

Welcome to Clear Creek County 4-H!



18 USC 707

Colorado
State
University

Extension

Clear Creek County Extension
1111 Rose Street | P. O. Box 2000
Georgetown, CO 80444
www.clearcreek.colostate.edu

October 2014

TABLE OF CONTENTS

Welcome to 4-H!	3
History of 4-H	4
4-H Members, Clubs, and Projects	6
Cloverbuds	6
4-H Meetings	7
4-H Parents and Leaders	7
Ways Adults Can Help	8
The First Year in 4-H	10
4-H Member Reminders	11
Experiential Learning Model	12
Life Skills Model	13
A Parent's Commitment	14
4-H Questions and Answers	15
Member's Project Selection	16
4-H Record Books	17
Demonstrations/Competition	18
Community Service	18
County, District, State, and National Opportunities	19
4-H Believes	23



Dear 4-H Families,

Welcome to Clear Creek County 4-H! 4-H is an exciting and challenging program which offers youth, their families, and the entire community a unique opportunity to learn, share, and grow together. You and your child(ren) are now part of a nationwide youth program with more than six million members and 500,000 adult volunteers throughout the United States.

The Clear Creek County 4-H program is a youth education and development program which is part of Colorado State University (CSU) Extension. Our service “extends” the research of CSU and the United State Department of Agriculture (USDA) throughout Colorado. The purpose of 4-H is to help young people discover and develop their potential. 4-H encourages youth to set their own goals and make their own plans and decisions. Regardless of what interests you – from rockets to cake decorating; whether you live on a farm or a ranch, in the mountains or in town; are in elementary, middle, or high school; 4-H has something to offer you.

This booklet is designed to help answer some of your questions about 4-H, as well as give you insight into what 4-H is all about. The 4-H Staff is available to help you in many ways and with a broad variety of projects. CSU, USDA and Clear Creek County Cooperating Extension programs are available to all without discrimination. Please feel free to call, email, or stop by the office if you have any questions on programs, cost, club organization, or projects. Since this is a "single Director, single Agent" county, appointments are suggested.

It is an honor to work with you "To Make the Best Better" in Clear Creek County!

Chris

Christine Crouse, Director and Agent (4-H, Mountain Horticulture, Consumer Energy)
CSU Extension in Clear Creek County
1111 Rose Street | P. O. Box 2000
Georgetown, CO 80444
office: 303.679.2424 | cell: 970.389.8724
christine.crouse@colostate.edu
www.clearcreek.colostate.edu

History of 4-H

4-H didn't start at one specific time or place. It began around the start of the 20th century through the work of several people in different parts of the United States who were concerned about the future of young people.

The 4-H idea of practical and "hands-on" learning came from the desire to make public school education more connected to country life. Early programs tied both public and private resources together for the purpose of helping rural youth.

In the 1900s, researchers at experiment stations of the land-grant college system and USDA saw that adults in the farming community did not readily accept new agricultural developments on university campuses, but found that young people were open to new thinking and would experiment with new ideas and share their experiences with adults. In this way, rural youth programs introduced new agriculture technology to communities. So, rural youth programs became a way to introduce new agriculture technology to adults.

A. B. Graham started a youth program in Clark County, Ohio, in 1902, which is considered the birth of 4-H in the United States. The first club was called "The Tomato Club" or the "Corn Growing Club." T.A. Erickson of Douglas County, Minnesota, started local agricultural after-school clubs and fairs that same year. Jessie Field Shambaugh developed the clover pin with an "H" on each leaf in 1910, representing head, heart, hands, and health. When Congress officially created the Cooperative Extension System in 1914, it included boys' and girls' club work. These soon became known as 4-H clubs.

In 1948, nearing its 50th anniversary, 4-H began to undergo several changes. 4-H began to expand into the urban areas; and a group of American young people went to Europe, and a group of Europeans came to the United States on the first International Farm Youth Exchange (IFYE). Since then, thousands of young people have participated in 4-H out-of-state trip and international exchanges. Today's international 4-H opportunities are impressive.

Later, the basic 4-H focus became the personal growth of the member. Life skills development was built into 4-H projects, activities, and events to help youth become contributing, productive, self-directed members of society. The organization changed in the 1960s combining 4-H groups divided by gender or race into a single, integrated program.

In 2000, 6.8 million youth ages 5-19 were involved in 4-H programs across the United States. Only 10% of these youth live on farms. The remaining 90% are urban and suburban members.

Today 4-H is everywhere -- in rural, mountain, urban, and suburban communities in every state across the nation. 4-H is the largest youth development organization in the United States. Our office in Clear Creek County is the newest in Colorado -- established in October 2012.

4-H Members, Clubs, and Projects

What is 4-H?

4-H is an informal, educational and FUN program for youth between the ages of 8-18 (as of December 31st). There is also a discovery program, called Cloverbuds, 5-7 year olds. It is open to everyone regardless of race, religion, color, gender, economic factors, or place of residence.

Who's in charge of 4-H?

4-H is sponsored in Colorado by Colorado State University Extension -- your local Land Grant University. The people in charge of 4-H locally are the Extension Agents, supported in part by your Board of County Commissioners and Extension Advisory Committee.

Why do young people like 4-H?

They have fun with friends at the meetings, social activities, tours, camps, and other events. They learn to do interesting things and develop life skills that will carry them forward as responsible, informed citizens and productive, thoughtful adults.

What do you do at the first meeting?

Get acquainted and have fun with a group mixer and/or some refreshments. Show and talk about some projects the group might like. (Give this some thought in advance and talk with the 4-H Agent or an experienced 4-H leader.) Discuss when and where and how often the group will meet.

What about officers?

4-H clubs have officers and whatever committees they need to run their club business. 4-H has materials available for presidents, vice presidents, secretaries, treasurers, news reporters, and recreation leaders. The club may have more or fewer official position and committees, depending on its needs. It is a good idea to wait until the second or third meeting to elect officers so members get to know each other better.

How often do 4-H clubs meet?

Each club should have a business meeting at least once a month. It is the decision of the individual club project leaders as to how often they hold project meetings. 4-H clubs may organize any time of the year. The deadline to enroll is November 15 for re-enrollments and May 1st of the current year for new members in order to participate at the Clear Creek County 4-H Exhibit Day (still to be determined). Sometimes members have to be enrolled in a project by a certain time to be eligible for a specific project.

Where do 4-H clubs meet?

Any place large enough and convenient for the members of the group. Some clubs meet in the leaders' or members' homes; some meet in a central place such as a school or community room.

What are 4-H projects?

A basic principle of the 4-H program is that learning occurs best through direct experience -- over 60 project areas are available ranging from shooting sports to computers to knitting, so each child can find an area of personal interest. Contact the Clear Creek County Extension Office or visit www.colorado4h.org for a complete listing of 4-H Projects. In Clear Creek County, we do not currently offer any of the livestock, small animal, or companion animal projects because we do not have a way for 4-H members to show an animal to complete their project.

How much does it cost to join 4-H?

The Clear Creek County 4-H enrollment fee is \$40/child for one project. This covers the Colorado 4-H membership fee (\$15); the County fee (\$15) which pays for 4-H accident insurance, a donation to the Colorado 4-H Foundation, County Exhibit Day fees, and literature/project manual fees for one project; the Club fee (\$10) returns to the Club for members to use as they determine (t-shirts, project supplies, etc.). If clubs feel they need more money, they can plan fundraisers, etc.

If a Cloverbud Club is available, the cost is also \$40/child to cover the same State and County expenses as listed above, plus project/activity supplies.

Costs of literature/project manuals for additional projects will be the responsibility of the family. Families should discuss cost as a project is selected -- it should be realistic to the family situation.

Scholarships and payment plans are available. Please contact your Club Leader or 4-H Extension Agent or County Director for more information.

Are 4-H members expected to do their own project work?

YES, with guidance. 4-H is a "learn by doing" program. Leaders, junior leaders, and parents may tell or show a member how to do things themselves.

What is an exhibit?

An exhibit is an object or display designed to help youth showcase their project. Ideally, it motivates them to learn and to have fun in a 4-H project. An exhibit is not an end in itself nor does it measure the learning that took place in a project. A blue ribbon at Exhibit Day is only one measure of success. Important awards are self-recognition and self-satisfaction for having completed a project and learning something new.

Cloverbuds

Who are Cloverbuds?

Cloverbuds are 4-H members aged 5 to 7 years old on December 31 of the current year. You do not have to have older siblings in 4-H to participate. We can only offer a Cloverbud Club option with adult volunteer leadership.

What are Cloverbud member enrollment fees?

See above -- "How much does it cost to join 4-H?"

What is the purpose of Cloverbuds?

The goals of Cloverbuds are to build self-esteem through successful experiences and to become more creative. Cloverbuds is a great way to get a taste of various 4-H projects.

When do Cloverbuds meet?

It depends on the club. Some Cloverbuds meet during the regular 4-H meeting, some meet before, some have their own 4-H club.

What do Cloverbuds do at their meetings?

Again, it depends on the club. Usually there is a short hands-on activity or lesson that explores an area of 4-H. You might learn how to plant a small garden or fix a yummy treat!

Can Cloverbuds participate at Exhibit Day?

Not at this time in Clear Creek County; however, this policy could change. In some communities, Cloverbuds are allowed to exhibit one project made during the year and may receive a participation ribbon for the project. Cloverbuds is a non-competitive project.

Does every 4-H club have Cloverbuds?

No. Please contact the Extension to find if any Clear Creek County clubs offer Cloverbuds.

Does Clear Creek County 4-H need Cloverbud leaders?

Yes! If you enjoy working with 5-7 year olds, please consider being a Cloverbud leader. It is truly a delight!

4-H Meetings

What do 4-H clubs do at meetings?

4-H clubs usually do four kinds of things: 1) project work, 2) business meetings, 3) recreation or social activities, and 4) community service and special interest programs.

Do they do all of those things at one meeting?

Sometimes, if they have a little business to conduct, they work on their projects for a while and play a game or two. Sometimes the whole meeting is devoted to one thing. For example, everyone brings a their record book and logs their activities or they elect officers and plan the club program or they have a roller skating party or tour a local bakery.

Who plans the program for the club?

Members of the club should plan the program. If the club is small, this might be done at a meeting of the whole group. If the club is large, ideas come from everybody and a committee will put a program together.

When do clubs meet and how long do meetings last?

This depends on the club. Many clubs meet for an hour or two after school, in the evening or on the weekend. The most important thing is to have a regular time to get together, one that members and their families can remember.

4-H Parents and Leaders

What is the role of a 4-H leader?

Leaders are volunteers that give their time to the 4-H program. **A 4-H club cannot hold a function without having a 4-H leader present.** Leaders should invite parents to 4-H meetings so they can

see how leaders work with the club. 4-H works best if parents and leaders make a commitment for 12 months, as a year's activities show the larger picture of what 4-H is. 4-H is a family oriented program.

How do you get parents to help?

Ask them! People who expect help and ask nicely usually get it! Be specific about what is involved with jobs with which you need help. Offer a choice of jobs; people have different time and abilities. Ask parents to attend business meetings. Think positively.

Are there different kinds of leaders?

Yes. Some adults teach members how to do things and are called "project leaders." They usually have a special interest or skill such as photography, clothing construction, gardening, or shooting sports, etc. Others are activity leaders. Often leaders are parents of the 4-H members.

What is the role of the Organizational Leader?

The organizational leader is the leader that handles all the paper work for their club and is the main contact person with the Extension office.

Can the same person be a project and organizational leader?

Sure, if they have the time and interest. Sometimes big clubs divide these jobs and have several project leaders to meet all the interests of the 4-H members.

How many leaders would a 4-H club have?

That depends on the size of the club and the number of given projects taken within each club. For every project taken there should be an adult "project leader," but in some cases, parents will assist members with the project completion requirements.

Where would I learn how to be a 4-H Leader?

Clear Creek County Extension has many support services for leaders. You are placed on the 4-H leaders' mailing list, invited to special training meetings and workshops for leaders, and given the materials you need to organize a 4-H club. Other experienced 4-H leaders are valuable resources if you have questions. Every leader must fill out an application and enrollment form, provide three references, take an online or video training, and pass a background check.

Ways Adults Can Help

Encourage and support your children by:

- Advising them in choosing projects
- Helping them sign up for projects in 4hOnline (Colorado's web-based enrollment system)
- Showing interest and enthusiasm for projects selected
- Learning what is required for members
- Guiding them, but not doing the job for them
- Providing them materials for project work -- fabric for clothing, seeds for gardening, etc.
- Being proud of their achievements and letting them know it

Come to meetings and other functions. Show you are interested by:

- Volunteering the use of your home if needed
- Taking a turn providing snacks for meetings
- Occasionally leading a game or project
- Sharing your ideas – you will surely have some good ones!
- Offer your help and skills to the club leader -- they will truly be grateful!

Keep informed by:

- Reading emails and other information about 4-H that is recommended (websites, etc.)
- Asking questions for members if something is not clear; the club leader or Extension office can answer questions

Take on a leadership role by:

- Sharing your interest and knowledge as a project leader
- Helping with a club activity such as the community service project
- Being willing to serve as an organizational person if needed
- Driving 4-Hers that live near you to 4-H functions -- carpooling helps everyone (and the environment!)
- Being a 4-H advocate -- spread the word that 4-H is a GREAT organization!

4-H is a **community** of **young people**
 **across America** who are learning
leadership, citizenship and
life skills.

Adult 4-H leaders helping kids learn archery skills.



The First Year in 4-H

Like anything in life, 4-H has a learning curve -- learning what terms mean, when things happen, and what to do. We hope that your first year in 4-H is a very enjoyable and educational experience for the entire family. The goal of Clear Creek County 4-H is to make 4-H as user-friendly as possible. However, we realize that the first year in 4-H may be a little intimidating, so here are some helpful hints to help your family be successful.

READ EMAILS

Email is the main method of communication between the Extension Office and 4-H families. They contain important information about upcoming events, deadlines, activities, workshops and much more.

KEEP A CALENDAR

This calendar will serve as the history of what was done in 4-H throughout the year. Write down events attended, activities participated in, demonstrations, community service activities and project related information. This information is all very important and will be used to help fill in your record book before Exhibit Day. This will help reduce the stress and anxiety for your family when trying to remember what was done. It may even be helpful to have a separate calendar for each 4-H member, or to use a color-coding system.

DON'T BE AFRAID TO ASK FOR HELP

As a new 4-H family you will have questions. Never be shy about asking who, what, when, where or why. Ask your leaders, ask other parents or ask the 4-H Agent. We are all here to help, so don't be afraid to ask your questions.

OFFER YOUR HELP

4-H is a volunteer driven organization. Volunteers work with youth to help them with projects, guide them through the development of life skills and work with them to explore their interests. 4-H is LEARNING BY DOING -- for both kids and adults! Don't think you can't help because you don't have a college degree in a topic or project area. Learn something new to benefit a child -- your own or another 4-H member. Also be willing to pitch in when club leaders ask for parents to assist with running the club.

ATTEND 4-H CLUB MEETINGS

Club meetings are an opportunity for your family to meet other 4-H families and to have a support group that will help you learn the ropes of 4-H. Through club meetings, youth learn leadership skills, teamwork skills, and make new friends. For parents, the club meetings are a chance for you to learn what you can do to support your children in 4-H.

BE INVOLVED

Like anything else, the more you put into 4-H, the more you will get out of 4-H. Take advantage of workshops, events, and activities that are offered. Not only will they help you to understand more about the 4-H program, but they will also open doors to greater opportunities.

4-H Member Reminders

4-H members learn how to learn if:

- they are interested in the project
- they are involved in the planning
- they are free to ask questions and to discover and explore new ideas
- they can freely share ideas and experiences with the group
- they can be the “teachers”

4-H members learn to use knowledge if:

- in the process of “learning by doing” at the meeting, they can apply what has been learned to a real situation; for example -- they use new knowledge to grow a plant, make a tool, or solve a problem

4-H members learn to relate to change if:

- they are helped to recognize constant changes in the living world and to accept and welcome change in their own lives
- they can feel glad for learning a new skill, finding a new friend, receiving help, and completing a difficult task
- they are assured help when needed, and receive praise for their accomplishments

4-H members strive to develop social responsibility if:

- they feel good about themselves and supportive of others
- they feel comfortable to make their own decisions
- they respect their own rights and those of others
- they learn the value of cooperation through working with others

4-H members strive to develop self if:

- they feel comfortable and accepted in the group
- they are encouraged to express themselves and share ideas and experiences with others (especially those “just older”)

Youth learn new skills, like robotics, through participation in 4-H.

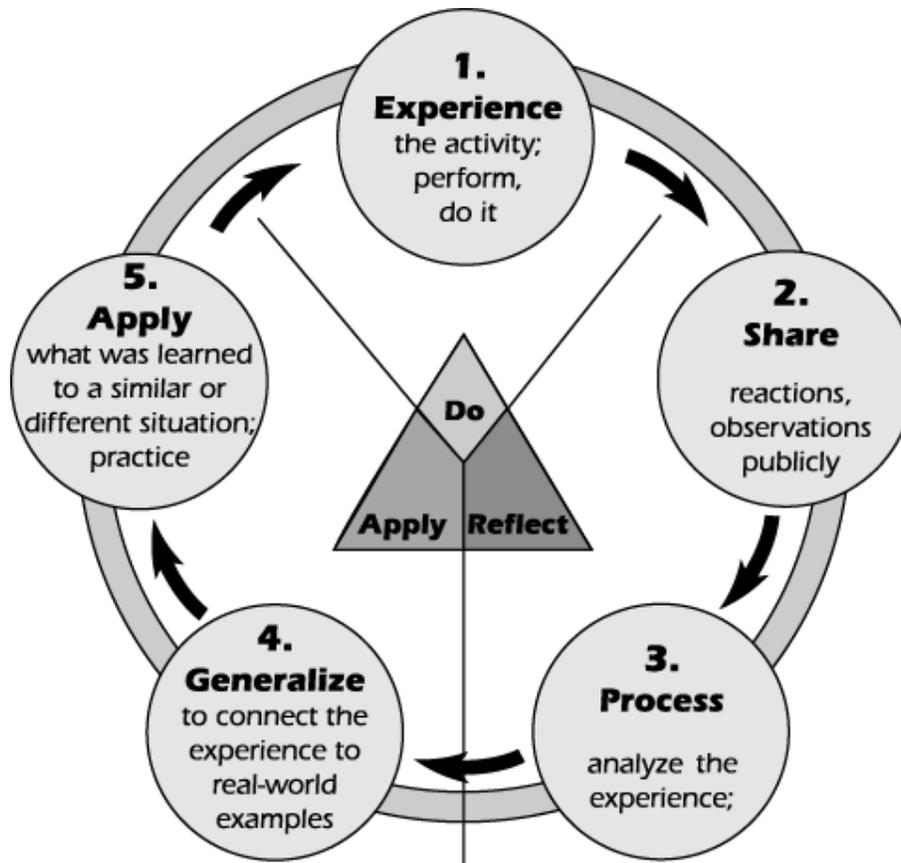


Experiential Learning Model

4-H is supported by your local Extension office, which is a branch of Colorado State University, the Land Grant University in Colorado. All of our project manuals and information, as well as our youth development practices are research-based as a part of this institution.

4-H believes in using the Experiential Learning Model when teaching youth, and works with local volunteer leaders to provide a high quality education through this model. The model includes five rotating steps that offer youth an opportunity to experience, through hands-on activities, what they are learning through 4-H projects and then apply it to everyday life. The model is located below for your review, but the five steps include:

1. Experience
2. Share
3. Process
4. Generalize
5. Apply



Pfeiffer, J.W., & Jones, J.E., "Reference Guide to Handbooks and Annuals"

© 1983 John Wiley & Sons, Inc.

Reprinted with permission of John Wiley & Sons, Inc.

A Parent's Commitment

As a 4-H parent, you must make a commitment in order to help your child develop into a successful 4-H member.

As a new 4-H parent, I am willing to make the following commitment in order to work towards helping my child become a successful 4-H member:

Time

I recognize that raising a successful 4-H member will take time and commitment on my part. I cannot expect them to become a successful 4-H member without my help. I am willing to commit some time to the development of my child into a successful 4-H member.

Interest

I recognize that to raise a successful 4-H member, I must be interested in my child's involvement in the 4-H youth program, as well as in their schoolwork, friends, and all extra-curricular activities. Most importantly, I recognize that I must make every effort to show and demonstrate my interest.

Enthusiasm

I recognize that if my child is to develop enthusiasm for being a 4-H member, I must first show some enthusiasm myself. I will work on showing enthusiasm for my child trying new things, for having finished a task and for taking responsibility.

Safety

I recognize that I am responsible for training my child in acceptable social behavior. I also need to discuss with my child ways to protect himself or herself in possible negative situations encountered in today's world.

*Credit: Evelyn L. Conklin-Ginop
Mendocino County, CA*

*Teresa McAllister
Humboldt County, CA*

4-H Questions and Answers

What do the four H's stand for?

Head, Heart, Hands and Health

The HEAD governs our lives and represents knowledge and wisdom. Knowledge is learning facts, but wisdom is knowing how to use those facts.

The HEART is where our dreams and ideals come from and is the spring from which the power of our lives flows.

The HANDS represent service to others. They do nothing by themselves - they are merely the tools of the brain and heart.

HEALTH is essential to a productive life and consists of not only a body free from sickness, but also an alert mind and caring heart.

What is the 4-H emblem?

The emblem is a green four-leaf clover with a white "H" on each clover leaf. The official emblem is copyrighted and may be used only as approved by the Extension office.



What is the 4-H Motto?

"To Make the Best Better"

What is the 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.

What is the 4-H Slogan?

"Learn by Doing"

When is the 4-H Year?

Begins October 1 and ends September 30 of the following year.

What are the 4-H Colors?

Green and White

Green symbolizes nature's most common color and represents life, springtime and youth.

White symbolizes purity, hope and high ideals.

Member's Project Selection

You need to plan for the future. Ask yourself questions like "How much time will I have to do 4-H? How involved can I become? How much time are my school studies and activities going to demand?"

We suggest you talk to your parents and leaders. Make some plans and set some goals for your year. Select your projects carefully. Do not take more than two projects if you are under 12 years of age. Older youth may take on more, but sometimes it is not wise to do so. Make your selections on the following criteria:

1. What are my likes and dislikes?
2. How much time do I have? (research your projects)
3. How much money will I need?
4. Will I have a project leader to help me?

After these considerations, make your choices carefully and proceed with real enthusiasm with the desire to learn as much as you can. Have a good time and complete what you start. When you make a commitment please make every effort to follow through to completion.

Did you know that you can repeat units or projects if you feel you did not accomplish as much as you should have? Be sure you understand that basics in each unit before moving ahead. There is absolutely nothing wrong in repeating a unit.

Please give consideration to projects that complement each other. Examples: Gardening and Food Preservation, Shooting Sports and Wildlife Conservation, Woodworking and Leathercraft, Entomology and Fishing.

If you have questions about any of the project areas and your leader cannot answer them for you, please contact the Extension office for help.

Finally, if you find that you cannot finish the project for some reason, make sure to call the 4-H Office and drop the project **by May 1st**. This assures that your club is not penalized for your incompleteness of a project.

4-H Record Books

4-H offers youth a variety of educational experiences from which to choose that will enhance their personal growth. Record keeping should be a meaningful and worthwhile experience for members and is required to complete a 4-H project in Clear Creek County.

Record books are online in the form of E-Records. They are on the Colorado 4-H website at www.colorado4h.org. Click on the **Projects & Recordbooks** button (on the left), then look under **Projects & E-Records** to find your project(s). Remember, you must save them to your hard drive first before working on them. As Exhibit Day approaches, you will need to print them, have them signed by your leader and turn them in to the Extension office.

Purpose of 4-H Record Books

1. To record plans and goals for the projects.
2. To provide something to reflect back on to see what was accomplished.
3. To provide a record of costs, energy and time.
4. To learn to keep records.
5. To provide for the leader an opportunity and to become familiar with what he is able to know, understand and do, to help him to learn.

Tips to Make Record Keeping Easier for Members

1. Start your record when you start your project. A member might discuss his/her project with parents or a leader.
2. Jot things down when they happen.
3. Use a calendar or a notebook to mark down figures and dates.
4. Keep records up-to-date.
5. Keep all records, notes, notebooks, etc. in one place – start a 4-H file system for this.

Record Awards Available

Awards and recognition have been an important part of the 4-H program from the beginning. They serve not only as rewards for jobs well done, but also as incentives to set and reach goals. 4-H awards are given on the basis of completion of 4-H record books. Completion of record books is a requirement for completion of projects. These serve as an evaluation tool and are an indication of goals reached and growth in the project.

Demonstrations/Competition

Demonstrating provides members with an excellent opportunity for self-development. It gives youth a chance to express themselves while relaying their project experiences and sharing knowledge with the audience. It serves as a means of getting the 4-Her to research, organize, and present information on one of their project areas. Presenting a demonstration about the 4-H project is required for completion. Presentations are made in front of the rest of the club. It is a fun and educational experience for everyone. Guidelines for the amount of time your demonstration should last are as follows:

Junior Members (8-10 years):	3-5 minutes
Intermediate Members (11-13 years):	4-6 minutes
Senior Members (14 and over):	7-10 minutes

Contact the Extension office to get a "Demonstration Guide" which gives you tips on how to give a demonstration. If they so choose, youth can also give additional demonstrations on non-project topics.

Demonstrations are non-competitive. Level of competition, if any, will be determined by clubs and individual members. Since we do not currently have a Clear Creek County Fair, another competitive event, such as an Exhibit Day, would need to be coordinated. Competing in a neighboring county's fair is a potential option.

Interview Judging is another form of demonstration, with a competitive component. Kids are scheduled to bring their completed project to be officially judged. In most cases, Interview Judging is not required, but it is certainly beneficial.

Often times, Interview Judging and Exhibit Day(s) go together. For counties with a fair, the fair is the Exhibit Day(s).

Community Service

In addition to the demonstration requirement, each member must also complete a community service project. 4-H Clubs generally work together to plan and carry out a club project sometime throughout the year. Ideas include but are certainly not limited to: working with veterans, working with the elderly, trash clean-up, food drive, gardening/weeding. If a member cannot participate in the club's community service project, they can complete community service with other organizations or on their own to fulfill this requirement.

Clear Creek 4-H Clubs have already been invited to participate in the Idaho Springs Parade, so if you would like to plan a float, that is a fun activity option, as well!

County, District, State & National Opportunities

A variety of opportunities are available to 4-H members beyond their club membership. A 4-H member may be interested in reaching beyond the club level to hone their skills in their project area, or to develop leadership traits that will carry far beyond their 4-H years. If you would like to participate in any of the following 4-H activities beyond your club, be sure to ask for the details from your 4-H Agent.

Performing Arts Contest

Members participate in this performing arts event for their families and friends. Winners in each age group and event are eligible to compete at the Colorado State Fair contest. Categories include instrumentals, piano, voice, dance, drama, and Master of Ceremonies.

Cake Decorating Contest

Members decorate a cake in the allotted time and are judged as they do so. Winners in each age group and event are eligible to compete at the Colorado State Fair contest. Member must be enrolled in a cake decorating project to participate.

Creative Cooks Contest

Members select a theme and prepare a menu, food, a table setting and an outfit around that theme (outfit optional). They use their knowledge of nutrition, meal planning, and food preparation in a creative way. Awards program follows the contest. Winners in each age group and event are eligible to compete at the Colorado State Fair contest. Any 4-H member can participate.

Speech & Demonstration Contest

Opportunity for 4-H members to practice their public speaking skills through speeches, demonstrations and other activities. Individuals or teams can give demonstrations. Speeches are to be written by the 4-H member, and members can speak on any subject relating to 4-H. Use of visual aids is strongly recommended for demonstrations only. Older 4-H winners in horse related speech arts and extemporaneous speeches are eligible to compete at the state contest held during the State 4-H Conference in June. Other demonstrations or illustrated talk winners are able to participate by age in the State Contest at the Colorado State Fair.

Fashion Revue

Members model garments and/or articles made in their 4-H projects. They participate in both Fashion Revue judging day and a public Fashion Revue. Winners are named in each age group. Two senior members are eligible to compete at the Colorado State Fair contest.

Interview Judging Day

The major purpose of interview judging is that it allows the judge and 4-H member to discuss the project being evaluated. This type of evaluation is a very positive educational experience because it allows the judge to ask questions and the member to talk about problems and objectives of the project.

State Shooting Sports Contest

The purpose of the state shooting sports contest is to allow 4-H members enrolled in the shooting sports project areas the chance to compete at a higher level against other members in the state. The shooting sports events are held in conjunction with the Colorado State Fair in either Pueblo or Colorado Springs. The shooting sports contests are open to any youth who has qualified at the county level.

Leadership Development Conference (LDC)

The conference focuses on government and civic involvement. It is followed by Colorado 4-H Day at the State Capitol the end of January or beginning of February. Mid-winter meetings for the State 4-H Senate and Colorado 4-H Leaders' Council are held during the conference. There is also a recognition banquet. LDC is for members ages 14 and older as of January 1 of the current 4-H year. District senators are required to attend although all are welcome. Individuals sign up with their counties who submit their registrations as a group to the Colorado State 4-H Office.

Colorado Leadership Conference (CLC)

CLC is a three day conference sponsored by the State 4-H Senate officer team. Usually CLC is a weekend retreat-style experience focusing on leadership. CLC is for members ages 14 and older as of January 1st of the current 4-H year.

Youth Fest

A three-day camp where 4-Hers discover what self-esteem and leadership are all about. They will realize what an impact they can have. Youth Fest is for any 4-H member, age 11-13, and adult chaperones.

Shooting Sports Family Campout

An annual weekend camp in which participants learn and refine their shooting and outdoor skills through involvement in a series of events and activities. The camp is based around a series of fun events such as shotgun, air rifle, archery, muzzle loading, .22 rifle, hunting, compass orienteering, and a quail walk. Also includes a campfire and a historical reenactment. Family Campout is for families, leaders and Extension Staff involved in the Colorado Shooting Sports program.

District & State Senate

Each county has two district senators. Two alternate senators are elected from each county, each year, that move up to be senators in their second year. One officer is elected from each district to form the state officer team that works together to plan,

conduct, and evaluate events and activities for 4-H members statewide. A state president and vice president are elected by their peers at Colorado State 4-H Conference each summer to serve in these roles. Clear Creek County is part of District 3 and the meetings rotate between Clear Creek, Adams, Arapahoe, Denver, Douglas and Jefferson counties every two years.

State 4-H Conference

A four day conference where 4-H teens compete in state contests including consumer choices judging, horse contests, livestock contests, and public speaking contests. They also attend workshops and educational tours and participate in social activities and dances. State 4-H Conference is held on the campus of Colorado State University in Ft. Collins and is for 4-Hers 14 years of age and older who are members of judging teams, senior speech contest winners, senators, youth and leader delegates.

Colorado State Fair

The top winner in each state project/unit in the General and Home Economics Divisions exhibits their projects at the State Fair in Pueblo. Members can also apply to be a **teen clerk** at the state fair. This is an opportunity for junior leaders to expand their leadership skills and meet new 4-Hers. Teens assist the adult superintendents with check-in and registration, and assist judges with the judging process of 4-H projects at the Colorado State Fair. Clerks stay at the dormitories at Camp Tobin on the fairgrounds and work for their room and board. Social activities, volleyball, and other various activities on the fairgrounds provide additional entertainment for the clerks. 4-H members 14 years of age and older as of January 1 of the current 4-H year can apply to be teen clerks.

National 4-H Week

National 4-H Week is a special week set aside to acquaint the public with today's changing and expanding 4-H program. It is also a time for clubs to recognize their members, leaders and parents for their contributions. National 4-H Week is observed annually the first full week of October. County activities may be planned during this week and may include mall shows, food fairs, 4-H Showcase activities, etc. 4-H members and clubs are also encouraged to promote 4-H at their schools and within their clubs.

4-H members can promote 4-H by:

- Making posters on 4-H and displaying them in schools, churches or libraries.
- Baking cookies and delivering them to 4-H donors.
- Wearing 4-H T-shirts, buttons, patches, etc. to school during National 4-H Week.
- Writing news articles on 4-H for school newspapers and including pictures of club activities or 4-H events.

Clubs can promote 4-H by:

- Taking leaders to lunch, giving them a call or sending them a thank you note.

- Having a party to celebrate club members' involvement and to kick off another 4-H year.
- Hosting a "Back to School Night" or information night at the elementary school in your area.
- Sending invitations to neighborhood families to attend a club meeting.
- Having a special "open house" for prospective members
- Having a contest to see which family can get the most youth to join your 4-H club.

Citizenship Washington Focus

A 7-day conference in Washington, D.C, where participants learn about our nation's heritage, culture and government through field trips, activities and discussions with senators and other decision makers. Through hands-on workshops and government simulations, delegates become involved in the political process. Participants stay at the National 4-H Center in Chevy Chase, Maryland, a suburb of Washington D.C. Applicants must be at least 14 years of age as of December 31 of the current 4-H year and have demonstrated their interest in citizenship and leadership. Delegates must develop a plan of action to share their experience with 4-H and other groups upon return.

National 4-H Congress

A national event where members participate in hands-on workshops in leadership and tour Atlanta and the surrounding areas. Champions in several state fair projects earn the opportunity to participate in 4-H Congress.

4-H BELIEVES

- The 4-H boy and girl are more important than the 4-H project.
- 4-Hers should be their own best exhibit.
- No 4-H award is worth sacrificing the reputation of a 4-H member or leader.
- Competition is a natural human trait and should be recognized as such.
- Learning how to do the project is more important than the project itself.
- Many things are caught rather than taught.
- A blue ribbon 4-H boy or girl with a red ribbon project is more desirable than a red ribbon boy or girl with a blue ribbon project.
- To “learn by doing” is fundamental in any sound educational program and is characteristic of the 4-H program.
- Every 4-H member needs to be noticed, to feel important, to win, and to be praised.
- Our job is to teach 4-H members how to think, not what to think.

