Heritage
4-H Project Newsletter

CANADA
4-H Nova Scotia

This Heritage Project Newsletter contains information specific to the Heritage Project. Please use it in conjunction with the General 4-H Information Bulletin, so that you are aware of Achievement Day completion requirements as well as general opportunities and information pertaining to all 4-H members. This Project Newsletter, as well as the General 4-H Information Bulletin, will be updated each year, if necessary, based on changes made at the 4-H Nova Scotia Leadership Forum.

Welcome to the 4-H Heritage Project! This newsletter will give you an overview and the expectations of the three levels of the Heritage Project Collection. Project newsletters are an excellent reference to keep on hand to refer to throughout the year. Enjoy your year in the Heritage project and when working on your project, remember to "Learn to do by Doing." If you have any questions, please contact your project leader or your Regional Program Coordinator (RPC).

Heritage Project Levels 1 & 2

Level 1: (Members can remain in this section for only one year)

Members trace their family histories through the development of a family tree and prepare a cultural food item and craft item. The Family Tree should depict at least four (4) generations for Level 1.

Level 2: (Members can remain in this section for a maximum of three (3) years)

Members trace their family histories through the development of a family tree and prepare a cultural food item and craft item. The Family Tree should have an additional three (3) generations of the member's family. Level 2 members have the option to stay in Level 2 for a maximum of three (3) years provided they prepare a different food and craft item and to study either a different side of their family tree or carry on with a more in-depth study of what they began in Level I.

Project Work Requirements

The Project Work requirements for the Heritage Project levels 1 and 2 require a collection of three (3) items:

- a **binder** containing:
  - the member's record sheet,
  - family tree
  - family history
    - interview
- a historical **craft**
- and a traditional **food** item

All three items must be labelled individually for Achievement Day and Exhibition in case they get separated during judging.

Traditional Craft: Members must complete a traditional craft item. Members are encouraged to learn and use techniques representative of their cultural background or create crafts which their ancestors would have made.

Traditional Food Item: Members must complete a traditional food item. Members are encouraged to learn and use techniques representative of their cultural background or foods their ancestors would have prepared. ***A recipe card must accompany the food item prepared.*** After the food item has been judged at Exhibition and 4-H Nova Scotia Provincial Show, only one (1) piece or serving of the finished product needs to be displayed. The rest of the item may be removed. ***Note:*** If the food is perishable, make sure it is handled properly, either refrigerated or kept hot.

Family History: The Family History should be a brief (1-3 page) write-up on the family members for the current level. The members are expected to interview an elder relative. Information to record from your interview should include the following questions:

- Name and relation of who is being interviewed
- Address, nationality, birth date and place of birth
- Names, date of birth and date of death of the parents of interviewee
- Do they remember when their ancestors came to Canada and when?
- What level of education did the interviewee receive and what type of work do/did they do? Members are asked to decide on five (5) or more questions to record with other interesting facts.

Note: all reports, posters or displays must include a bibliography for information taken from a source other than the 4-H member (e.g., downloaded from the internet, copied from a history book etc.).
Family Tree: Members may choose to complete one (1) or both sides of their family tree in each year. If members choose to keep adding information to their family tree, please indicate the current year's work to make it easier for evaluating. ***The family tree must be exhibited in the binder for evaluation at Achievement Day and all levels of competition. If your family tree is larger than 8 1/2 x 11 it must be neatly folded and placed in the binder.***

Heritage Project Level 3

Level 3: This level offers members the opportunity to learn more about their community's history. Members in this level must complete one (1) of the following six (6) sections each year.

Project Work Requirement for Level 3

The Heritage Collection for Level 3 consists of a binder containing the member's record sheet, and a written report as outlined in the requirements for each level below. The binder can be accompanied by a food item, produce or flowers, or a craft item, which showcase the subject of the section chosen. All items must be labelled individually for Achievement Day and Exhibition in case they get separated during judging.

Level 3 (A) - Community Project:

This section was designed to be a group project; however, each member must prepare their own report. Individual members can complete this project as well and must include these three things:

Historical Survey: Members conduct a survey of their community. They are encouraged to research the history of their community, including its buildings, people and industries. They are encouraged to work as teams; however, each member must prepare a completed copy of the entire survey for evaluation.

Historical Event: Members must participate in organizing and carrying out a Community

History event. A written account of this event is to be displayed for evaluation.

Community Service Project: Members must do a community service project of their choice. The record of their activities, results and documentation must be displayed for evaluation. Both the service project and the documentation will be considered in the evaluation.

Level 3 (B) - First Settlers of the Community:

Members conduct research to find the first settlers in their community. They must trace one of these family's genealogy for a minimum of five (5) generations; however, they may include additional ones if they have the information.

Members must complete a written report depicting the impact the first settlers had on their community- Did they build the first church? Where did they live? Are any of the first houses still standing? If so, complete a history of the house if possible. Is the family name still in the community? Record any people currently living in the community who are related to these settlers.

Level 3 (C) - Heritage Foods of the Community:

Members must research their traditional cultural cuisine. Members will use this information they learned to make a display of three (3) Heritage foods that have a history in their community or traditional culture. Members must include the recipes and their history with the food item. Members must make a collection of recipes gathered from friends, relatives and community members. The collection must contain a minimum of twenty (20) recipes and a brief history of each.

Level 3 (D) - Heritage Garden:

Members conduct a survey to find the varieties of vegetables and/or flowers grown by the member's grandparents or someone from an earlier generation in the community or traditional culture. (Museums can help in the search for varieties.)

Members must plant a Heritage garden containing a minimum of five (5) varieties of heritage plants. These plants must have been in cultivation in their area or traditional culture for at least fifty (50) years. The write-up must include a diagram of the plan for the garden and a history of the plants the member is using. Members must display a collection of pictures and some of the produce and/or flowers grown in their garden.

Level 3 (E) - Traditional Crafts:

Members must research the crafts that have been made in their community or traditional culture. Members must choose a minimum of three (3) of these crafts. Complete a history of the crafts as they relate to the member's community, area, family history, or culture. Include such things as - are they still being made, by whom and where they made for enjoyment or out of necessity.

Members must make and display one (1) of these crafts for project completion. Members must determine if there someone in their area collects Heritage crafts or visit a local museum. They should report if they were or were not able to find an antique version of their craft including a brief history and pictures.

Level 3 (F) - Community Impact:

Members must research the history of an individual, group, club, or industry that would have an impact on them, their community or their county. The member's written report should include a

brief history of the individual, group, club, or industry; the impact on the community and individuals in the community; available pictures and some other interesting facts.

Level 3 (G) - Heritage Animals:

Members must explore heritage breeds of animals that would have been raised in their communities or traditional culture. A written report including picture, history of the breeds and current status of the breeds would be required.

Exhibition / 4-H Nova Scotia Provincial Show Class List

Class 7: Heritage

Section 1: Heritage Project Collection Level I
Section 2: Heritage Project Collection Level II
Section 3: Heritage Project Collection Level III

*Please refer to Requirements listed in front of this newsletter

Note: For Achievement Day, County or 4-H Nova Scotia Provincial Show:
Additional artifacts beyond the "collection" requirements are not permitted because there is too great a risk of loss or damage and judging space is very limited. Heritage projects placed in the judging area are not to be done as presentations and/or displays which include items that are not part of the required project. These additions to the project are not a part of the 4-H member's work. The judge will bring items for judging foods therefore members don't need to bring dishes.