



Pinal County 4-H Newsletter

4-H GROWS HERE

JULY | 2023

Summer is in full swing here in Arizona. In addition to the longer days and hotter weather, it brings many fun opportunities to 4-H members. Several of our programs are highlighted in the photos within the newsletter, but there are many more still on the horizon. From camps to record book classes, you can stay active through the hot summer months.

July is when the record books are due, so be sure to spend some time documenting the hard work of 2023. Outstanding record books can qualify to attend 4-H Congress in Atlanta, Georgia next November.

Check out <https://4-h.org/clover/activities/> for fun activities to do at home or with your friends.

Take this time to enjoy family, find new sparks and have fun!

Have a great summer!

Esther Turner, 4-H YD Program Agent

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Twitter: [@Pinal_County_4H](https://twitter.com/Pinal_County_4H)



THE UNIVERSITY OF ARIZONA
Cooperative Extension
Pinal County





THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

2023 4-H YOUTH FOUNDATION SCHOLARSHIP WINNERS

Nathan Newton

Coolidge Clovers 4-H Club

Pinal
County

University of Arizona

Engineering



Jim & Mary Faul College Book Fund Award

Emmaline Verschure

Bella Vista 4-H Club

Pinal
County

Eastern Michigan
University

Psychology



Jim & Mary Faul College Book Fund Award



Record Book Workshop

Record Book review of/workshop
about the 4-H Record Book.

It is open to all members and leaders
in Pinal County who are interested.

Friday, July 7, 2023
from Noon—1:00pm

University of Arizona, Cooperative Extension, Pinal
820 East Cottonwood Lane, #C, Casa Grande, AZ



Pizza will be provided to those who
RSVP their spot, sign up today!

Esther Turner

4-H YD Program Agent

eturner@cals.arizona.edu

If you have questions/concerns,
please call (520) 836-5221, x211



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Cooperative Extension

Pinal County

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THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

WHAT IS 4-H TECH CHANGEMAKERS?



Are you a 6th-12th grade student interested in doing community service and learning about technology literacy?

Would you like to take on leadership roles in your community by teaching adults digital skills? **Then become a 4-H Tech Changemaker!**

The 4-H Tech Changemaker program empowers young people to close the digital divide and provides #Opportunity4All to people in their communities. Over 24 million people in the U.S. lack high-speed internet access, and many more don't have the skills needed to take full advantage of online resources. The combination of inadequate internet access and limited digital skills has created a digital divide, impacting future opportunities for young people and adults. Inequitable access to reliable Internet connectivity and a lack of digital skills are contributing to a growing opportunity gap in areas like education, employment, healthcare, social fulfillment, and entrepreneurship, with rural communities and communities of color being most affected.

More information about the program can be found here: <https://4-h.org/programs/tech-changemakers/>. If you are interested in this exciting opportunity in Pinal County, contact Esther Turner at the County office eturner@cals.arizona.edu or (520) 836-5221 ext. 211.

The AZ 4-H TCM program will use a teens-as-teachers approach with first TCM learning Microsoft Office, Google Docs, and Drones curriculum and then teaching adults. Teen TCM and 4-H staff will use their compelling voice and long-standing relationships within their communities to engage local stakeholders in the importance of closing the digital divide by teaching the TCM curriculum to adults in their community.

We are accepting applications to be one of this year's Tech Changemakers until July 15. Training will begin the week of July 17. Don't delay, space is limited.



PROGRAM IS SUPPORTED BY:

LAND O'LAKES, INC.

Microsoft

TRACTOR SUPPLY CO.

verizon



THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

NATIONAL 4-H WEEK

NOTHING SHOULD HOLD A KID BACK.

4H WEEK



National 4-H week is coming up the first week of October, the 1st-7th. What does this mean for 4-H? This is the week that we go all out promoting 4-H and it's the official start of the new 4-H year. We would love to get flyers and information into as many businesses, schools, and events as possible. We need your help! We need you to ask businesses if we can put up a flyer for a week, hand out information in front, or table an event at the business.

Do you want to make a video for 4-H week? We want to spread the word about 4-H to as many people as possible. At the end of the week, on October 7, we will have Extension Day at the office, where every club is encouraged to have a booth to promote 4-H and their club.

If you have any contacts or own a business that might be willing to get involved, please let us know. We want to make this the best 4-H week ever!



THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

WHAT IS THE VFW

The Veterans of Foreign Wars of the United States is a nonprofit veteran's service organization comprised of eligible veterans and military service members from the active, guard, and reserve forces. They have made it their mission to support the young people of our country and have started supporting 4-H in every way possible. Local VFW chapters have given money for memberships, belt buckles, and leader trainings. They have donated their time and energy to become certified 4-H volunteers.



Several VFW chapters have donated their locations for shooting practice and competitions, as well as a place to hold day camps. We have many members of the VFW that have supported and rallied for 4-H at local, state, and national events. Many of the things that we have been able to offer lately are thanks to VFW. If you know any VFW members or meet any, be sure and thank them for all their support and service to our country.

PARTNERSHIPS WITH 4-H

Have you noticed that some of the 4-H flyers have these logos on them? 4-H and the National Guard have teamed up to offer more opportunities to National Guard and 4-H families. Sometimes it is hard to be a military child because you might have to move around a lot, or your parents are gone a lot.



The National Guard sees that 4-H offers lots of programs that can make being a military kid a little easier. When you see these logos on a 4-H flyer, it means that we are encouraging National guard families to attend, sometimes at a discount. It also means that we might get to meet potential 4-H members at this event. It definitely means that it will be a good time had by all. If you know of any National Guard families that might be interested in 4-H, bring them to an event so that they can see all of the fun that we are having and be a part of it.



THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

ANNUAL LEADER MEETING

save THE date



LEADERSHIP! SERVICE! COMMUNITY!

4-H Annual Leader Meeting

September 23, 2023 from 10:00am—2:00pm

Maricopa Agricultural Center (MAC)
37860 West Smith-Enke Road, Maricopa, AZ 85138

If you have questions or concerns, please contact
Esther Turner, 4-H YD Program Agent
eturner@cals.arizona.edu / (520) 836-5221, ext.211

RSVP to Crystal Marquez, Program Extension Assistant I
marquez8@arizona.edu / (520) 836-5221, ext.238



THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

WHAT DO 4-H MEMBERS DO DURING THE SUMMER?

"The GENEROUS will themselves be blessed,
for they SHARE their food with the poor."
— Proverbs 22:9

**Country Kickers volunteered at
Feed My Starving Children**

**Horse Camps
Giddy Up**

Fine Art Friday's

Shapes like Matisse

Can a fork be art?

Lines like Kandinsky

Shooting Series—Casa Grande VFW

4-H Clover Ball—Recognizing the Best

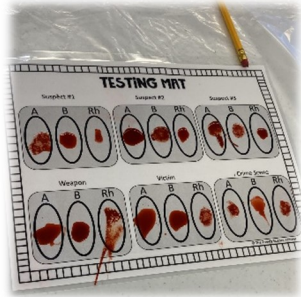


THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

WHAT DO 4-H MEMBERS DO DURING THE SUMMER?

CRIME AND SPY SCIENCE

Blood Typing to identify a suspect



Identify a mysterious white substance



Fingerprinting



4-H AZ SUMMIT



LEADERSHIP TRAINING FOR SENIOR MEMBERS

LIVESTOCK SHOWS



LEARNING NEW SKILLS
THROUGHOUT THE SUMMER



THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

WHAT DO 4-H MEMBERS DO DURING THE SUMMER?

OVERNIGHT CAMP FUN TIMES WITH NEW FRIENDS



LEARNING ABOUT AG AT MAC FARMS



NATIONAL 4-H SHOOTING SPORTS CONTEST GRAND ISLAND, NEBRASKA



GEARING UP TO NEXT YEAR'S FAIR



PROUDLY REPRESENTING ARIZONA SHOOTING SPORTS





THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

WHAT DO 4-H MEMBERS DO DURING THE SUMMER?

LEGO ROBOTICS

BUILDING THE FUTURE ONE BRICK AT A TIME!



STEM SATURDAYS

BUBBLE FUN & CHEMICAL REACTIONS!





THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

ORACLE OAKS FUNDRAISER DINNER



The members of the Oracle Oaks 4-H decided upon a fundraiser to raise fund for club expenses, they chose the food we were going to serve (pulled pork sandwiches with sides of beans, coleslaw, and potato salad), and how it would be served (plated or buffet style). Dessert was cheesecake.

Two members (Colt and Kimber Nehrmeyer) helped make the centerpieces for the tables and Darrian Kramer helped to set up the event space.

All the members helped serve the food and refill drinks of tea or lemonade throughout the event.

To begin the event, our club President, Colt Nehrmeyer, gave a short welcome address and

thanked those in attendance. Then our Secretary, Benny Simons, led us in the Pledge of Allegiance, followed by member Darrian Kramer saying a short blessing over the guests and our food. After the event, the members made sure to clean up the space and thank our host for allowing us to hold our fundraiser there.

The event was very successful and we raised over \$1,100 in profit after expenses. We are planning on making this an annual event.





THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

YOUTH SCHOLARSHIPS—OPEN TO ALL 4-H MEMBERS

The VFW is dedicated to promoting patriotism and investing in our future generation. If you are a democracy-loving high school student interested in a \$35,000 college scholarship or a patriotic middle school student interested in winning \$5,000, these scholarships may be for you.



Voice of Democracy

Established in 1947, our **Voice of Democracy** audio-essay program provides high school students with the unique opportunity to express themselves in regards to a democratic and patriotic-themed recorded essay. Each year, nearly 25,000 ninth through 12th grade students from across the country enter to win their share of more than \$1.3 million in educational scholarships and incentives awarded through the program.

The national first place winner receives a \$35,000 scholarship paid directly to the recipient's American university, college or vocational/technical school. A complete list of other national scholarships range from \$1,000-\$21,000, and the first place winner from each VFW Department (state) wins at least a scholarship of \$1,000. Before submitting your essay, read [the rules and eligibility requirements](#), and find your sponsoring [local VFW Post](#) as applications must be turned in by **midnight, Oct. 31**. [Download and complete the 2023-2024 Voice of Democracy entry form here](#).

The 2023-24 theme is: *"What Are the Greatest Attributes of Our Democracy?"*

WELCOME TO THE TEAM



AmeriCorps



RJ MORENO

Arizona City, AZ

Sophomore at CAC— Majoring in Fine Arts

Hobbies—Drawing, Playing Guitar,
and Video Games

SARAH TURNER

Maricopa, AZ

Junior at U of A—Majoring in Creative Writing

Hobbies—Writing, Reading, and Drawing



KYLE TREADWAY

Maricopa, AZ

ASU Graduate—Majored in Electrical Engineering

Hobbies—Off-Roading, R/C Cars, and Music

VOLUNTEER SPOTLIGHT

"Volunteers do not necessarily have the time; they just have the heart." -Elizabeth Andrew

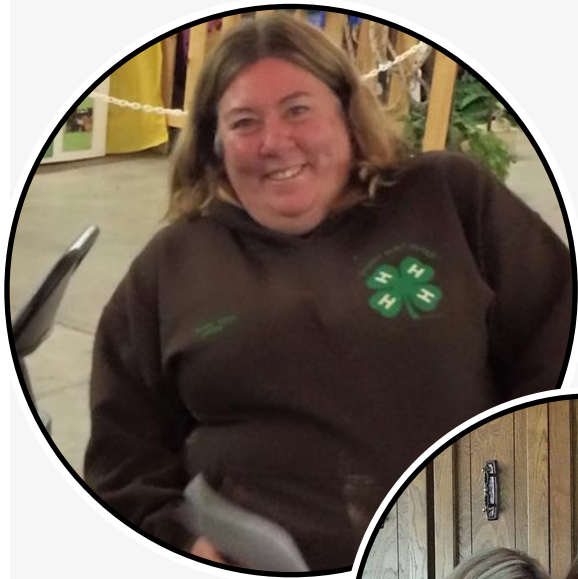
Tammy Aden has been a Volunteer in Pinal County since 2004, currently living in Queen Creek.

During her volunteer service with the Desert Dust Devils 4-H Club, she has been a Community Club Leader Swine leader, Poultry leader, Horse leader, and on the Pinal County Horse Advisory Council Committee.

From other leaders: "She is highly organized; she brought a white board to line out the schedule each day for fair. Her positive attitude inspires kids to try new things. She isn't afraid to ask questions and learn so she can teach her club. She looks to see what needs to be done and volunteers without having to be asked."

"She is very generous with her time and knowledge to everyone."

"If you need anything done, Tammy Aden is one of my go-to's. She is not afraid to get her hands dirty. Tammy also has one of the best outlooks on life. She can put a smile on anyone and everyone's face. The 4-Hers like to work with Tammy because she makes learning something new fun and the kids get a lot out of whatever she is helping with. I have seen Tammy jump in and help out in a lot of different areas without being asked. It is a lot of fun when I get to work with Tammy."



Tammy Aden
Thank You - You Make a Difference





SAVE THE DATE

Level 1 Instructor Training

14-16 July 2023

James 4-H Camp, Mingus Mountain, Prescott, AZ



Tentative Disciplines

*Pistol, Rifle, Archery,
Shotgun, Hunting Skills,
Muzzleloader*

More information to follow in the near future.

NOW RECRUITING

AmeriCorps Volunteer



THE UNIVERSITY OF ARIZONA

Cooperative Extension

Pinal County

Pinal County 4-H is now accepting applications for an AmeriCorps Member to serve in the community.

4-H gives youth that extra edge for life success by offering numerous opportunities to develop leadership, responsibility, citizenship and other life skills. 4-H helps develop competent, caring and actively engaged citizens who strengthen Arizona communities. Through our research-based curriculum and university ties, 4-H opens a world of possibilities to youth and their parents who want to explore their interests. 4-H is the largest youth organization in the United States and is open to youth ages 5-19.

AmeriCorps is a network of local, state, and national service programs that connects over 70,000 Americans each year in intensive service to meet community needs in education, the environment, public safety, health, and homeland security.

APPLY TODAY!

[CLICK HERE](#)

PROGRAM BENEFITS:

Professional Development training, Stipend, Education
Awarded upon successful completion of service

POSITIONS:

Part-Time and range from a 300-hour slot to a 900-hour slot commitment. The position includes a living allowance (\$4,275-\$12,825) and an educational award upon successful completion of the term (\$1,459-\$3447).

SERVICE AREAS:

Education, Community Outreach, Environment, and Children/Youth

SKILLS LEARNED:

Environment, Time Management, Team Work, Computers/
Technology, Writing/Editing, Public Speaking, Teaching/Tutoring,
Communications

For more information contact
Esther Turner, 4-H Youth Development Agent
820 East Cottonwood Lane, #C
Casa Grande, AZ 85122
(520) 836-5221, x211
eturner@cals.arizona.edu



AmeriCorps

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COOPERATIVE EXTENSION DAY!!

FREE—FAMILY FUN DAY!

JOIN US FOR THIS
 FUN-FILLED FAMILY EVENT,
 FREE TO THE COMMUNITY...



am**AZ**ing
 is a choice.

INFORMATION INCLUDES:

- Improving your Financial Health
- Learning about Sources of Food & Fiber
- Learning how to Prevent Diabetes
- How to make a Healthy Snack
- How to Garden at Home
- Learning about Oral Health
- Adding Physical Activity to your day
- Learning about Water Conservation Technology
- Getting Vision & Hearing Screening
- And much, much more!

SATURDAY, OCTOBER 7, 2023

9:00 AM—12:00 PM

820 EAST COTTONWOOD LANE

PARKING LOT

CASA GRANDE, AZ 85122

PROGRAMS FEATURED:

- 4-H Youth Development
- Ag-Ventures
- AmeriCorps
- AZ Health Zone
- Child Care Health Consultation
- Developmental & Sensory Screening
- Expanded Food Nutrition Education
- Field Crops Systems
- Financial Literacy & Positive Parenting
- Master Gardening
- Pinal First Smiles
- Prevent Type 2 Diabetes
- Project Water Education for Teachers
- And many others!

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Let's Go Bowling!

September 9, 2023



Pinal County 4-H YD Program and AZ National Guard invite you to participate at the **Bowling Tournament 9-Pin No-Tap.**

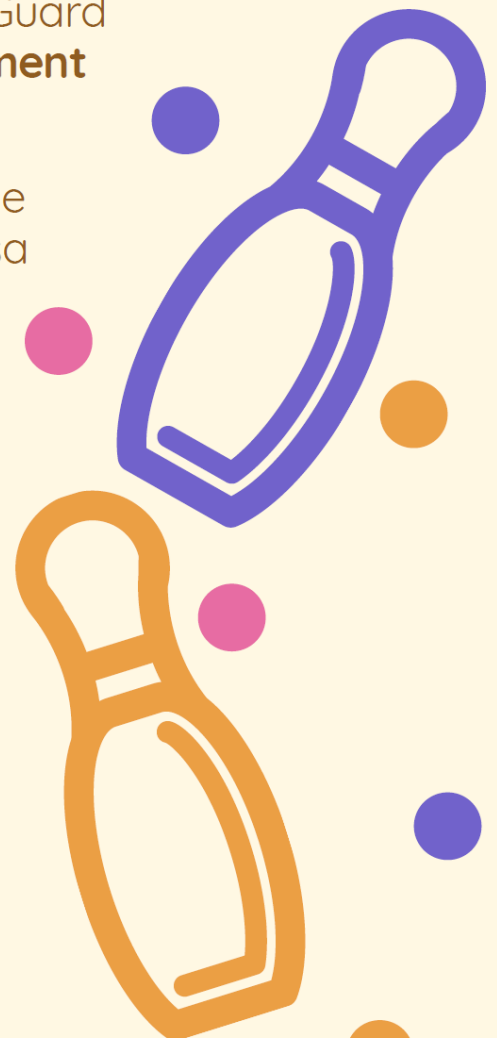
Event will take place from 12:00pm-4:00pm at the Cotton Bowl Lanes 1740 North Pinal Avenue, Casa Grande, AZ

Come win prizes!!! \$25/Bowler, free for National Guard, lunch will be provided.

RSVP by September 2nd. For more information, please contact Esther Turner, 4-H YD Program Agent (520) 836-5221, x211 or eturner@cals.arizona.edu



THE UNIVERSITY OF ARIZONA
Cooperative Extension
Pinal County





THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

KIDS GARDENING—POLLINATOR GARDEN CONTEST

KidsGardening and Wyman's are teaming up to celebrate National Pollinator Month with the Bee Wild Contest! Thirty-five youth garden programs will win \$200 to plant a pollinator garden.

This a contest for kids and adults, together!

- The first part of the entry will ask kids to share about their dream pollinator garden. Kids can submit a drawing, short video, written description, collage, or any other medium of their dream pollinator garden. (Dream pollinator gardens do not need to be realistic!) Kids can work alone or as a group to create their entry.
- Adults will be asked to tell us a bit about their youth program and plans for the \$200 prize.
- **Any program that serves at least 15 kids is qualified to win.**
- Entries are welcome from around the world, but only entries from the US and US territories are eligible to win.
- The prize money can be used to plant a new pollinator garden or expand an existing pollinator garden.



How Winners are Chosen

Entries must be complete to be considered to win. A complete entry has an authentic entry from a child or children (under the age of 18), and information about the garden plans and youth program from the adult. Entries will be judged on creativity and plans for the pollinator garden.

Winners will be announced on July 27, 2023. Awards will be sent in September 2023, perfect for planting a fall pollinator garden.

To enter contest, follow this link: <https://form.jotform.com/231564352549056>





THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

HOST A JAPANESE YOUTH FOR THE SUMMER



STATES' 4-H INTERNATIONAL EXCHANGE PROGRAMS

CREATE A MEMORABLE AND FUN SUMMER!



HOST A JAPANESE YOUTH FOR THE SUMMER!

OPEN YOUR HOME TO AN EXCHANGE STUDENT AND OPEN YOUR LIVES TO THE WORLD!

HOSTING PERIOD: JULY 22ND - AUGUST 17TH

- You can host a youth aged 12 -18 or a chaperone!
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively

HOST FAMILY REQUIREMENTS:

- Must have a child of the same gender who is within 3 years of the hosted youth. (Youth ages 9+ are eligible to host!)
- Families without a child of the appropriate age may host a chaperone
- No special activities need to be planned!
- **YOU DON'T NEED TO BE INVOLVED IN 4-H HOST**

FOR MORE INFORMATION:

VISIT: [HTTPS://WWW.STATES4HEXCHANGE.ORG](https://www.states4hexchange.org)

Email: natalyuribe@arizona.edu or zanelcampbell@arizona.edu



THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

2023-24 at a Glance w/4-H

JULY

- 4 Independence Day—Office Closed
- 7 Record Book Workshop
- 7-8 4-H Overnight Camp, 5pm-3pm
MAC Farms
- 8 3rd in Summer Shooting Series
Casa Grande VFW
- 10-14 JOLT, James 4-H Camp
- 14-16 Shooting Sports Instructor Training
- 17-21 MTAC Camp
- 29-30 State Archery Fun Shoot
- 31 Record Book Deadline**

SEPTEMBER

- 9 Bowling Tournament
- 16 Pinal County Horse Awards
- 22 AZ State Fair Begins
- 23 Pinal County All Leaders Meeting
MAC Farms
- 30 4-H Year Ends: 2022-23

OCTOBER

- 1-7 National 4-H Week
- 7 Pinal County Extension Day
- 20-22 AZ State Horse Show, Holbrook
- 21 In-Person YQCA, Yavapai County
- 29 AZ State Fair Ends
- 31 Club Financials due to the County Office

DECEMBER

- 8-10 Shooting Sports Leader Training
- 31 Deadline to enroll in Zsuites for
Pinal County Fair

JANUARY

- 3-6 Western National Round-up

FEBRUARY

- 2 Scholarships tentatively due

MARCH

- 3 4-H Fair Entries Deadline
- 13-17 Pinal County 4-H Fair



THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

FRY'S DONATIONS TO PINAL COUNTY 4-H

A simple way to support the Pinal County 4-H Program is through the Fry's Community Rewards Program. Fry's Food and Drug Store will donate a small portion of what you spend every time you use your Fry's card. If you would like to support the 4-H program, please link your Fry's rewards card to the Pinal County 4-H Program.

Instruction to link Pinal County 4-H in the Fry's app (iPhone/Android):

- Open Fry's App
- Top Right Hand **Menu** (hamburger button)
- Click **Rewards**
- Choose **Community Rewards**
- Choose **Search for Organization**
- Search for **Pinal County 4H** (no hyphen)
- Click **Enroll**



You're all set!!!

WAYS TO GIVE (4-H FOUNDATION)

The Arizona 4-H Youth Foundation 50+ years old—Incorporated in 1970, the foundation was created to support Arizona 4-H programming and 4-H youth through 4-H Scholarships. There are many ways to contribute to the Foundation to help increase future opportunities. You can find out more about contributing to the Arizona 4-H Youth Foundation here <https://extension.arizona.edu/4hfoundation/give>.



THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

PINAL COUNTY IS SOCIAL—FOLLOW US!

Like, Love, Comment, Share, Pin, Tag, Tweet, Repeat!

Let's Socialize! Be the first one to know what is happening with The University of Arizona, Cooperative Extension, Pinal County 4-H. Join our online community, stay in the know and get exclusive news/updates! Help us spread the word, you're just a scan away!



Website:
<http://extension.arizona.edu/4h/pinal>



Instagram:
[pinalcounty4h](#)



Twitter:
[@Pinal_County_4H](#)



Facebook:
[@pinalcounty4h](#)

WHAT IS A STATE 4-H HASHTAG AND WHERE CAN I USE IT?

A hashtag is a word or phrase preceded by the number sign or a hash symbol (#), used on social media websites and applications, to identify messages on a specific theme or topic.

Let's make the best, better and show people we are transforming character, knowledge and skills to successful stories by using it during 4-H moments.

- #AZ4H
- #inspirekidstodo
- #trueleadersinservice
- #AZ4Hcares
- #HOWWEFAIRAZ
- #opportunity4all



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@uarizona4h



@uarizona 4h



@UARizona4-H



THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

CONTRIBUTE TO THE NEWSLETTER

We welcome members and leaders to submit articles highlighting members or examples of what you are doing in your club. If you are hosting a project meeting, activity or event that the entire county would benefit from, this is a great forum to get the word out there. Submit articles by the 15th of March, June, September or December.



Please be sure to submit your article to Maria at the 4-H office at mmelende@cals.arizona.edu.

We will also post on our Pinal County 4-H social media sites. Submit today, don't delay, and share away!!!

AZ 4-H YOUTH DEVELOPMENT

Inspiring the next generation of leaders, inventors, entrepreneurs, and problem solvers, transforming the ordinary into the extraordinary - 4-H is the youth development program of The University of Arizona, Cooperative Extension.

Check out the 4-H State Office website for state program opportunities, resources, history and much more.



<https://extension.arizona.edu/4h>

KEEPING UP WITH 4-H

- 4-H Enrollment <https://4h.zsuite.org/>
- 4-H Mall <https://shop4-h.org/>
- 4-H in the USA 4h-usa.org
- AZ 4-H extension.arizona.edu/4h
- AZ 4-H Youth Foundation cals.arizona.edu/4-h_foundation
- Livestock Inspection [602-542-0872](tel:602-542-0872)
- National 4-H Council fourhcouncil.org
- National 4-H Curriculum System 4-h.org/resource-library/curriculum
- National 4-H Web 4-h.org
- Use of Name & Emblem national4-hheadquarters.gov
- Youth Livestock Quality Assurance <https://yqcaprogram.org/>



GREEN FOUR-LEAF CLOVER

The green four-leaf clover with the white letter "H" in each leaf is the National 4-H Emblem. The design, attributed to L.H. Benson, an Iowa school superintendent, was adopted as the national Emblem in 1911. Once enrolled as a 4-H volunteer leader, you are authorized by your local extension office to use the 4-H Name and Emblem.

The Name and Emblem are protected under the federal statute (Title 18, USC 707) and may only be used in accordance with statute requirements. Only use an official Emblem graphic obtained from an authorized 4-H source which includes the language "18 USC 707" to the right of the stem. Your extension office can provide camera ready or electronic versions of the clover for your use. Text or graphics should never cross the clover emblem.



Green and white are the 4-H colors. Green is nature's most common color and symbolizes youth, life and growth. White stands for purity and high ideals.



THE NEWSLETTER FOR 4-H FAMILIES & FRIENDS

ABOUT 4-H...

WHAT IS 4-H? 4-H is the largest youth-serving organization in the world. 4-H is an organization that serves youth--not just boys and not just girls. From 4-H clubs to special interest groups to school enrichment projects, 4-H includes both boys and girls in activities. 4-H is the youth education component of Cooperative Extension, which is conducted jointly by the U.S. Department of Agriculture, the state land grant university (The University of Arizona), and your county government. 4-H Youth Development has a unique link with a variety of resources from The University of Arizona.

While 4-H has its beginnings in rural America, 4-H now serves young people and volunteers from major urban centers and from suburban communities and rural non-farm settings as well.

4-H AND THE COMMUNITY! 4-H doesn't stop with its impact on young people and their families. An integral part of the popularity of 4-H is that it reaches into the communities in which these families live. As part of their 4-H experience, young people are encouraged to develop a better understanding of their communities and to contribute to community betterment.

4-H IS A FAMILY AFFAIR! 4-H encourages participation by the entire family. Youth enroll as 4-H members. Other family members help out as club leaders, project leaders, meeting helpers, transportation aides--you name it. Four-H is definitely a family affair.

Most importantly, 4-H families work together on projects and activities, attend meetings and events together and learn together through 4-H. In the process, family members learn more about each other through their involvement in 4-H. They may even become better families, appreciating each other's strengths and talents just a bit better.

WHAT ARE THE 4 H'S? The 4 H's stand for Head, Hands, Heart, and Health. The 4 H's represent the four-fold training and development that 4-H'ers receive. At first there were three "H's"

with the fourth "H" of "Health" being added. Together the 4 H's symbolize: the development of HEAD, to think, plan and reason; the HEART, to be concerned with the welfare of others, accept the responsibilities of citizenship, and develop positive attitudes; the HANDS, to be useful, helpful, and skillful; and HEALTH, to practice healthful living, enjoy life and use leisure time productively.

WHAT'S THE 4-H EMBLEM? A green four-leaf clover with a white "H" on each clover leaf. The design, attributed to L.H. Benson, An Iowa school superintendent, was adopted as the national emblem in 1911. Similar to a copyright, legislation has been passed so that the 4-H name and emblem may only be used as approved by 4-H.

WHAT'S 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, my Country, and my World.

In repeating the pledge, a member raises the right hand to the side of the head when saying "head", points to their heart when saying "heart", extends hands, palms upward when saying "hands" and then stands straight when speaking rest of the pledge. The pledge was adopted in 1927 during the first National 4-H Club Camp in Washington, D.C. Otis Hall, state 4-H Leader in Kansas was responsible for the original wording, which remained unchanged until 1973 when the words "any my world" were added.

WHAT'S THE 4-H MOTTO? "To Make the Best Better"
The motto was proposed by Carried Harrison, a botanist with the U.S. Bureau of Plant Industry and was officially adopted in 1927 when the 4-H Pledge was introduced.

WHAT IS THE 4-H YEAR? The Arizona 4-H Youth Development program year is October 1 through September 30.

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