



# British Columbia 4-H Selection Guide

## 4-H is...

4-H is: young people, parents, and other interested adults working together for the benefit of youth, family, and community. 4-H spells OPPORTUNITY for everyone involved in the program.

## 4-H'er: *The Choice is Yours!*

As a 4-H'er, you can have the feeling of accomplishment that comes from trying and succeeding at something new—whether it's fixing a small engine, knitting a sweater, or training an animal. The first step in 4-H is choosing your project. Doing things, making things and visiting places with friends are all a part of the 4-H project, but you need to choose a project that fits best for you!

Ask yourself these questions. They might help you choose the project that's right for you.

- What interests you most in school, hobbies, and books?
- What do you, your family, and friends like to do when you are together?
- What do you, the 4-H'er, like to do in your spare time?
- What did you see at a 4-H display, fair, or show that you thought might be fun to make or do?
- What would you really like to learn to make, to do, or to become?

After you've answered these questions, look through the projects offered in this guide and list the ones that interest you. Don't forget about the Self-Determined and Group-Determined projects in which you choose your own interest area and develop a project tailored to your interests.

Give some thought to the projects that you've listed. Do they match: your abilities? the time and money you have available? the equipment that's available to you? Talk to your parents and your 4-H leaders. They can help you make a decision and choose a project that matches your interests, needs, resources and abilities. Remember that some projects may not be offered in your local 4-H club if a project leader isn't available.

Anyone between the ages of 6 - 21 years as of December 31st of the previous year can join a 4-H club. Each 4-H club has at least six members, adult leaders and a sponsor. Leaders help the members learn 4-H program skills. Project knowledge is desirable for leaders but not required. Leadership training is provided after a leader registers in the program. The sponsor can be a community organization or a business that supports the club.

Members can belong to a maximum of two different clubs and carry a maximum of four different project units in a year. When you enroll in 4-H, you agree to attend club meetings, complete project requirements and take part in club activities. Clubs may meet as often as they wish, but should meet at least six to eight times per year. Meetings usually consist of business, project instruction and recreation. Each club elects its own president and club executive from the membership.

Each project consists of numerous "units" that a member may take. Some are progressive in nature; others are specific to the animal or skill being learned. The variety of units means there's lots to learn and lots of challenge for both younger and older members. As part of each project, 4-H members keep records of their work throughout the year. Clubs also plan activities such as demonstrations, judging, building educational displays, public speaking, camping, fund-raising or just having fun!

## 4-H Parents

4-H'ers need help in choosing projects that are right for them. But once a project is chosen, your attitude and support can make all the difference.

Here's how you can help:

- Look for ways to involve your entire family in the learning experiences associated with the project.
- Listen to the 4-H'er's needs and concerns.
- Offer praise and encouragement.
- Help the 4-H'er see accomplishments as project goals are met.
- Remember that reaching personally set goals is often more meaningful than winning ribbons or trophies!

Parents and other family members are needed to:

- Help leaders plan the project.
- Encourage demonstrations, speeches and judging activities.
- Assist with record-keeping and financial arrangement.
- Provide transportation and help with club planning.
- Praise the 4-H'er as they complete each learning experience in the project.

Your interest and support are two of the keys to having 4-H'ers feel good about themselves and their accomplishments.

## 6-8 Year Old 4-H Project

### Cloverbuds

BC 4-H Cloverbud members are boys and girls aged 6 - 8 years old. They must have reached their 6th birthday and have not reached their 9th birthday by January 1st. BC 4-H Cloverbud age members are only allowed to be registered in the Cloverbud project and are not eligible to be enrolled in any other BC 4-H projects. The Cloverbud units are very busy with fun filled activities that explore future projects of 4-H. Cloverbuds can choose to enroll in one of the three BC Cloverbud units.



## Animal Projects

In the animal projects, members:

- Acquire an understanding of livestock production and management practices.
- Learn to identify breeds and select quality animals.
- Learn to make good management decisions related to feed, care, health, and equipment
- Gain an appreciation of marketing.

The members do this by caring for one or more animals for a set amount of time that varies with the animal. The member assumes responsibility for all aspects of their animal's management.

### Beef

Members care for one or more beef-type heifers, cows, or steers. A young member may begin with a Heifer or Fed Steer project. Older members are encouraged to take the Market Steer project. An experienced member may wish to raise one or more cows with calves or raise a number of steers to market weight. The member learns grooming and training and usually shows the animal at the end of the project.

### Dairy

Members learn about inheritance factors in dairy cattle, how milk is produced, fitting and showing and marketing dairy products. Training includes selecting dairy cattle; care of young calves; equipment for feeding and care of cattle; treatment of common diseases, ailments and insect pests; keeping records; and fitting and showmanship techniques. A young or inexperienced member should begin by raising a heifer calf. In succeeding years they may continue to raise this calf as a yearling or two-year old project as well as starting with a new calf each year. In this way, a senior member eventually has animals for a Dairy Herd project.

### Sheep

A member may raise a market lamb or a breeding ewe lamb. As a member gains experience, they may wish to establish a small flock, raising a number of ewes for breeding. They may also raise six or more feeder lambs for market. Sheep are excellent for younger boys and girls because they are easy to handle and cost less than larger animals.

### Swine

Members care for one or more feeder hogs for market, a breeding gilt, or a brood sow. More experienced members can establish a breeding herd, raising three or more sows with litters. They can also take a feeder hog project where they raise and sell at least six hogs.

### Horses

Members must personally feed and care for a saddle horse or pony of a size and type suited to their capability. The horse units are progressive, with members learning new riding skills as they successfully complete units. When a member has gained experience with a light horse or pony in showing at halter

and in riding performance, they may wish to raise a yearling or two-year-old horse or a brood mare and foal. Members are encouraged to plan trail rides as a group and to learn safety when working with their horse. The first unit is geared to members who do not yet own their own horse.

### Dairy Goat

Members care for one or more dairy goat does. Dairy goats need good pasture but often can utilize pasture that might otherwise be wasted. Members should take a Female Kid project or a Butcher Kid project when they first begin in the club. More experienced members may wish to develop a Dairy Goat Herd or study pasture conditions in their area and how production can be increased through management practices.

### Poultry

In the Poultry project, members may raise chickens for egg and meat production; or they may raise ducks, geese or turkeys for meat or as breeding stock. Members may also take such projects as game bird raising or developing a waterfowl refuge. The purpose of this project is to give members an opportunity to learn basic principles of poultry raising, breeding, health and management.

### Rabbit

This is an excellent project for 4-H'ers who cannot keep or handle larger animals. A 4-H member can learn feeding, management, breeding, record keeping, and marketing of livestock in less time and with less money invested than with other livestock projects. In this project a member would start by raising two rabbits. They could carry on by raising a number of market animals for home use or sale or they could do a Breeding project with at least five rabbits.

### Honeybee

4-H members learn about bees by owning and caring for a hive of bees. They study the social life of bees, the honey producing plants in their area, and how bees pollinate crops and increase the yield of many fruit and seed crops. Members also learn how honey is produced and marketed. First year members may manage one hive of bees and exhibit several jars of honey. More experienced members could manage numerous hives and study pollination of crops.

### Dog

Members care for and train their dog. The objectives of the project are for members to:

- Acquire knowledge concerning the responsibilities of dog owner-ship.
- Learn basic dog care and management practices including feeding, care, handling, grooming, and fitting.
- Train the dog to obey and heel, establish basic obedience commands and thus become a more enjoyable member of the family.

When a member has learned to train a dog in basic obedience, they may take such projects as "Raising a Dog," "Dog and Litter,"



"Retriever and Hunter, or "Stock Dog." The dog project provides the opportunity for urban boys and girls to have a live animal.

### **Cavy**

Members will learn how to feed, house, train, and show their cavy\* project. Learning the parts of the cavy is a big part of the cavy project. For Achievement Day, members must be able to demonstrate proper showmanship skills. Another aspect of the cavy project is Cavy Breeding where members are to, ideally, raise three cavies: two sows and one boar, and to exhibit one sow with her litter (2 ½ -5 ½ weeks old) at Achievement Day.

\*Cavy, also called Guinea pigs, are rodents belonging to the family Caviidae and the genus Cavia.

### **Llama**

Members in the Llama Project learn about the care and feeding of Llamas, the proper equipment for grooming, types of Llamas, how to train to complete specific maneuvers around an obstacle course, as well as showmanship. The Llama project has many different avenues members can take.

Beginner Llama members learn how to halter, lead, show, and maneuver around obstacles. They will also have to have basic understanding of Llama husbandry. Other projects that Llama members can undertake are Public relations with Llamas, Packing, Driving, Llama Fiber as well as Llama Breeding.

## ***Plant and Soil Projects***

### **Field Crops**

Members have the opportunity to practice good farming techniques by growing and harvesting a grain or field crop. Members will grow one acre of grain or seed as an introduction to the project.

### **Gardening "Big & Small"**

A member will learn basic principles of gardening from seeds, soil, fertilizer, sun/shade for plants, as well as chemicals and weeds. Members have a variety of gardening choices from a vegetable garden, community garden, container gardening, worm composting or a butterfly garden. These projects are suitable for most urban as well as rural homes.

### **Agroforestry**

Agro-Forestry is the process of combining agriculture and tree growing, to produce both agricultural products and tree products on a commercial basis. This project allows members to take on responsibility for designing their unit. There are 3 main units:

#### **I. Introducing Agro-Forestry**

- What is agro-forestry?
- A basic introduction to the project.

#### **II. Developing an Agro-Forestry skills tool kit**

- Demonstrate and practice the basic tool kit skills such as: Mapping, soil testing, plant hardiness assessment...etc.

#### **III. Managing Agro-Forestry Opportunities**

- Use the agro-forestry tool kit to select and manage an

agroforestry work plan.

Members will participate at least 2 one-day field study opportunities and will have prepared a visual presentation for achievement on their chosen unit.

## ***Creative Arts Projects***

### **Clothing**

Clothing projects help 4-H members select clothing that is appropriate, healthful and economical. They gain knowledge of fabrics, their use and care, and learn sewing skills. Colour and design as well as appearance and grooming are also part of the project. Depending on age and experience of members, they may take a number of units in the sewing project, from a very simple kitchen or shop apron for beginners to a skirt and top to a graduation dress or suit for more experienced members. This project is suitable for both boys and girls.

### **Foods**

Members learn to select and prepare foods, plan and prepare nutritious, attractive, and well-balanced meals, and learn how to set an attractive table. "Foods for You" or "Easy Meals" are good projects for young members. Older members can progress to more complicated topics such as such as canning and freezing or cooking outdoors.

### **Crafts**

The crafts project gives members an opportunity to express themselves creatively. Basic principles of crafts are studied. Members are required to complete three articles in each unit using a different craft technique for each. The actual project is of their choice and is limited only by imagination.

### **Leathercraft**

Members enrolled in the leathercraft project will learn the use of basic leathercraft tools as well as types of leather. Following the learning of simple leather tooling skills, by making such things as coasters and bookmarks, the member may continue by learning to construct key cases and wallets. More experienced members construct articles of their own design. This can also be a good winter project for members in livestock projects.

### **Photography**

Photography members learn how to select, care for, and use a camera and to select film. They learn to take attractive, interesting photographs that show good composition, sharp detail and good use of light. 4-H photography offers four units and an area of advanced skills. Members may also choose to learn how to develop their own black and white photos and prepare slide shows.

### **Woolcraft**

The 4-H woolcraft project is available to all 4-H members, even if you do not have sheep. The purpose of the project is to teach the skill of quality handwork, promote knowledge of yarn making and to produce a finished project. Members gain an appreciation for the handmade natural craft. Washing, carding, spinning and dyeing wool, as well as felting, weaving, and knitting are skills that members learn.

## Outdoor Living

The two primary objectives of the project are to teach 4-H members basic skills in living outdoors and to give them a better understanding and appreciation of the natural resources of British Columbia. Members learn such things as preparing a meal on a tin can stove, basic principles of First Aid, and use of edible wild plants and fruits. How to use a compass, make charts of animal tracks, and wilderness survival are also covered.

## Mechanical Projects

### Tractor

Members practise operating a tractor separately and with equipment in tow. They learn about ignition and valve systems, power steering and hydraulics, trouble-shooting and maintenance, and the safe operation of a tractor.

### Small Engines

Members learn the operation of two-cycle and four-cycle engines and how to maintain and repair small engines. A study of carburetor operation, ignitions and engine overhaul is included.

### Bicycle

Members will learn the mechanics of their bikes, and how to properly maintain them. Learning the different parts of the bicycle, and being able to point them out is one thing that members will learn to do during this project.

## Personal Development

### Junior Leader

This project helps older members develop leadership abilities. Junior leaders share responsibilities with an adult leader in leading a group of younger members or organizing programs. Members enrolling in the Junior Leadership project must be at least thirteen years of age and have a 4-H Junior Proficiency Certificate. The member is to choose, plan, carry out and evaluate a project that will utilize their skills for the benefit of the club.

### Self-Determined

An individual or a group of 4-H members may select a project of special interest to them. Such projects could be astronomy, song writing, computers, canoeing, pigeons, or any other interest or hobby. The purpose of this project is to give members the opportunity to pursue their special interest and still remain a member in the club. Resource materials and record books are researched by the members. However, some publications from past projects are available (e.g., bicycle, power toboggan).

### Marketing

In the Marketing project, members learn how to promote 4-H using different media-newspaper, radio, television, displays, interviews and posters. Marketing principles and techniques are also examined.



## Environment

Using the *Kids for Saving Earth Guidebook* and other resources, the members and leaders take a close look at environmental concerns in their community. The project is self-directed; that is, the club chooses the topics they are most interested in and plan community projects and field trips based on the interests of the members. Members also make an article from recycled materials.

### Aquaculture

This project gives the members the opportunity to learn about raising fish. Feeding, water quality, growth measurement and other factors that effect growth and health will be covered. As the project develops

more topics will be added.

### Agriculture Awareness

This project is to allow members, leaders, and the general public to become more aware about the importance of agriculture in B.C. This project helps members learn about the diverse agriculture industry in B.C. The members are able to choose from 3 main units:

#### 1. Thought for Food:

- Enables the member to learn where certain foods come from, and the people involved in the production.

#### 2. Media Watch:

- Allows the member to work with the media to raise awareness about agriculture.

#### 3. Adopt-a-class:

- Allows the member to teach in a class room setting to raise awareness about agriculture, and how food is produced.

### Adopt-A-Grandparent

This project helps members take on a community project, helping them learn about their community through their adopted-grandparent project. There are 5 units to this project; each unit has slightly different activities they can choose to do with their adopted grandparent in order to achieve.

## More Information...

For more information on any of the projects, and for specific details on leader or member manuals, record books and related resource material, please consult the *4-H Publications Catalogue* or contact your 4-H Key Leader or the B.C. 4-H Office:



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