** per act.



## Service Projects

Each club and 4-Her is encouraged to participate in at least one service project each year. These service projects can range from participation in a community event to organizing club community involvement. This is also a good way for 4-Hers to practice leadership and organization skills.



## Pulaski County 4-H Clubs

4-H In-School Clubs	For youth ages 9-18
4-H After School Clubs	For youth grades 6th-8th
4-H Cloverbud Clubs	For youth ages 5-8
4-H Horse Club	For youth ages 9-18
4-H Livestock Club	For youth ages 9-18
4-H Garden Club	For youth ages 9-18
4-H Community Clubs	For youth ages 9-18
4-H Teens in Action!	For teens age 13-18 (minimum of 8 <sup>th</sup> grade)



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