



Focus on 4-H and Youth Development

4-H is a network of youth organizations whose mission is “engaging youth to reach their fullest potential while advancing the field of youth development”. There are 6.5 million members in the United States, making it the largest youth organization. There are 502 (and counting!) 4-H members in Southwind Extension District.

The 4-H name and the 4-H clover represent the four personal development areas of focus for the organization: Head, heart, hands, and health. The areas are also in the 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.



Head stands for decision making, planning, organizing, problem solving, and using knowledge throughout life. 4-H members can grow as individuals with leadership skills and kindness to make the world better for all.



4-H members using their heads to clearer thinking was evident by the Southwind District 4-H Livestock Judging Team, led by Carla Nemecek, when the team represented Kansas at the National Western Stock Show in Denver, Colorado. The team was named the reserve National Champion Team! The team also earned the opportunity to judge at the Royal Highland Show in Scotland in June, 2019.

4-H Leadership

As the District 4-H Agent, Jennifer Terrell is the **heart** of the Southwind Extension District 4-H Program. She has been with K-State Research and Extension for 5 years. Jennifer earned her Bachelors Degree in Family and Consumer Sciences from Pittsburg State University in 2009. Prior to beginning her career with Southwind Extension District in 2013, Terrell worked in the field of mental health as a Children/Adolescent Case Manager and a 4-H Program Assistant for Wildcat District - Girard. Terrell is a member of the Kansas Association of Extension 4-H Agents where she was recently elected Newsletter Editor. She served as the Committee Chair for the 4-H Day with the Wildcat Women Committee for 2018-2019. Terrell is married to her husband Travis. Together, they enjoy working with cattle and crops on their farm west of Elsmore, learning more about smoking meat, attending country music concerts, and spending time with family.

In 4-H, **heart** stands for strong personal values, positive self-concept, concern for others, cooperation and communication. It is pledging to care more for other people versus only thinking of one’s self. Through the pledge, members commit to being faithful to each and every person and to help out when someone is in need. The ability to have “heart” can make a member become a giving person who puts others needs before their own.



Check out our website: www.southwind.ksu.edu
Follow Southwind Extension District on Facebook!

4-H Hands

“My **hands** to larger service” is exemplified by both 4-H members, AND 4-H volunteers - project leaders, club leaders, Fair Board members, and others that seek to “Make the Best Better”. Club members and their leaders clean cemeteries and parks, visit senior centers, collect canned goods, and help their communities in a number of ways. A prime example is “48 Hours of 4-H” which is a state-wide service project held during National 4-H Week. During the event, 4-H members with their friends and families adopt a service project that is right for them and donate a total of 2000 volunteer service hours for the weekend. It’s a promise to give the world as much as a member can. Like “heart”, giving your hands to larger service is when a member steps back from their own personal needs and gives to others what they can. Through “hands”, 4-H members gain the ability to give strength to others. 4-H members have the opportunity to get out in their communities and who everyone how much care their hands hold.



4-H Health

“My **health** to better living” is the only part of the 4-H pledge where a member thinks of themselves more than others. Through all the thinking, caring and giving it is easy to forget about one self and endanger personal health. The importance of knowing their own personal needs so they do not get overlooked because of the other three H’s is the main reason why a member can think, care and give so much to others to the best of their ability.

4-H Health is supported by the USDA, which promotes the 4-H Health and Well-Being program. It provides developmentally appropriate learning opportunities that promote positive health and well-being for youth and their families.

The 4-H program has addressed healthy food and nutrition since its inception in 1902. In an effort to stem the national health crisis of the 21st century, we must ensure that our nation’s youth and their families learn how to make healthy decisions related to the food they prepare and eat and the behaviors in which they engage.

4-H and Extension

4-H and Extension go way back. In fact, they go back to the very roots of both demonstration work and the rural youth development movement. In the early 1900s, when researchers and educators from the nation’s land-grant universities brought new agricultural techniques to rural communities, they often found adults unwilling to listen. Youth, on the other hand, were more eager to put new ideas to the test. Around the country, demonstration agents began reaching out to public schools, giving young men and women practical, hands-on learning which they hoped they would pass on to their parents. These efforts were so successful that when the Smith-Lever Act created the Cooperative Extension Service in 1914, youth development was an official part of its mission.

We hope you’ve enjoyed reading about 4-H, and learning more about its’ mission. If you know a youth that may be interested in 4-H, put him or her in touch with Jennifer Terrell or their local Extension office. We always welcome volunteers to share their knowledge with youth, too.



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for Life*