



Inside Today's Focus

4-H Projects & Events	2
4-H Opportunities	3
4-H Photo Finish	4

Community Service & Learning

Through its pledge of “hands to larger service,” 4-H has historically given back to the community by encouraging young people and adults to volunteer. In 4-H, service is commonly defined as the voluntary action of an individual or a group of individuals without pay. Service to the community through food drives, raking the yard of an elderly neighbor, adopt-a-highway programs, teens teaching younger youth, teens mentoring children or youth determining community needs and helping solve community problems – helps young people learn caring, leadership and citizenship.

Why is it important for all of us to be involved in service?

Our U.S. society is based on the idea that we are all responsible for the well-being of our community, country and world. Even before the founding of our country, the willingness to serve was evident in the hearts of many. Later the Great Depression brought out opportunities for service throughout the nation, and the forming of the Peace Corps in 1960 by President John F. Kennedy further reinforced the eagerness of citizens to get involved in helping others. While the people served certainly benefit from community service, the volunteers who engage in serving others benefit positively in many ways.

By giving back to their communities, young people:

- Learn the value of helping others.
- Develop leadership, communication, organizational skills and a sense of empowerment.
- Learn how important the connection is between subject matter and life in the community.
- Learn how to cooperate with one another and work as a team with diverse groups of people including adults, peers and others with different backgrounds and experiences.
- Succeed in an area different from academics, athletics or popularity.
- Build self-esteem from the positive results of their service.
- Develop problem-solving and decision-making skills by applying their knowledge to real-world situations.
- Develop a sense of being responsible for their community and a sense that citizenship requires them to actively participate in their community.
- Receive recognition for their efforts and possibly college scholarships.
- Experience the world of work.

Carrying out service activities can strengthen a club or group because it:

- Boosts member commitment and involvement by giving members meaningful activities.
- Can involve families and youth in a joint activity.
- Fulfills the “hands to larger service” part of the 4-H pledge.
- Builds unity among members, allowing them to function better as a team.
- Allows members to get to know one another better as they work together on a common goal.
- Helps youth become invested in their club and community.
- Shows the community how youth can be resources and how they can get things done.



4-H Projects & Events

Community Service Ideas

Help For The Hungry/Homeless

- Collect money for a homeless shelter by having the crowd at a basketball game toss money into an open blanket as students hold it going around the gym
- Help cook and/or serve a meal at a homeless shelter
- Gather clothing from your neighbors and donate it to a local shelter
- Collect grocery coupons to give a local food bank
- Organize a neighborhood group to plant, tend and harvest a vegetable garden
- Collect canned goods, toys, household items for those in need
- Collect coats and blankets for distribution

Senior Citizens

- Organize a clean brigade and volunteer at the homes of elderly citizens
- Adopt a “grandfriend”
- Visit a nursing home
- Rake leaves, shovel snow, clean gutters, or wash windows for a senior citizen
- Pickup medicine, or groceries for an elderly person
- Write your “grandfriend” a letter, or write letters for an elderly person
- Go for a walk with a senior citizen in your community
- Hold an afternoon dance for your local nursing home
- Teach them your dances and ask them to teach you theirs
- Offer to pick up groceries with/for a senior citizen
- Help senior citizens in your neighborhood obtain and install locks or smoke alarms
- Get a group together to sing or present a play at a nursing home
- Assist with Senior Olympics or start one if there is not one in your town

School Activities

- Adopt a future 4-H'er
- Sponsor a “sockhop” where you charge a pair of children's sock as admission to the event
- Organize and invite local police officers to present a drug awareness or bike safety assembly
- Tutor a student that needs help learning English or some other subject
- Organize a canned good drive in conjunction with a school dance and donate the goods to a food shelf
- Collect and donate books to the library
- Organize a walk-a-thon, rock-a-thon, etc. for a needy organization, group, or family.
- Make “Kits for Kids” by decorating shoe boxes and filling them with school supplies, toys, and other items
- Volunteer to help a Special Olympics event
- Set up a buddy system for kids with special needs at your school

- Raise money for Braille or large print books for the visually impaired
- Read books or the newspaper on tape for visually impaired people
- Bring toys to children in the cancer ward of a hospital
- Form a team for Relay for Life
- Collect cards for the “Born Again” cards program of St. Jude's Hospital

The Environment

- Donate newspapers to a paper drive or organize your own paper drive
- Plant a garden or tree where the whole neighborhood can enjoy it
- Set up a recycling system for your home and participate in your neighborhood curbside recycling pick-up
- Organize a carpooling campaign in your neighborhood to cut down on air pollution
- Adopt an acre of rainforest
- Clean up trash along a river, in a park, along the beach, on a nature trail or along the road
- Create a habitat for wildlife
- Create a Campaign to encourage biking and walking
- Test the health of the water in your local lakes, rivers, or streams
- Plan and build a nature trail

Pets/Animals

- Work with a local veterinarian and coordinate an animal health or rabies clinic
- Take animals to a Senior Center, children's camp or center for disabled kids or adults
- Volunteer at the local animal shelter
- Work with adopt-a-greyhound program
- Work with dog training programs for the disabled
- Start a “Criticter Sitter” service in your neighborhood to feed and care for their pets while owners are away

SOURCES / CREDITS:

Youth Service America materials and web site

America Sings materials and web site

Character Counts materials and web site

Jr./Sr. Project Development - Jenny Jordan, Extension 4-H Specialist

Make A Difference Day materials and web site

Nickelodeon's Big Help Day materials and web site

“4-H Quick Tips” Leaflet Fifteen - November, 2001

Written by Cheryl R. Varnadoe, Extension 4-H Specialist

“4-H Quick Tips” is a University of Georgia Cooperative Extension Service 4-H Publication

Re-enrollment Forms Due—
December 1st

**Leaders/Volunteer Association
Annual Tea**—December 7th

Horse Bowl/Hippology Practices—
Jan 4, 11, 18, 25

Dairy Bowl Practices --- Jan 4, 11,
18, 25

Sewing Scholarship Due—Jan 2nd.

Sewing Trip To JoAnn Fabric—Jan
21st.

Horse Bowl/Hippology Practices—Feb
1, 8, 15, 22

Dairy Bowl Practices --- Feb 1, 8, 15, 22

Anima Science Committee Meeting—
Feb 12th.

**Chenango County Public Presenta-
tions**—Feb. 16th

4-H Sewing Camp—Feb. 18-22

4-H Livestock Scholarships Due—
March 1

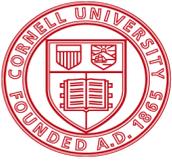
**Regional Dairy Bowl, Horse Bowl,
Hippology Competition** —March 9

Ag Literacy Week—March 18-22

4-H Sewing Spectacular—March
17th

Dairy Discovery March 29-30





Cornell University
Cooperative Extension
Chenango County

99 N. Broad St.

Norwich, NY 13815

Thanks for catching up with the
Chenango County 4-H Program.

Hope to see you soon!



Janet Pfromm

4-H Coordinator

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

4-H Photo Finish



**A Look Back
At The Fair**

To submit your photo, send a clear, up-close shot of your
4-H club/family activity to:

Richard Turrell, rlt229@cornell.edu

We're on the web: www.cce.cornell.edu/chenango or become a