

WELCOME TO

# TRI RIVER AREA 4-H



COLORADO STATE UNIVERSITY  
EXTENSION

# CSU Extension



Colorado  
State  
University

Extension

Extension is dedicated to serving current and future needs of Coloradans by providing educational information and programs that safeguard health, increase livelihood, and enhance well being.

The Tri River Area Extension Offices include Montrose, Ouray, Mesa and Delta Counties. Our offices have a variety of Agents that specialize in services including, Livestock, Range, Family and Consumer Sciences, Agronomy, Small Acreage, Entomology, Horticulture, and 4-H.

TRA Extension Office Webpage:  
**[tra.extension.colostate.edu](http://tra.extension.colostate.edu)**

TRA 4-H Webpage:  
**[tra4h.org](http://tra4h.org)**

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# Welcome to 4-H

*"...for my club,  
...my community,  
...my country,  
....my world."*

**Welcome to Tri River Area 4-H!** We are part of Colorado State University Cooperative Extension and we have offices in Montrose, Delta and Mesa Counties.

With over 6 million participants nationwide, 4-H provides youth with positive learning experiences that help build character, while developing knowledge and skills that prepare them for the future.

4-H programs are offered in every county, in every state, in the nation. Locally, thousands of children, ages 5-18, participate in the 4-H program through club involvement, special interest programs, and school enrichment programs. As a new 4-H family, you are certainly part of something very special.

As you become more and more involved with 4-H, you will continue to have new opportunities even beyond the Tri River Area! 4-H events occur at county, district, state, national, and even international levels, but all the fun starts at the club level. We encourage your family to become very active with your 4-H club.

Your club leaders and parent volunteers will guide your 4-H club with the support of Cooperative Extension staff members!





# Introduction to 4-H

• Learning by doing • Developing leadership skills • Making new friends • Giving back to the community • Building connections with others • Preparing, doing, sharing

## THE 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.

**The 4-H Motto Is:**  
 "To Make the Best Better!"

**The Symbol:**  
 The four leaf clover is the 4-H symbol.  
 The four H's on the clover stand for HEAD, HEART,  
 HANDS, and HEALTH.

**Colors:**  
 Green and white are the 4-H colors. Green symbolizes  
 nature's most common color and represents life,  
 springtime, and youth. White symbolizes purity and  
 bright ideas.



## WHAT DO THE 4 H'S STAND FOR?

**HEAD** - Through exciting hands-on learning experiences, 4-Hers learn about new project areas, try new skills and participate in various activities. 4-Hers have fun learning from volunteer adults and older youth, who are interested in sharing their knowledge and experience.

**HEART** - Throughout club, county, district and state events and activities, participants are continually developing their sense of identity, particular project skills and characteristics that result in a statement of "who I am and what I stand for". 4-Hers make many new friends including caring adults and a positive peer group.

**HANDS** - A goal is for 4-H members to arrive at a tentative occupational choice. Three essential factors are:

- 1) learning about oneself
- 2) learning about work and occupational opportunities
- 3) learning knowledge of self and occupational opportunities.

4-H members are also involved with their clubs in a wide variety of service projects. They reach out to help others throughout our community.

**HEALTH** - 4-H continually strives to teach 4-H members to accept responsibility for their lifestyle choices and to create a personal environment which encourages choices with positive impact on their well being.



# Who Can Join

The 4-H year begins in October and ends in September in Colorado. 4-H is open to any interested youth ages 8-18 (as of January 1st).



## **CLOVERBUDS**

Cloverbuds are youth ages 5- 7 years old (as of January 1st). Cloverbuds may attend Cloverbud Camps, club meetings, exhibit at the county fair in the open show and take part in many county-wide events.

## **LEADERS**

Any person can be a 4-H volunteer leader in the TRA 4-H program, they need not be a 4-H parent. Leaders must enjoy working with youth, sharing their knowledge and enthusiasm for learning and having fun. All leaders must go through a background and reference check. Leaders are a key part of the 4-H program and its' success. 4-H Adult Volunteer Leaders are made up of many different types of people. One thing they have in common is their concern for youth and the desire to develop today's boys and girls through 4-H.

## **LEADERSHIP OPPORTUNITIES**

- **4-H Club Officer**- 4-H Members can hold positions in their clubs and help to run the club meetings, plan activities, and work with the Club Leader to have a successful 4-H year. Club Officer positions include, President, Vice President, Secretary, Treasurer, Council Representative, ect.
- **Teen Leaders** - 4-H members may assist adult leaders in different aspects of 4-H. These Teen Leaders are valuable in helping to guide and conduct projects and activities at all levels.
- **4-H Council Member** - 4-H Member ran and governed council over the counties 4-H program. They coordinate business, fundraising, and 4-H member events. There are officer, leadership, scholarship and travel opportunities.
- **Club project and/or activity leaders** - These leaders work with a small group of 4-H members in a specific project or activity. Project meeting ideas are available from the Extension Office.
- **Club Organizational Leaders and Co-Leaders** - These leaders have the organizational duties in the local club. Duties include assisting teen leaders and club officers, enrollment, records, etc. These leaders are the contact people for communications from the county extension office.



# What do 4-H'ers Do?

Each 4-H member chooses one or more projects to work on. 4-H members attend meetings where they may work on projects or learn about other topics of interest determined by the group. At meetings they also learn and practice leadership skills.

4-Hers may participate in various community, county, state, and even national and international events which are offered to enrich the local 4-H program. These may include 4-H camps, parades, fairs and shows, achievement days, recreational activities, conferences, contests, educational trips, exchange programs with youth from other states and countries, appearances before civic groups, and on radio and television.

## **IF YOU JOIN A TRA 4-H CLUB WHAT'S EXPECTED OF YOU?**

1. Select one or more projects suited to your interests, abilities and age.
2. Do project work according to the best information available.
3. Attend club meetings and follow club rules.
4. Participate in club activities.
5. Keep and turn in a record book of what you do in 4-H each year.
6. Give a club talk or demonstration in each project area.
7. Find out what membership requirements are for your club and work to achieve them. (There are not that many and they're easy to do. You can do it!)



# **4-H Projects**



**What is a project?** Each 4-H member will have an opportunity to select one or more projects to learn about during the year. A project is simply a topic, or subject, the member wants to explore. The member will focus on increasing their knowledge and skills on this topic during the year. Projects are completely self-paced. A member may focus on a project over the whole year, or only spend a few months on a specific project. Similarly, a member may choose to explore the same topic for many years, gaining a real, in-depth knowledge of the project. Another member may prefer to explore a wide variety of projects during his/her years in 4-H.

There is not a limit to the number of projects a member can select; however parents and leaders should help guide members in setting realistic, but challenging goals. It is always better to complete fewer projects that reflect quality workmanship than to do a "rush job" and complete a poorer quality project.

Project work is at the heart of 4-H. As youth work to complete a 4-H project, a lot more is happening than "just" learning new skills. In fact, project work encompasses all four "H's" - head, heart, hands and health.

**What is a 4-H project manual?** To help guide your learning experience, 4-H offers project manuals. These written manuals provide hands-on lessons to help youth acquire new skills and knowledge. These manuals are researched based through Universities nationwide.

**Once you sign up for a project contact your local CSU Extension Office to get the correct project manuals.**

### ***Livestock Project List***

Beef Project  
Dairy Cattle Project  
Goat Project  
Poultry Project  
Sheep Project  
Swine Project

### ***Companion Project List***

Cats Project  
Dog Project  
Rabbit Project

### ***General Natural Resources***

#### ***Project List***

4-H Filmmaking  
Ceramics  
Computers  
Electric  
Entomology  
Gardening  
Global Citizenship  
Horseless Horse  
Leadership  
Leathercraft  
Model Rocketry  
Outdoor Adventures  
Photography  
Robotics

Scrapbooking  
Shooting Sports  
Sportsfishing  
Small Engines  
Veterinary Science  
Visual Arts  
Wildlife

### ***Woodworking***

### ***Family Consumer Science Project List***

Artistic Clothing  
Cake Decorating  
Clothing Construction  
Foods and Nutrition  
Heritage Arts  
Home Environment

# Club & Parent Involvement

*"If your actions  
inspire others to  
dream more, learn  
more, do more,  
you are a leader."*

*John Quincy Adams*

## **WHAT DOES A 4-H CLUB DO?**

A 4-H club elects its own officers and conducts its own business. Each club meets monthly with an annual plan for their programs. There can be demonstrations or talks by members, parents or a resource person, recreation or indoor games, family sharing nights, or a field trip. Clubs will hold fund raising activities to raise money for their club events.

4-H members are responsible for the cost of materials needed to complete their project(s), but project literature (written project guides) is provided by the County Extension Office and included in your membership dues.

## **HOW ARE PARENT(S) AND GUARDIAN(S) PARTNERS IN 4-H?**

1. Help member select the right project(s) for their interest.
2. Give encouragement and supervision, but allow the 4-H'er to do their own work. Also, this means giving positive encouragement when problems arise.
3. Help locate or assist youth in finding financial aid for project work, if needed.
4. Provide a place for records and other club and county materials in the home (a 4-H drawer or file).
5. Help members set standards of honesty, teamwork and good sportsmanship.
6. Be willing to help whenever possible for the club as drivers, chaperones, lunch committee, or as need arises.
7. Attend club meetings with the member.
8. Help member complete club and county requirements for the year.
9. Give input into the county program by participating in county meetings and serving on committees.
10. Have fun with the youth!







# New Member Checklist

*In order to have a successful first year  
in 4-H, please use this checklist as a  
guide:*



- Choose a 4-H club and call the leader
- Fill out the online enrollment and pay the fee by the deadline
- Choose 4-H projects
- Acquire and review 4-H manuals
- ID animals by the deadline, if applicable
- Attend 4-H meetings regularly
- Parent involvement in the club
- Work on 4-H projects and take advantage of county workshops and contests
- Read the 4-H newsletter and visit the 4-H website frequently in order to know upcoming dates and deadlines
- Turn in project record books and all necessary paperwork



*"4-H... the POWER of  
YOUth"*



# Completion Of The 4-H Year

As a 4-H Member you are required to "be in good standing" in order to participate in 4-H and the same projects for the following year.

## What is it to "be in good standing"?

This means you have completed the following items:

- **Record Book:** Complete a 4-H record book for each project you are enrolled in. Visit here for project information <http://co4h.colostate.edu/program-areas/>
- **Demonstration:** This can be a demonstration at a club meeting, the 4-H staff members or at the county fair.
- **Community Service:** Each club participates in a community service project each year.
- **Follow your county 4-H and clubs bylaws/ Code of Conduct:** Please ask your county 4-H office and club leaders for this information

## FAQ

**1. Do 4-H members have to do a project to be in 4-H?** Yes, 4-H members need to select atleast one project for the year and complete that project in order to participate the following year. This is the foundation of the 4-H program. Cloverbuds don't select projects.

**2. Can I change 4-H clubs?** Yes, but you need to contact your local 4-H office.

**3. Do you have to participate in county fair?** No. County fair is not a requirement of 4-H. Most kids use their county fairs as a way to demonstrate their projects, but there are many different ways to give your demonstration.

**4. If I can't afford dues is there any scholarships available?** There are options available through each county.

**5. Do I have to have an animal to participate in 4-H?** No, there are various projects that don't require an animal. You can also "lease" different species for your 4-H year. Please talk to your county office for more information.

**6. Do I have to live on a farm to join 4-H?** No, although 4-H began as a program for rural children, to-day 4-H is available for all children whether they live on a farm or in the city.

**7. Do parents and guardians attend meetings with their children?** Yes! 4-H is a family program. Parents/guardians are encouraged to attend club meetings and 4-H events with their child. It is a great way for families to learn and grow together. A parent, guardian or adult helper (such as a Big Brother/Big Sister) must be present at each club meeting for youth who are 5-8 years old.

**8. How do I stay informed about 4-H opportunities?** Read your counties 4-H newsletter that is emailed to you. It will give you all the details about upcoming programs.

**9. Does 4-H have a web site?** Yes, we have a web site. The url is: [www.tra4h.org](http://www.tra4h.org). This is a great site to learn about 4-H, and it has links to state and national web sites.

***Please contact your local CSU Extension Office for more information!***