

**WHEN AND WHERE DOES
PVHA 4-H CLUB MEET?**

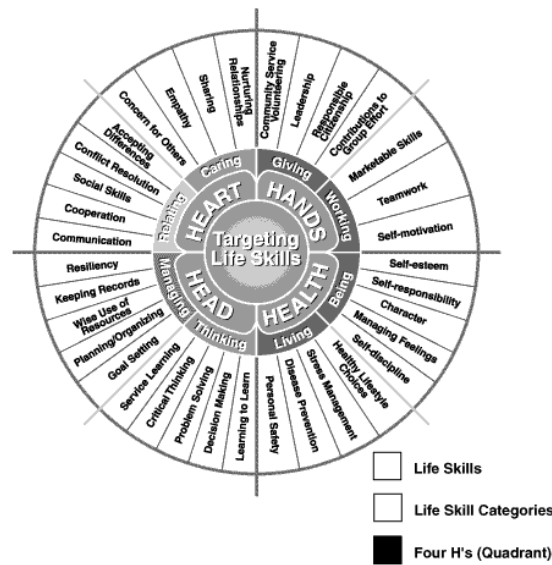
We meet on the second and fourth Tuesday of each month from October through May. These meetings are held at the Columbia Street Baptist Church in Downtown Bangor, at 63 Columbia Street, from 1:00 pm to 3:30 pm. Special field trips, planning meetings, and community service projects are announced as they are scheduled.

TO REQUEST MORE INFORMATION, Visit our website and click on the Request Information on the left side of the web page.

[HTTP://WWW.PVHA4H.ORG](http://www.pvha4h.org)



2006



THE 4-H'S TARGET LIFE SKILLS

HEAD – Planning & Organizing
 Problem Solving & Decision Making

HEART – Communication & Cooperation
 Showing Concern for Others

Hands – Community Service &
 Volunteering with Others

Health – Stress Management &
 Disease Prevention
 Character Education

**Welcome to the
PVHA 4-H Club**



WHAT IS THE PVHA 4-H CLUB?

PVHA 4-H Club is part of the youth program of the University of Maine Cooperative Extension and it is run in partnership with the Penobscot County Extension Office. PVHA 4-H Club was organized in 1987 to provide a way for youth including homeschoolers to get

together for constructive projects and activities. PVHA 4-H Club is open to youth 5-19 year olds; younger children can participate as non-PVHA 4-H Club members with parents as their chaperons.

WHAT DO WE DO AT MEETINGS?

During the first hour at the meeting, the children are divided into four groups, 8 and under (called the Novice group), 9-12 (called the Juniors group), ages 12-19 (Junior Leader club) and 13-19 (called the Teens group). The four groups alternate between gym time and a club time. During the second hour, the children are divided into project groups. Here they work on various projects such as drama, science, crafts, cooking, etc.

A wide variety of programs and projects are available in these categories:

- Citizenship & Civic Education
- Communication & Arts
- Consumer & Family Finances
- Environment Education
- Healthy Lifestyle Nutrition
- Personal Development
- Leadership Skills
- Plant & Animal Science
- Science and Technology

WHAT OPPORTUNITIES DOES PVHA 4-H CLUB OFFER?

PVHA 4-H Club offers members the opportunity to participate in many activities that homeschoolers might not. Many of our club members enter projects into the Bangor State Fair, become involved in travel and apply for scholarship awards. Our club provides

opportunities for field trips, an annual science fair along with other group projects, activities, and community service. PVHA 4-H Club offers parent support, portfolio review, and children's activities as well as provide the opportunity for families to share information and materials. 4-H Leaders' training is available for parents and teens.

WHAT DOES PVHA 4-H EXPECT FROM YOU?

PVHA 4-H Club is a very family-involved club. We require that a parent come to the meetings with their children. If you cannot come to a meeting, please make arrangements for someone to be with your children and to be responsible for them. We ask that each of our participating parents help out each year as a project leader, activity leader, leader's helper, taking a turn cleaning the building, watching the nursery, or taking on another task that needs to be done. A nursery is open and care available for the young children of our leaders while they are working with other children.

You are also welcome to use the nursery if you stay with your child or make arrangements with our Nursery Leader to watch your child while participating in project or club time with other members of your family.

HOW CAN YOU JOIN PVHA 4-H?

We ask for annual club donation of \$35.00 from each family that participates in PVHA

4-H Club. Donations are used to support the club administrative costs and purchase project supplies throughout the year. PVHA 4-H Club does not wish to exclude anyone due to financial hardship, please see the PVHA 4-H Club treasurer to make arrangements. When you come to a PVHA 4-H Club meeting, there will be forms to fill out that will enroll your child in 4-H. For your convenience, you can download this form at our website:

<http://www.pvha4h.org>

Under the Forms and Resources link as "Participant Enrollment Form"

INFORMATION & NEWS

We send out a newsletter twice a year, in September and January, announcements twice a year, and reminder postcards for important planning meetings.

Announcements are given at the beginning of each meeting from 1:15-1:30. Be sure to check the 4-H information table as well as our website <http://www.pvha4h.org> and sign up on the Egroup to receive information about upcoming events.