

## What 4-H Means!



- ◆ **Head**—To think, plan and reason
- ◆ **Heart**—To be kind, be true, and be sympathetic
- ◆ **Hands**—To be useful, be helpful, and be skillful
- ◆ **Health**—To resist disease, enjoy life, and make for efficiency.

All 4 H's (head, heart, hands, and health) are developed within the 4-H program and all the projects youth can be involved in. Combine all 4 H's and you have a youth who is a responsible and productive.



### Desha County 4-H Clubs

- ◆ **Pride of McGehee** meets 3<sup>rd</sup> Monday of every month at 3:30 PM in McGehee office.
- ◆ **Foodology 4H** will meet 4<sup>th</sup> Tuesday of every month at 3:30 PM in McGehee office.
- ◆ **Dumas Community Club** will meet twice monthly (2nd and 4th Monday) at Dumas Library
- ◆ **Horsing Around** meets once a month TBD
- ◆ **New Tech High Robotics** meets with Pre-Calculus Class during school year.
- ◆ **McGehee Elementary Garden Club** meets at McGehee elementary school garden every Tuesday at 8:30 during the summer.
- ◆ **Delta 4-H Shooting Sports** will meet at the Delta Resort and Spa TBD.

*All meetings and activities announced in this flyer are open to all youth between the ages of 5 and 19 without regard to race, color, national origin, religion, gender, disability, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office (or other appropriate office) as soon as possible prior to the activity.*



**DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION**

University of Arkansas System

#### For more Information contact:

Hope Bragg  
CEA- 4H  
310 Oak Street; Box 230  
McGehee, AR 71654

Phone: 870-222-3972  
Fax: 870-222-6858  
Mobile: 870-224-5478  
E-mail: hbragg@uaex.edu

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# Desha County 4-H



TEL: 870-222-3972

# What 4-H offers Desha County

## WHAT IS 4-H?

4-H is a youth development program with the University of Arkansas, Division of Agriculture open to all youth 5-19 years of age.

Through individual and group projects done in 4-H clubs and school programs, 4-H members create new friendships, have fun, learn new things and develop into responsible, productive individuals and citizens.

## WHAT KINDS OF THINGS CAN I DO IN 4-H?

### ALMOST ANYTHING!

There are all different topics so you are sure to find something that matches your interests!

### Here are just a few things you can do in 4-H:

- ◆ Attend summer camps
- ◆ Participate in fairs
- ◆ Go on trips
- ◆ Win ribbons, awards, and scholarships
- ◆ Make friends across the county, state, country, and the WORLD!
- ◆ Gain skills in communication, completing projects and leadership
- ◆ Help others in the community
- ◆ Learn creative skills
- ◆ HAVE FUN!!!!!!!!



## WHAT IF I WANT TO HELP WITH 4-H?

We need you as well! Parents, friends, family, and other adults within the community are invited to share their enthusiasm and dedication with the youth of Desha County. We need people at all levels of 4-H from a one day volunteer to a 4-H club leader and everything in between. If you are interested please contact the Extension office at 870-222-3972

## HOW DO I JOIN?

There are many clubs in Desha County, and many more in the planning stages, so we should be able to find the perfect group for you. Each club meets at least once a month so there is sure to be a meeting coming up soon!

Please check out the list of current clubs on the reverse side for times, dates, and locations. If you do not see something for you, **LET US KNOW!** We would love to start the perfect club to serve the youth of Desha county.

For more information on joining 4-H, getting involved as a volunteer, forming a club, or any other questions, please contact Hope Bragg at the Desha County Extension Office at 870-222-3972 or email at [hbragg@uaex.edu](mailto:hbragg@uaex.edu).



## 4-H EMPHASIS AREAS



### 4-H Science

- ◆ Adventures in AG
- ◆ Science Discovery
- ◆ Animal Science
  - ◆ Horses
  - ◆ Pet Care
  - ◆ Rabbits
- ◆ Veterinary Science
- ◆ iRobot
- ◆ Embryology
- ◆ Forestry
- ◆ Acres of Adventure
- ◆ National Youth Science Day
- ◆ Exploring your Environment

### Volunteerism

- ◆ 4-H Volunteer Core
- ◆ Arkansas 4-H Volunteer Fact Sheets
- ◆ Step Up to Leadership
- ◆ Youth/Adult Partnerships

### Leadership/Citizenship

- ◆ L.I.F.E.—Leadership Initiatives For Everyone
- ◆ Citizenship Public Adventures
- ◆ CWF-Citizenship Washington Focus
- ◆ Step up the Leadership

### Healthy Lifestyles

- ◆ Bicycle Adventures
- ◆ ATV Safety
- ◆ Keeping Fit & Healthy
- ◆ Health Rocks
- ◆ Sports Fishing
- ◆ Shooting Sports
- ◆ Outdoor Adventures

