

WELCOME TO WEBER COUNTY 4-H

New 4-H Club Member Welcome Packet



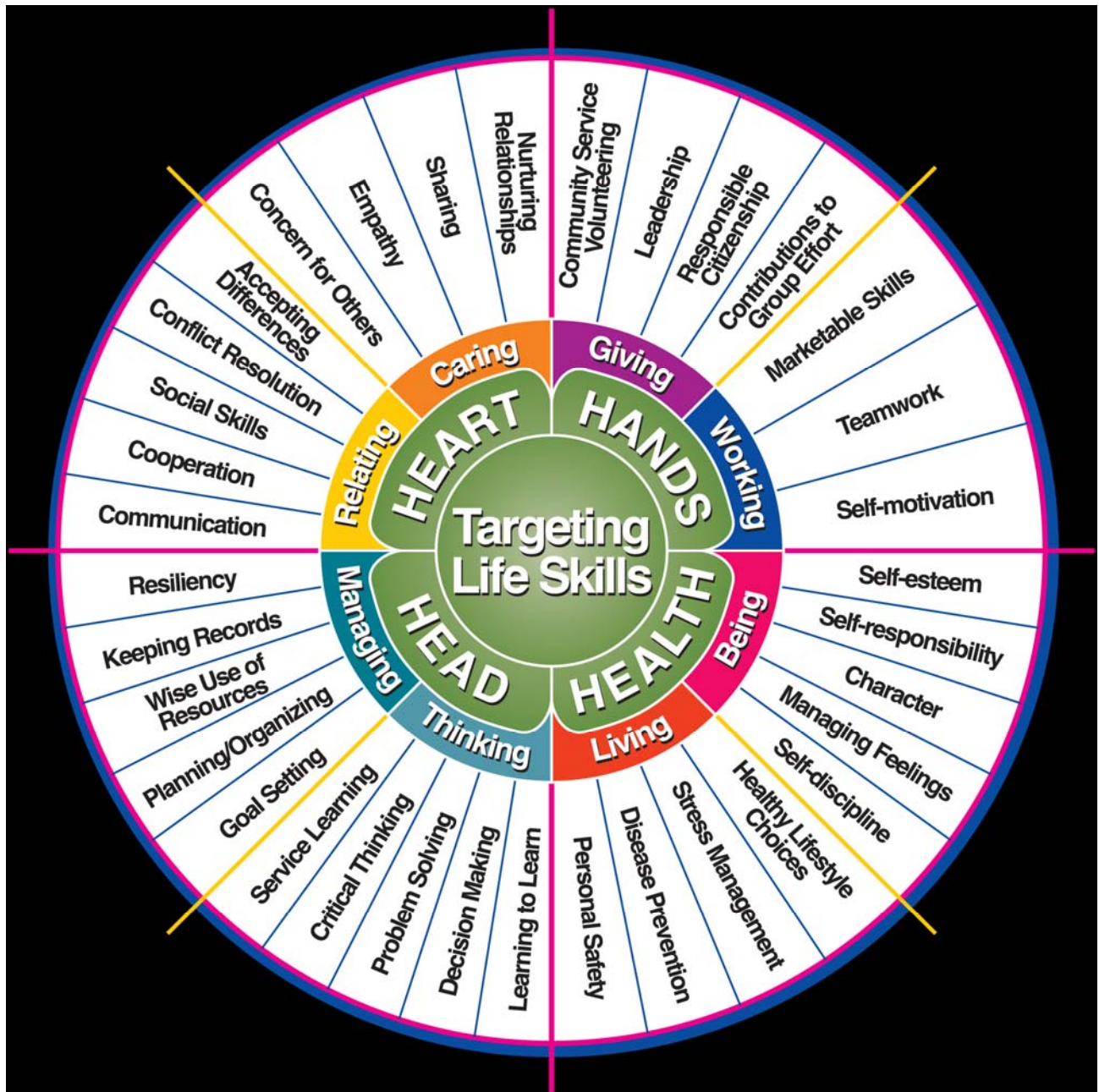
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Targeting Life Skills Model (VI-960601 PH) used with permission from Iowa State University and Patricia A. Hendricks.

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Dear New 4-H Family,

Welcome to 4-H! You have just enrolled in one of the greatest youth development programs in the nation. In fact, with 6.8 million youth involved nationwide, 4-H is the largest out-of-school educational program in the country.

The purpose of this welcome packet is to give you an overview of the opportunities and resources available to help your family have an incredible experience in 4-H. Keep in mind that this is only an overview. Your best way to stay informed is to read the *Clover Connection 4-H Newsletter*. Your family will start receiving this free, monthly publication once we receive your 4-H enrollment forms from your club leader.

The 4-H program is so large and the opportunities so vast that it can sometimes seem a little overwhelming when you are new. Just keep in mind that your family's 4-H experience can be tailor-made to fit your goals, schedule and interests. That is one reason 4-H is such a great program for Utah families. You can be involved as a whole family, learning and growing together.

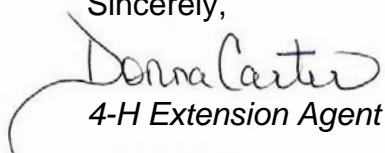
When describing 4-H to someone new, we often use the analogy of a super department store. Four-H is like a "store" full of wonderful, fun, positive educational programs. It has pretty much every type of workshop, project, contest, trip, conference, camp, or activity you could possibly want or need. It is just up to your family to decide what and how much you want and to determine what things fit into your schedule and your budget. Your club leader and extension staff members are like the "greeters" at the front of the store to help you find what you need. We are here to answer your questions, so please do not hesitate to call.

Keep in mind that the leader in your club is a volunteer. Like all of us, your leader is more than willing to do his or her part. But, your leader also wants help. Your club will be able to accomplish so much more if parents and guardians share some of the responsibilities with the leader. Ask your leader what you can do to support your child's club. If we all take a small piece of the pie, it makes everyone's involvement more manageable and fun!

The local Extension office is located on the Weber County Fairgrounds at 1181 North Fairgrounds Drive in Ogden. There are several entrances into the Fairgrounds. The easiest access to our office is from the North entrance, coming off of West Harrisville Road. From this entrance, our office is the second building on your right. Office hours are M-F, 8:00 a.m. – 5:00 p.m.

Again, welcome to the wonderful world of 4-H!

Sincerely,


4-H Extension Agent

PARENT & GUARDIAN ROLES

First and foremost, 4-H is a family program – a place where parents and their children can learn and grow together. In 4-H, you, as the parent or guardian, are very important. You are always invited and encouraged to participate in all 4-H club activities. We recognize every family's schedule is different and you may not be able to attend every club function, but there are many different ways that you can contribute to your child's 4-H group.

Your 4-H club leader will want to know about your interests and talents, and how you would like to support your child's 4-H group. Because 4-H has so many diverse experiences, we have discovered that every adult can find a parent volunteer role that matches their interests and the club's needs. Some possible helping roles include providing refreshments, supplies, or other resources for a club meeting, helping members with their projects, chaperoning a club field trip, organizing a club service project, or coordinating the club's end-of-the-year recognition program. Your club leader may have other suggestions.



4-H
a family affair

As a parent or guardian, these are the following roles you need to fulfill:

- Provide transportation for your child to and from 4-H events.
- Help your child learn to recite the 4-H pledge.
- Attend 4-H club functions with your child whenever possible. Children 5-8 should always have a parent or guardian attend meetings with them. Horse club members, regardless of age, should *always* have a parent at each riding practice and horse shows.
- Guide your child as he or she selects a 4-H project and help develop goals that are challenging, but also realistic. Encourage project work by making it a family learning experience.
- If your child serves in a leadership role within the club, help him or her fulfill the duties of the office.
- Read the *Clover Connection 4-H Newsletter* each month so you will know the details of upcoming events. You will automatically start receiving this publication when you enroll in a 4-H club.
- If you have online access, visit the county 4-H Web site for the latest information and resources at: www.webercounty4-H.org.
- The 4-H staff will provide county-wide training on portfolios, demonstrations, and other important 4-H learning experiences. Try to participate in these classes and workshops. By understanding more about our various 4-H programs, you can help your child excel and take advantage of all that 4-H has to offer.
- Attend your club's end-of-the-year celebration with your child and attend 4-H Achievement Night (the county-wide awards program) as a family. Recognition always means more to children when their family is there to share it with them.

4-H FREQUENTLY ASKED QUESTIONS

What do the four “H’s” stand for on the 4-H clover emblem? The “H’s” stand for: head, heart, hands, and health, which reflect the whole development of a child.

What is the 4-H pledge? Members recite the American and 4-H pledges at the opening of each club meeting. You should work with your child to help him or her memorize the 4-H pledge and the proper hand motions.

4-H PLEDGE

I Pledge,

My Head to Clearer Thinking,

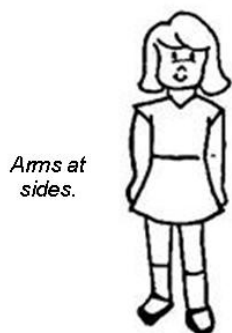
*Right hand
points to
forehead.*



My Heart to Greater Loyalty,

My Hands to Larger Service,

*Arms
slightly
bent,
palms up.*



And My Health to Better Living,

For My Club, My Community,
My Country, and My World.

What is the 4-H motto? “To Make the Best Better”

What are the 4-H colors? The 4-H colors are green and white.

How did 4-H begin? 4-H began in the early 1900s as Corn Clubs for boys and Tomato Canning Clubs for girls. Although the program has changed a lot through the years, it has always been a program designed to help children become productive members of their communities. The national 4-H program celebrated its 100th birthday in 2002.

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

Do boys and girls attend different clubs? No. All 4-H clubs are open to both boys and girls.

How old do you have to be to join a 4-H club? Children can join a 4-H club as soon as they are in Kindergarten (at least five years old) and they can stay involved until they graduate from high school (*please note special grade requirements to join a livestock or horse club - see page 5*). In addition, many colleges offer collegiate 4-H clubs, including Utah State University!

How do I enroll in 4-H? Enrolling in a club is easy. Complete the 4-H release form (a three-part release) and pay your enrollment fee. Your club leader will add you to their 4-H club enrollment and submit the information to the 4-H office. Enrollment is done on an annual basis starting in October.

How long does my enrollment last? Enrollment ends on September 30 each year. Subscription to the 4-H newsletter will end in November for youth who do not re-enroll. Only currently enrolled members are eligible to participate in 4-H contests.

What is a 4-H membership card? When your club leader brings in the enrollment forms for your club, he or she will receive a 4-H membership card for each officially enrolled member (fees paid, release forms signed, club enrollment form complete). The membership card is current through September 30 and identifies your child as a Weber County 4-H member.



One of the benefits associated with your membership card is the 4-H Business Supporter Program. Participating businesses offer discounts to currently enrolled Weber County 4-H club members and leaders, **who show their membership card PRIOR TO PURCHASE**. You will know which businesses offer the discount by the “4-H Supporter” decal displayed on their window or door. Participating businesses are also listed on the county website: www.webercounty4-H.org.

What is the 4-H year timeline? The 4-H year begins on October 1 and continues through the following September. The 4-H year kicks off with National 4-H Week during the first full week of October. This schedule makes perfect sense when you consider that youth work all year long to complete projects to enter in the county fair. Then, the 4-H year culminates with the State Fair in September.

Can we join 4-H at any time during the year? Each club will establish their own “cut off” date for accepting new members for the year. However, all youth must be enrolled with the 4-H office by June 1 to be allowed to exhibit in the county fair (by tagging for livestock club members).

Can my children join more than one club? Yes. Although not common, children can belong to more than one club. This sometimes occurs when a child wants to explore a project area that is not offered through his or her primary club, but is offered through another club. Being a club member is an important responsibility for both members and their parents. Give careful consideration to the time your family can commit to support more than one club. Parents will have to decide the best balance of 4-H involvement for their family.

Are clubs organized by age divisions? 4-H clubs operate best when the members are in a similar age group, preferably within a couple of years of each other. However, some clubs operate with children from a wide variety of ages. It is a little more challenging to keep everyone’s interest when there is a wide age span, but there are also the benefits of younger youth learning from the knowledge and example of older youth, as well as leadership opportunities for older youth.

What are the grade divisions for competitive events? A child must be in 3rd grade **and** at least 8 years old as of January 1 of the current program year to compete in any 4-H contest. Most competition is held in the following grade divisions: Juniors (3rd-5th grades), Intermediates (6th-8th grades) and Seniors (9th-12th grades). However, the grade categories do vary from program to program. Always carefully review the registration information for 4-H contests.



What is a cloverbud? Children in Kindergarten through 2nd grades are known in 4-H as “cloverbuds.” These children are *full 4-H members* and can participate in a wide range of programs and activities. However, because research has shown that competition at this age is detrimental, cloverbud members are not allowed to participate in competitive events. These members *do participate* in many camps, events and the county fair. Their work just isn’t “judged” and compared to other children’s work. They receive participation ribbons for fair entries.

Besides the no-competition rule, are there any other special rules for cloverbuds? Yes! Children must be in 3rd grade **and** at least 8 years old as of January 1st of the current 4-H year to be allowed to participate in livestock or horse projects.

What does it cost to join a 4-H club? The current enrollment fee for Weber County 4-H is \$5 per member (\$15 for youth enrolled in the horse project). Some clubs will assess “dues” for each member to cover the cost of the project supplies. Dues vary from club to club depending on the projects selected. For example, the costs would be very different for a horse project versus a woodworking or gardening project.

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 should always be present at each club meeting for youth who are in K-2nd grades. In addition, horse club members, regardless of age, must *always* have a parent or guardian present during riding practice and horse shows.

Can my family choose which county 4-H program we join? 4-H is organized at the county level. Children participate in the county 4-H program in which they live.

How do I become a leader? Whether you are interested in becoming a leader to assist your child’s club leader or organizing a new club, becoming a 4-H leader is easy. Complete a 4-H volunteer application and attend New Leader’s Orientation. You will be interviewed by a 4-H staff member and references will be checked as part of the volunteer screening process. Applications are available from the 4-H office or online at www.webercounty4-H.org.

Do I have to go through the official “4-H leader” process if I just want to lead a club for my own children? Yes. All leaders go through the same application and screening process. You and your children will greatly benefit from the knowledge you gain through New Leader’s Orientation.

Does 4-H provide insurance for my child? As part of your child’s club enrollment, they are covered by a small accident insurance policy. The policy provides coverage only for official 4-H functions. In the event your child gets injured at a 4-H event, notify your leader and the local 4-H office as soon as possible.

How do I stay informed about 4-H opportunities? Read the *Clover Connection 4-H Newsletter*. It will give you all the details about upcoming programs. Also visit the county 4-H Web site at www.webercounty4-H.org.

HOW 4-H IS ORGANIZED?

Many people think of 4-H as an independent organization, but that isn't quite accurate. As part of the United States Department of Agriculture and the Cooperative Extension System of state land-grant universities and colleges, the 4-H Youth Development Program is built on the nation's best research, education and practice.



This means that your Extension staff members are supported with resources from land-grant universities across the nation. Just take a look at our research-based curriculum and you can feel complete confidence in 4-H as a sound, educational organization. And, we have been around for over a century!

There is an Extension office in each county throughout the nation, which will be the local headquarters for 4-H. The 4-H program is administered at the county level by the County 4-H Extension Agent, with support and leadership from the State 4-H Office.

Your 4-H Extension Agent works for Utah State University Extension at the Weber County Office and is a professor for Utah State University, our land-grant university in Utah. The Extension staff members who support the Weber County 4-H Program are:

- | | | |
|-------------------------------------|--|----------|
| • Donna Carter, 4-H Extension Agent | donnac@ext.usu.edu | 399-8209 |
| • Wendy Rees, 4-H Office Specialist | wendyr@ext.usu.edu | 399-8202 |

We also have many volunteer organizations that provide strong local support for the Weber County 4-H Program including:

- **Weber County 4-H Horse Council:** This organization is governed by 4-H volunteers and Extension staff. It provides leadership and guidance for the local 4-H Horse Program.
- **Weber County Junior Livestock Council:** This organization is governed by Fair Board staff and supervisors, 4-H Extension Agents and FFA Advisors. It provides leadership and guidance for the Junior Livestock Program.
- **Weber County 4-H Teen Council:** This organization is governed by 4-H teen and adult volunteers and Extension staff. It provides leadership opportunities for teen 4-H members.
- **Curriculum Committees:** These groups help plan and conduct educational events and contests in each of the nine curriculum areas. Any teen, parent, leader, or community member is welcome to serve on one of these committees. Curriculum committees establish their own schedule and meeting format (either face-to-face, phone, or e-mail). Contact the 4-H office if interested in serving on a committee.



PROJECTS

CODE	✓	CURRICULUM CATEGORY	CODE	✓	CURRICULUM CATEGORY	CODE	✓	CURRICULUM CATEGORY	CODE	✓	CURRICULUM CATEGORY
A		CITIZENSHIP AND CIVIC EDUCATION	CBA		Sewing Construction	ECDO		Outdoor Cooking	GBH		Horse/Pony
AB		Citizenship (local, state, national)	CBB		Wardrobe Management	ECF		Cake Decorating	GBI		Rabbits/Cavies
AC		Cultural Education	CBC		Modeling	ED		Physical Health	GBJ		Sheep
ACA		Genealogy	CBD		Quilting	EDA		Fitness and Sports	GBK		Small Lap Animals, Pets
ACB		State Exchange	CBE		Knitting	EDB		Growth, Development & Disease	GBL		Swine
AD		Global Education	CBF		Crochet	EDBA		Health Rocks	GBM		Alpacas and Llamas
ADA		International Exchange	CBG		Needlecraft/Knot Tying	EDC		Home Nursing, First Aid/CPR	GBN		Emus and Ostriches
AE		International Programming	CC		Consumer Education	EDD		Sexual Health	GC		Plants
AF		Understanding Physical and Mental Limitations	CCA		Financial Literacy	EE		Safety	GCA		Crops/Weeds
AG		Volunteerism	CD		Home Environment	EED		Emergency Preparedness	GCB		Flower Garden/House
AH		Service Learning	CE		Parenting & Family Life Education	EEB		Automotive Safety	GCC		Gardens - Fruit/Vegetable
AI		Community Service	D		ENVIRONMENTAL EDUCATION & EARTH SCIENCE	EED		Bicycle Safety	GCCA		Junior Master Gardener
B		COMMUNICATIONS AND EXPRESSIVE ARTS	DA		Environmental Stewardship	EEC		Communities for Child Safety	GCD		Ornamental Horticulture
BA		Communication Arts	DB		Earth, Water and Air	EEF		Tractor & Machine Safety Cert.	H		SCIENCE & TECHNOLOGY
BAA		Speaking/Radio/TV	DBA		Geology and Minerals	FA		Career Exploration & Employability	HA		Science/Technology Literacy
BAB		Writing/Poetry	DBB		Weather and Climate	FB		Critical Thinking Skills	HB		Biological Sciences
BB		Performing Arts	DBC		Soils and Soil Conservation	FC		Economics, Business & Marketing	HBA		Animal Science
BBA		Clowning/Mime	DBD		Water	FCA		Entrepreneurship	HBB		Aquatic Science
BBB		Dance Movement	DBDC		Water Conservation	FCB		Mini Society	HBC		Entomology and Bees
BBC		Drama/Theater	DC		Energy (general, home, farm, transportation)	FD		Introductory 4-H Projects (5-8 yrs)	HBD		Food Science
BBD		Music/Sound	DD		Forests, Rangeland and Wildlife Forestry	FE		Hobbies and Collections	HBE		Marine Science
BC		Visual Arts	DDA		Range Science	FF		Leadership Skills Development	HBF		Meat Science
BCA		Arts and Crafts	DDB		Wildlife and Fisheries	FFA		Youth and Adult Partnerships	HBG		Plant Science
BCAB		Beading	DDC		Outdoor Education	FFB		Leisure Education (general)	HBH		Poultry Science/Embryology
BCAC		Ceramics	DE		Adventure/Challenge	FFC		Personal Development (general)	HBI		Veterinary Science
BCAD		Porcelain Doll	DEA		Shooting Sports	FFD		Youth & Families with Promise	HC		Technology and Engineering
BCAF		Flower Arranging	DEB		Waste Management	FHA		Reading Literacy	HCA		Aerospace
BCAL		Leather Craft	DFA		Composting	FHB		Social Recreation Skills	HCB		Automotive
BCAP		Paper Craft	DFB		Recycling	FI		Values Clarification	HCC		Bicycle
BCAR		Fabric Craft	DFC		Household Hazardous Waste	FJ		Character Education	HCD		Computer Technology
BCAS		Stencilling	E		HEALTHY LIFESTYLE EDUCATION	FK		PLANTS AND ANIMALS	HCE		Robotics
BCAV		Plastic Canvas	EA		Chemical Health	FL		Ag in the Classroom	HCF		Electric
BCAW		Wood Carving/Engraving	EB		Mental and Emotional Health	G		Animals	HCFA		GPS/GIS
BCB		Drawing, Painting, Sculpture	ECA		Foods and Nutrition	GA		Aquaculture	HCFB		Ham Radio
BCC		Graphic Arts, Displays, Exhibits	EC		Foods and Nutrition	GB		Beef	HCG		Engine/Tractor/Field
BCD		Photography, Video	ECA		FNSNEP	GBA		Birds and Poultry	HCH		Wood Science/Industrial
C		CONSUMER AND FAMILY SCIENCES	ECB		Foods Safety	GBB		Cats	HD		Physical Sciences
CA		Child Development, Child Care, Babysitting	ECC		Foods Preservation	GBD		Dogs	HDA		Astronomy
CB		Clothing and Textiles	ECD		Foods Preparation	GBE		Raising Guide Dogs	HDB		Chemistry
			ECDB		Breads	GBEG		Dairy Cattle	HDC		Mathematics
						GBG		Goats (dairy, hair, meat)	HDD		Physics
						GBGA		Dairy Goats			

4-H PROJECTS

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. Take for instance a young person working on a sewing project. His or her project-related activities may involve...

HEAD

Mental Development: Gaining deeper knowledge and reasoning abilities.

- Learning how to select a pattern that is properly sized
- Utilizing smart consumer skills when shopping for fabric, equipment, and sewing notions
- Calculating the correct amount of fabric to purchase for various fabric widths

HEART

Emotional Development: Developing interests, appreciation and wholesome attitudes.

- Working as a team with fellow club members to select a sewing project to complete
- Caring for the less fortunate by sewing Christmas stockings for area needy children

HANDS

Skills Development: Developing the ability to do, skill in doing, and the habit of doing.

- Demonstrating the ability to properly thread a sewing machine and bobbin
- Becoming skilled in sewing straight and curved seams that follow the correct seam allowance
- Completing a sewing project utilizing correct techniques

HEALTH

Physical Development: Developing an understanding and appreciation of a growing and changing body.

- Learning to select garments that are flattering for body shape
- Developing poise and demonstrating good body posture when modeling at the Fashion Revue

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 subject the member wants to explore. Projects are completely self-paced. A member may work on a project over the whole year or only spend a few weeks or months on a specific project. One member may choose to explore the same topic for many years, gaining in-depth knowledge of the project. Another member may prefer to explore a wide variety of projects during his or her years in 4-H.

In most cases, the member will end up with one or more finished exhibits to enter in the fair from each project he or she selects. With more than a hundred projects available, there is something to interest every child.

How many projects can we select? There is no 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 rush and complete a lot of poorer quality projects.

How do we select a project? In most cases, club members and leaders will meet together to decide which projects they want to complete during the year. Members work on their projects together at club meetings. A club leader, parent volunteer, community resource person, or perhaps an older 4-H member will teach the clubs' project lessons.

Occasionally a member will want to explore a project in which the leader is not proficient or not of interest to other club members. Children are certainly welcome to work on projects outside of their club meetings. They may seek guidance from their parents, community organizations, or other experts in the field to assist them in acquiring these new skills.

What is a 4-H project manual? 4-H offers project manuals to help guide members' learning experiences. These written manuals provide age-appropriate, hands-on lessons to help youth acquire new skills and knowledge. There are youth manuals and adult helper manuals. Typically there are four manuals in a series divided into age groups: K-2nd, 3rd-5th, 6th-8th, and 9th-12th.

Please keep in mind that you are not required to utilize a project manual to guide your child's 4-H project, but you will find it very helpful. Also, do not feel like your child has to complete every learning activity listed in the project manual. Think of the project manual as a useful resource for you, rather than a "to do" list of activities that must be completed.

A common question is, "Does my child have to utilize the project manual developed for his or her grade?" The answer is no. Our project manuals are written by Extension faculty members throughout the nation. They are carefully piloted to ensure the activities are fun, well-designed, and developmentally appropriate. But keep in mind, each child is an individual. They may come into a project with previous experience and skills. For example, a 13-year-old child who has already been involved in a lot of woodworking activities may choose to utilize the manual targeted for 9th-12th grades instead of the one for 6th-8th grades.

How do we find out what 4-H project manuals are available? A current list of the 4-H project manuals is available on the county Web site. Though the price varies, the average fee for most manuals is about five dollars. To help in selecting a project, you are welcome to view our project manuals at the 4-H office. Also, once a year, we conduct a 4-H Curriculum Fair. This annual event provides an opportunity for leaders and families to see all the project manuals on display.

We group all of our projects into nine different curriculum categories:

- Animals
- Consumer & Family Science
- Communications & Expressive Arts
- Citizenship & Civic Education
- Environmental Science & Earth Education
- Healthy Lifestyles
- Personal Development & Leadership
- Plants
- Science & Technology

The chart on page 7 shows which projects are in each curriculum category. You will notice that each project is identified with a code, i.e., GBH = horse. This is the code your club leader will use to enroll your child in the 4-H project(s) you select.

LEADERSHIP OPPORTUNITIES IN 4-H

Developing leadership skills is a very important aspect of 4-H. Serving as a club officer is one way for members to build their leadership abilities. The club officers, with support from their 4-H club leader, will lead the business portion of the 4-H club meeting.

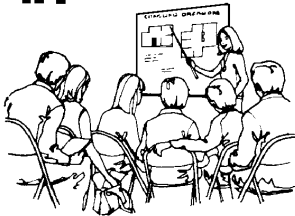
Clubs with cloverbud members (grades K-2nd) usually do not have elected officers; rather they often have rotating club helpers who assist the club leader. This is a more age-appropriate leadership experience for our younger members. In clubs with members in 3rd-12th grades, officers are generally selected by election. Most clubs will elect the following officers:

- **President:** Presides at the club meeting using parliamentary procedure and works to ensure that all members get a chance to share their ideas and participate in the business meeting.
- **Vice President:** Greets, introduces, and thanks presenters at club meetings and presides at the club meeting using parliamentary procedure in the president's absence.
- **Secretary:** Keeps accurate minutes of the business meeting, keeps accurate attendance records, and writes letters and thank you notes on behalf of the club.
- **Treasurer:** Keeps accurate financial records for the club. Usually, the club leader maintains the club's checkbook or monies. The treasurer provides the oral report of income and expenses at each business meeting.
- **Song Leader:** Leads songs during the 4-H club meeting.
- **Recreation Leader:** Leads games during the 4-H club meeting. The officer should plan a recreational activity that is suited for the location of the club meeting and appropriate for the number of members.

Your club may modify the specific duties of each officer role. In addition, your club may choose to elect other officers besides the ones listed above. If so, the club leader will explain the duties.

It is important that children have *meaningful* leadership roles. Creating a bunch of officer positions so *everyone has a job* teaches the wrong message about leadership! Keep in mind that children do not have to be a club officer to have important leadership roles in their club.

4H BUILDS LEADERS



OTHER LEADERSHIP OPPORTUNITIES:

Being an officer is not the only way to develop leadership skills. Youth can develop these skills in many formal and informal ways, such as:

- serving on a club committee
- leading the pledges
- giving a club talk or demonstration for club members
- helping younger club members learn a new skill
- helping the leader set up or clean up after a club meeting

OFFICER'S TRAINING:

Youth elected to serve as club or county officers are strongly encouraged to attend 4-H Officer's Training to learn how to fulfill their officer role. They will receive an officer's notebook that will help them learn how to conduct a 4-H club business meeting. Officers are installed at the end of 4-H Officer's Training. Parents are welcome to attend this ceremony.

4-H PORTFOLIOS

A portfolio is a written summary of a member's 4-H experiences, using standardized 4-H Portfolio forms. The portfolio includes:

1. Size and scope and skills and knowledge gained for each project
2. Learning experiences
3. Leadership
4. Community service
5. Non-4-H experiences
6. Story
7. Pictures

Why Should We Do Portfolios? Youth learn many important skills as they work on their portfolio, including organizational skills, creative writing skills, the ability to assess “value” to the products of their project work (i.e., dollars earned, money saved), learning to identify skills and knowledge gained, record-keeping skills, and the ability to positively share their work through photos and captions.

Beyond these important skills, a well-documented portfolio will benefit your child in many tangible ways including:

1. They will be able to compete in portfolio competition each year. We allow our members to submit portfolios in two different curriculum areas. Honors and awards are presented during 4-H Achievement Night.
2. Portfolios are used on the state level to select 4-H Ambassadors, 4-H scholarship recipients, and to determine which members will represent Utah in national conferences.
3. Portfolios become a fabulous resource that helps your child beyond their 4-H involvement. For example, it becomes a useful tool in applying for college, non-4-H scholarships, state or international exchanges, intern positions, or jobs.
4. A portfolio helps to “steer” your child into those types of 4-H experiences that will really push him or her to grow and develop, such as leadership roles, community service, and public speaking.

Members will want to start work on their portfolio very early in their 4-H career and maintain their record each year. It is very wise to attend 4-H Portfolio Training during your child's first year in 4-H. It is so much easier to know what, how and when to document their 4-H activities, than to try to go back later and remember all the things that they did.

Our Junior Livestock Council and 4-H Horse Council have additional portfolio requirements for their members:

- Youth in the livestock project are required to submit their portfolio by the deadline announced to receive premiums from the county fair.
- Youth in the horse project are required to submit their portfolio by the deadline announced to be eligible to compete in the state show.

THE COUNTY FAIR

One of the highlights of the year for 4-H members is being able to exhibit their completed projects in the Weber County Fair, and then hopefully to have their exhibits selected for Utah State Fair competition!

When is the fair? The Weber County Fair is held in August each year at the Fairgrounds in Ogden. As part of the fair, members have an opportunity to compete in horse, livestock and small animal shows, as well as enter completed projects for the indoor exhibits.

Who can enter the fair? Any Weber County 4-H member who meets the enrollment and tagging deadlines can participate in the fair.

What projects can we enter in the fair? The Weber County Fair Board will print and distribute the fair catalog in June, listing all the 4-H and open classes that can be entered. The catalog is also posted on the county Web site at www.webercounty4-H.org. Generally, classes do not change a lot from year to year, so you can look at previous catalogs to get ideas for projects to enter in the fair.

How do we enter exhibits in the fair?

INDOOR EXHIBITS: To enter indoor 4-H exhibits in the fair, complete a pre-entry form, either online at www.webercounty4-H.org (*preferred*) or paper, listing each project your child will be entering in the fair. Pre-entry forms are due in the 4-H office by August 1. **Late entries will be dropped one ribbon placing.** Youth can enter no more than ten projects in the fair (no more than one project per lot).

When pre-entering exhibits, make sure to provide a detailed description of the item. For example, list a red and white, polka-dot skirt with bottom ruffle, not just a skirt. Items must CLEARLY fit into the class and lot listed. Call the 4-H office if you have any questions.

ALL cloverbud entries should be listed under the code FD (*Cloverbuds – Introduction to 4-H*) regardless of what project is entered.

On the Monday afternoon prior to the fair (see catalog for specific time), bring your completed entries to the Fairgrounds for check-in. The 4-H office will prepare exhibit tags in advance for all pre-registered fair entries.

All exhibits must be picked up on the Monday afternoon following the fair (see catalog for specific time).

LIVESTOCK EXHIBITS: Extension staff will announce the dates to have 4-H livestock animals tagged. Tagging identifies the members' project animal(s) and ensures the member has had the animal in their possession for the minimum length of time required (90 days for steers; 60 days for hogs and lambs). At fair time, animals need to be brought to the Fairgrounds at the designated time for official weigh-in.

HORSE EXHIBITS: Each exhibitor must complete the pre-entry form by the announced deadline to show in the Fiesta 4-H Horse Show during the county fair.

OTHER ANIMAL EXHIBITS: There are numerous open shows in which club members can exhibit animal projects (rabbits, goats, poultry, etc.). Follow the guidelines in the fair catalog to enter a project animal in these shows.

THE COUNTY FAIR (continued)

How are exhibits judged?

Indoor Exhibits: We use the same judging criteria for the Weber County Fair that is used for the State Fair. To see the judging sheets that will be used, go to www.utah4-H.org. All indoor exhibits are judged on the Danish judging system with each entry earning a blue, red or white ribbon. In addition, the following special awards are presented:

- Up to 20% of the blue ribbon entries are selected to go to the State Fair. These entries will receive a special sticker indicating their selection.
- Cloverbud entries (K-2nd grade) are not judged. Each entry receives a participation ribbon.

Youth receive cash premiums based upon the color of ribbon earned: \$3 – blue (excellent), \$2 – red (good), and \$1 – white (fair).

Livestock Exhibits: Grand and Reserve Champions are selected for each species and will receive a rosette and an award. Livestock exhibits are judged on the Danish judging system, with each entry earning a blue, red or white ribbon. In addition, showmanship awards are presented for 1st-3rd place. Additional special awards may be presented based upon sponsorship (see catalog).

Horse Exhibits: Rosettes and premiums are awarded for 1st-6th place. Additional special awards may be presented based upon sponsorship (see catalog).

When are exhibits released?

Indoor Exhibits: Entries must be picked up from the Fairgrounds on the Monday following the county fair (see catalog). Premiums are collected at Premium Bank in the Golden Spike Arena.

Livestock/Small Animal Exhibits: The release date for each animal is listed in the fair catalog. Early release is not allowed.

HORTICULTURE ENTRIES: Because of the timing for harvest, horticulture entries (flowers, fruits, vegetables, crops, etc.) do not have to be “selected” at the county fair to compete in state fair competition. 4-H members who want to enter horticulture entries in the Utah State Fair need to pre-enter with the 4-H office by September 1.



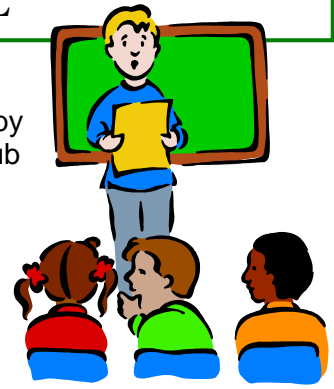
4-H PUBLIC SPEAKING: CLUB LEVEL

All members are encouraged to start developing their public speaking skills by giving club talks. Youth preparing club talks will receive certificates. The club talks are not judged.

What is a club talk? A club talk is a simple presentation about a topic of interest to the member. It is usually something related to a project he or she has been exploring.

How long is a club talk? Depending on the child's age and previous experience, the talk may be very short, or it may last for five minutes or so. The time is not important. The important thing is that club members begin to feel comfortable speaking in front of a group in a supportive, non-competitive environment.

What is the proper format for a club talk? As the child gains experience and confidence, he or she will want to give a more thorough club talk that includes all three components of a speech: an introduction, the body, and a summary. Children will want to use posters or other props to help them share their information. It is always more interesting for the audience to see, rather than just to listen.



4-H PUBLIC SPEAKING: COMPETITIVE LEVEL

The next step in a member's development is to participate in competitive public speaking experiences. 4-H offers a variety of demonstration and public speaking contests every year (see *page 15*).

Preparing a speech or a demonstration for competition really helps youth develop poise and confidence in front of an audience. They learn to organize their thoughts, utilize effective delivery techniques, and develop attractive visual aids that will help hold the audience's attention. They also gain increased knowledge about their project area as they prepare and deliver a speech or demonstration. It is often said, "You don't really know something until you teach it."

Depending on the child's age and the category selected, he or she will have an opportunity to compete in county competition and may even be chosen for regional, state, and in some cases, national competition.

RESOURCES:

- A video entitled, "*State 4-H Contests and Demonstrations*" is available for check out from the 4-H office. It includes sample demonstrations and speeches from state competition.
- "*4-H Posters: 10 Helpful Hints*" will help you make effective visual aids. It is available on the county Web site, www.webercounty4-H.org (under Resources) or from the 4-H office.
- Weber County Extension staff members have tremendous expertise in a wide range of subjects and are excellent resources when researching your topics.

4-H CONTESTS: COUNTY LEVEL

Weber County 4-H offers many different contests each year. Whenever possible our staff tries to conduct the county contest as similar to the regional or state contest as possible, utilizing the same rules, time allowances and judge's sheets. **Any differences between state and county rules will be explained in the *Clover Connection 4-H Newsletter* when announcing the upcoming contest.**

One important exception is team competition. Many state contests such as Horse Bowl, Livestock Judging, Life Skills Bowl, etc. require counties to send a team of 3 or 4 youth to compete in the event. At the county level, we will conduct the event for individuals only. The top scoring youth in the county contest will get to represent our county in state competition.

You can find the complete details and judging forms for each contest on the county Web site at www.webercounty4-H.org (under 4-H Contests). Following is a brief summary of the current contests offered at the county level.

4-H Public Speaking: Eligibility: Grades 3-12. Individual only. Youth research, write, and present an original speech. The speech should relate directly to the participant's 4-H experience. Youth are not allowed to use visual aids for their speech.

4-H Demonstration Contest: Eligibility: Grades 3-12. Individual or a team of two. Youth research, write, and present a demonstration on any topic of interest to them. Generally members will select topics related to the project they are exploring. Since it is a demonstration contest, members will use posters and other visual aids to "show" the steps to their audience.



Depending on the topic selected, youth will compete in one of the following categories: 1) Horses, 2) Consumer & Family Science/Healthy Lifestyles (except safety), 3) Quilting, or 4) All Other Projects.

Consumer Decision Making Contest: Eligibility: Grades 3-12. Individual only. Youth will judge different classes of consumer products to demonstrate their consumer decision making skills. Youth place each class and give oral reasons for their placing on one of the classes.

Dairy Bowl Contest: Eligibility: Grades 3-12. Individual. Youth compete in a quiz bowl with dairy-related questions.

Dairy Foods Contest: Eligibility: Grades 3-12. Individual or team of two. Contestants in 3rd-8th grades prepare a dish at home in which one or more dairy products is the main ingredient. They bring the prepared dish, display it attractively, and serve the judges. Contestants in 9th-12th grades research, write, and present a demonstration on the nutritional value, cooking principles, proper storage, and variety of dairy products as they prepare a dish with one or more dairy products as the main ingredient. The member serves the dish to the judges and answers any questions they have about the recipe and dairy products.

Dairy Judging: Eligibility: Grades 3-12. Individual. Youth learn to judge a class of dairy cows and give oral reasons for their placement.

4-H CONTESTS: COUNTY LEVEL (continued)

Egg Preparation Contest: Eligibility: Grades 3-12. Individual or a team of two. Youth research, write, and present a demonstration on the nutritional value, cooking principles, proper storage, and economic value of egg products as they prepare a dish in which eggs are a main ingredient. The member serves the dish to the judges and answers any questions they have about the recipe and egg products.

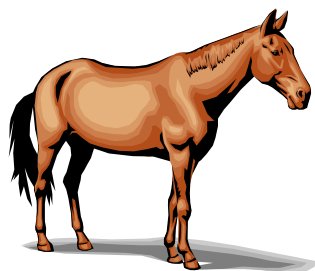
Entrepreneurship Contest: Eligibility: Grades 6-12. Individual or team of two. Contestants will present a business plan concept to a panel of judges. The concept should include the idea for a business, the purpose, target market, name, and idea of the finances needed to begin the venture. Youth may choose to present an idea for a proposed business, or an actual business they have started.

Ethnic Foods Contest: Eligibility: Grades 3-12. Individual or team of two. Contestants in 3rd-8th grades prepare an ethnic food at home that represents a specific culture. They bring the prepared dish, display it attractively in a manner reflective of the culture, serve it to the judges, and answer their questions. Contestants in 9th-12th grades will give an ethnic foods presentation and will be judged on their selection, knowledge, and preparation of an ethnic food.

Fashion Consumer Strategies Contest: Eligibility: Grades 6-12. Individual only. Youth select an outfit, model the outfit for a panel of judges, and share decisions made in selecting the outfit. The member will consider three outfits when making their selection and demonstrate decision making skills in selecting the most suitable of the three.

Fashion Revue: Eligibility: Grades 3-12. Individual only. Youth sew a garment and model it for the judges. Judging includes clothing construction; modeling, fit, confidence, and poise; and how well they respond in an interview process. All participants model their garments for the audience during the culminating 4-H Fashion Revue.

GPS Contest: Eligibility: Grades 3-12. Individual only. Contestants will participate in four GPS activities, including Area Calculation and Mapping, Waypoint Marking and Navigation, Distance Calculation, and an Interview. Contestants may bring their own GPS Unit, however, Garmin eTrex Legends will also be provided.



Hippology: Eligibility: Grades 3-12. Individual. Youth participate in a four-part contest which includes: horse judging, stations (identifying equipment, feeds, etc.), a group problem-solving exercise, and a written test.

Horse Bowl: Eligibility: Grades 3-12. Individual. Youth compete in a quiz bowl with horse-related questions.

Horse Judging: Eligibility: Grades 3-12. Individual. Youth learn to judge a class of horses and give oral reasons for their placement.

Horse Public Speaking: Eligibility: Grades 3-8. Individual or teams of two. Youth research, write, and present an original speech on a topic appropriate to the horse industry. Youth may not use visual aids for their speech.

Impromptu Public Speaking: Eligibility: Grades 6-12. Individual only. Contestants will give a speech on a randomly assigned topic.

4-H CONTESTS: COUNTY LEVEL (continued)

Life Skills Bowl: Eligibility: Grades 3-12. Individual only. Youth will compete in a quiz bowl contest answering questions related to the Consumer & Family Science curriculum area, including foods and nutrition, financial management, clothing and textiles, consumer decision making, and child care.

Livestock Bowl: Eligibility: Grades 3-12. Individual. Youth compete in a quiz bowl with livestock-related (beef, swine, and sheep) questions.

Livestock Judging: Eligibility: Grades 3-12. Individual. Youth learn to judge livestock (sheep, swine, and beef) and give oral reasons for their placement.

Meal Preparation Contest: Eligibility: Grades 6-12. Individual or team of two. Youth plan a nutritionally balanced meal, purchase the supplies, prepare, and serve a dinner for four guests and a judge within a three hour time limit.

Portfolios: Eligibility: Grades 3-12. Individual only. Youth prepare a portfolio summarizing their 4-H experiences, using the standardized 4-H Portfolio forms. The portfolio may be typed or hand-written. Portfolio forms are available online at www.utah4-H.org, or hard copies and CD's are available from the County 4-H office. Competition is held for each curriculum area. *Portfolio training is held throughout the year. Parents and their older children will greatly benefit from attending this training.*

Promote 4-H Contest: Eligibility: Grade 9-12. Youth identify a non-4-H audience and develop a promotional resource to introduce them to 4-H. They present their promotional pieces to the judges and participate in an interview about their promotional efforts. Promotional works could be brochures, PowerPoint, displays, puppet shows, etc. that positively promote 4-H to the intended audience. Youth are encouraged to utilize their promotional work with their intended audience prior to the contest.

Quick Meals Contest: Eligibility: Grades 3-12. Individual or a team of two. Youth plan and prepare a nutritionally balanced meal for two judges. Youth must prepare and clean up in one hour.

Robotics: Eligibility: Grades 3-12. Teams of two-four youth only. Participants build and program a robot using Lego MindStorm[®] kits to achieve the assigned challenges within the time limit.

Shooting Sports: Eligibility: Grades 6-12; must have completed Hunter Safety Education Certification. Individual only. Participants may compete in three shooting activities (rifle, shotgun, archery), outdoor skills, and a written test.

Talent Show: Eligibility: Grades 3-12. Individual or a team of two, three or four members. Youth share a talent performance in the discipline of their choice such a vocal, drama, dance, gymnastics, instrumental, comedy, etc. A maximum of five minutes is allowed for the talent performance.

Video Production: Eligibility: Grades 6-12. Individual or team of two. Youth shoot footage, edit and produce a music video, present their final product to the judges, and participate in an interview about video production. The finished product can either be VHS or DVD.

World of Work: Eligibility: Grades 9-12. Individual only. Youth prepare a resume, complete an application, and participate in an interview to evaluate their job readiness and interview skills.

4-H CONTESTS: REGIONAL LEVEL



Eligibility: Grades 3-8. Weber County is one of eight counties that make up the Northern Region. The following contests are *generally* offered during the Regional 4-H Contest: Public Speaking, Demonstrations, Dairy Food Preparation, Egg Preparation, Ethnic Foods, Robotics, Fashion Revue, Fashion Consumer Strategies, Shooting Sports, and Horse Bowl. All youth who earned a blue ribbon in county competition are invited to compete at the Regional Contest.

Depending on the host county, kitchen facilities are typically **NOT** available. Youth will have to take demonstration supplies home to clean them and will not have access to a microwave, refrigerator or oven. Two-burner, portable electric stoves are the only cooking equipment provided.

4-H CONTESTS: STATE LEVEL

Eligibility: Grades 9-12. State 4-H Contests are held in July each year at Utah State University. During this three-day, two-night event, delegates stay in dormitories on campus. In addition to participation in contests, delegates enjoy a variety of fun activities and an awards banquet.

Youth who earn blue ribbon honors in county competition (*or the top individuals selected to form the county team for team-only state events*) are eligible to compete in state competition, which typically costs \$75-\$85. Registration and payment deadline is June 15.

Often youth will qualify through county contests to compete in more than one state contest event. Youth can only compete in a maximum of three state contest events (portfolio interviews are not counted as one of these contests). However, some events occur during the same time period. Please refer to the Time Block Schedule for State 4-H Contests, which is available on the state Web site (www.utah4-H.org), to ensure your contest events do not overlap at state competition.



4-H CONTESTS: NATIONAL LEVEL

Eligibility: Selection as a State Winner. Some contests offer state winners the opportunity to compete in a national-level competition. The funding support varies from contest to contest. See the awards for each contest on the state 4-H Web site: www.utah4-H.org.

4-H CLUB AWARDS

The 4-H Club Awards Program sets high standards for club involvement in leadership, community service, citizenship, public speaking, the county fair, member recognition, and portfolios - core experiences that reflect the four "H's" of the 4-H program. Your family is an important part of the club team. Members will set goals for their club and work with parents and leaders to achieve that club achievement level.

Your club may earn a Gold, Silver or Bronze Award depending on the standard of excellence obtained during the past year (October 1st-September 30). 4-H Club Award report forms are due to the local 4-H office on October 20 each year. Awards will be presented at 4-H Achievement Night. The criteria for each award level are as follows:

Bronze Club Award Criteria:

- Five or more officially enrolled members
- One or more officially registered and trained club leaders
- Two or more projects conducted by the club
- Club meets at least once a month for nine or more months of the year
- Elected, rotating, or appointed youth officers



Silver Club Award Criteria:

- Five or more officially enrolled members
- One or more officially registered and trained club leaders
- Two or more projects conducted by the club
- Club meets at least once a month for nine or more months of the year
- Elected, rotating, or appointed youth officers
- Club conducts two or more community service projects
- 50 percent of members enter the fair
- Club conducts end of the year recognition program for its members



Gold Club Award Criteria:

- Five or more officially enrolled members
- One or more officially registered and trained club leaders
- Two or more projects conducted by the club
- Club meets at least once a month for nine or more months of the year
- Elected, rotating, or appointed youth officers
- Club conducts two or more community service projects
- 50 percent of members enter the fair
- Club conducts end of the year recognition program for its members
- 50 percent of members participate in club talks
- 50 percent of members submit portfolios in county competition (excluding cloverbud members)
- Club conducts one or more citizenship projects

AWARDS & RECOGNITION

End-of-the-Year Club Celebration: Clubs are encouraged to hold an end-of-the-year celebration to recognize their members. Each club will approach this event in their own way. For some clubs, it will be a formal awards banquet. Others may choose to do a show and tell night, a carnival, a party, or a club camp-out, showcasing members' achievements.

Your club leader will award your child a Certificate of Achievement to recognize completion of his or her first year in 4-H. Thereafter, your child will receive a gold seal to place on the certificate. This certificate is placed in the 4-H portfolio. Most clubs present Certificates of Achievement and seals at the end-of-the-year celebration.

4-H Achievement Night: This is the county-wide 4-H awards program to recognize the accomplishments of all Weber County 4-H club members. All club members and their families are invited and encouraged to attend. During the awards program youth, club leaders, and individual clubs are recognized for their participation in:

- *Club Awards – Gold, Silver, or Bronze*
- *Presidential Volunteer Service Awards*
- *Portfolios*
- *1st year member recognition*
- *4th year member recognition*
- *High school senior recognition*
- *4-H Ambassadors*
- *TRY Program*
- *Teen Council Officers*

4-H Achievement Night is a dress-up event, so put on your nice clothes and smile for the camera!



Presidential Volunteer Service Awards:

Weber County 4-H is a certifying organization for the Presidential Volunteer Service Awards Program, which honors youth, adults, and families for their community service. To participate, create an account on the PVSA Web site at www.presidentialserviceawards.gov and maintain a log of your 4-H service hours. When you create your account, please list "KPH-25964" as your certifying organization. This will allow Weber County 4-H staff to certify your service. Hours are accumulated for a twelve month period, from October 1st – September 30. All logs must be up to date by October 20, which is when 4-H staff will certify service hours and order awards. Depending on service hours, recipients will receive a certificate, gold, silver or bronze pin, and a letter from the President. Awards will be presented at 4-H Achievement Night.

County 4-H Contest Awards:

Weber County 4-H conducts all of its contests using Danish system judging, which means entries are judged against a standard criteria rather than being compared to other entries. The judges' scores are averaged and awards presented as follows: **Blue:** Excellent (90-100) – Receives a rosette ribbon and \$3 in Clover Bucks; **Red:** Good (75-89) – Receives a rosette ribbon and \$2 in Clover Bucks; and **White:** Fair (74 and below) – Receives a rosette participation ribbon.

Clover Bucks are vouchers which can be used to pay for 4-H events and purchase project manuals. They can also be redeemed for 4-H merchandise during Clover Days. Clover Bucks expire one year from issue date and **will not** be replaced if lost or destroyed.

SPECIAL INTEREST PROGRAMS

Throughout the year, 4-H offers a variety of classes, workshops, and tours that we call Special Interest Programs. Many of these programs are open to youth who are not active with 4-H. In fact, children often learn about 4-H for the first time through Special Interest Programs. Children can be 4-H club members and participate in Special Interest Programs too!

Unlike 4-H clubs, Special Interest Programs are short-term in nature. How long each program lasts depends a great deal on the topic being explored and the volunteer who teaches the program. For example, 4-H might conduct a robotics camp that just lasts a week, or shooting sports classes that may meet once a week for several months.

Following is a list of county and state Special Interest Programs that are typically offered annually. In addition, new programs are added during the year based upon volunteer availability. To keep informed of Special Interest Programs throughout the year, make sure you read the *Clover Connection 4-H Newsletter* each month.

4-H AGGIE ADVENTURES for KIDS Weber County offers a summer full of science-based adventure with its exciting day-camp program. The week-long, half-day camps fill up quickly and are open to both 4-H and non-4-H youth.

ADVENTURE CAMP 4-H members in 7th & 8th grades are invited to enjoy Adventure Camp at Utah State University – a statewide, three day, two night experience teaching life skills, friendship, teamwork, and more!

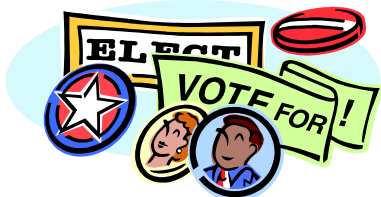
Activities include a ropes course, camping, a tour of Minnetonka Cave, songs around the campfire, and outdoor education. Youth are also introduced to the GPS program. With the knowledge gained through this program, the youth are sent on a scavenger hunt in the forest only able to use the skills and knowledge they have obtained from the camp.



JUNIOR YOUTH CONFERENCE (JYC) Every summer in Ephraim, on the Snow College campus, 4-H presents its camp for 5th and 6th grade aged 4-H members. Junior Youth Conference is held the last week in June every year.

Youth who attend JYC are split into groups upon arrival and assigned to a Teen Leader. Youth are able to make new friends and experience new things as it is usually the first time for the youth to be on such a trip. While at the conference, all youth get the opportunity to go through many workshops that teach them about teamwork, trust, friendship, and many other life skills. Teen Leaders manage each group in order to keep the youth busy with games, activities, or a project of some kind.

Activities at JYC also include Snow Follies, a Snow College sponsored event, in which Snow College Ambassadors throw a huge water fight that everyone gets involved in!



OFFICER'S TRAINING Youth who have been selected to serve as an officer in their club, as well as those who hope to be an officer one day, are invited to attend 4-H Officer's Training. During this fun, hands-on workshop, they will learn how to conduct a business meeting, the basics of parliamentary procedure, officer duties, teamwork, and communication skills.

SPECIAL OPPORTUNITIES FOR TEENS

4-H TEEN COUNCIL Youth in 8th-12th grades who want to build their leadership abilities are invited to serve as members of 4-H Teen Council. This group meets once a month at the Weber County Extension Office. Members plan and participate in numerous 4-H and community service events throughout the year.

4-H AMBASSADORS Senior 4-H members are invited to serve as a 4-H Ambassador. These youth help promote the 4-H program through public speaking, preparing and manning exhibits and fairs, emceeding programs, organizing and/or teaching 4-H events and workshops, or other public relations roles. Youth can apply to serve at the county, regional, or state levels:

County: 9th-12th grades

Regional: 9th-12th grades

State: 10th-11th grades

MOCK LEGISLATURE Youth in 9th-12th grades are invited to apply to participate in Mock Legislature. The event includes guest speakers, a lesson on the legislative process, and committee meetings in the morning. The afternoon includes a tour of the State Capitol Building, the Rules Committee deciding the order of the bills to be presented, and a two and a half hour debate over the bills that the youth delegates present. About 100 delegates are selected to participate in this program each year.

TEEN LEADERSHIP TRAINING Once a year for three days (during UEA break), senior 4-H members from around the state gather at Utah State University to work on their leadership skills. Participants take part in different activities that not only strengthen their leadership skills but are also fun, and challenging.



TRY PROGRAM (Teens Reaching Youth)

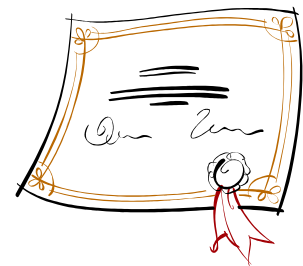
Youth currently enrolled in 8th-12th grades are invited to participate in the 4-H TRY Program. Youth are selected through an application process. TRY teams (which consist of three to four teens and their adult coach) attend a weekend retreat and receive detailed training in a 4-H project, as well as instruction on how to teach

younger youth. Then, during the year, the team teaches the curriculum to a group of younger children and is honored for their service during 4-H Achievement Night.

WINTER CAMP Weber County hosts senior 4-H members (9th-12th grades) from the Northern Region for a weekend leadership retreat. In addition to great workshops and team-building activities, delegates will enjoy skiing, snowshoeing, and other winter outdoor activities.

4-H SCHOLARSHIPS

4-H awards thousands of dollars in college scholarships each year to active 4-H members who are graduating from high school. For a complete list of scholarship guidelines and applications, go to the state Web site at www.utah4-H.org.

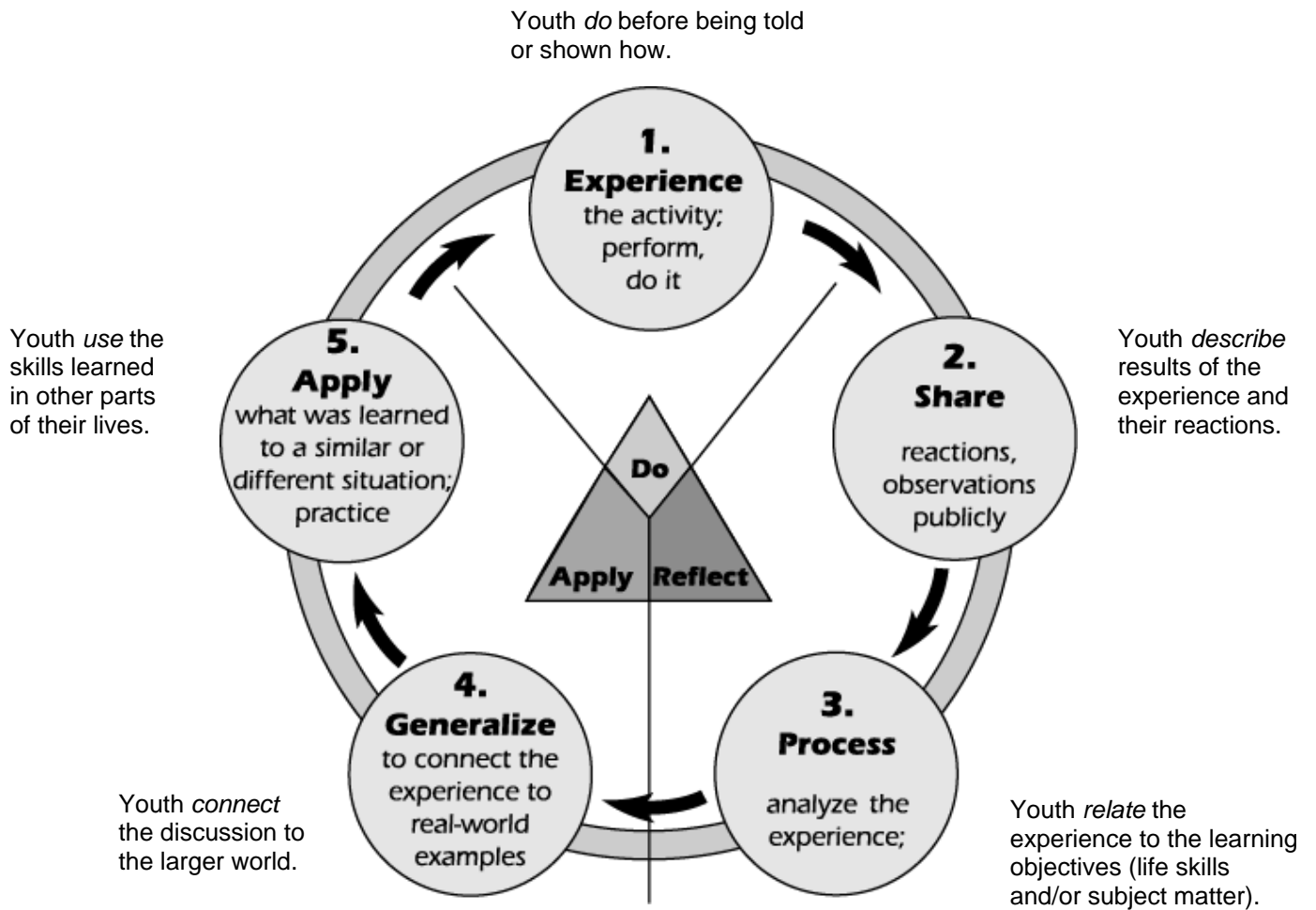


EXPERIENTIAL LEARNING MODEL

In 4-H, youth “learn by doing.” The experiential learning model below describes the five steps that allow youth to fully benefit from a learning experience or activity.

Experiential learning takes place when a person involved in an activity looks back and evaluates it, determines what was useful or important to remember, and uses this information to perform another activity.

- John Dewey



This I Believe...



- ✿ The 4-H boy and girl are more important than the 4-H projects.
- ✿ 4-H is not trying to replace the home, the church, and the school, only to supplement them.
- ✿ 4-H'ers are 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 in 4-H club work. It should be given no more emphasis than other fundamentals of 4-H.
- ✿ Learning how to do the project is more important than the project itself.
- ✿ A blue ribbon 4-H'er with a red ribbon pig is more desirable than a red ribbon 4-H'er with a blue ribbon pig.
- ✿ To "learn by doing" is fundamental in any sound educational program and is characteristic of the 4-H program.
- ✿ Generally speaking, there is more than one good way of doing most things.
- ✿ Every 4-H member needs to be noticed, to be important, to achieve, and to be praised.
- ✿ Our job is to teach 4-H members **HOW** to think, NOT what to think.

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.

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