



# What 4-H Means To Me

Written by 4-Hers from surrounding counties . .

by Scott Helsey  
Lancaster County



4-H involves many different aspects and characteristics in the life of a teen. These include responsibility, social and educational activities, and friendships. These things have meant a lot to me.

The first thing I learned in 4-H was responsibility. At first, responsibility meant doing chores before going to school. Then it encompassed things like financial management, business practices, and meeting due dates. For me, responsibility eventually graduated to leadership. Teaching and guiding younger 4-H'ers in Teen Leadership was a truly valuable experience in itself. Learning to be responsible

was hard work, but it is undoubtedly worthwhile.

However, 4-H was not all work. I had many opportunities to go places to represent 4-H. Two of the most memorable occasions were going to Maine on a 4-H Exchange Trip and Washington, D.C., for a conference on Leadership and Careers in Agribusiness. In 1974, I had the privilege to exhibit at the State Farm Show. I also enjoyed going to county fairs with my projects. These and many other activities gave me a chance to travel, learn, win prizes, and make friends.

Perhaps the friendships that I gained mean the most to me as a 4-H'er. I now know many people that I would have never met outside of 4-H. I am sure that some of these friendships will last permanently. Sharing common interests through 4-H is invaluable. Probably the importance of making friends will not become evident until long after I leave 4-H.

In short, being involved in 4-H has meant both work and fun - and all of my experiences have been rewarding!

Scott is the son of Mr. and Mrs. J. Warren Helsey, RD1, Elizabethtown.

By Ann L. Hoover  
York County



As I approach my nineteenth birthday and my remaining weeks as a 4-H member, I often look over my personal 4-H clover which was grown and blossomed throughout the past ten years. My life has certainly been enriched by many rewarding experiences in the 4-H program.

4-H helped me to develop a desire to meet people, thus overcoming the extreme shyness I experienced as a youngster. Through 4-H I had the opportunity to become acquainted with individuals from various walks of life, and I gained lasting friendships with young people throughout Pennsylvania and several other states. I am especially interested in all phases of public relations relative to 4-H.

The unique experiences

and Leadership School, both at Penn State; Camp Kanesatake, which gave training for activities in crafts, study of nature, leading of songs, games, and calling of square dances; PAFC at Shippensburg, a week's course dealing with business procedures and principles, but applied mainly to cooperatives; Capitol Days at Harrisburg and Citizenship Short Course in Washington, both stressing citizenship involvement.

Eager to interest other young people in 4-H and to acquaint the public with the many opportunities for fun, learning, new experiences, and new friends that 4-H offers, Janet has become involved in the newly developed slide program explaining 4-H, in which a County Council member gives a talk and shows slides on 4-H activities. Last winter Janet presented such a program to the Avon-Grove Lions and is scheduled to speak to the Kennett Square Rotarians this fall. Any organization desiring to know more about 4-H work is asked to contact 696-3500 for information.

In addition to her 4-H work, Janet is a Senior Scout, active in school, church, and community affairs, attended National Red Cross Aquatic School, worked as a volunteer instructor in the Red Cross Learn-to-Swim Program, and was named a Letter of Commendation recipient in the National Merit Scholarship Testing Program.

available in 4-H have added a special touch to my life. I do not believe these fulfilling opportunities are offered by other institutions. The people I met and the speakers I heard have had a profound influence on my life. At various 4-H events I attended, speakers such as Olympic Champion Bob Richards, Marilyn Van Derbur, a former Miss America, and Louis Strong, President of the NRECA in 1972, have given me inspirational thoughts to ponder. The sentiments expressed through speeches, conversation, and personal correspondence have encouraged me to meet challenges and set high goals. Many of my dreams have now become realities.

I constantly apply the 4-H motto, "TO MAKE THE BEST BETTER" not only to 4-H endeavors, but also to my life in general, thus broadening the scope of my interests, increasing my leadership ability, and striving to make the most of my life.

I want to share a thought which Marilyn Van Derbur included in a personal letter to me. This thought is of value to many of us. She wrote, "You are only beginning a life of accomplishment and fulfillment. Continue to reach. Aim high. Do. BE. Continue to have a goal and a plan...and to make your best better!"

By  
Mrs. Harris Horn  
Thomasville 4-H Club

In being a 4-H leader, I shall try to share with you a few ideas, or thoughts, that seem important to me. I feel, by using the word Love, is the greatest way to begin! Loving youth, and giving of my time to them is one of the happiest rewards of my life. Through them, I am hoping to build a nation of love and devotion for our generations to follow. As a leader, and parent it is up to me to set an example.

4-H means working and sharing together. This is the true basis for happiness in life. Even in the beginning of man, work was necessary for the survival of life. So it is today, in our world of automation and frustrations. How relaxing it is, to work in the soil, or with plants and flowers. Just to keep our hands busy, even with sewing or by doing a craft of some kind. Project work is what gives body and life and character to 4-H club work. I am aware, it is the objective of a leader, to test the skills, the patience, and the responsibility of a 4-H member to help find their potential. No member will get the most out of club work who doesn't have to complete at least one project.

I do believe in the age old saying "all work and no play makes Jack a dull boy," so I do feel that laughter and fun is essential for the 4-H members. Singing and playing together gives young people the right to distinction and self-assurance.

In our community service work with leaders and

By Rick Krall  
Lebanon County



When 4-H is mentioned to someone, usually the first thing they think of is rural youth organization in which 4-H'ers carry farm projects. However, 4-H is a national organization for both rural and urban youth, and offers every project imaginable. To me, 4-H means even more. To me, 4-H means learning and people.

4-H has provided me with an opportunity to become involved in club work. I began 4-H with one dairy animal as a project, presently I own eight dairy animals, and have also completed tractor, automotive, vet science, small engines, and

leadership projects. 4-H has encouraged me to learn more about this world and the projects 4-H offers provide a perfect means for learning.

I have served as president of the Cedar Crest 4-H Dairy Club and have also served as chairman of many committees in the dairy club and the Lebanon County Teen Council. The experiences I have had as an active 4-H member are both useful and meaningful. These experiences have taught me how to lead and work with a group. I doubt if I would have the leadership ability I have now were it not for 4-H.

I said 4-H means people. Not only the 4-H'ers in Lebanon County, but also the friends I have made at regional, state, and national 4-H events. Without 4-H I doubt if I would be able to get along with others as well as I do. By attending these events, I have made many new friends and have received many ideas about 4-H in other counties.

I feel that being a 4-H member is a very rewarding experience. I strongly encourage all youth to try 4-H club work. Rick is the son of Mr. and Mrs. Arthur Krall, RD1, Lebanon.

by

Janet Hutchison  
Chester County Extension



Janet Hutchison, daughter of Mr. and Mrs. James M. Hutchison, West Grove, Pa., and a member of the Oxford Agricultural Community Club, has been chosen Chester County's Outstanding Girl for 1974. During her eight years in 4-H, Janet has completed thirty-five units in fifteen project areas, receiving Blue Merit Ribbons in almost all units and twenty-two Grand and Reserve Champion Ribbons.

Although Entomology and Leadership are her most important projects, Flowers and Vegetables are becoming more prominent each year. Having worked in Entomology and exhibited her collection on both the local, county, and state levels for three years, Janet decided to try stimulating interest in the study of insects in the county. Three years ago she became a Teen Leader in Entomology in her club and today is the Entomology Advisor to six clubs. In most instances Janet has traveled to the member's home to give individual help. She also is a Teen Leader in Strawberries, Flowers, and Vegetables.

In 1973 and 1974, Janet was chosen to give her Entomology Demonstration at 4-H State Days. Competing in the Animal Science Category during Achievement Days at Penn State, she won a Blue Ribbon for her presentation, "Mounting Your Catch."

A county winner in Safety and Entomology in the National Awards Program last year, Janet bettered her record by being named Keystone Winner in Entomology, Citizenship, and Outstanding Girl for 1974.

4-H offers many opportunities for growth in Leadership and Janet, like many others, has responded to the challenges. Having held every office at the local club level at some time during her 4-H years, Janet was elected County Council President in the spring of 1974. Recently she was appointed to the County 4-H Advisory Committee.

As County President, Janet is vitally involved in all policy making decisions and the planning and direction of county activities: County Round-Up, Spring Fair, Poster Contest, County Council Swim Party and Picnic, and the Achievement Dinner. At each, she presided as Mistress of Ceremonies. She also helped plan four Chester County Teen week-ends and two Multi-County Teen Retreats. In addition to general participation, Janet acted as Song Leader, Game Leader, Inspirational Chairman, or Mistress of Ceremonies.

4-H'ers are constantly engaged in activities that stress "learning by doing," and Janet was fortunate in being selected to attend various scheduled programs: Club Congress

parents, I feel in reaching out our hands of helpfulness to others, we experience spiritual growth. The Rural Life Service - on Sunday a year worshipping together and our Friendship circle, which climaxes the end of the clubs year together. These are some of the ceremonies that develop something of the true, the beautiful, and the Divine being with us. Living -

Working - Sharing - Working with 4-H members, parents, leaders and extension personnel - these are the precious moments for today and tomorrow and the years to come. Enjoy them for larger service to the community and to our country - America, - if we all strive, make the best Better, we will always have, America!

## What Do You Know About 4-H

by Anne Hinkel,  
Assistant Home Eco.

Lancaster County boasts the largest 4-H enrollment in Pennsylvania. There are almost 3500 4-H members and 300 leaders within the county. What do you know - or don't know about 4-H? Here's a quick quiz to test your knowledge and also give you more information about the 4-H Club Program.

1. 4-H members range in age from 8 to 19. (True)

2. Most 4-H members live on farms. (False. One-fourth of the 4-H members live on farms; one-fourth come from urban areas; and one-half come from small towns and rural non-farm areas.)

3. 4-H members only work on specific club projects. (False. 4-H'ers give talks and demonstrations, do community service projects, put up displays, show their projects in competition, all as ways to improve themselves and their community.)

4. 4-H members can choose from about 150 projects in Pennsylvania. (True. Some projects carried by Lancaster County 4-H'ers are: photography, clothing, handyman, beef, dairy, vegetable gardening, horses and leadership.)

5. A 4-H Club can be as small as several young people meeting in a parent's home. (True.)

6. All 4-H groups must have a fund-raising program in order to pay for membership dues. (False. There are no dues in 4-H. Project booklets and educational leaflets are free. Some clubs do have money-raising projects for special trips and community services.)

7. The 4 "H's" stand for head, heart, health, and hands. (True. 4-H'ers pledge their head to clearer thinking, their heart to greater loyalty, their hands to larger service, and the health to better living for their clubs, communities, country and world.)

8. In order to start a 4-H Club, a leader must be willing to have meetings every week for at least nine months. (False. Most projects are a series of six meetings which can be scheduled by the leader at any time during the year. Many clubs meet during the summer; some meet once a month and during the winter.)

9. Over 70 foreign countries have set up youth

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