

## 4-H BASIC INFORMATION

**4-H Motto:**  
To make the best BETTER.



**4-H Pledge:**  
I Pledge my **HEAD** to clearer thinking, my **HEART** to greater loyalty, my **HANDS** to larger service and my **HEALTH** to better living for my Club, my Community, my Country, and my World.

**4-H is life skills.** Through real-life situations, 4-H helps youth develop life skills such as: communication, citizenship, decision-making, leadership, interpersonal relations and community and global awareness. Youth learn these practical skills through hundreds of projects like cooking, wildlife, livestock, nutrition, sewing, archery and shooting sports, ceramics, electricity, computers, science, and many more.

**4-H is conducted by the Extension System** of the nation's Land-Grant Universities through a partnership with the U.S. Department of Agriculture and county governments across the country. 4-H today is having a strong impact on youth and on America.

**What is 4-H? 4-H is a community of young people across America learning leadership, citizenship and life skills.** We are the nation's largest positive youth development organization. More than 6 million 4-H youth in urban neighborhoods, suburban schoolyards and rural farming communities stand out among their peers, building revolutionary opportunities and implementing community-wide change at an early age. The essential elements of our programs are based upon developmental needs of children and include belonging, independence, generosity and mastery.

**4-H fosters an innovative, "learn by doing" approach** with proven results. A study conducted at Tufts University, shows youth engaged with 4-H are:

- more likely to get better grades in school
- more likely to plan to go to college
- less likely to engage in risky behaviors
- and more likely to positively contribute to their families and communities

## VOLUNTEER LEADERS

**Shirley Thyne:** 303-697-8248; Club Organizational Leader;

The 4-H Achievers Club has more than 20 Volunteer Leaders each supporting one or more projects.

Shooting Sports Leaders are required to be trained and certified in each of the disciplines which they are on the line instructing.

## MEETING LOCATIONS

**General Business Meeting** held 1st Thursday each month, 6:30 p.m. at Jeffco Fairgrounds, 15200 W. 6th Ave, Golden, in the ECMR

**Shooting Projects** meet at the Thyne Ranch, 19271 Colo. Hwy 8, Morrison (across from The Fort Restaurant)

**Clothing & Heritage Arts, Cake Decorating, Film Making, and Robotics** will be held at Jeffco Fairgrounds in the ECMR

**Livestock meetings** held at Livestock Council, 2nd Thursday each month in the ECMR

**Photography, and Model Rocketry:** Refer to Club Schedule for location of these projects.

## USEFUL WEB SITES:

**COLORADO 4-H WEB PAGE:**

<http://www.colorado4h.org/>

**COLORADO 4-H SHOOTING SPORTS WEB PAGE**

<http://www.colorado4h.org/ss/>

**JEFFERSON COUNTY 4-H WEB PAGE:**

<http://www.extension.colostate.edu/jefferson/4h/4h.shtml>

## JEFFERSON COUNTY 4-H

**Jefferson County Extension/4-H Office:**  
15200 W. 6th Ave; Golden, CO  
303-271-6620

**Barbie Garnett: 4-H Extension Agent**  
**Lisa Sholten: 4-H Extension Agent**



JEFFERSON COUNTY 4-H

2016-  
2017

**4-H  
ACHIEVERS  
CLUB**

## PROJECTS

### SHOOTING SPORTS

**Archery**

**.22 Long Rifle**

**Shot Gun**

**Muzzleloader (black powder)**

**Air Rifle & Air Pistol**

**Western Heritage**

**.22 Pistol**

**Outdoor Skills**

### PHOTOGRAPHY

### MODEL ROCKETRY

### ROBOTICS

### FILM MAKING

### CAKE DECORATING

### CLOTHING

**Clothing Construction**

**Artistic Clothing**

### HERITAGE ARTS

**Needle Arts & More**

### LIVESTOCK

*"Learn by Doing"*

# PROJECT MEETINGS AND REQUIREMENTS

## 4-H ACHIEVERS

### GENERAL BUSINESS MEETING

The meeting is conducted by youth, with an adult advisor. Agenda items usually include: Volunteer leader announcements, decisions on community pride projects, decisions on club fun events, and demonstrations by youth. Education presentations related to project and record book completion. Fun activity and snacks also included based on youth's planning. Parents need to be present to facilitate planning by the youth.

### MODEL ROCKETRY PROJECT

Members will construct their own rockets and plan to launch them at meetings (weather permitting). Youth need to provide their own rocket, building supplies and engines.

### PHOTOGRAPHY

4-H Curriculum Manuals are used. Beginning units use a basic "point and shoot" camera. Advanced units use an SLR camera.

### CAKE DECORATING

Follows 4-H Curriculum for skill building progressing through units to build beautiful and fun cakes.

### CLOTHING & HERITAGE ARTS

Projects follow the 4-H curriculum to build skills while creating useful items. Youth provide their own project materials. This a time for creativity.

### FILM MAKING

This project generates creative thought for a video story and works through the filming process.

### ROBOTICS

Activities from 4-H curriculum. Members will need to figure out how to make their own Mindstorm Robot do a task.

**SHOOTING SPORTS MEMBERS NEED TO GET A HUNTERS SAFETY CERTIFICATE FROM COLO. PARKS AND WILDLIFE**

**Club Members need to attend General Business Meetings in addition to Project Meetings**

**Completed Record Book is required for completion of Project!**



## SHOOTING SPORTS PROJECTS

Each discipline is a separate project with separate practice times. Parents need to be in the range area during practice times. Members need to get their Hunters Safety card for general safety purposes and it is required to participate in County Contest. Equipment: there will be some equipment available to try at practice, members need to acquire their own equipment within a couple months. Success is related to practice which can be done at project meetings. Life skills include responsibility and discipline.

### ARCHERY

Most youth in the club shoot recurve bows without sights, some shoot compound bows with sights. Safety equipment includes arm guards, finger tab or glove, and glasses. Members need to have own safety equipment, and own bow and arrows within the first year.

### .22 LONG RIFLE

Size and stock length are important for success. Rifle is a time to learn patience. Youth will need to supply their own safety glasses, ear protection and ammunition (can be purchased from the club), and plan to have their own gun within the first year.

### SHOT GUN

Most youth shoot 12 or 20 gauge guns. A portable trap range is set up as well as 5-Stand. A fee is due to the club to supply clays for the year. Skeet shooting is supported by arranging to practice at a standard gun club. Youth need to supply their own safety glasses, ear protection, ammunition (can be purchased from the club), and plan to have their own gun within the first year.

### MUZZLELOADER (BLACK POWDER)

Similar to Rifle but this is time for powder and smoke as members load the gun powder, patch and ball, the old fashioned way with a big bang. Youth need to supply their own safety glasses and ear protection, and have all other equipment within the first year.

### AIR PISTOL AND AIR RIFLE

This project is like .22 Long Rifle. Members to supply their own pellet ammunition. Eye protection required, ear protection needed on Thyme range while shooting along side the .22 rifle.

### WESTERN HERITAGE

Combines History and Cowboy Action Style Shooting. Members develop a persona representing the time period. Need 1 year of 4-H range time to participate.

### .22 PISTOL

Requirements similar to .22 Rifle. Must have 1 year of 4-H range time to participate in this project.

### OUTDOOR SKILLS

Puts the range shooting experience into practical skills. Club members are encouraged to participate in the Colorado YHEC competition.