

# 4-H NS Language – Vocabulary



*Are you new to the 4-H NS program and wondering what all the 4-H lingo means? We've got you!  
Check out this comprehensive 4-H NS Lingo Dictionary!*

**4-H Age:** Member's age on January 1 of the current year.

e.g.: For the 2023-2024 4-H year, member's 4-H age is their age on January 1, 2024

Junior: 9 – 13 Senior: 14 – 21

**4-H Motto:** "Learn to do by Doing" – The belief that the best way to learn a new skill is by simply trying it out.

**4-H NS Structure:** The 4-H program is made up of clubs which are run by members. Leaders support these members through projects and skill development. County Councils consist of elected club representatives and support specialized programming and county events. Counties make up the regions and each region is supported by a Regional Program Coordinator (RPC). 4-H NS is made up of a governance board.

**Achievement Days:** A day where members showcase projects they've completed throughout the year. Members are evaluated non-competitively and given feedback on ways to improve their project before County Show. Members are not required to move onto County Show if they choose not to.

**Ambassadors:** youth representatives for 4-H Nova Scotia. They're selected via competition at County, Regional, or Provincial level.

**Cloverbud:** our youngest 4-Her's. They are ages 7-8. These members participate in a non-competitive environment that allows them to learn new skills.

**County Council:** County Council's main functions are to organize awards, County Lumbersports Competition, Exhibition or County Shows, County Displays at Provincial Show, County Public Speaking Competitions, and County Tug-of-War. Members and leaders are encouraged to attend County Council meetings.

**County Rally:** an event where winning Public Speaking members from their club rally compete.

**County Show:** opportunities for members to showcase their projects and be judged competitively. Members qualify for Pro Show at these events. Often County Show is held during a County Exhibition.

**Communications:** The public speaking portion of competition. Members can choose to deliver a speech or a demonstration. This is also a competitive and highly beneficial component of the program. These competitions take place in February – May.

**Demonstration:** a part of the public speaking competition where members select a topic and demonstrate to the audience how to make/do something.

**General Meetings:** General Meetings are held once a month. These meetings are the main way to gather all information in regards to 4-H programming. Members and Parents are encouraged to attend these meetings to get the most out of the program.

**Gold Completion:** A Gold completion is given to members that complete their project work, record sheet and all of the following: Communications, Club Contribution, Judging.

**Green Completion:** A Green completion is given to members that complete their project work, record sheet and one (1) of the following: Communications, Club Contribution, Judging. Impromptu Speech: Senior member speakers and Ambassador member competitors need to do an impromptu speech. Members are given a topic and then have a time limit to write a speech and deliver.

**Judging:** Judging teaches members to consider the positive and negative points of a group of four articles/animals and to compare one against the other. These competitions take place in the spring.

**Life Skills Projects:** Life Skills projects do not involve animals (livestock). Examples include: Sewing, Woodworking & Building Blocks, etc. There are LOTS to choose from.

**Livestock Projects:** Members in livestock projects learn about raising, judging, and showing animals. Members develop skills like responsibility and dedication.

**Lumbersports:** Lumbersports are activities based on tasks that are often performed by Lumberjacks/jills including Cross Cut Sawing, Single/Double Pulp, Water Boil, Back Tank Race and Pulp Throw. County teams compete provincially at Provincial Rally

**Market Life Skills Competition:** NEW – Members create any item from scratch, complete a record sheet, and promote their item for sale in a silent auction at Pro Show. This competition is open to all registered 4-H members.

**Market Livestock Projects:** Members in beef, goat, sheep, and poultry projects are also eligible to register for the Market Project. Members raise an animal to be sold at the Market Show 'n Sale during Pro Show.

**Members Voice:** a committee of the 4-H NS Board of Directors. Member(s) from each County sit on this committee. The committee is led by the 4-H Canada Youth Advisory Council member for the province and works to bring a voice of the membership to the Board table and throughout the program.

**Newsletters:** official documents for each project. All information pertaining to the project is provided here.

**Project Competitions:** 4-H Nova Scotia runs several competitions, both open and project specific. These competitions are optional, for those who wish to compete. Winners may advance from the County level to the 4-H Nova Scotia Provincial Show competitions.

**Project Completion:** Members work to achieve three (3) different levels of completion: Green, Silver, or Gold Completion. These are awarded throughout the year depending on what parts of the program members complete. All members must complete project work and a record sheet. After completion of their project, members will receive a certificate indicating which level they have achieved.

**Project Meetings:** Project Leaders host project meetings for members to learn project skills. These meetings vary in how many there are and the frequency of them. They are determined by the member and project leader. Project meetings can start any time after December 1st, although life skills meetings tend to start in December and livestock meetings typically start in the spring.

**Provincial Rally:** an event where members participate in a day full of Public Speaking, Lumbersports and more. Winning members from Regional Rallies come to compete here during the first weekend in May.

**Provincial Show:** 4-H Nova Scotia Provincial Show is an event where members come together from across the province. This event is commonly referred to as "Pro Show". Members can advance to Pro Show with a green, silver, or gold completion. Members need to receive a Pro Show sticker at their county show to move on with their project. This event takes place the end of September and is open to all members, families, friends, and the public to attend.

**Record Sheets:** Documents filled out by members indicating what they've learned and done throughout their project. These are due on, or before, their Club Achievement Day.

**Regional Rally:** An event where winning members from County Rallies come to compete.

**RPC:** Regional Program Coordinator (RPC) supports volunteers, members, 4-H families, and community partners within their assigned region. There are five RPCs, in five regions,

throughout the province, employed by 4-H NS to support the membership in their respective regions.

**Silver Completion:** A Silver completion is given to members that complete their project work, record sheet and two (2) of the following: Communications, Club Contribution, Judging.

**Speech:** Members select a topic of interest to prepare a speech to present to an audience.

**Trail Shop:** 4-H NS branded merchandise shop. 4-H Swag can be purchased online throughout the year or at our pop-up shops at our Provincial Events.

**Trained Leaders:** Trained leaders have gone through the training and screening process. Trained leaders can lead projects, help with the Rule of Two, as well as coach.

**Tug-of-War:** Each county is eligible to have a tug-of-war team. Teams are able to participate in fun pulls all year, and then a large competitive pull at Provincial Show.