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Ampifying Life

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4-H Week

The first full week of October is recognized as National 4-H week. Many clubs choose to observe 4-H Sunday during this week as a way to recognize 4-H. Often this is attending church as a club, followed by a potluck lunch and the monthly meeting. I attended 4-H Sunday with my kids on October the 8th as many parents did that day. I have heard there were many great messages shared that day. During the service we attended, I was reminded by the elder giving our message of the 4-H creed. Youth learn the 4-H pledge without realizing that it came from the lengthier 4-H Creed many years ago.

The 4-H Creed is as follows:

I believe in 4-H Club work for the opportunity it will give me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to think, plan and to reason.

I believe in the training of my HEART for the nobleness it will give me to be kind, sympathetic and true.

I believe in the training of my HANDS for the ability it will give me to be helpful, skillful, and useful.

I believe in the training of my HEALTH for the strength it will give me to enjoy life, to resist disease, and to work efficiently.

I believe in my country, my state, and my community and in my responsibility for their development. In all these things

I believe, and am willing to dedicate my efforts to their fulfillment.

When youth say the pledge at each meeting, they are making a commitment to the 4 –H's of HEAD, HEART, HANDS, and HEALTH. The 4-H year comes to a close with the Fair and Record books, but the year is about more than just the ribbons. What do they learn along the way? I want to encourage all of the 4-H members to think about what

each of the 4-H's mean to them personally. The goal of 4-H is for youth to grow in their confidence, competence, connections, character, and caring/compassion which results in contributions to self, family, and community. We are at the beginning of the new 4-H year. Each member is busy planning their projects for the year, each club is busy preparing their leadership and planning for the next year. There are over 30 projects for members to choose from and get involved in something that interests them. Enrollment is open for the new 4-H year at www.4honline.com.

For more information on the 4-H Program, contact the Flint Hills District Extension Office in Council Grove, 620-767-5136.