



CANADA
4-H PEI

AN EXCLUSIVE GUIDE FOR 4-H PEI MEMBER PROJECT OPTIONS | 2019

4-H Project Selection Guide



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What is 4-H?

4-H is a powerful **youth organization** of choice on Prince Edward Island, focused on formal and informal learning which strengthens youth, families and communities.

The core values of 4-H PEI are to provide opportunities for young Islanders ages 6-21 to form community based, member-driven clubs in order to pursue skill-based projects of their own choosing. Each year, clubs achieve success through completion of mandatory components including: member projects, communications, community service and agriculture awareness, through direct participation and support from family members and volunteer leaders. In doing so, the members develop the tools for positive mental, physical and social health.

How do I get Involved?

There are 4-H Clubs all across PEI. Contact the Provincial 4-H Office to **find a 4-H Club** near you. If there is not a club in your area, **start recruiting leaders** to build your own 4-H Club. A club must have two adult screened leaders who are willing to lead the Club and a minimum of five youth members from at least two different families.

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

Become a 4-H Leader: 4-H Overall Leaders or Team Leaders organize clubs and 4-H Project Leaders guide members through their projects. Any adult who is willing to share their time and enthusiasm can volunteer after completing the volunteer leader screening process.

What is a 4-H Member?

A 4-H Member is any individual between the ages of 9-21 (*and in some Clubs as young as 6 years old*) who has joined a 4-H Club. No matter where you live, be it a farm, acreage, town or city, there is a 4-H Club for you!

What is a 4-H Leader?

A 4-H Leader is any individual who is at least 19 years of age who had completed the mandatory requirements to be a screened leader. These individuals sometimes have an interest in a particular subject area (or two!) who are willing to ensure that members have an opportunity to Learn to Do By Doing in a structured and supportive environment. It is not about being an expert - it's about being interested - so sometimes leaders are learning skills alongside the 4-H members.

What is a 4-H Project?

4-H projects are in-depth learning experiences for a topic that a member chooses to focus on. From the popular rabbit and dairy projects to electricity, cake decorating or knitting, the 4-H program has a project for everyone. You can even create your own project!

4-H Year at Glance

What will the 4-H Year look like?

The “4-H year” begins in October. If you are a leader, you may have to start thinking ahead sooner than this. Often 4-H Clubs prefer to know what projects their Club will offer in advance so that members can be given all of their options at the Club registration night. As a Project Leader, you will need to indicate what project/s you are willing to lead for the year.

On registration night, 4-H members will be asked to fill out forms and pay their registration fee. They will also be given information for the Provincial Fundraiser that happens each year from mid October until October 31st. Each Club runs uniquely, but regardless of their operational procedures, all 4-H members will eventually choose one or more projects to work on throughout the year. Members must make project choices by **November 15th** so that their Overall Leader or Project Coordinator can submit the information to the Regional 4-H Specialist.

When you register as a new 4-H member or 4-H leader you will receive a 4-H PEI Family Guide. You will also begin to receive a monthly e-news letter, **THE LINK**, to keep you up to date with all of the event and activities available beyond your Club! All combined - Club, Region and Provincial - there are many events and activities that you can participate in!

Each month, you will be expected to attend a 4-H Club meeting to discuss club business, plan events and make decisions. Depending on the Club, project leaders may not always attend monthly club meetings. At the meetings, members make decisions, such club trips, how they can help in their community, or if it is necessary to fundraise money for the club's needs. Clubs will also hold special events, such as Club Communications Night, Agriculture Awareness Activities and Community Services Activities.

Outside of Club meetings, members and leaders will meet as a project group for project meetings. This will be a time to learn new skills and to work on project requirements together. Members will use their project book, do activities, and possibly take a tour or trip to learn more about the project topic.

The 4-H club year will conclude in June or July with an Achievement Day. This is an event, organized by the Club or Region, in which members display their project items and show off the skills that they have learned and strengthened throughout the year. For each project that is successfully complete the member will receive a certificate and a ribbon to indicate that they have met all of the requirements.

Though clubs are not necessarily active during the summer months, the 4-H program continues operations. Members will have the opportunity to send their home economic and life skill projects to the local Exhibitions. The project items will be part of a Provincial 4-H Display at four fairs: Crapaud Exhibition, West Prince Exhibition, Old Home Week and Dundas Plowing Match. Judges will be hired for each of these locations to judge and place the top five projects in each category. Those who place will receive a monetary prize at the beginning of the new 4-H year.

Livestock projects have some slight variances among Clubs. While some livestock projects complete their final requirements at the Club Achievement Day and say farewell for the summer, others are just getting started! Livestock project members are invited to almost all of the aforementioned Exhibitions to participate in 4-H classes. This is an opportunity for them to further strengthen their skills and participate in some friendly competition. Similar to other projects, livestock will be judged and those who place will receive a monetary prize.

**STEPS TO SUCCESSFULLY
COMPLETE YOUR 4-H YEAR**
PROJECT CHOICES DUE ON NOVEMBER 15TH



1.
Complete PCRs
[Project Completion
Requirements]
listed in member
project book

2.
Complete a
Communications
Project with your Club:
Public Speaking
OR Demonstration

3.
Complete a
Community
Service Activity with
the members of your
Club or District

4.
Complete an
Agriculture
Awareness Activity with
the members of your
Club or District

**ATTEND YOUR CLUB'S
ACHIEVEMENT DAY
WITH ALL PCRS**

Choosing a 4-H Project

How Do I Choose a Project?

4-H members should ask themselves...

- What interests you?
- What would you like to make or learn about?
- What do you like to do in your spare time?

The projects are listed by category in this project catalog, while also relating to the four pillars of the National 4-H Program (indicated with corresponding symbols):

- Community Engagement & Communications
- Sustainable Agriculture & Food Security
- Environment & Healthy Living
- Science & Technology

Talk with your Club Overall Leader or Club Project Coordinator about offering a specific project in your Club. It will also be important to recruit a leader who has some expertise in the chosen topic if the Club does not already have someone who is willing to fill the role.

If you have an idea of what you want to do, and it's not on the list, design your own project through the Create-A-Project or A Step Beyond Project (see page 24).



Leadership Development Pillars

4-H Canada

4-H Canada provides opportunities for youth to get involved in their community as active, engaged leaders to help affect positive change within Canada and across the globe.



Community Engagement and 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



Science and 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.

The backbone of these activities will be collaboration between local 4-H clubs, provincial networks and the national office. Together, we create opportunities for youth to explore connections between science, technology, society, and their own lives.

- Engage in the science and technology world
- Explore ideas you may have brewing
- Explain your reasoning using logic and evidence



Environment & Healthy Living

4-H Canada ensures our programs and activities create opportunities for youth to succeed by letting them focus on exploration and self-discovery. 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



Sustainable Agriculture and Food Security

A century ago, 4-H youth were a strong force within our country's primary economic sector: agriculture. Today, it's no different—in fact, the movement has grown and gained a further reach. In recognition of 4-H as a global movement, 4-H Canada has expanded to include a focus on sustainable agricultural practices, as well as the vital importance of food security both at home and abroad. 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

Project Books

Project Books

Each of the 4-H projects listed in this guide have their own Project Book. These books offer information about the project topic, as well as instructions, different activity ideas and project completion requirements. 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 resource.

Project Requirements

On the front page of each project manual is a list of project requirements. Members and leaders should look at this as a "to do list" for the 4-H year. Each of the objectives listed must be on display or documented at Achievement Day. The 4-H Specialist will be looking for each of the requirements to determine if a member will receive their certificate for project completion.

Meeting Activity Records

4-H members are required to keep a **4-H Record Book**. Some projects may require little documentation, while others may require documentation of each project meeting. The Record Book is a place to track the 4-H year, including the time and money spent, along with goals, challenges and successes!

Member Reflection

The second last page of each book is a space for member reflection and leader comments. If a 4-H members chooses to complete more than one project it is necessary for him or her to fill out this page for **each** project.

4-H Year Completion Checklist

The last page of each book is a page to document the mandatory requirements 4-H members are expected to complete each year (see page 7). If a 4-H member chooses to complete more than one project it is only necessary for him or her to fill out this page **once**.

Member Reflection	
As a 4-H member, you are encouraged to "Learn to Do by Doing" through hands-on activities. Keeping a record of the activities in which you participate, whether at project meetings or on project field trips will provide a positive reflection for you, your leader and the 4-H Specialist.	
Here, you can reflect on your project activities, learning experiences, challenges & new skills or interests you may have gained	
<input type="checkbox"/> Have you completed ALL of the Achievement Project requirements? Please list all items you will display for Achievement Day: 	
What was your favourite part of this project? 	
What part of the project did you find most challenging? 	
What was one important skill you learned through this project? for you, especially if you are repeating the project? 	
Leader's Comments (optional) - Your project leader's observations can be helpful to you in future projects. 	
LEADERS: Please be sure to check with the 4-H Specialist for any resources that may be available for your project.	

4-H Year Completion - Checklist	
Communications Project	
What did you do to complete this project this year? 	
What do you feel you learned from participating in this project? 	
What areas of the communications project will you work to improve on for the next 4-H year? 	
Agriculture Awareness Activity	
What did you do to complete this project (s) this year? (Either on your own or with your 4-H club) 	
What do you feel you learned from participating in this project? 	
What area of Agriculture would you like to explore in the future? Please explain why. 	
Community Awareness Activity	
What did you do to complete this project this year? (Either on your own or with your 4-H club) 	
What do you feel you learned from participating in this project? 	
What will you do in the future to give back to your community? 	

Introduction to 4-H



Community Engagement
and Communications

Cloverbud

This is an opportunity for the youngest 4-H members to explore the world of 4-H with a focus on fun activities. Project meetings will focus around skill builders which could include various things, such as, What is 4-H?, large or small animals, agriculture, science, arts & crafts, engineering and more! The intent of this project is to introduce six to eight years old to the 4-H program and for their family, as a whole, to develop an understanding of the program and all that it has to offer!

Disclaimer:

1. Not all 4-H Clubs accept Cloverbud members, please check with a 4-H Specialist.
2. A Cloverbud must register as a regular 4-H member however, due to their young age, and taking risk management best practices into consideration, they will not be entitled to all the rights of a regular 4-H member. Cloverbuds will not compete in district or provincial competitions; however, they are permitted to participate in district and provincial events and programs at the discretion of the district and provincial Councils. Cloverbuds cannot participate in any project involving animals of any kind other than activities which fall under the Cloverbud Project (see official Cloverbud Policy for more details). Cloverbuds should be encouraged to participate in the traditional elements of the 4-H year: Communications, Community Service and Agriculture Awareness.
3. It is not mandatory for a Cloverbud to complete a Communications project, but they are strongly encouraged to attend the Club event, along with the Agriculture Awareness Activity and the Community Service Activity.

Age: 6-8

PCR: Complete Skill Builder 1 (What is 4-H?), along with at least five other Skill Builder activities. Create at least two tangible items that can be displayed at Achievement Day. Project leader should document project meetings and activities.

Exploring 4-H

Exploring 4-H is an opportunity for new 4-H members to learn about the 4-H program and all that it has to offer. This project is designed for youth ages 9 and 10 years of age, or for 4-H members who do not have previous experience with the 4-H program. Members will work with a project leader to determine what projects interest them the most and from there the project leader will select activities. This is an opportunity for members to explore projects that they think they would like to take in the future and a chance to explore projects that they are curious to see if they would be interested in signing up to learn more! This is a great place to start to learn the in's and out's of the program as a whole!

Age: 9-21

PCR: Explore at least five different project topics. Create at least two tangible items that can be displayed at Achievement Day. Complete necessary documentation as explained on page 10.

Completed documentation mandatory. See page 10
Additional costs may be incurred for materials and supplies needed for this project



Animal Projects

Small Animals

Age 9-21, unless otherwise noted



Sustainable Agriculture
and Food Security

Canine

Develop the skill, patience and knowledge to train your dog for obedience. Explore many canine topics including (but not limited to) health and nutrition, safety, canine behaviour, and various canine sports, hobbies and professions.

Preliminary: Completion of five topics with display on one topic; **Demonstrate commands for assigned level (10)**

Intermediate/Advanced: Completion of five topics with display on one topic; **Demonstrate commands for assigned level (10 + 6 additional)**

Cavy

The goal of this project is to develop a strong knowledge foundation for cavy breeding and ownership practices.

Topics covered include, but are not limited to: animal well-being, cavy stress, housing, nutrition, handling and care, and exhibiting.

PCR: Special project, showmanship, conformation and judging

Goat

This project teaches you about goat housing and health, goats for all reason (cheese, soap and more!)and nutrition. You'll pretty much learn everything you need to know to keep your goat happy and healthy. You'll also learn how to show a goat, so you can proudly display all of your hard work.

PCR: Showmanship, conformation, two inspections or judging activities

Market Turkey *Spring Project*

Learn about health, nutrition, breeding, selection, housing, transportation, marketing and animal welfare.

Showmanship and judging will be covered too!

PCR: Showmanship, conformation, home inspection and special project (ie. build a pen/cage,/feeding station, etc.)

Poultry

This project will focus on housing and management, breeding, marketing and nutrition. Among many other things you'll learn what judges will be looking for in conformation and showmanship classes.

PCR: Showmanship, conformation, home inspection, judging seminar (attendance, participation & oral reasons) and special project (ie. build a functional feeding station, create display on illness, candling, etc. Judging clinic)

Rabbit

This projects covers everything and anything you would want to know about raising and showing rabbits. You will learn about selection, husbandry, feeding and exhibiting rabbits. Handling rabbits, watching them grow and learning how to care for them is what this project is all about.

PCR: Showmanship, conformation and judging

Sheep

Learn about health, nutrition, breeding, lambing, selection, housing, transportation and animal welfare. Showmanship and judging will be covered too!

PCR: Showmanship, conformation, two inspections or one inspection and one judging activity.

Completed documentation mandatory. See page 10

4-H members do not have to own an animal, but must have permission and access to an animal for the purpose of the project.



Animal Projects

Large Animals

Age 9-21, unless otherwise noted



Sustainable Agriculture
and Food Security

Beef

This project aims to develop a better understanding of beef cattle production and management. As part of the project the member will learn how to both select and care for a show animal, as well as work on improving their beef animal judging and showing skills.

PCR: Conformation, showmanship, judging, fitting & clipping

Market Beef

This project teaches members about selecting and finishing a market steer. Member will learn about beef cattle production and management, as well as how to show the animal. This projects completes at the Easter Beef Show & Sale in the spring of each year.

Junior

Age: 9-21

PCR: Conformation, showmanship, project activities (5), 75% attendance at club & project meetings, showmanship or fitting demo or tour

Senior

Age: 15+

PCR: Conformation, showmanship, special projects (5) and special project presentation at a project or club meeting;

Dairy

This project is about more than just milk! This project will teach you the ins and outs of successful dairy farming. You'll also cover basics, such as showing and animal care, and new and relevant dairy farming tools and practices.

PCR: Conformation, showmanship, judging, calf inspection (1st year old) or one special project option (all other years), fitting & clipping clinic

Equine (Riding, Driving or In Hand)

This project explores many equine topics including (but not limited to) health and nutrition, safety, facility management, conformation, equine behaviour, and various equine sport disciplines, hobbies and professions. All members will learn how to show their animal in hand, and those with suitable animals can also opt to do riding or driving as part of their project.

Introductory (for all members taking the project the first time)

PCR: Stable management quiz , judging activity, showmanship pattern, and choice of special project or riding, driving, or in-hand obstacle pattern.

All Other Years

PCR: Four equine related topics or activities, judging activity, showmanship pattern, and choice of special project or riding, driving, or in-hand obstacle pattern.

Completed documentation mandatory. See page 10

4-H members do not have to own an animal, but must have permission and access to an animal for the purpose of the project.



Agriculture & Fisheries

Spring Projects

Age 9-21, unless otherwise noted



Sustainable Agriculture
and Food Security

Floriculture

Learn all about flowers! What is the difference between an annual, biennial and perennial? How do you control pests in your flower garden? What flowers like the most sun? Members will learn hands on how to plant and care for flowers, while also digging a little deeper into soil types, parts of a flower, creating flower arrangements and more!

Junior

Age: 9-14

PCR: Leader inspection, special project (ie. visit to local florist, community garden, corsage/boutonniere creation, etc.) , garden plan and a fresh flower arrangement (either wild or cultivated). Must grow and display 3-5 types of flowers (annuals, biennials or perennials) in a display box or container.

Senior

Age: 15+

PCR: Leader inspection, special project (ie. visit to local florist, community garden, corsage/boutonniere creation, etc.), garden plan, and fresh flower arrangement (either wild or cultivated). Must grow and display 4-6 types of flowers (annuals, biennials or perennials) in a display box or container.

Gardening

Where does your food come from!? Learn how to propagate seeds, how to plant them, how to keep weeds and pests under control and how to maintain a healthy garden in your back yard! Veseys Seeds proudly sponsors this project which means that members will receive all the seeds for free!

PCR: Garden plan, pest control plan, weed collection , leader inspection, and three types of vegetables for display (beets, cucumbers, corn, zucchini, carrots, tomatoes or onions).

Lobster Fishing

"For more than 150 years, PEI lobster fishers have been waking up early, setting their traps and hauling in the most delicious red-shelled crustaceans to share with customers around the world." Now its your turn to learn more about this major Island industry. Learn how to build a trap, tie knots, how to be a cork and more!

PCR: Complete at least five project activities , with tangible items on display at Achievement Day. Each member must construct one lobster trap, round or square , without ballast, full or half scale size.

Potato

"Growing potatoes is much more than just an industry... it's a way of life!" Islanders have been growing potatoes since the 1700s and the industry remains strong. By exploring this project, members will develop a better understanding of this industry. Learn the difference between seed, table and processing potatoes. Develop knowledge about environmentally sustainable practices and, of course, how to grow your own potatoes!

PCR: Judging class, attend a tour, special project (ie. tour of fertilizer plant, explore organic methods, get tractor license, etc.) and grow two varieties of potatoes.

Completed documentation mandatory. See page 10
Additional costs may be incurred for materials and supplies needed for this project



Creative Arts Projects

Crafts

Age 9-21, unless otherwise noted



Environment & Healthy
Living

Exploring Crafts

If you like to work with your hands and be creative, this is the project for you! Learn about a variety of crafting styles and mediums. Develop basic colour and design concepts, along with many practical skills.

PCR: A piece of handmade jewelry, a painted article, an item made from fabric, yarn or cloth, an item crafted from recycled materials and one other item of the members choosing

Nature Crafts

4-H'ers who love the outdoors will enjoy gathering the supplies for nature inspired crafts as they explore the world around them. Twigs, leaves, acorns, shells and many more readily available materials can be turned into craft projects.

PCR: Pinecone creature; beach stone, shell or driftwood creation; pressed flower arrangement or nut/fruit creation; Two additional items chosen from those listed in the member guide

Scrapbooking

Create colourful memories of special people and events in your life! Use scrapbooking techniques like cropping, layouts, and labeling or journaling to enhance your photos. Members will create various items ranging from gift tags and cards, to placemats and album pages.

Junior

Age: 9-14

PCR: Album that includes: 4-H themed page; family, friends and pets page; page theme of choice; page using recycled materials; and four additional pages. Gift tag and Card. Completed documentation*

Senior

Age: 15-21

PCR: Album that includes: two page spread using a 4-H theme; family, friends and pets page; page theme of choice; page using recycled materials; and nine additional pages. Gift tag and Card

Seasonal Decorations

A project for those who like to be creative and get into the "holiday spirit!" Not only will you learn different crafting techniques and work with different mediums, but you will also about the holidays we celebrate in Canada (or perhaps a holiday that is celebrated in a different culture!) and what different symbols mean.

PCR: Table top decoration, wall decoration, one of the following: Valentine, Halloween treat bag or Easter egg; collection of three Christmas tree ornaments;

Completed documentation mandatory. See page 10
Additional costs may be incurred for materials and supplies needed for this project



Creative Arts Projects

Needlecrafts

Age 9-21, unless otherwise noted



Environment & Healthy
Living

Knitting

Learn the basic skills of knitting! The introductory level allows members to become familiar with the knitting techniques of knit, purl, cast on/cast off and how to follow a pattern. Members are then encouraged to expand on their skills through each level, building on knowledge gained from previous project activities, exploring knitting techniques with different types, sizes and numbers of needles as well as different weights of yarn.

Intro to Knitting

PCR: Three samples - garter, stockinette & stitch of both together; one knitted dog or bootie style slippers

Next Steps in Knitting

PCR: Four samples - increasing, decreasing, two colour sample & ribbing; scarf and mittens

Critter Knitting

PCR: Two samples - tension and gauge; knitted dish cloth; teddy bear or frog

Cable Knitting

PCR: One sample - cable; cable knit scarf; African Comfort Doll

Advanced Knitting

PCR: One sample - four needle ribbing sample; mittens and hat

Crocheting

This project is designed to teach members the basic steps required to crochet. Crochet is a form of needlework consisting of the interlocking of looped stitches formed with a single thread and a hooked needle. Members will be introduced to the tools or equipment used, how to choose the correct material for the intended item and how to follow patterns. Members will also learn several basic stitches and patterns that can be used for both beginner and more advanced crochet work.

Crochet with Cotton

PCR: One sample - 1.5"x1.5" using double crochet or another stitch chosen by Leader; Doily (10.5 or 27cm), and shimmering snowflake Christmas ornament,

Easy Steps to Crochet I

PCR: Four samples - foundation chain stitch, single stitch, double stitch and fringe; scarf (minimum 40", plus fringe)

Easy Steps to Crochet II

PCR: One sample - round doily, two colours of worsted yarn, minimum 6" diameter; hat and mittens

Completed documentation [mandatory](#). See page 10
Additional costs may be incurred for materials and supplies needed for this project



Creative Arts Projects

Needlecrafts

Age 9-21, unless otherwise noted



Environment & Healthy
Living

Needlework

Needlework is a broad term used to describe the handicrafts of decorative sewing and textile arts. Anything that uses a needle for construction can be called needlework. The 4-H PEI Needlework Project offers an opportunity for members to explore the world of textile crafts above and beyond the structure of the crocheting or knitting projects.

PCR: Two main projects (chosen from ideas given in member guide: counted cross stitch, plastic canvas, embroidery, silly pillow, Swedish weaving or smocking); additional item of members choosing

Felting

Felting is the creative process by which materials are produced through different techniques. Materials are produced by matting, condensing and pressing fibers together. Felt can be made of natural fibers such as wool, animal fur, or from synthetic fibers such as acrylic or rayon. The 4-H PEI Felting Project allows members to explore different felting techniques such as needle felting, wet felting and combinations with other textile methods including weaving and crocheting.

Junior

Age: 9-14

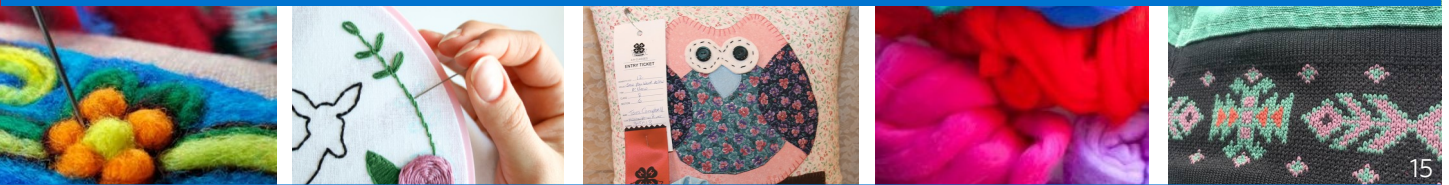
PCR: One coaster, ornament or card; one 3D felted item; felt wall hanging or picture

Senior

Age: 15-21

PCR: One coaster, ornament or card; one large felted item

Completed documentation mandatory. See page 10
Additional costs may be incurred for materials and supplies needed for this project



Creative Arts Projects

Sewing

Age 9-21, unless otherwise noted



Environment & Healthy
Living

Great Beginnings

This project is a great opportunity to get acquainted with the world of sewing. You'll learn how to use a sewing machine, how to select and read a pattern, how to measure fabrics and fine tune the fit.

PCR: Apron or sleep pants or boxers or a tote bag; three seam samples bookmark and conference judging.

Sewing Plus

This project will take your clothing to the next level! You'll add some flair and details to your newly constructed clothing by learning sewing techniques for pockets, facings, collars, cuffs, topstitching and hems.

PCR: Shirt or blouse, button sample and conference judging.

Sewing with Fleece

This project is great for both new and experienced sewers. You'll learn about fleece fabric selections and patterns, how to cut, mark and sew fleece, and how to create fun fleece projects.

Sewing with Fleece I

PCR: Hat and mittens, small pillow and three seam samples.

Sewing with Fleece

PCR: Stuffed animal and three seam samples.

Simple Sportswear

This project explores different seams, how to inset zippers into your clothing and how to use a pressing tool.

Members will practice conference judging - a skill that puts your critical thinking and communications to the test.

PCR: Skirt or culottes or pants or shorts, three seam samples pressing tool (press mitt, tailor's ham or sleeve roll) and conference judging.

Fashionably You

Members who decide to explore this project will use all of their previously learned skills together to create a one or two piece dress. Members will also practice conference judging - a skill that ensures that members learn how to differentiate good sewing techniques from poor techniques.

PCR: Dress (one or two piece) , photo wearing the dress and conference judging.

Sewing with Knits

It is recommended that members have at least one year of sewing experience before exploring this project. Members will create a one or two piece track or sport suit (pants or shorts) from a pattern of their choosing.

PCR: Sports suit (one or two piece, pants or shorts) , pin cushion and conference judging.

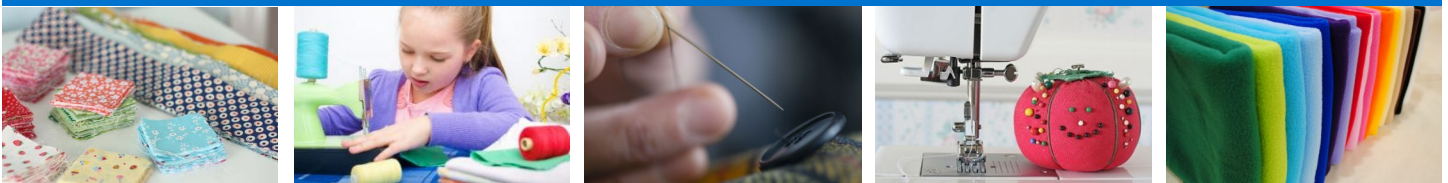
Quilting

Explore an art this is more than 2,000 years old! Try it for yourself in this project. You can explore the history, learn the basics, and try your hand at creating a quilted pillow, wall hanging and more!

PCR: Practice block (quilt half of a block and pin/staple to a piece of cardboard to allow for easy inspection) and one major item (cushion cover, wall hanging or lap/crib quilt, or other item of members choosing).

Completed documentation mandatory. See page 10

Additional costs may be incurred for materials and supplies needed for this project



Foods & Entertaining

Foods

Age 9-21, unless otherwise noted



Environment & Healthy
Living

Food & You Series

This project series will give members an opportunity to learn everything from food safety and preparation tips, kitchen equipment, to proper meal etiquette and menu planning! Explore metric versus imperial measurements, along with the best way to cook and measure different food ingredients. Canada's Food Guide will be visited in each topic, teaching members how to make healthy food choices. Members will have a well rounded recipe box by the time they complete the Food & You series!

Food & You I

PCR: Four chocolate chip cookies, recipe file (minimum 8 recipes), cookies in a jar and test on etiquette.

Food & You - Breads and Cereals

PCR: Pan rolls (4), recipe file (at least 8 bread and cereal recipes) and menu planning (including a grocery list and cost breakdown).

Food & You - Dairy

PCR: Yogurt muffins (4), recipe file (at least 8 milk based recipes), special project (ie. tour of local farm or food production business related to the dairy industry) and test on tools in the kitchen.

Food & You - Fruit & Vegetables

PCR: Carrot cake (one quarter), recipe file (4 fruit and 4 veg recipes), one potted herb plant and test on: cutting techniques or blanch, steam, fry, boiling, sauté, freeze, preserve, etc.

Foods Across Canada

Members will select four provinces or territories to explore, taking time to research each choice in-depth, then preparing recipes native to those regions. A minimum of six sessions must be planned for this project choice.

PCR: PEI Potato Chocolate Cake (one quarter). Recipe and information booklet for one selected province/territory featuring information about foods association with that particular province or territory, and at least 200 words about its cultural background and/or geography as it pertains to food ... 6 recipes featuring one or more foods from that province/territory, and a photo of one of those recipes as prepared by the member. A folder including 3-4 recipes from 4 additional provinces/territories, indicating what food product(s) are associated with that region of Canada.

Foods: Microwaving

Similar to the Foods & You Series, members will learn a wide range of kitchen and food-related information, including food safety, kitchen tools, measuring techniques and Canada's Food Guide recommendations. The focus will be on preparing food using only a microwave and the best practices to use.

Simple Microwaving

PCR: Brownies, citrus spice potpourri, recipe file (8 microwave recipes) and a photo of the member with at least one prepared recipe.

Foods: Microwaving with Island Foods

PCR: Apple crisp, recipe file (8 microwave recipes) and scavenger hunt of local foods at local grocery store.

Completed documentation mandatory. See page 10
Additional costs may be incurred for materials and supplies needed for this project



Foods & Entertaining

Foods *Cont'd*

Age 9-21, unless otherwise noted



Environment & Healthy
Living

Power Foods

Members will review the basics of food safety and preparation tips, proper measuring techniques and Canada's Food Guide recommendations. This project will give special focus to cooking protein foods, including everything from nuts to pulses, to eggs, meat and fish. Members will be responsible for planning, preparing and cooking a meal for invited guests.

PCR: Energy bars (2), and a recipe file (5 additional power food recipes). Folder or photo album that includes a report on the preparation of one meal, recipes used, the process of planning, preparing and cooking the food, who attended the meal and reasons to support why you would choose to make the meal again in the future.



Completed documentation mandatory. See page 10
Additional costs may be incurred for materials and supplies needed for this project

Foods & Entertaining

Cake Decorating

Age 9-21, unless otherwise noted



Environment & Healthy
Living

Cake Decorating I

Cake decorating can transform a plain, delicious cake into a special dessert. Members will learn how to properly bake a cake, make and work with butter cream icing and learn how to use several different tips to fill their "canvas" with beautiful colours and patterns.

PCR: Decorated baked cake (single layer, butter cream icing and four tips) and tip & border tray (using three different tips)

Cake Decorating II

A step up from Cake Decorating I, members will learn about different types of icing, tips and how to make floral arrangements. This project also introduces the art of sculpting, using fondant, gum paste and modeling chocolate.

PCR: Decorated baked cake (single layer, butter cream icing; a rose or sweet pea arrangement created with Royal Icing; border), tip & border tray (three tips, different from Cake Décor I) and a sculpted item display (small fruit, vegetables or animal characters).



Technology & Trade

Photography

Age 9-21, unless otherwise noted



Science and
Technology

Photography

Learn how a camera works, how to take care of it, how to compose a picture, tips for taking picture of people, animals, landscapes, how to use light and flashes. Digital photo editing resources are also available for members interested in "Stepping Beyond."

PCR: One photo album (or scrapbook) displaying the required list of photos, clearly labeled, taken through the year - picture list includes: horizontal, vertical, distances, animals, people, seasonal landscapes, flash pictures, candid shots and lighting. Photo story, labeled, that includes a minimum of five shots. One favourite photo of members choice, no larger than 8x10, framed. Special project - experiment and explore the photography world a little further!



Completed documentation mandatory. See page 10
Additional costs may be incurred for materials and supplies needed for this project

Technology & Trade

Science & Engineering

Age 9-21, unless otherwise noted



Science and
Technology

Gears, Gizmos & Gadgets

Work smarter, not harder. An introduction to how to make simple machines make work easier for us.

PCR: Mouse trap car; two additional gadgets; and completed documentation: record pages, member reflection and 4-H year completion checklist.

Rocketry

Blast into this project as you discover the principals of model rocketry including rocket construction, science and flight.

PCR: Styro glider, staw flyer, maple seed flyer, model rocket and completed documentation: record pages, member reflection and 4-H year completion checklist.



Technology & Trade

Industrial

Age 9-21, unless otherwise noted



Science and
Technology

Blacksmith

Working with fire and metal is a timeless tradition that goes back to the early days when man first started making tools from iron during the iron age. Learn basic terminology, about the necessary tools, how to build a forge, and create some unique pieces. There are four divisions, based on skill level, in this project; project leader has discretion to assign division to each member.

Age: 12-21

PCR: Five project activities in assigned division (two being tangible items) and completed documentation: record pages, member reflection and 4-H year completion checklist.

Electricity

You'll be shocked by how much you will learn! Learn where that zap of electricity comes from, how to make it and how to use it! Members will explore how to create simple, parallel and series circuits!

PCR: Electric gadget; simple, parallel and series circuit (mounted on wood); and completed documentation: record pages, member reflection and 4-H year completion checklist.

Small Engines

Get your gears going with hands-on learning! You'll explore how an engine works, the parts of an engine, cleaning, maintenance and trouble-shooting. If you are interested in mechanics, agriculture, ATVs or other sport machines, this project is for you. Two different units are offered:

Small Engines I

PCR: Display small engine, prepared and cleaned, that project group worked on throughout the year. Demonstrate something that you've learned (ie. safety steps, changing oil, etc.) to your Club. Leaders test on parts of two stroke engine.

Small Engines II

PCR: Display small engine, prepared and cleaned, that project group worked on throughout the year. Demonstrate maintenance of carburetor, starter or generator. Leaders test on diagnosing problems in a two stroke engine.

Woodworking

Ever want to try your hand at woodworking, but didn't have the tools?! This project is a great opportunity to partake in some woodworking fun - all you need to participate is your creativity. Bird feeders and a shelf are just a couple of items you could make. Three different units are offered:

Woodworking I

PCR: Gumball machine, item of choice and sanding block; leader mark for safety and preparedness.

Woodworking II

PCR: Shelf, birdhouse and item of choice.

Woodworking III

Foot stool and two items of members choosing.

Completed documentation mandatory. See page 10
Additional costs may be incurred for materials and supplies needed for this project



Outdoors & Environment

Age 9-21, unless otherwise noted



Science and
Technology

Archery

A sport where members get together and shoot at targets and silhouettes, while having a great time! Through this project, learn about safety precautions, techniques and equipment.

PCR: Five project activities , demonstrate target skills and knowledge of archery terminology and/or display one tangible item (ie. target)

Great Outdoors

In this exciting and interactive project, members will learn about many different skills that involve the outdoors. The sky is the limit! This project can be based around Outdoor Survival, Forestry, Astronomy, Wildlife, Ocean Excursions, or a variety of all things outdoors. Learn about the wonderful world that surrounds you!

PCR: Five project activities related to the outdoors and environment Tangible items to be on display.

Completed documentation mandatory. See page 10
Additional costs may be incurred for materials and supplies needed for this project



Personal Development

Age 9-21, unless otherwise noted



Community Engagement
and Communications

Looking Good, Feeling Great

When you feel great, you look good, and if you look good, you feel great. That's what this 4-H project is all about! Get motivated and put your best foot forward, be inspired, learn about your strengths and how to make the best of them. This project can be studied individually, but is certainly more fun if taken together with friends and/or fellow 4-H'ers. Explore topics, such as, steps to better communication, wardrobe, skin care, aromatherapy, yoga, art and whatever else you feel can help you on your personal development journey!

Age: 12-21

PCR: Complete at least five project activities , with tangible items on display at Achievement Day. Each member must complete one piece of inspirational art on wood, paper, canvas, fabric or another media form that is no bigger than 11x14.

Grandparent

Are you ready to have an adventure with a new friend?! In this project, members (and leaders) will have the opportunity to explore relationship building and intergenerational dynamics. Learn about empathy, life lessons, communication skills, creativity and problem solving through this invaluable life experience. Gain an appreciation for older adults and what contributions you, and they, can make to the world around you.

Age: 12-21

PCR: Complete at least five project activities with your grandparent (create family trees, go for a walk, build a bird feeder, etc.).

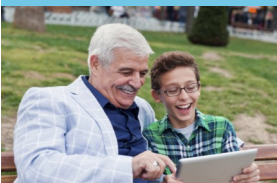
Bachelor Survival

Learn essential living skills such as sewing on a button, hemming your pants, preparing a meal, doing your laundry and much more!

Age: 9-21

PCR: Samples booklet: 6 recipes, 2 hem samples, 2 button samples and 1 hand stitched seam. One hand or machine hemmed item (pants , skirt, etc.). An emergency sewing kit .

Completed documentation mandatory. See page 10
Additional costs may be incurred for materials and supplies needed for this project



Leadership

Age 9-21, unless otherwise noted



Community Engagement
and Communications

Create-a-Project

Sometimes 4-H Leaders or Members have a project idea that 4-H doesn't offer... yet! This project is a leader directed project involving the creation of a NEW 4-H project or skill that they would like to share with members. A **Project Outline Worksheet** must be submitted to your 4-H Specialist before you start your project and no later than December 1st.

Age: At the discretion of the project leader

PCR: Attend 75% of project meetings and completed requirements as determined by the project leader and approved by the 4-H Specialist.

Do Your Own Thing

There may be times when projects options do not match the current interests of 4-H members OR a 4-H member may have already completed all of the available levels for a particular project (i.e. Woodworking, Horse & Pony, Photography, etc.). Do you have an idea for a 4-H project that is not offered by the 4-H PEI program? This is an independent 4-H project that encourages you, as a member, to explore and choose what you want to learn in 4-H. You must have a leader who will oversee your project work and help you overcome any challenges that might come your way. A **Project Proposal** is due to be submitted to your 4-H Specialist no later than December 1st.

Age: 12-21

Eligibility: Have been a 4-H member for two consecutive years and have successfully complete at least two 4-H projects. Project must take at least 12 hours to complete. Submit an application to be approved by your Overall Leader and the 4-H Specialist.

PCR: Complete project proposal, project items and/or activities or presentation on your completed project and a final report.

Junior Leadership

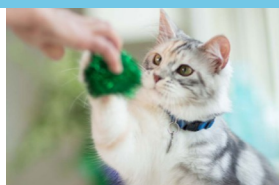
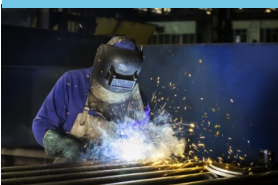
Share your interests with other club members! As a junior leader you can expect to develop an appreciation for working with members and/or leaders all while inspiring and motivating them to carry out given tasks. This is an opportunity for you, as a senior member, to learn how to work effectively with others in planning, teaching and communicating, while carrying out your vision of a project or event. An **application** must be submitted to your 4-H Specialist no later than December 1st.

Age: 15-21

Eligibility: 4-H member has been in the project which they plan to lead for two consecutive years and have successfully complete both years. Have submitted an application that has been approved by your Overall Leader and 4-H Specialist.

PCR: Completed Application and Record Book; regular attendance at Club meetings.

Completed documentation mandatory. See page 10
Additional costs may be incurred for materials and supplies needed for this project



Provincial Projects

Self Directed / Short Term

Age 14-21, unless otherwise noted

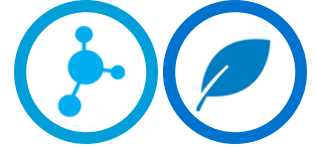
BioFutures

Based on the 4-H slogan: "*Learn to Do By Doing*", the **Bioscience Project** will offer senior 4-H members the opportunity to gain hands-on experience in six different areas of bioscience. Project participants will meet on-site with a different industry professional each week where they will learn more about each company's profile, sought-after career opportunities and necessary skill sets. These information sessions will be followed by practical "hands on" activities that will be aimed at inspiring curiosity about further education and employment in the field.

Age: 15-21

Duration: Six consecutive weeks

PCR: A presentation (powerpoint, video or other technology) that gives an overview of the experience or focus on one aspect of the experience that most interested the member.



R.E.A.L. Skills

This Rural Employment and Life Skills Project is geared towards teaching youth practical skills that will help them to prepare for employment with a program that takes place within a shorter time-frame. Typical skills include First Aid & CPR, WHMIS, Food Safety, basic financials, intro to mechanics, resume writing and preparing for an interview.

Age: 14-21

Duration: Six sessions scheduled within a (maximum) two month span; offered bi-annually

PCR: Attend 5 of 6 sessions, three being: First Aid & CPR, WHMIS and Food Safety; Portfolio that includes resume, as well as all certificates earned through the duration of the project (members invited to add additional certificates or samples of work)



Vet Project

The 4-H Vet Project gives members the opportunity to experience various aspects of Veterinary Medicine presented by faculty, staff and students of the Atlantic Veterinary College. Topics may include: AVC Teaching Animals, Bovine Obstetrics, Herd BioSecurity, Exotics, Wildlife Rehab and more! Topics change each year depending on the facilitators.

Age: 14-21

Duration: six consecutive weeks; offered bi-annually

PCR: Attend 5 of 6 sessions; Submit a one page (250 word) report that discusses two of the topics covered over the duration of the project.



Completed documentation mandatory. See page 10

Additional fee may be applicable.

All Provincial Projects require registration. Project details will be announced as they become available on social media and via email. Spaces are typically limited for such projects.



Leadership & Learning

External Credit

Grade 10-12



Leadership and Learning Credit

The 4-H Leadership and Learning Credit is an external credit that provides 4-H members with an opportunity to go beyond traditional classroom study. The Leadership and Learning Credit shall be complete in addition to the standard 4-H year, in that the contributions a 4-H member makes to their Club and/or District are separate from the credit. To successfully complete this credit the student, who must also be a current 4-H member, should be ready to demonstrate skills in time management, organization and self-directed learning. This credit is meant to take the typical 4-H project to the next level. This is your opportunity to use the skills and knowledge that you have learned during your time in the 4-H program to explore a core topic of your interest, along with a more in-depth look at the foundational elements - agriculture, community and communications - of 4-H!

In choosing a core topic, students are required to identify a topic, question, or problem in which they have an interest or a challenging skill they would like to learn. The topic should be conceptualized by the student. The project should allow for a deep approach to the topic. The goal is for the student to gain a thorough understanding of the topic so that they are able to apply the knowledge or skills learned to new situations.

May 15th - The Credit proposal is due to the 4-H office by this date the year before you want to complete the Credit. It will be sent to a committee for review and thus approval/denial of beginning the credit. You will hear back from this Committee by June 1st.

End of June - If approved, you will have a Project Articulation meeting with your 4-H Specialist and Mentor by the end of June of the school year prior to the one which you wish to complete the credit. **Students are not considered to be registered for this project until they coordinate their Project Articulation meeting with their 4-H Mentor and 4-H Specialist.**

Before taking the 4-H Leadership and Learning School Credit, you must complete and submit the Student Intention Form to your course advisor (usually guidance counselor or vice principal).

April 1 - You must submit all **final work** by April 1 of the school year in which you are completing the credit. *Upon completion of the credit, project work and assessments will be handed back to the Review Committee to give a final pass/fail mark for the credit as a whole.*

Upon passing the credit, the student will submit the student Completion Form to their course advisor (usually guidance counselor or vice principal). You will find the student Completion Form on the last page of this Guide.

PCR: Research component (essay or interview), **experiential component** (minimum 8 hours of documented hands on learning), **leadership/communications component** (group presentation), **agriculture awareness activity** (hands on activity or an essay on an agricultural topic related to core topic) **OR community services activity** (plan or participate in activity related to core topic), **course binder component** (collection of all documentation and course work) **and the overall credit development component** (consideration of work, organization, planning, execution, effort and evaluation).

The Leadership and Learning Credit shall be complete in addition to the standard 4-H year, in that the contributions a 4-H member makes to their Club and/or District are separate from the credit.





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4-H PEI

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