

# SERVING THOSE WHO SERVE US



This guide is designed to inform and assist 4-H Clubs to become active citizens in their community. It is guided around “Serving Those Who Serve Us.” For example, Military, Firemen, Police Officers, Doctors and nurses, their families, Librarians, Social Workers, Teachers, 4-H/Extension Agents, Park Rangers, Government Officials, and others that serves in a position of service to support your community.

## **PHILOSOPHY**

Heart – being concerned with the welfare of others, accepting responsibilities of citizenship, determining values, and attitudes by which to live, and learning how to work with others.

## **THE PROJECT**

Each year the State Project Committee of the Executive Board recommends activities that 4-Hers can participate in that will carry out the state wide community service project of the Florida 4-H Council. The 2012-2013 State Project Committee worked hard this year to promote the Youth Against Poverty and “*Hunger Games*”. They worked during first, second, and third executive board to develop ideas to promote and implement the State Project. This past year, Florida 4-H also partnered with Kentucky and Tennessee to conduct the *Youth Against Poverty* project as a *Tri-State Day of Service*. This allowed 4-Hers from all three states to participate in a community service activity that related to the project.

Every other year the State Project committee is responsible for deciding upon a new “State Project” that will promote community service and provide 4-Hers across the state opportunities to be involved in their community. The committee seeks input from other Executive Board members and other 4-Hers in their districts and counties to create a service project that is applicable for the state. The project that has been decided upon will then be implemented for the next two years. This year, the committee decided that the new project theme for Florida 4-H will be *Serving Those Who Serve Us*. This project will be flexible so that each county and district may conduct activities to acknowledge and honor those who serve their community. Make the project personal. Is there someone who serves the community that means a lot to you specifically? Those who serve us may include; firemen, police officers, EMS workers, librarians, social workers, teachers, 4-H/extension agents, park rangers, government officials, and Military personnel, or any person(s) or group who assist others in times of need. This project presents a unique opportunity to not only serve the community, but also show appreciation of those who already do so much.

Don’t forget to ask other youth organizations to join in!

Thank you,

Kaitlyn Pace  
Florida 4-H State Officer  
State Project Chair, 2012-13

Emily Freeman  
Florida 4-H State Officer  
State Project Chair, 2013-14

Wendi Armstrong  
State 4-H Youth/Adult  
Partnership Coordinators

“I want my life to make a difference, I want my life to make a change...” by Rachel Kurtz

## PROJECT CHART

Activity Name	4-H Ages & Stages			
	Cloverbud	Junior	Intermediate	Senior
Adopt a Family			X	X
Care Package Drive		X	X	X
Caroling	X	X	X	X
Car Wash		X	X	X
Children’s Home			X	X
Clean Up		X	X	X
Collect Cell Phones			X	X
Desserts	X	X	X	X
Draw Picture	X	X	X	X
Help A Librarian		X	X	X
Honor Wall	X	X	X	X
Join our 4-H Club!	X	X	X	X
Making Cards	X	X	X	X
Make Journals	X	X	X	X
Make Wreaths	X	X	X	X
Memorial Activities			X	X
Organize Activities		X	X	X
Parade		X	X	X
Pen Pal	X	X	X	X
Pull Invasives	X	X	X	X
Purple Up!	X	X	X	X
School Supply Drive			X	X
Serve Your 4-H Agents		X	X	X
Speech Competition	X	X	X	X
Stockings		X	X	X
Teach			X	X
Tea Party			X	X
Thank you Letters	X	X	X	X
Toy and/or Clothing Drive			X	X
Treat a Member to a Meal	X	X	X	X
Volunteer			X	X
Welcome Letter/Package		X	X	X

## PROJECT IDEAS

In order to inspire youth to get involved in “Serving Those Who Serve Us,” we have put together service ideas for all four age groups, which are Cloverbuds, Juniors, Intermediates, and Seniors. Look in the Appendices for an “Activities at a Glance” chart that tells you what activities are best suited for certain age groups.

Below are activities listed in alphabetical order with a short description.

**Adopt a Family (Member):** Send letters/cards/care packages to deployed military member (and their unit). Assist family at home by doing yard work, cutting the grass, walking the pet. Other assistance could include babysitting for the military youth or just playing with the youth while the parent at home has a chance to relax or get those tasks done that are difficult to get done with little ones under foot.

**Care Package Drive:** Organize a care package drive.

**Caroling:** Singing carols at your local VA Center or Hospital, on a Military Base, at a program (Youth Center, base celebration, etc.), shelter, VA Nursing Home, nurses’ station at a hospital, police or fire station, EMS, and more. This can be done during the holidays and throughout the year as entertainment. This can include patriotic songs at Veterans Day or Memorial Day. Bring a band. Think outside the box.

**Car Wash:** Have a free car wash at a military base, VA Center, Nursing Home, or go to a fire and/or police station and offer to wash their vehicles.

**Children’s Home:** Visit a children’s home, also known as a social services agency, and play with the children there. Other assistance could include offering to clean up around the facility, or just help where needed.

**Clean up a Veterans Cemetery:** Help decorate graves with American Flags, wash head stones, and pull weeds around the head stones. Don’t have a Veterans Cemetery nearby? A club could go to a community cemetery and ask which graves are those of service people.

**Collect Cell Phones:** Used phones are recycled and the funds used to purchase calling cards sent to deployed military personnel.

**Desserts:** Bring desserts to firefighters at a local fire station. Firefighters often stay overnight at the station—bringing desserts can offer a sweet treat for them during their stay!

**Draw a Picture:** All 4-H members can paint, color, or draw a picture for a service person showing them how much they appreciate the service they provide.

**Help a Librarian:** Serve at a local library reading books to the children there. Other assistance could include offering to help restock the bookshelves. Take this as a chance to be a librarian for the day.

**Honor Wall:** Organize an Honor Wall. Post pictures/names of those who have served and place in mall/store/other public location.

**JOIN OUR 4-H CLUB!:** Invite all youth to participate and join your 4-H Club (4-H is available at all military installations including overseas locations).

**Making Cards:** Constructing cards for service members, firefighters, police officers, doctors, teachers, 4-H agents, or librarians. Cards can be general thanking them for their service or a card for a Holiday. Intermediates and Seniors could organize a card drive.

**Make Journals:** Make journals and give to youth that have a deployed parent so they can document their year. This helps them remember so they can share activities with the deployed member throughout the deployment and when they return. Maybe even a small journal for the deployed parent.

**Make Wreaths:** On Memorial Day or at Christmas time make wreaths to place on local veteran's memorial.

**Memorial Activities:** Participate in Memorial Day, Veterans Day and other war/veteran/law enforcement memorial activities.

**Organizing Activities:** Organizing activities during Month of the Military Family (November), Month of the Military Child (April), Police Officer Month (May), International Firefighters' Day (May 4), National Nurse Day (May 6), and others.

**Parade:** Veterans Day Parade and/or other community parades. Assist during the parade. 4-H floats during parades can not only showcase 4-H projects but can be used to honor and show thanks to "those who serve." Intermediate and Senior 4-Hers could organize with all 4-Hers participating.

**Pen Pal:** Become a pen-pal to a deployed service member or youth at bases outside your state and country. Or if you have a parent who is a service person (firefighter, police officer, etc.) write to another youth, not in your community, that also shares this with you.

**Pull Invasives:** Visit a local state park and offer to help the park rangers pull any invasive species that inhabit the park. Get a group to go and work together. This can be a fun activity and saves the rangers much time.

**Purple Up!:** Participating in Purple Up! Day and getting others throughout the community to show support for military youth by wearing purple on Purple Up! Day (April).

**School Supply Drive:** Intermediate or Senior 4-Hers could organize the drive with all 4-Hers participating.

**Serve your 4-H Agents:** Offer to help your 4-H agent in their office.

**Speech Competition:** Organize a county speech competition on why it is important to honor those who serve us.

**Stockings:** Morgan Bowen, Georgia 4-H member, started a project sending stockings over to U.S. troops in Iraq and Afghanistan. The project raised community support to sew, decorate, stuff and ship handmade stockings while building leadership skills, life skills, compassion, and an appreciation for service among teens.

**Teach:** Volunteer at a local school and teach an elementary class about a subject. This can serve as a “teacher’s day off”! Through this you can share your knowledge on a subject and thus help the teachers.

**Tea Party:** Host a tea party on Military Spouse Appreciation Day, Mother’s Day, or other holidays. Make sure to offer babysitting for those that have children.

**Thank You Letters:** Thank you letters for youth – as their parents serve the youth also serve. Letters would let them know that others understand and appreciate what they and their families do. Letters can also go to the adults who serve.

**Toy and/or Clothing Drive:** Intermediates and Senior 4-Hers could organize the drive with all 4-Hers participating.

**Treat a Member to a Meal:** Pay for a meal at a restaurant. Host a cookout after a Veterans Day parade or other events inviting all who serve and their families. Host a breakfast at a Fire Station, Police Station, or for nurses and doctors after they finish a night shift. Cloverbuds could hand out napkins and plastic ware.

**Volunteer:** Volunteer at a local Veteran’s Center, to babysit, mow lawn, plant flowers mothers and/or fathers who are alone because of a spouse being overseas or killed in action. A club can also volunteer at USO, American Legion, Veterans of Foreign War, or other organizations that honor and assist veterans.

**Welcome Letter/Packages:** Welcome letters/ packets to new students – military youth move frequently and having a welcome letter/packet for new students could provide additional information on the school, school organizations, the area, local 4-H programs, etc. These letters/packets could be provided to the counselors who could distribute them as students register.

# More chances to get involved...

## "Serving Those Who Serve Us" 4-H Civic Engagement Day

On Saturday, October 12<sup>th</sup>, 2013, during National 4-H Week, and the entire month of October, 4-H members will have the opportunity to take part in service projects as part of the "Serving Those Who Serve Us" initiative. By bringing together thousands of 4-H members on this day, we hope to be able to make the largest possible impact on our clubs, communities, country and our world.

## Tell Us What You Did!

### Report Back Info

Please remember to share what you did! We want to hear about your service project, see your pictures, and learn how you impacted the community! Below are steps to report back your participation in the "A New Century of Citizenship" Project.

- 1. Complete and submit the online project report. You can find this on the website at:**  
<http://4-h.ca.uky.edu/4-HDayofService>
- 2. Send an e-mail with your project pictures and/or information to your state's 4-H Office:**  
**Florida—Wendi Armstrong ([wendiz@ufl.edu](mailto:wendiz@ufl.edu))**
- 3. Have one of your club members write an article on your project and have it printed in local paper, county newsletter, and/or e-mail it to your county, district and state reporter.**
- 4. Find us on facebook:**  
**4-H Day of Service**

# **“Serving Those Who Serve Us”**

Project Report Back Form

## **PLEASE EMAIL WHAT YOU DID!**

Send emails to: [EmilyFreeman4H@gmail.com](mailto:EmilyFreeman4H@gmail.com)

Include the following information:

Name of Project:

Club Name:

County:

Name and contact information of Group Leader:

Name:

E-mail:

Phone Number:

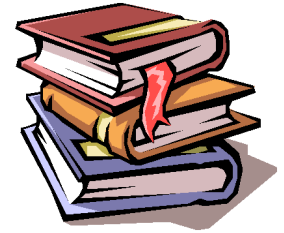
**Project Details** – Please use the space below to describe your project:

Number of members involved in the project:

Total number of hours spent on project:

**Don't forget to include pictures to your report!**





## Resources

In an effort to give you additional guidance for your project, or opportunities to continue to expand your service initiatives, we have assembled the following lists of websites, project books, and other resources.

[www.4-hmall.org](http://www.4-hmall.org)

Citizenship Curriculum: Public Adventures  
Service Learning: Agent of Change, Raise Your Voice

[www.ysa.org](http://www.ysa.org)

Website for Youth Service America. Works to improve communities by creating opportunities for young people to become involved in leadership and service projects.

[www.serve.gov](http://www.serve.gov)

Service Toolkits. Have an idea for a service project? Learn how to turn your volunteer idea into a successful service project using our do-it-yourself toolkits.

[www.presidentialserviceawards.gov](http://www.presidentialserviceawards.gov)

Information on the President's Volunteer Service Award, as well as volunteer opportunities.