

Introduction

To Larimer County 4-H



LARIMER COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

4-H DESCRIPTION



What is 4-H?

- 4-H is a community of young people, across America, learning leadership, citizenship, & life skills
- 4-H is a volunteer-led, informal educational program that supplements the teachings of home and school
- 4-H clubs are for male and female youth who live in town, the city, the country or on the farm
- 4-H youth have fun and learn with their friends and families.

What is the Primary Objective of 4-H?

- The main objective is the development of youth through participation in projects, events, and various activities
- 4-H is intended to supplement, not replace, other learning experiences young people may have through other experiences

4-H Mission

- 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults

4-H Vision

- A world in which youth and adults learn, grow and work together as catalysts for positive change

4-H Teaches Life Skills!

- Foster positive self-concept
- Develop an inquiring mind
- Learn decision making and responsibility for choices
- Develop public speaking and presentation skills
- Relate to self and others
- Acquire a concern for communitylocal and global

4-H Basic Beliefs...

- The member is more important than the project
- A "Learn By Doing" environment
- It is the goal of all 4-H leaders and staff to teach youth HOW to think not WHAT to think

Who is Responsible for the Administration of the 4-H Program?

- The extension system is a cooperative undertaking by the USDA, the land-grant university "CSU", and the board of County Commissioners.

4-H DESCRIPTION



- The extension system delivers up-to-date information from the classroom and laboratory of CSU to the people of the state and brings back to the university those problems that can be solved by research
- The Mission of CSU Extension:
"to provide information and education, and encourage the application of research-based knowledge in response to local, state, and national issues affecting individuals, youth, families, agricultural enterprises, and communities of Colorado."

Purpose of 4-H...

- To provide real-life learning experiences for youth through a fun, action-oriented and practical program
- To provide an opportunity for parents and other interested adults to work with youth in their development
- To provide an opportunity for families to develop a stronger bond through learning and having fun together

Benefits of the 4-H Program...

- A member in the 4-H program will:
 - Learn, make or do things that appeal and are meaningful to them
 - Make friends, belong to a group and find and receive acceptance and affection
 - Have a good time, which makes learning appealing and enjoyable
 - Be involved in a positive youth development program that addresses many of the social issues involving youth today

4-H Emblems and Symbols...

Emblem: The national 4-H emblem is a four-leaf clover with the letter "H" on each leaf. The clover is green and the "H's" are white. The stem of the clover points to the right. It is federally protected and can only be used with permission from 4-H.

The Four "H's": Head, Heart, Hands, and Health

4-H Colors: Green and white are the 4-H colors. The white symbolizes purity; the green is nature's most common color in the great outdoors and is the color of springtime, growing, life and youth.

4-H DESCRIPTION



Motto: To make the best BETTER

Slogan: Learn by Doing

Pledge: 4-H members should learn the National 4-H Pledge. The pledge should also be recited before each organized meeting by the club or group.

I pledge my head to clearer thinking,

My heart to greater loyalty,

My hands to larger service,

My health to better living,

For my club, my community, my country and my world.

ENROLLMENT AND CHOOSING A CLUB



How do members enroll in 4-H?

Step 1: Select a club

Step 2: Select your project(s)

Step 3: Enroll online

Step 4: Pay enrollment fees

Enrollment is done electronically at co.4honline.com. Follow the step by step instructions to enroll through 4-H online. Print and sign the member enrollment form, the permission/code of conduct form, and the animal care and housing form (if applicable). Give the completed forms and enrollment fees to your organizational club leader who will submit it to the Extension Office. This form does not register the youth for activities, camps, or the county fair.

Enrollment fees cover the cost of enrolling in the 4-H program, project literature and liability insurance for your child at any 4-H activity or event. The county enrollment fee is \$50.

Some projects have additional fees. Other forms may need to be turned in throughout the year. Please check with your organizational leader, our website, or the newsletter for the most updated information.

How do families choose a 4-H Club?

Larimer County has 4-H clubs located throughout the county. You may obtain the phone number and email address of the 4-H club leader along with meeting locations by calling our office at (970) 498-6000. We will refer you to clubs near you and you will be invited to visit a club meeting. The leader will help you to enroll in 4-H.

E-Record Books: An e-record book helps you keep track of your 4-H project and is a requirement to complete your 4-H year. It includes setting goals, record keeping, pictures, and a story. Sometimes referred to as an e-Record.

Where to find E-Record Books and Supplements:

- Go to <http://larimer.extension.colostate.edu/>
- Click on Programs
- Click on 4-H
- Click on the Project that you need an e-record book for
- Scroll down to find E-Record Books/Supplement information

What is Supplement?

A supplement is needed in addition to the e-record book for some projects. If a supplement is needed, the link to the supplement will be just beneath the link to the e-record book.

Tips and helpful information for a successful e-record book:

- Use the checklist sheet for the Horse, Livestock and Companion Animal Projects
- Use the “Tip Sheets” for the Family and Consumer Science and General Projects
- Use the Study Guides for the Companion Animal project
- View the “Score Sheet” to see what judges look for
- Ask your club leader
- Call the Extension Office
- Get an early start; begin right away when you enroll in your project
- Keep a calendar, recording everything related to your project
- Save all receipts

ACTIVITIES AND CONTESTS



4-H Activities: 4-H Activities are an optional opportunity for 4-H youth. Included are Cloverbud Camp, Exchange Club, Achievement Night, and many leadership conferences/camps.

4-H Contests: Contests are not required, but are optional competitive opportunities. Many contests coincide with particular 4-H projects, such as Fashion Revue. However, you might not have to be enrolled in a related project to participate in the contest. Some examples are judging teams, performing arts (vocal, dance, instrumental, theatrical), and Creative Cooks, Cake Decorating.

How to get involved:

- Watch the monthly Clover Connections; most activities are advertised there
- Complete the correct paperwork when required (i.e. application form, registration form)
- Attend any orientation meeting or workshops (where applicable)
- Ask for advice! Ask your leader or another friend who's been in 4-H before

Definition of a 4-H Club: A group of youth and their parents, along with 4-H leaders, who trek through the 4-H year together as a group.

What 4-H Club Meetings Entail: Usually a business meeting, community service projects(s), project meetings, demonstrations, fun activities, and friendship!

4-H Clubs meeting times and location: Usually once a month for most months of the year, but it depends on the club. Locations vary on club as well as times. For a list of clubs, where they meet, and what time they meet visit:

<http://larimer.extension.colostate.edu/>

Click on Programs, 4-H, 4-H Club Resources (right hand side) and then click on the “2018-2019 Club Directory.”

4-H Club Meeting Attendance Policy: Each club may have their own attendance policy. Attendance is the best way to stay in the loop. Since 4-H is family focused, club leaders ask that parents be involved and attend all club meetings with their child. If you miss a 4-H club meeting it is your responsibility to call your club leader to see what you missed.

Optional Leadership Opportunities:

- **Junior Leadership Club:** Meets separate from the regular 4-H club and allows for additional development of leadership skills for 13-18-year-olds.
- **District II Senate:** Comprised of Boulder, Larimer and Weld county senators from Junior Leadership Club and those interested in the “district” level of leadership participation. They plan a leadership event for younger members, called Junior Jam.
- **4-H State Officers:** The president of the District II, serves as a 4-H State Officer and can run for an officer position, such as President that helps plan many of the events listed under State Leadership below.

Deadlines and Dates for the 4-H Year: Read the Clover Connections Master Calendar (found on the website under “current 4-H members”)

Keeping up with deadlines and dates can be tricky, so we suggest having a family 4-H Calendar. Mark it in January with all pertinent dates. Review the Clover Connections Calendar each month for updates/changes (highlighted in BOLD).

Important Forms that need to be completed each year:

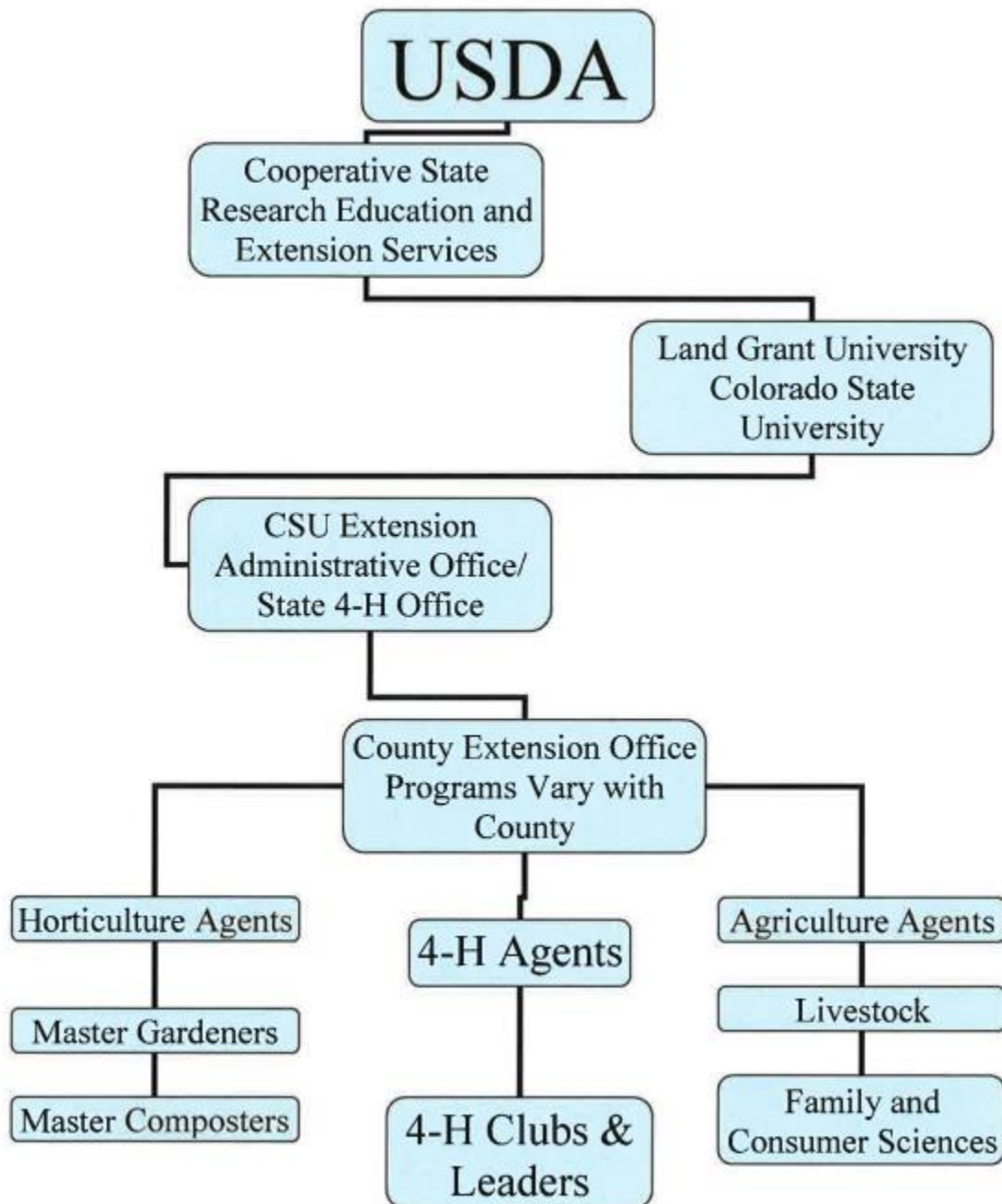
- Enrollment form (4honline.com)
- Medical forms (this is not required unless you are attending an activity that requires it. We often will collect updated forms prior to the event)
- Animal care and housing form
 - If your animals are **not** cared for at your home, please fill out this form and turn in a hard copy to the Extension Office or club leader.
 - If your animals are cared for at your home please fill out the form at 4honline.com
- Shooting Sports waiver (paper copy needs to be turned into the Extension office)
- Your club leader will let you know if there are other required forms

How to successfully complete your 4-H year:

1. Learn about and exhibit at least one of your projects
2. Complete an e-record book (e-record)
3. Do a demonstration or participate in a judging activity
4. Participate in a community service activity

Incomplete Projects: While we encourage you to complete all of them, only one project is required. You can try again next year.

4-H STRUCTURE



EXTENSION STAFF
&
4-H LEADERS



Extension Agents: An Extension Agent is an employee of CSU Extension and Larimer County. Extension Agents oversee the direction and daily management of the 4-H program and its volunteers.

4-H Support Staff: The county provides additional funding to support the county program needs.

4-H Leaders: Someone who volunteers their time in service to 4-H. They must go through a background check and application process.

Club (Organizational) Leader: The overall leader of a 4-H club; there are about 50 clubs in Larimer County 4-H (see Club Directory on the website).

Resource Leader: A county-wide leader who has agreed to help 4-H kids from any club with project questions (see web list).

Project Leaders: A leader within your 4-H club who will help you with a specific project.

Activity Leaders: A county-wide leader such as a team coach who leads a specific county-wide activity (judging, dance, etc.)

Key Leaders -- Adults who assist local 4-H club leaders and/or Extension agents in a specific 4-H project or activity area (usually on a county-wide basis).

Superintendents- Main leaders to support department at County Fair and with County Fair preparation.

Enrichment Program Volunteer -- An adult who leads a special interest or enrichment program.

Larimer County 4-H Foundation - May be part of the county 4-H program, to raise and/or manage funds to support county 4-H members and leaders.

4-H Advisory Committee - Meets during the year to provide input to the 4-H

Extension Agents concerning current and future 4-H programs, policies, and activities. The committee consists of youth and adult leaders and community members, depending upon the county.

Junior Leaders -- Youth actively involved as leaders. They should be viewed as assets to the 4-H program. Colorado 4-H encourages the use of youth as volunteers.

4-H Member - Youth 5 to 18 years of age who enroll as a 4-H member.

4-H Administrative Assistant:

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4-H Youth Development Agent- Livestock

TBD