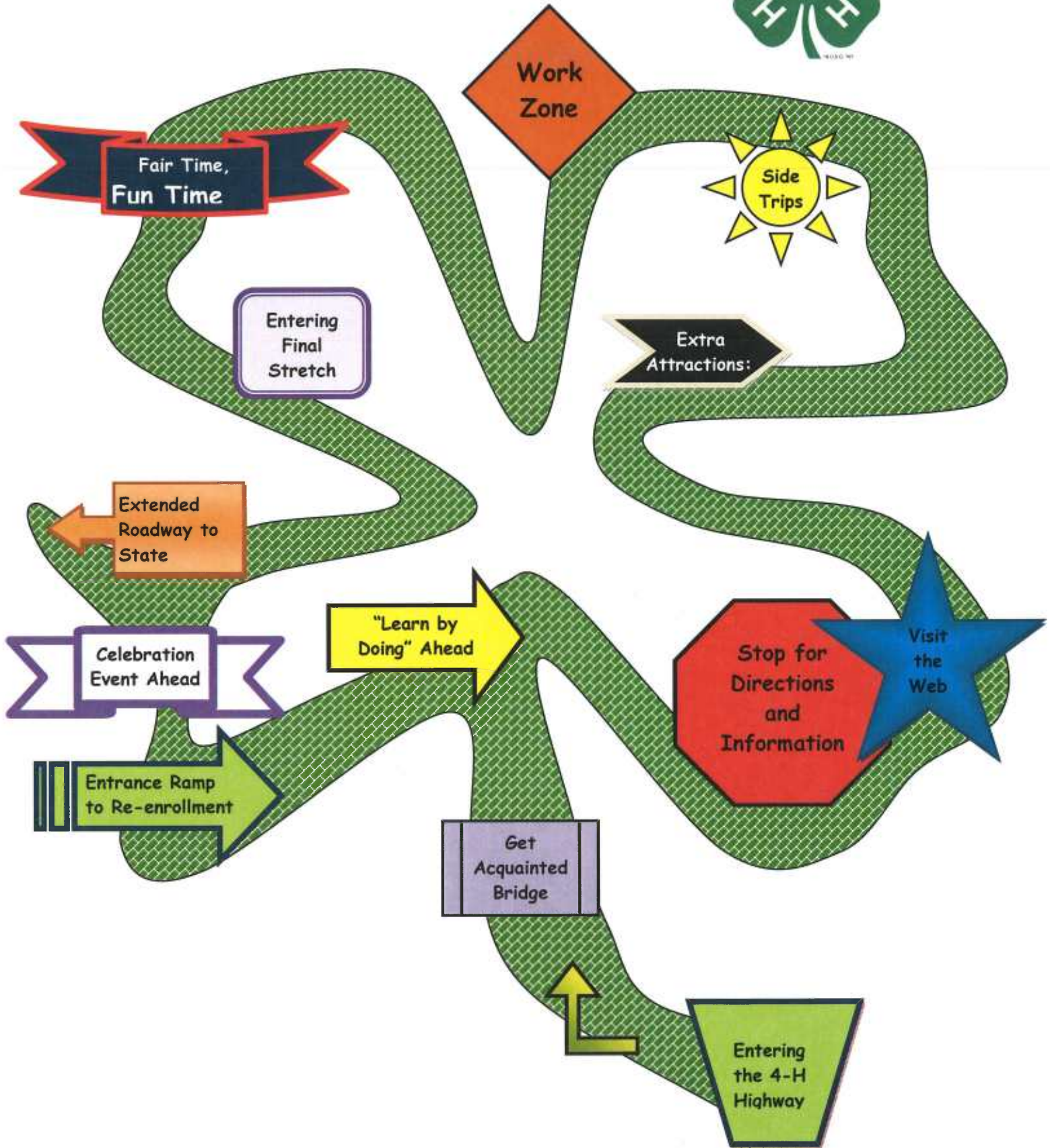

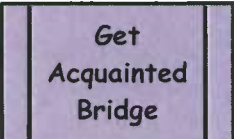
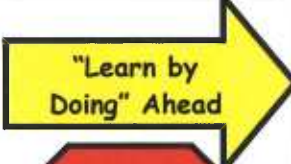





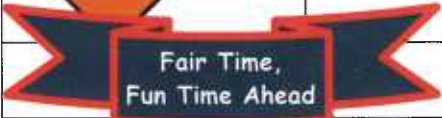





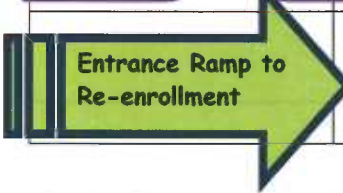
# ROAD MAP TO A YEAR IN 4-H



# At - a - Glance - A Year in 4-H



Signs along the road	Expectations and Happenings at this time			
	Enroll in 4-H by May 1 to show at fair			
	Meet club leaders and find out who are the county contacts	Get club schedule & important county dates & deadlines		
	Attend project meetings and club general/business meetings	Find out and understand project expectations, what to bring and do at each meeting	Not all clubs are alike, different clubs in different areas do things differently	Participate in community service activities
	Order needed project books from club leader or county office	Download record book(s) from state website	Ask questions	Check emails regularly
	Explore websites, book mark these locations	State Website: <a href="http://www.colorado4h.org/">http://www.colorado4h.org/</a>	County Website: <a href="http://jeffcoextension.org">jeffcoextension.org</a>	National Website: <a href="http://www.4-h.org/">http://www.4-h.org/</a>
	Judging teams: Horse, Livestock, Consumer Choices, Hippology	Quiz Bowl teams: Horse, Livestock	Speech and Demonstration Contests	
	CLC, LDC, Youth Fest, State Conference	CWF, National Conference Congress	Senior winners of state contests participate in National Contests	
	Keep up with record book	Prepare and do demonstrations	Complete community service activities	Project Completion Requirements are: Record book Demonstration Community Service
		Review Fair book for exhibit expectations	Fair entry/contest registration	Schedule interview judging time(s)
	Complete record book	Participate in club shows, county contests	Interview judging for final project and record book	Final judging and shows (horse and livestock)

	Prepare for state shows and contests	Club to finalize reports to county and state	State Chartering of Clubs/Groups	
		Achievement Night in October		
	New 4-H year begins in October	Annual 4-H Open House in October	Deadline to Re-Enroll is Dec. 31!	

## 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

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## KEY TO THE ROAD MAP

**Entering the 4-H Highway, enroll in 4-H:** Enrollment takes place through [www.4honline.com](http://www.4honline.com). Enrollment status will be pending until information is complete and payment is received, then the status will become active. The fee is \$45 per year to Jefferson County Treasurer. Clubs may have additional fees, and members are responsible for project expenses unless otherwise indicated by the club. The 4-H year begins in October and ends Sept. 30. Members can enroll up to May 1<sup>st</sup> for full participation in county contests and fair. The fee for members re-enrolling after January 1<sup>st</sup> is \$90 for the 4-H year.



### Get Acquainted Bridge, meet club leaders and find out who are the county contacts:



Jefferson County Extension/4-H Office: 15200 W. 6th Ave; Golden, CO; 303-271-6620  
 Lisa Sholten: 4-H Extension Agent (club-based programs); and Barbie Garnett: 4-H Extension Agent (school enrichment/outreach programs). If you have not had contact with a club leader

soon after the enrollment is active then contact the Extension Office for the needed information on your club. Initial contact with a club leader may be in a meeting, by phone or by email. This is also the time to get club schedule & important county dates: Each club will have their own schedule of dates important to that club, be sure to keep this schedule easily accessible to all involved family members. If your 4-H involvement is with more than one club, be sure to have all schedules and understand from each club what the expectations are. Some clubs have attendance requirements no matter what other involvement you have in 4-H.

**"Learn by Doing" ahead:** Learn by Doing is the 4-H slogan and is also referred to as "experiential



learning," because it is based on learning from experiences. Members **experience** an activity, then **share** and **process** thoughts and ideas created as a result of the experience. Then they **generalize** what they've learned and **relate** that to life skills in a "do-reflect-apply" pattern. This approach is also useful with adult learners. In 4-H, the "learn by doing" slogan applies in a variety of ways. As such attending and participating in club meetings, activities and project meetings are necessary.

**Meeting attendance:** Different clubs operate with different requirements and needs. Some clubs have project meetings at the same time as the general business meeting. Project meetings offer the learning experiences related to the specific project while the business meetings relate to club activities, scheduling, expenses, and should have a high level of leadership by the youth and decision making by the members.

**Stop for Directions and Information; and Visit the Web:** "Stop," because you need to take the time with the club



leader, Extension Agent, checking emails, or on the web to get information on the program. Project books, if offered, can be ordered during the enrollment process through 4honline.com or from the club leader, books do have a small cost to purchase, and some resources can be downloaded. The most important download is the record book from [http://www.colorado4h.org/project\\_resources/index.php](http://www.colorado4h.org/project_resources/index.php). This is a fillable document or can be printed for completion. Be sure to ask questions, phone calls or emails are very

effective. Checking emails is very important as this is the best way to communicate messages from the Extension Agent and leader. Add the leader's email address to your address book for your own questions and follow-up.

**Visit the Web** and fully explore these web sites to gather more information about the program and *bookmark* these locations. State Website: <http://www.colorado4h.org/>

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

National Website: <http://www.4-h.org/>

**Extra Activities (attractions)** are also a part of 4-H which can be related to the project or offer other experiences in youth development such as speech or consumer choices contests. Teams will develop at the county level then continue on to state contests. Some contests can be done as individual accomplishments at county and/or state. These activities which can be explored are:



- Horse Judging
- Hippology
- Horse Quiz Bowl
- Horse demonstration
- Consumer Choices
- Livestock Judging
- Livestock Quiz Bowl
- Speech
- Demonstration

Contact the county Extension Agent for more information on participation in these activities.

**Side Trips:** 4-H has opportunities for youth to participate in leadership events at the state and national level.



Participation depends on the actual event, qualifications and age of youth. Check out the state web site or contact the County Extension Agent for more information.

These events include:

- CLC, Colorado Leadership Camp, is held in the fall, usually on the Western Slope for youth ages 5<sup>th</sup> grade to 9<sup>th</sup> grade.
- LDC, Leadership Development Conference, for Senior youth (age 14 to 18) is held in Denver, with a focus on government and leadership. A Day at the Capitol is planned along with this event for a 4-H proclamation.
- Youth Fest is for junior members with the state officer team presenting activities and workshops for the younger members to enjoy a state event held in Larkspur.
- State Conference is held on the CSU campus in June for Senior age members. Workshops, tours, speakers and many contests take place at this event.
- CWF, Citizenship Washington Focus, for senior members, is a trip to Washington DC with planned educational activities and tours of monuments and possible visits with our state representatives. Many youth find the experience memorable not only for the planned activities but the sharing of experiences with other 4-H members from other states. This trip occurs in the summer and participants stay at the National 4-H Conference Center in Chevy Chase, MD.
- National Conference also is in Washington DC. Only a few senior members attend from each state and all states attend at once. This is geared to be more in line with actual leadership and processes involved in leadership roles. Attendees stay at the National 4-H Conference center. This event takes place in the Spring.
- National Congress takes place in Atlanta, also focusing on areas of leadership. This event takes place late November.
- There are a variety of events that take place for winners of some state contests. Some of these include: Round-up in Denver during the NWSS, Louisville Livestock Show, Aksarben River City Round-up in Omaha. National Shooting Sports Contest (location changes from year to year).

**Work Zone:** The traditional 4-H program is designed to build life skills and included in the life skills is keeping records, preparing and doing demonstrations, and participating in community service activities. Throughout the 4-H year it is necessary to keep up with record book entries for the projects in which you are enrolled and plan to present a demonstration to the club.



**Fair Time and Fun Time:** Fair time (mid August) represents the time of year when projects are completed, and projects are judged with the record books. Livestock and Horse Shows take place. To prepare for this time one needs to review the Fair Book (sent out electronically earlier in the year) and complete a Fair Entry registration due in early July. The Fair Entry process is a reservation for the project to be judged, but the project need not be complete on this date. Entries need to be completed for Interview Judging of project and record book, livestock and horses to be shown and judged, contests to participate in such as Shooting Sports, Fashion Review and Demonstrations. Most of the entry process takes place in the ShowWorks program (information to be sent out prior to entry time with the process and links), but some items will still need a paper form. Also be alert for 4-H Bar-B-Qs needing reservations to attend.



**The Final Stretch:** is the completion of the project for fair and exhibit, which may include participating in your project-related shows and judging events. Plan to include the interviewing judging in the process. Note: It is possible to have project completion by completing a record book, participating in a community service project and doing a demonstration with all of it documented in your record book and submitted to the county extension agent by Sept. 1<sup>st</sup>. Exhibiting and showing at County Fair is not a project completion requirement, but it is strongly encouraged for a wonderful culminating activity to show off all your hard work!



**"Extended Roadway"** relates to participation in state events. Some events allow any 4-H youth to enter but most require winning specific levels at the county events in order to continue on to state. Qualifications for contests can be found at the state 4-H website under "Events and Opportunities". At the same time clubs will be finalizing required Charter and financial documentation to the county and state.



**The 4-H Celebration Event** is Achievement Night Held the 1<sup>st</sup> Tuesday in October when awards are presented for many achievements during the year.



The **Re-Enrollment** process begins again in October and is kicked off with an annual 4-H Open House usually held the first Monday after Achievement Night.

### **Definitions:**

**Club-**Chartered by the USDA and under the Colorado 4-H Foundation, there must be membership of at least five youth from at least two different families to form a club. There is at least one local leader guiding the club, which elects officers, passes a constitution and bylaws, has a written plan of activities, holds regular meetings, and participates in Achievement Night and Open House.

**Community-Based 4-H Program-**This is the club-oriented delivery method for the 4-H program.

**eRecord-**This is the record book that you will complete for each project in which you are enrolled. It is due at Interview Judging or by September 1. If it is turned in after Interview Judging, it will not be judged, but will apply for project completion requirements.

**Fair Book-**This booklet is published electronically early in the year and includes county and state fair exhibit guidelines for all state approved 4-H projects. There are state and county rules and requirements listed in the fair book that guide the program delivery.

**Group-**A group may be a 4-H project-related (Livestock and Horse) Council or County Council. 4-H groups support the work of clubs throughout the county.

**Interview judging-**This is a scheduled appointment to which you bring your record book(s) and your project display(s) for judging and exhibition at county fair. If it wins Grand Champion, it will go on to State Fair judging. You will need to schedule a separate appointment for each of your project areas, except for livestock projects, which are judged together in one record book.

**Project-**Major areas for Animal Projects are livestock, horse, and dog. Areas in the General Project division are animal science, mechanical science, natural resources, communication, arts and leisure sciences, and the third division is Family and Consumer Sciences (FCS). Each state-approved project has research-based curriculum or manuals for purchase. Some county-level projects and self-determined projects are allowed, but may not go on to State Fair.

**School Enrichment and Outreach-**This is the after school or during school short-term project or activity delivery method for the 4-H program.