

# MENU

## ALBERTA 4-H PROJECTS

With over 30 projects available, choosing just one or two can be a real challenge. Whether you are deciding to be a project leader, member or active parent, thinking about the following questions will help to make your club's choice a little easier:

- What interests you most - hobbies or activities?
- What do you like to do when you are with family and friends?
- What do you like to do in your spare time?
- What would you like to make, do or become?



After your club members have answered these questions, look through the projects offered in this guide and list the ones of interest. If you can't find a perfect fit, remember that the Creative Options Project lets you design your own project!

By devoting some time and choosing the right project, you can avoid frustration, increase the likelihood of success, and gain a sense of satisfaction as you learn and grow in your project.

### QUICKSTART: HIGH SCHOOL CREDITS THROUGH 4-H

To find out how 4-H can help you to earn school credits, call 4-H to get your QuickStart package and share it with your Principal or Counselor.

HAVING TROUBLE DECIDING? OR WANT TO TRY SOMETHING NEW? TRY THIS . . .

### EXPLORING 4-H: "THE SAMPLE PLATTER"

Members wishing to learn more about all of the possible projects in 4-H will want to work through this project. There are over 50 possible modules to choose from and most clubs will be able to complete 6-10 modules per club year. Several modules are available in each of the following areas: Alternative Livestock, Environment, Technology and Trade, Leadership, Life Skills, Livestock and Small Animal projects.



### CREATIVE OPTIONS PROJECT

The Creative Options Member Guide offers two ways to host Creative Options Projects. **Group Option** - For members of all ages, who work as a group, with a project leader through the project with regular project meetings/workshops. **Individual Option** - For 12 years and older members who have been in 4-H for at least two years. This is a self-directed, unique project determined by the member. A proposal must be presented to the club leaders and membership for approval.

### LEADERSHIP PROJECT

This is for 12 years and older members interested in working with the club leadership team as their 4-H project. Various planning tools, leadership strategies and great ideas to jazz up your 4-H club are included. Leadership project members should have access to the applicable general club or project resources as determined by their project focus. For example working with the club leader take on the role of Communication Trainer - you will work with the 4-H members as they work on their communication activities.

## LIVESTOCK

The 4-H Livestock manuals are set up in a progressive learning format. Members gain an understanding of livestock production and management through the experience of owning, caring for, showing, marketing products and maintaining records. Each livestock project has its own specific format to highlight all of the options in their industry.



### BEEF

Members gain an understanding of beef cattle production and management through the experience of owning, caring for, and maintaining records on beef cattle. The Learning Animal Welfare (LAW) section has been added to these publications. **Options** available Market Beef - Live, Market Beef - Carcass, Heifer, 2 or 3 year old Cow Calf, Beef Pen, Novice Beef, Beef Creative Options and Beef - Green Certificate.

### DAIRY

Members gain an understanding of dairy cattle production and management through the experience of owning, caring for, and maintaining records for dairy cattle.



### GOAT

Members learn approved practices in selection, feeding, care, management, maintaining records and showing of goats. They also gain insight into the economics of purebred goat operations, as well as the marketing of goat milk and meat.

### HORSE

Members gain an understanding of horse management through the experience of owning, caring for, training, riding and maintaining records on a horse project. Begin with basic Horsemanship Levels 1 to 3 then continue to the areas of Western, English or Young Horse. **Options:** English, Dressage, Jumping, Western, Horsemanship Levels 4-6, Cattle Events, Packing, Ranch, Reining, Rodeo, Young Horse, Standardbred, Draft, Young Horse Incentive Program and Judging.

## JUDGING

In this project the member learns about why we judge, how to give oral reasons, presentation tips, and specific species and item characteristics. The 4-H Judging Manual is a club's information resource on judging; a judging CD is available for members.

### SHEEP

Members gain an understanding of sheep production and management through the experience of owning, caring for and maintaining records on sheep.

### SWINE

Members gain an understanding of swine production and management through the experience of owning, caring for, and maintaining records on swine.

## ENVIRONMENTAL SUSTAINABILITY

### ENVIRONMENTAL FARM PLANNING

This project is for 15 years and older members who wish to review the current state of their farm and look at planning for a productive and sustainable operation. Working with the Alberta Environmental Farm Planning (AEFP) Company, 4-H members and their families will prepare for future development and improvements to their farming operation considering the environment and the economy. The AEFP workbook will be received at the first workshop the member attends. The AEFP workbook input is confidential, for your family's use only.

### NESTBOXES

This project encourages members to build nestboxes to attract birds to the farmstead. Members keep accurate records on each nestbox while learning the about Alberta's birds and their habitat.



### OUTDOOR LIVING

Members learn how to recreate, live and appreciate their natural surroundings. The project includes environmental awareness, outdoor travel in summer and winter, and survival skills.

## LIFE SKILLS

### BUSINESS CENT\$



Members plan and run their own business. They will work closely with a community mentor. This project can be taken on its own or in conjunction with another 4-H project.

### CLOTHING

The clothing project consists of three levels each offering several activities. **Level One** introduces sewing tools, patterns, fabrics, hems and facings. **Level Two** covers construction techniques, clothing care, choosing colour and figure flattery. **Level Three** explores pattern adjustments, construction techniques, wardrobe planning, and tips on buying clothing. A record book has been incorporated into each level of this resource.

### CRAFTS

Members and leaders are free to select their own craft projects. The craft project can be a series of lessons on one type of craft or a combination of different crafts. The crafts chosen should involve a variety of skills, techniques and be progressive in learning. Crafts currently popular are scrapbooking and quilting.



### EXCHANGE

Members must be 12 years or older to participate in three to four week exchanges that usually take place during July or August. In taking the three units, the member advances from hosting in the first year to travelling in the second and reporting in the third year. This project could take three or more years to complete.



### FOODS

The foods project consists of three levels. Members learn about various aspects of food preparation, and become familiar with sound nutritional principles. Each unit consists of a series of individual lesson plans to fill one work meeting. A record book has been incorporated into each level of this resource.

### PERFORMING ARTS

Prepare to perform! This 4-H project highlights drama and the performing arts. Whether your passion lies on stage or behind the scenes, this is your chance to shine as you create your own standing ovations.

### VISUAL ARTS

Visual arts is for 12 years and older members and consists of two resources **Sketchbook Crossroads** and **Portfolio Pathways**. Each resource provides numerous activities for members to develop their artistic skills and talents while learning the elements and principles of design. Members will explore art techniques, art history and culture, the science behind the art and artistic challenges. Both resources are designed so that members may choose to discover art techniques group or individually.



## SMALL ANIMALS

### APICULTURE

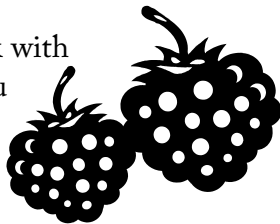
This project involves studying and managing hives of bees for selling honey. Hives and bees must be the property of the club member.

### CANINE

Members learn to understand and enjoy the dog of their choice. They explore all aspects of good health and gain the knowledge to teach their animals good manners and simple obedience. The member guide is divided into sections ranging from members who have no experience to those who have succeeded in canine training and shows. This manual will be used as a reference for all of the years members are in a canine project from level one through three. Advanced project options are available in Stock Dog and Agility.

### CAT

Calling all cat owners! Work with your 4-H club to learn all you need to select, raise, care for and train your cat.



### PET

A project for members who want to be the one to raise their family pet, whether it be a salamander, a turtle or a gecko. This project will help members learn to select, care for and train their pet and share the experience with other 4-H members.

### POULTRY

Members of the poultry project raise laying hens, broilers or turkeys. They learn the basics of breeding, feeding and management through raising chicks and poults.

### RABBIT

Members learn how to care for, select, feed, manage, market and house rabbits.

## TECHNOLOGY AND TRADE

### COMPUTER

Members wishing to do a computer project are encouraged to plan their year with their leader and seek out the most current resources available.



### GARDENING

Members learn about the conditions and tools required for growing a variety of plants. A record book has been incorporated into this resource.

### PHOTOGRAPHY

Take your photography from “Ho hum” to “Wow!” Includes activities, ranging from step-by-step guidance for the beginner to challenging photo assignments that develop “the photographer’s eye”.

### SMALL ENGINES

This project covers engine power, the stroke cycle engine, and the two-stroke cycle engine. The essential components and functions of the engine are studied. Members have an opportunity to take engines apart and reassemble them.

### VETERINARY SCIENCE

Members cover animal health, meat and poultry inspection, care of market and pet animals and diseases that directly affect humans.

### WELDING

This project is designed for 15 years and older members. It introduces the basic concepts of arc welding, oxyacetylene welding and soldering. Some welding projects are also included.

### WOODWORKING

Learn and discover the woodworking industry. Explore all aspects of wood science including products, processing, building, finishing and creating items and gifts.

**Alberta**

STILL CAN'T DECIDE? . . . TRY “EXPLORING 4-H” ON FRONT  
CHECK OUT THE ALBERTA 4-H WEB SITE FOR THE MOST  
CURRENT INFORMATION [WWW.4H.AB.CA](http://WWW.4H.AB.CA)