

Why 4-H?

- Enrollment for all youth ages 5-19
- Weekly “4-H Alert” with information on upcoming programs
- Opportunities for Regional and State sponsored trips and events
- Hundreds of project ideas and activities
- Evaluation & Recognition for completed projects
- Scholarship opportunities
- Community Service Awards

Everyone Receives...

- A unique learning experience.
- Great feelings of pride and accomplishment!
- Fun, Fun and more Fun!

The enclosed material is part of the educational efforts of the Cornell Cooperative Extension Sullivan County’s 4-H Youth Development program. The mission of this program is to create supportive learning environments in which diverse youth reach their fullest potential as capable, competent, and caring citizens.

For more information contact
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4-H Youth
Development



Building Strong and Vibrant New York Communities

Cornell Cooperative Extension in Sullivan County is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact the Cornell Cooperative Extension Sullivan County office if you have any special needs.

What Is 4-H?

4-H is the “hands-on” Youth Development program of Cornell Cooperative Extension. 4-H provides informal educational opportunities that will enable youth to become the leaders of to-morrow.

4-H is open to all youth ages 5 through 19, regardless of race, religion, color, or sex. Youth must be residents of Sullivan County for at least part of the year.

What Does 4 -H Mean?

The 4-H program works with the whole child;

Head, Heart, Hands and Health.

These words are incorporated in the 4-H Pledge:

I pledge: My head to clearer thinking, My heart to greater loyalty, My hands to larger service, My health to better living, for my club, my community, my country, and my world!

We can help you form a club!

Connect with Us Today!

Call 845-292-6180

E-mail sullivan@cornell.edu

Visit www.sullivancee.org

Facebook & Twitter [ccesullivan](#)

Instagram [CCE_Sullivan_County](#)

4-H Opportunities

FALL

- 4-H Connects
- ABC Conference
- Achievement Day
- 4-H National Science Day
- Enrollment Period
- National 4-H Week Activities
- Records Evaluations
- Shooting Sports Programs
- Snowmobile Safety
- STEM Activities
- Volunteer Training
- Intergenerational Textile Projects

WINTER

- 4-H Connects Programs
- Dairy Bowl Team
- Horse Bowl/Hippology Team
- Officer Training
- Public Presentations
- Rabbit Clinics
- STEM Activities
- Volunteer Recognition
- Winter Workshops
- International Night
- CCESC Annual Meeting
- Intergenerational Textile Projects

SPRING

- 4-H Connects Programs
- Animal Crackers at Cornell
- Animal Records Training
- Dog Obedience
- Field Trips
- Pheasant Rearing Project
- NYS Capital Days
- STARR Teen Retreat
- Tractor Safety
- Vet Science Series
- Intergenerational Textile Projects

SUMMER

- 4-H Connects Programs
- Animal Clinics
- Community Service Projects
- Cornell Career Explorations
- County 4-H Youth Fair
- Fair Work Nights
- Horse Events
- Livestock Auction
- Shooting Sports Programs
- The Great NYS Fair
- Intergenerational Textile Projects

And so much more!



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Experience 