



4-H Saskatchewan Project Selection Guide



CANADA
4-H Saskatchewan

Our Mission

Saskatchewan 4-H is a project-based community youth organization. We are dedicated to the growth and development of our members, leaders, volunteers and staff through our motto: “Learn to do by doing”.

Vision

We take pride and ownership in being an organization based on our pledge, our values and our belief that the power of the 4-H experience has a positive impact on individuals, families, communities and our country.

With a focus on fun and learning we provide opportunities that will develop skills needed in an ever-changing future. Using the talents and energies of our members, volunteers and staff, we create innovative ideas and programs as well as maintain our successful traditional ones. We work to spread the impact of 4-H, to help the youth of today become the leaders of tomorrow.

Core Values

We respect the importance of family and our 4-H traditions by upholding all of these core values:

- **Honour and Integrity:** Treating one another respectfully and fairly
- **Responsibility:** Being dependable and accountable for our actions
- **Cooperation:** Working as a team to achieve our goals
- **Fun:** Creating positive and enjoyable experiences

We do this within a safe and caring environment.

4-H Pledge

I Pledge...

My **Head** to clearer thinking,
My **Heart** to greater loyalty,
My **Hands** to larger service,
My **Health** to better living,
for my Club, my Community,
my Country and my World.



CANADA
4-H Saskatchewan

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Looking for a specific project?

Are you looking for a specific project and don't know what pillar it would fit under? We have them listed here, in alphabetical order, to make it easier to find what page your project is on!

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Why should I join 4-H?

4-H is one of Canada's largest and longest-running organizations for youth! Do you like learning new things? Do you like having fun? Do you like making friends? Then 4-H is for you!

The 4-H program strives to encourage individual growth in young people by developing self-confidence, the ability to make wise decisions and a responsible attitude toward community service. By recognizing the potential that exists within its members, 4-H acts as the vehicle that drives their creativity, increases their knowledge and challenges their comfort zone. Being part of a 4-H club connects members to a network of friendship, leadership and support across the province.

What is a 4-H Project?

4-H projects are in-depth learning experiences for a topic you choose to focus on. From the popular beef and light horse projects to archery, astronomy, drama or gardening, the 4-H program has a project for everyone. You can even create your own project!

How do I get involved?

There are 4-H clubs all across Saskatchewan. Contact the 4-H Office to find a 4-H club near you.

If there is not a club in your area, start your own 4-H club! Anyone can start a 4-H club for any project(s) they choose with only two adult leaders and four youth members. We have many helpful resources to help you as you start your club.

Become a 4-H Member: Youth can make new friends and develop life skills through club involvement and hands-on projects.

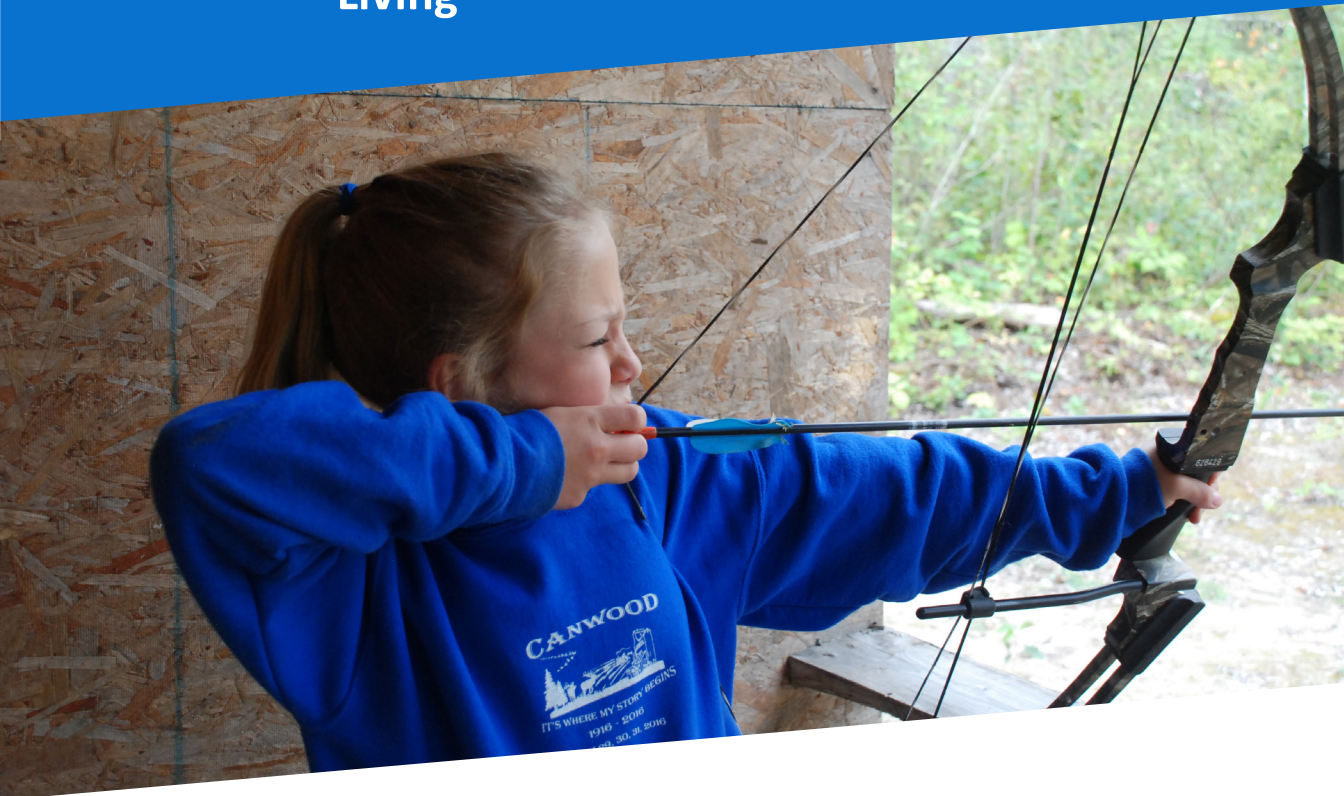
Become a 4-H Leader: 4-H general leaders organize clubs and 4-H project leaders guide members through their projects. Any adult willing to share their time and enthusiasm can volunteer. Leaders have access to many resources to help them in their role. 4-H leaders must complete volunteer screening.



Environment & Healthy Living

At the heart of the Environment & Healthy Living pillar is:

- Learning to be stewards of the environment by developing sustainable solutions
- Taking care of yourself and others
- Learning positive ways to stay healthy and active
- Making informed choices
- Digging in and getting your hands dirty
- Learning to listen to your heart



- Animal Tracking
- Animal Trapping
- Archery
- Bicycling
- Bird Watching
- Canine
- Collection Connection
- Crafting With Photos
- Crafts
- Drama
- Event Planning
- Fashion and Style
- Healthy Living
- Interior Design
- Jewelry Making
- Life Skills
- No Animal, No Problem!
- Outdoor Living
- Performing Arts
- Quilting
- Photography
- Scrapbooking
- Sewing
- Small Pets
- Sustainable Living
- Trash to Treasure

Animal Tracking

Members learn various methods of tracking animals and how to identify animal prints or signs of where an animal lives.

Animal Trapping

Explore the world of trapping. Learn how to set various traps and how to cure hides. Discover the various uses for hides and how to create many different items.

Archery

Archery is a project where members get together and shoot at targets and silhouettes, while having a great time. Through the archery project, learn about technique, safety and equipment.

Bicycling

Starting with the history of bicycles and working up to organizing a group ride, this project creates well-rounded cyclists. Learn about maintenance and repair, as well as signals and rules of the road.

Bird Watching

Bird watching is fun, easy and can be done practically anywhere! This project will introduce you to various species of birds and the fundamentals of birdwatching. All you need is a pair of binoculars!

Canine

Learn about raising a dog through the experience of owning, caring for, training and maintaining records for your pet. Develop the skill, patience and understanding of the handling practices essential in working with dogs.

Collection Connection

Delve into the history of collecting, what to collect, where to find items and how to display them, to create a 10-item collection.

Crafts

Learn about a variety of crafting styles, mediums, basic colour and design concepts and many practical skills.

Crafting With Photos

Use your own photos to create fun and unique décor, jewellery and crafts!

Drama

Learn about the theatre, from script and character, to directing and technical aspects.

Event Planning

Plan and host a successful party or event.

Topics include themes, meals, budgeting, and problem solving.

Fashion and Style

Design your own sewing creations! Begin with sketches, choose your fabrics and textiles, and create your own fashion portfolio!

Healthy Living

This project is all about keeping healthy and incorporating physical activity into your everyday life! Learn about nutrition, as well as mental and physical wellness.

Interior Design

Redesign your room or living room after learning the basics of interior design. Cover topics from floor plans to principles of design to help put a new look together while staying within a budget.

Jewelry Making

Learn an array of jewelry-making techniques using ordinary household items, such as paper, fabric, wire or buttons, to make interesting pieces.

Life Skills

Are you moving out on your own? Even if you're not, this project will help you learn the basics of cooking, managing money,

buying clothes and food, finding a job or an apartment and getting involved in a new community.

No Animal, No Problem!

This project is perfect for the member who loves animals, but is not able to have one at home! Members will pick an animal they've always wanted to learn about and go through activities to learn about how to care for them! (No animals required!)

Outdoor Living

For the outdoor enthusiasts! This project has an amazing reference and activity guide to learn everything outdoors; including camping, wildlife, hiking, safety and the environment.

Performing Arts

This project covers film, monologues, choreography, music and more. Make film projects to theatre performances.

Quilting

Quilting is an art that's more than 2,000 years old! Try it for yourself in this three level project.

Explore the history, learn the basics, and try your hand at creating quilted pillows, wall hangings and more!

Photography

Learn the fundamentals of photography to create beautiful, clear photographs with a digital camera. Learn about caring for and using your camera to compose and develop quality pictures. There are three levels to the Photography project.

Scrapbooking

Preserve memories using photos, journaling, memorabilia and embellishments. Design and create a stunning tribute to your favourite memories!

Sewing

Discover the sewing machine, how to measure and read a pattern. Learn different types of fabrics and how to cut and fit. Make lots of cool clothes and other items!

Small Pets

Learn about feeding, grooming, breeding and health care for your small pet. This project is designed for small animals like cats, guinea pigs or hamsters.

Sustainable Living

Sustainable living is about conserving natural resources and protecting our environment.

Learn about your ecological footprint and how to reduce it, while learning about energy conservation, water quality and more!

Trash To Treasure

Learn about upcycling in this project. Take your old, unwanted household items and turn them into new and unique keepsakes.

Project Manuals

Each of the 4-H Projects listed in this guide have their own 4-H Project Manual. These manuals offer information about the project topic, as well as different activity ideas. 4-H members and leaders are welcome to use other materials from external groups and organizations, as well as books, videos, and even local experts to supplement and compliment the 4-H resources.

Each 4-H member keeps a 4-H Record book. Your record book is the place to track the 4-H year, including the time and money spent, as well as goals, challenges and successes! Some projects have specific record books while others use the General 4-H Record Book. There are resources and training on how to complete a 4-H Record Book available from the office.



Science & Technology

4-H'ers are catalysts for change and drivers of innovation in science and technology. Engaging young people in hands-on science and technology-based projects is the focus of this 4-H Canada leadership development pillar.

- Engage in the science and technology world
- Explore ideas you may have brewing
- Explain your reasoning using logic and evidence
- Extend your mind and reach for the sky!



- Astronomy
- Car Care
- Digital Photo Editing
- Digital Video
- Entomology

- Geocaching
- Small Engines
- Welding
- Woodworking

Astronomy

The stars really are the limit in this project.

Learn about star gazing, solar systems and constellations, all while having fun under the night sky!

Car Care

This project will help you learn more about your vehicle!

Learn about car maintenance, repair and what to look for when buying a car.

Digital Photo Editing

Digital Photo Editing provides tutorials and instructions to assist members in making their photos the best they can be.

Learn how to crop, resize, fix exposure, adjust colour, create a panorama and much more!

Digital Video

Members of all ages can create great movies and explore the world of filmmaking.

This project is divided into three steps of making a film: pre-production, production, and post-production.

Entomology

Learn how to identify and safely catch all kinds of insects and study them. Members will learn all about each insects' role in the environment from pollination to soil aeration.

Geocaching

Do you love technology and the outdoors? Geo-caching is a high-tech treasure hunt! Learn about the fundamentals of geo-caching, operating and reading a GPS unit, and logging your adventures and cache finds!

Small Engines

Gain knowledge in the operation, care and maintenance of a small engine, while developing and demonstrating safe work habits.

Welding

Thinking of becoming a welder? Learn about the tools and equipment and how they work, and how to weld with an arc and an oxy-acetylene welder.

Woodworking

Learn about measuring, using hand and power tools, as well as varnishing and finishing your carpentry project.



Sustainable Agriculture & Food Security

This 4-H leadership development pillar is vital to the growth of young people, and to the food we eat around the world.

- Appreciating the food we eat and grow
- Learning about innovative and sustainable farming practices
- Learning new ways of improving nutrition and food security
- Exchanging ideas and solutions at home and abroad



- Best of Bakery
- Beef
- Cake Decorating
- Dairy
- Exploring International Cuisine
- Field Crops

- Foods
- Food Science
- Gardening
- Goat
- Light Horse
- Poultry
- Rabbit

- Range Management
- Rodeo
- Sheep
- Swine
- Veterinary
- Young Horse

Best of Bakery

There's nothing quite like homemade baking!

Learn how to bake items, which many people buy these days, including cinnamon buns, pie and cheesecake, and treat your friends and family!

Beef

Better understand beef cattle production and management. Learn about selecting an animal, feeding, judging, finishing and showing.

- **Market Steer**
Each member selects, provides for, and markets a steer.
- **Heifer**
Each member selects and provides for a heifer.
- **2 and 3 year old Cow-Calf**
Cow-calf is a continuation of the 4-H Heifer project. Bring back your project animal with her calf in year two and three!
- **Feedlot**
For members interested in commercial beef production. Each member must select, feed and manage at least three steers.

Cake Decorating

With the popularity of television shows about cakes, most celebrations will have a fantastic cake.

This three-unit project will help you develop your decorating skills, so you can create fantastic cakes of your own.

Dairy

Explore the life cycle of the dairy cow and be introduced to the major aspects of the dairy industry. Learn about showmanship, grooming, judging, breeding and calving.

Exploring International Cuisine

Take your taste buds on a trip around the world as you discover the flavours of India, East Asia, the Mediterranean and Latin America.

Learn about the staples and customs of each area and make authentic dishes as you go.

Field Crops

Develop your skills in identifying plants and seeds of commonly grown plants in Saskatchewan.

The three levels are conveniently packed in one multi-year manual to take you from beginner to marketing your crops.

Foods

The Foods Project is an excellent foundation for the many food related projects available. You will develop new skills, as well as learning the importance of safety when dealing with food, utensils, appliances, preparation and cooking.

Food Science

Discover the science behind food and learn about emulsions, foams, leavening agents, microbiology and crystallization. Using this knowledge and simple, fresh ingredients, create dishes which will impress everyone.

Gardening

Everyone can have a garden! Learn about plant uses, seeds, cuttings, roots and stems. Plan your garden plot, and learn about planting, maintaining, harvesting and storing. A great year-round project!

Goat

Do you know how useful goats are? Well, get ready to explore the wonderful world of goats! Try your hand at making cheese out of goat's milk, spinning mohair, making your own ice cream or making goats' milk soap.

- Chevon (Meat)
- Female/Dairy
- Pack/Pygmy

Light Horse

Learn to appreciate the nature of the horse, body language and psychology, and how to care, work with and ride your horse safely.

• Cloverbud

Designed for six to eight year olds to develop a strong sense of safety when around horses.

• Unit 1

Teaches basic horsemanship skills and how to watch your horse's body language for your own safety.

• Unit 2

Introduces the concept of "thinking as a horse" to improve your partnership.

• Unit 3

Builds on skills learned in earlier units and apply them to different situations.

• Unit 4

Takes you a step further with your "equine athlete" through knowledge about anatomy, exercise physiology and specialized training programs.

Poultry

Learn how to raise and care for variety of poultry animals including chickens, turkeys, ducks and geese. There is also the opportunity to learn about game birds.

Rabbit

Members learn about feeding, management, breeding, record keeping and marketing of their animals. Members can choose to have breeding stock or how to raise meat rabbits.

- Breeding
- Market

Range Management

Learn the importance of healthy rangelands, ecosystems, managing grasslands, plant identification and wildlife and livestock grazing patterns. A perfect supplement to any livestock project!

Rodeo

Rodeo is designed for older members interested in the sport of rodeo. Learn the history, rules, proper techniques and skills of several popular rodeo events.

Sheep

Learn about the principals of sheep behaviour. Topics include: breeds, lamb selection, feeding, management, showmanship, judging and marketing.

This project can be either a market lamb or sheep-breeding project.

- Breeding Ewe
- Market Lamb

Swine

Learn all about raising hogs whether it be a market animal or for breeding. Members can choose to do either breeding or market and for older members, there is even a feeder hog option where a members can raise and sell at least six hogs.

- Breeding
- Market
- Feeder hog

Veterinary

This project is a fun and interactive way to teach some basics of veterinary care. Diseases, animal anatomy and genetics are just some of the topics covered.

Perfect for older intermediate and senior members as a supplement to their livestock project.

Young Horse

Young Horse is designed for members interested in learning about starting a young horse aged three or under. Progress from halter-breaking to groundwork to working under-saddle.

Must be at least 13 years as of the membership year, have approval from a project leader and have three years of previous light horse experience.



Community Engagement & Communications

Community engagement means:

- Effecting positive change in your community and beyond
- Seeking out ways to lend a hand
- Stepping up to the plate
- Exploring issues, finding your voice and speaking up about important matters that affect you and the world around you
- Acting as a role model for the change you want to see in the world



- Babysitting
- Genealogy
- Junior 4-H Project Leader

- Writing Skills: From A to Z
- Youth Leadership

Babysitting

Do you want to make some extra money babysitting? Or simply learn how to take care of children or your younger siblings? Learn the basics all babysitters need when caring for children.

Genealogy

Interested in tracing your family roots? This project will teach you how to get started, where to look for information, the importance of knowing where you've come from and how to expand your family history knowledge. Who knows, you may find some very interesting ancestors in your past!

Junior 4-H Project Leader

** Members older than 18 must complete volunteer screening*

Do you want to become more involved in your club? Would you like to help your project leaders with planning and facilitating project meetings and activities?

Then this project is perfect for you! Develop your leadership skills by working with your club leaders and motivating the members of your club and help everyone achieve their goals! Create your own unique project to lead the other members of your club in. Plan out lessons

and activities and work with the other members to put your ideas in action!

Writing Skills: From A to Z

Learn about the impact the written word can have and develop the skills necessary to be an amazing writer.

Explore different writing styles, ranging from a news story to haiku to the very important résumé and cover letter.

You will be able to put together a writer's portfolio showing the progress you've made throughout the project.

Youth Leadership

This project is designed to be completed during two years, with members completing core units and optional units.

Core units cover personal and professional development through the four Hs. Learn about leadership, discovering who you are, improving communication skills, setting goals and developing leadership skills.

The optional units look at influencing positive change, life balance and community leadership. Using quizzes, games and activities, learn more about yourself and work to not only become a better you, but also a great leader.

Out Of Scope Projects

Cloverbud

This project is designed for ages six to eight to explore the world of 4-H with a focus on fun activities.

- Unit 1:
Includes beef, chocolate, dairy, farm machinery, music, swine, rabbit, tie-dyeing and more.
- Unit 2:
Learn about beef, bugs, crafts, field crops, goats, grains, maple syrup, clay, scrapbooking and many other interesting topics.
- Unit 3:
Discover sports, cultural diversity, science, farm safety, entertaining and more.

Exploring 4-H

Expand your horizons and get a feel for what 4-H has to offer. Designed for new or younger members, this is an exciting opportunity to get introduced to 4-H projects before deciding on one (or more!).

Advancing Forward

The Advancing Forward program is designed for members aged 16-25. Those 16-21 can take it as a project in their club, but Future Leaders (22-25) must register directly through the Provincial 4-H Office, forming a virtual club with other Future Leader members to communicate with and for support.

This program will walk members through the life decisions, which come with moving away from home, post-secondary education and joining the work force.

The program is a natural next step from traditional membership, which offers an opportunity for personal and life skills development. Information on topics including budgeting, career choices and travel is included.

Members are challenged to create and complete their own personal project, similar to 4-U Self Determined, and to volunteer in their community.

4-U Self Determined Project

If you haven't found a project that suits your interests, you can develop your very own 4-H Project!

Use the 4-H 4-U Self Determined Planner to develop your project. Set your goals, find your resources, including a leader, and follow through. A few examples of 4-U projects from Saskatchewan include curling, lego building, sketching and pot-bellied pigs. Contact the Provincial 4-H Office for support as you develop your project.

4-H Saskatchewan has access to 4-H Resources and materials from other provinces, which you could use for your 4-U Project. Just a few examples are: Canine Agility, Electricity, Landscaping, Leathercraft, Origami, Robotics, Miniature Horse, Movie Making and Square Dancing.

What happens in a 4-H Year?

At the beginning of each club year, members choose one or more projects to work on. Through the exploration of a 4-H project, they will develop knowledge and skills in an area of interest to them.

When you register as a 4-H member you will receive 4-H Project Materials, which includes your record book. You will also receive the Bits & Pieces Newsletter to keep you up to date with all of the events and activities available beyond your club! There are many events and activities you can participate in!

Throughout the year, you meet with your 4-H club for general meetings to discuss club business, plan events and make decisions. You may decide to take a club trip, help out in your community, or to fundraise for your club's needs. Most clubs will have club competitions, such as public speaking, and fun social events, too.

You will also meet with your project group for project meetings to work on your projects together. You'll use your project manual, do activities and take tours and trips to learn more about your project topic. You'll "Learn to Do by Doing" and keep track of all you've done in your 4-H Record Book.

At the end of the year, your club will have an achievement day. Achievement day is your day to celebrate the year's accomplishments and to demonstrate or display all you've done during the year.

Complementary Projects

Have you been in 4-H, taking the same project for a few years and are you just looking for an addition to your current project? Here are a few suggestions for some projects, which may complement the one you are currently taking!

Current Project	Complementary Project	How they complement each other
Beef	Range Management Feedlot Field Crops	These projects help you learn more about how to use the land. They also will help you learn more about running your own farming operation.
All Animal Projects	Veterinary	If you love animals, you might be interested in learning more about how to keep them healthy!
Any Project	Youth Leadership	Youth Leadership is a great project to take to help you become more confident in your own skills. This will help you with any other project you take.
Gardening	Field Crops Foods	In Foods, you learn about how to deal with food in the kitchen. Through gardening and field crops, learn how to grow the ingredients!
Foods	Best of Bakery Food Science Cake Decorating International Cuisine	Dive deeper into the realm of food. Choose a project, which best covers your favourite aspects of the foods project.
Outdoor Living Archery	Animal Tracking Animal Trapping Geocaching	If you love the outdoors, these projects will teach more about being outside and using interesting tools to learn new skills.
Light Horse	Rodeo Young Horse	Through light horse, you learned the basics of working with your horse and how to ride. Take these skills to the next level through rodeo or young horse!
Photography	Scrapbooking Crafting With Photos Digital Photo Editing	After taking beautiful photos, sometimes they just stay in a folder on your computer. Learn how to display your art in a new style!
Healthy Living	Animal Tracking Going Green Outdoor Living	These complementary projects will continue your education, from staying active and outdoors, to learning more about creating a healthy world.
Life Skills	Advancing Forward Healthy Living Sustainable Living	Life skills teaches you skills you will need after graduating high school. Learn more about creating a healthier and sustainable lifestyle.

Other Resources

Club Resources

4-H clubs typically meet once a month as a large group for a general meeting, where members take on different leadership roles to make decisions and plan events.

Ask the Provincial 4-H Office about club resources like **Meeting Pack**, **Fun Pack** and **Great Meetings, Great Clubs**. There are also guides, supplies and training available for club executives and 4-H leaders, as well as **How to Host** guides to help you plan events and competitions.



Competitive Judging Resources

4-H members, regardless of what project(s) they are registered in, can participate in judging. Each year, there are several 4-H judging workshops, clinics and competitions held in the province. 4-H Saskatchewan offers several resources to help your 4-H club get started, such as the **Life Skills Judging** and **Let's Judge** guides. Contact 4-H Saskatchewan for more information.

Regional 4-H Specialists

Each region has a regional 4-H specialist available to support the members, leaders, and clubs in that region. Contact your regional 4-H specialist with questions, or if you require support. They are also happy to help with club start-ups, and offer workshops for clubs.

Follow your Regional 4-H Specialist on Facebook!



Use the search bar to type in their page name!

- For North West, search "North West Regional 4-H Specialist"
- For North East, search "North East Regional 4-H Specialist"
- For South West, search "South West Regional 4-H Specialist"
- For South East, search "South East Regional 4-H Specialist"

Record Books

4-H Saskatchewan record books are completed by all 4-H members in the province. Your record book is a personal record of you and your activities in 4-H this year. The purpose of the record book is to provide you with a detailed account of your years' work. Practice good record keeping habits during the year as you carry out your project. It's much easier to remember what you did yesterday than to remember what you did three months ago.

Information in your record book should be complete, accurate, neat and readable, as others may look through your records and it is difficult to read a smudged scribble. Add extra pages as necessary, remove or mark those you were not required to do. Organize everything with a 'table of contents' as it is of value to you, the judge and others.

Above all, remember a record book is for your personal use. A complete book will be a useful reference in years to come and will also show your accomplishments for the year. Be sure to include the information you will want to remember or look up years from now!

New Universal Record Books

Introducing the 4-H Saskatchewan Universal Record books! These can be completed by all 4-H members in the province, no matter what project they are registered in. There are three skill levels—Level 1 (recommended for ages 6 – 10), Level 2 (ages 11 – 15) and Level 3 (ages 16+).

- All 4-H members complete the same General Record Book section for each club they are enrolled in – this part captures information about your club, club members, and club activities. For each project you are enrolled in, you must complete a Project Record Book.
- The basic Project Record Book is the same for all 4-H members and captures information about your group members, project activities and goals. 4-H Projects can be categorized in to four categories: Animal Projects (horse, heifer, canine), Market Animal Projects (steer, swine, lamb), Creative Projects (where you create/make something, such as woodworking, cooking, welding), and Active Projects (where you learn by doing – archery, photography, outdoor living). Depending on what Project(s) you are taking, you will include additional pages like feed records for animals, and project article records for creative projects.
- If you are in multiple projects, you must complete a Project Record Book for each. You can put them all in one binder, but each project should be separated in to different section in your record book binder.

4-H Information & Opportunities

4-H Saskatchewan offers many exciting, competitive and fun events to its members!

Competitions / Contests

- Public Speaking
- Curling
- Judging
- Archery
- Photography
- Record Books
- Social media contests

Camps

- Week-long camps for 9-14 year olds
- Weekend camp for 15-21 year olds

Scholarships

- More than \$25,000 in scholarships is available for senior 4-H'ers.
- Scholarship application packages are available in January and the deadline for applications is April 1 of the current year.

Fundraising Opportunities

- 4-H Lottery & Cookbook Sales
- 4-H Grants
- Club Initiatives (Community Service Activities, Sponsorship from local businesses, Bottle drives, etc.)

Travel

- Travel awards are available for members and leaders for trips across Canada, USA and the world!

Fun Educational Programs

- 4-H Citizenship Day
- Beef Symposium
- Science Day
- Equine Symposium
- Ski Day
- Leaderama
- And more!

Conferences / Business Meetings

- Leaderama
- Annual General Meeting

Club / District Workshops

- Parliamentary Procedure
- Record Books
- Public Speaking
- Judging
- The 4-H Basics
- 4-H 101





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