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Cooperative Extension

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4-H

Youth Development

Member and Parent

Handbook



Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

February 23, 2016

Welcome to 4-H!

4-H Club Emblem

A green four-leaf clover with a white "H" in each leaf

The 4-H's

"Head," "Heart," "Hands," and "Health" are the four H's in 4-H, and they symbolize the four values members work on through fun and engaging programs.

- ☘ *Head: Managing, Thinking*
- ☘ *Heart: Relating, Caring*
- ☘ *Hands: Giving, Working*
- ☘ *Health: Being, Living*

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 county, and my world."*

4-H Motto

"To Make the Best Better"

4-H Slogan

"Learn by Doing"

4-H Mission

"4-H empowers youth to reach their full potential, working and learning in partnership with caring adults."

4-H Vision

"A world in which youth and adults learn, grow, and work together as catalysts for positive change."

4-H Colors

The 4-H colors are green and white. White symbolizes purity and green represents life, springtime and youth.

"4-H is the nation's largest youth development organization. More than 6 million 4-H youth in urban neighborhoods, suburban schoolyards, and rural farming communities stand out among their peers: building revolutionary opportunities and implementing community-wide change at an early age."

"4-H is uniquely equipped to deliver high-quality positive youth development. As the youth development program of the nation's 109 land-grant universities and the Cooperative Extension System, 4-H produces research-driven programming with proven results."

Cornell University is the land-grant university in New York. 4-H is the youth component of Cornell Cooperative Extension.

New York State 4-H programs offer youth hands-on learning activities in three mission mandate areas:

- ☘ 4-H Science, Technology, Engineering and Math (STEM)
- ☘ 4-H Civic Engagement
- ☘ 4-H Healthy Living

Project curriculum and resources are available to you in these project areas as well as others. Work through the county 4-H office to locate appropriate, high-quality resources.

4-H Basics

Membership Requirements

Any young person who meets the age eligibility requirements is eligible to enroll as a 4-H member. Any person in a legally-protected class, including but not limited to race, color, religion, gender, national origin, ancestry, marital status, familial status, sexual orientation, or disability, may enroll as a 4-H member.

- The NYS 4-H Club year runs from October 1 to September 30.
- Youth who are five years of age, on or before January 1 of the current club year, may enroll as a 4-H Cloverbud member.
- Youth who are eight years of age, on or before January 1 of the current club year, may enroll as a 4-H member.
- Youth who turn nineteen years of age, on or before January 1 of the current club year, may not enroll as a 4-H member.
- Persons with an intellectual disability may participate fully in 4-H programs as long as their developmental age is considered to fall between five and 19 years of age.

Independent Membership

When circumstances prevent a child from joining a 4-H club, that child may participate in the 4-H Club Program by enrolling as an independent member. Independent members work on projects of their choice at their own pace with parental or other adult assistance. They are encouraged to participate in county activities.

4-H Clubs

In New York State, a club must have a membership of five or more youth. Smaller groups may register youth as independent members. A 4-H club consists of five or more school-age youth, guided by enrolled adult volunteers. The 4-H Club's goal is long-term youth development, which encourages its participants to learn life skills that will help them grow into healthy and productive citizens.

The youngest 4-H participants, ages 5-7 (grades K-2), are Cloverbuds and have the opportunity to experience 4-H in age-appropriate ways. Cloverbuds may participate in clubs with older 4-H youth or may be part of a Cloverbud-only club. Because of their developmental stage, Cloverbuds are not judged/evaluated in their project work as older 4-H members are but receive participation awards only.

Types of Clubs

- ✿ Neighborhood 4-H Clubs are groups of youth (five or more) that are usually led by parents/guardians. They meet in schools, churches, community centers, or homes to complete a variety of 4-H projects throughout the year. With the exception of a few countywide clubs, members are usually from the same community.
- ✿ 4-H School Clubs and After-School 4-H Clubs - When 4-H curricula are used within the classroom during regular school hours or in an after-school program, these children form a 4-H club. The classroom teacher and/or other resource people serve as club leaders.
- ✿ Sponsored 4-H Clubs - A government agency, religious group or other youth serving organization may sponsor a 4-H club. Sponsored clubs usually meet at the agency's facilities and are led by agency staff (paid and/or volunteer).

Independent 4-H members

Whenever possible, youth are encouraged to participate in 4-H in a club setting because of the natural support that can come in this group learning environment. However, the club is not the only way to become a 4-H member. Independent membership is another option for youth to participate in planned learning outside of a club setting. Their work is self-directed with the guidance and support of parents and, in some cases, mentors. Self-study, home study, mentoring, and whole families learning together are examples of 4-H independent membership.

Independent members are encouraged to give special attention to opportunities available at the county level to support their learning. However, without the reminders that often come through leaders and other club members, independent members can find it challenging to

stay informed of deadlines or special events. Regular attention to weekly 4-H News Alerts or checking Cornell Cooperative Extension Sullivan County's (CCESC) 4-H website on a regular basis will be especially important. Additional effort to interact with other 4-H families will also enrich a 4-H member's learning and enjoyment.

Communication is Important

To keep you informed we have the following resources available:

- ✿ Through our "4-H News Alert," e-mailed 2-4 times per month on Fridays. (Families with no internet service may receive printed copies by providing self-addressed stamped envelopes.)
- ✿ Through special e-mail notices or mailings on an as-needed basis.
- ✿ Through regular updates on our county association's website: sullivanccce.org
- ✿ Informational articles written by 4-H staff published monthly in "The Extension Connection," Cornell Cooperative Extension Sullivan County's monthly, paper newsletter, available with a CCE membership of \$25 per year.

Proven Results

THE POSITIVE DEVELOPMENT OF YOUTH: COMPREHENSIVE FINDINGS FROM THE 4-H STUDY OF POSITIVE YOUTH DEVELOPMENT is the first-ever research project of its kind. The decade-long study, completed by a team of researchers at the Institute for Applied Research in Youth Development at Tufts University, Medford, MA, is influencing research and practice around the world.

The report shows that 4-H youth excel beyond their peers. 4-H members are about:

- ✿ **Four times** more likely to make **contributions to their communities**(Grades 7-12);
- ✿ **Two times** more likely to be civically active (Grades 8-12);
- ✿ **Two times** more likely to make healthier choices (Grade 7);
- ✿ **Two times** more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time (Grades 10 – 12); and
- ✿ 4-H girls are **two times** more likely (Grade 10) and nearly **three times** more likely (Grade 12) to take part in science programs compared to girls in other out-of-school time activities.

Unparalleled Reach and Scope

"With 540,000 volunteers, 3,500 professionals, and more than 60 million alumni, the 4-H movement supports young people from elementary school through high school with programs designed to shape future leaders and innovators. Fueled by research-driven programming, 4-H members engage in hands-on learning activities in the areas of science, citizenship, and healthy living."

What is Youth Development?

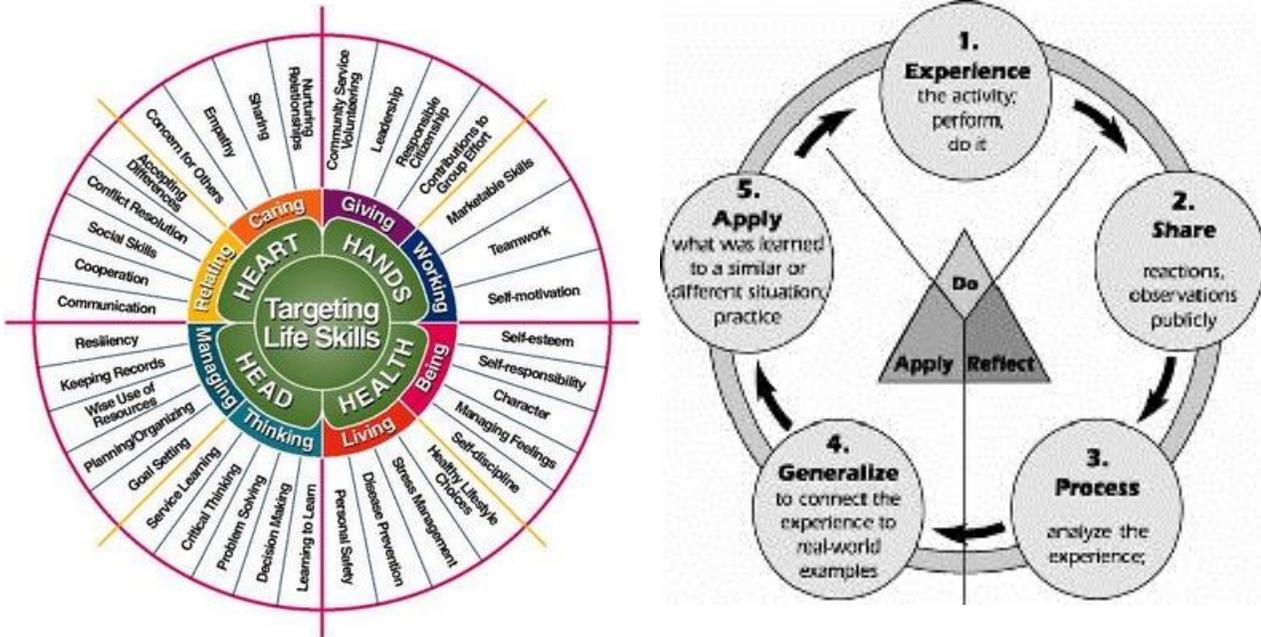
"Youth development is a process of mental, physical, social, and emotional growth during which young people prepare to live a productive and satisfying life within the customs and regulations of their society." The 4-H Youth Development program offers educational opportunities where youth can learn information and develop skills they need.

Targeting Life Skills (TLS) Model

“Life skills are abilities individuals can learn that will help them to be successful in living a productive and satisfying life. In the Targeting Life Skills (TLS) Model, seen below, categories of life skills are identified and divided on the basis of the familiar four H's from the 4-H Clover that represent Head, Heart, Hands, and Health.”

Experiential Learning

The 4-H youth development program uses a five-step experiential learning approach to promote life skill development in youth:



Goal: Positive Youth Development

Positive youth development is a framework that highlights the things youth need to become successful. It focuses on strengths instead of limitations and is associated with the five Cs - competence, confidence, character, connection, and caring. Researchers have suggested that a sixth C, contribution (to oneself and others) comes about when the 5 Cs are present in a young person's life.

The goal of the 4-H Youth Development is to see youth achieve these outcomes:

Desired Outcome	Definition
☘ Competence	The ability to act effectively in all of life's settings
☘ Confidence	A sense of self-worth and mastery, having a belief in one's capacity to
☘ Connection	A sense of safety, structure, and belonging; positive bonds with people
☘ Character	Taking responsibility; a sense of independence and individuality; connections to principles and values
☘ Caring	A sense of sympathy and empathy for others; commitment to social justice
☘ Contribution	Active participation and leadership in a variety of settings; making a difference

4-H Member's Code of Conduct

An enjoyable, positive learning experience is everyone's responsibility. All members are expected to follow the 4-H Member Code of Conduct while participating in any 4-H program or activity. Upon enrollment, each member and their parent/guardian must read the code of conduct and agree to expectations with their signatures.

Expected Behavior:

- ✿ All participants are expected to be responsive to the reasonable requests of the adult in charge at the time given. This includes following rules and regulations of the given event (for example: abiding by curfew).
- ✿ All participants are expected to participate in all of the planned programs, to be on time and follow through on assigned tasks/responsibilities in a manner that insures the safety, well-being, and quality of the educational experience for self and others.
- ✿ All participants will act in a mature, responsible manner, recognizing they are role models for others, and that they are representing themselves, Cornell Cooperative Extension Sullivan County, and the 4-H Youth Development Program.
- ✿ All participants will be dressed appropriately for the event. Dress will depend on the event and the guidelines provided for the event. Inappropriately revealing clothing, shorts above the knee, clothing printed with lewd /suggestive messages or promotions for tobacco or alcohol will not be permitted. If you are unsure about what is appropriate, contact the 4-H staff person in charge.
- ✿ All participants will be considerate and courteous of all youth and adults and their property during travel, at group gatherings, and during free time.
- ✿ All participants will respect the rights and opinions of others. CCE / 4-H youth development programming is open to diverse groups of youth. Some customs may be different than what one normally experiences.
- ✿ All participants are to refrain from the possession and/or use of illegal drugs, tobacco products, or alcoholic beverages, firearms and or other weapons at all times. These are prohibited.
- ✿ All participants are to refrain from romantic displays, sexual activities, foul language, and harassment either in public or private situations. These actions will not be tolerated.

Consequences - Any of the following may be used, depending on severity of the situation.

1. In mild cases, youth participant will receive a verbal warning. Adult chaperone for the youth involved in the violation will be made aware of the situation.
2. At the discretion of 4-H staff, young person may remain at the event, but may possibly be barred from a future event.
3. The parent(s) may be called and arrangements made for transportation home at the parent's expense.
4. The 4-Her may be barred from participating in 4-H.
5. When a violation occurs at a competitive event, 4-H members may be disqualified from the contest and may be ineligible for any awards. Competition in later contests may also be barred.
6. If any laws are violated, the case may be referred to the police.

Parent Role & Code of Conduct: “4-H is a family affair”

4-H members need their own parents’ or caregivers’ support and encouragement to attend meetings, complete projects, and fulfill responsibilities to the club. Parents/caregivers have an opportunity to spend time with their children and enjoy activities together. In many ways 4-H is a “partner in parenting.”

In addition to helping their own children, parents/caregivers are important in 4-H leadership. Contact one of the 4-H staff listed in this handbook to learn about various opportunities. You don’t need to be an expert to help and training opportunities are available. The time involved for various volunteer positions varies, so you can make a difference with whatever time you do have available.

Parents and caregivers are children and youths’ first role models and are also representatives of CCE and 4-H when involved with 4-H activities, whether as a volunteer, or a parent support. As such, CCE requires parents to follow a Code of Conduct similar to that of Youth Members and Volunteers. Unwillingness to follow the Parent Code of Conduct will limit a family’s involvement in 4-H. When enrolling a child in 4-H, parents/caregivers agree to:

- Respect and adhere to CCE rules, policies, and guidelines that relate to 4-H activities.
- Participate as a parent in an ethical manner.
- Preserve the confidentiality of information about program participants and CCE internal affairs that may be entrusted to me.
- Refrain from using 4-H or CCE affiliation for personal or business financial gain.
- Assist my child in completing 4-H program activities and projects, including completion of required records or reports, in a timely manner.
- Respect volunteer leaders’ and other participating parents’ time and work cooperatively with Extension staff and volunteers.
- Participate in required orientation and informational programs and assist my child in following policies and procedures.
- Accept support and feedback from professional Extension staff and/or volunteers.
- Respect and uphold the rights and dignity of all youth, parents, staff, volunteers and all individuals who participate in CCE programs recognizing that people’s values, beliefs, customs, and strengths differ.
- Encourage participation of and respect for individuals of diverse backgrounds, cultures, and perspectives.
- Refrain from the use of alcohol, tobacco, and inappropriate language during and with respect to, all 4-H activities.
- Commit no illegal or abusive act.
- Report all unsafe conditions and accidents to professional Extension staff as soon as possible.

Special 4-H Opportunities in Sullivan County

“4-H Connects” Project Samplers

Offers resources and networking to help youth and families start 4-H projects. Meetings are posted in the 4-H News Alert.

Special Focus Project Series (i.e. Veterinary Science, Dog Obedience, Annual Crochet Project)

Read the 4-H News Alert for information on upcoming opportunities, dates, requirements, costs, etc.

Educational Team Opportunities in Horse Bowl/Hippology, Dairy Bowl, Judging, etc.

Read the 4-H News Alert for information on upcoming meetings, requirements, location, costs, etc.

Special Youth Roles

- ✿ Teen Representative on 4-H Strategy Committee – age 13 & up
- ✿ Host/Hostess for 4-H Public Presentations Events - age 13 & up
- ✿ 4-H Teen Group – Ambassador Roles - age 13 & up
- ✿ Youth Fair Teen Leader -age 13 & up
- ✿ Teen Leader Opportunities at Major CCE/4-H Events – age 13 & up
- ✿ 4-H Representatives in Outreach Programs – opportunities for all ages

Public Presentations and Horse Communications

This event is an opportunity for members to develop speaking and leadership skills through sharing what they have learned. Pre-registration is required for all events. Consult the 4-H News Alerts and sullivan4h.org for information on each event.

- ✿ Information Night: if scheduled, will be posted on 4-H News Alerts and website
- ✿ County Public Presentations: traditionally held the first Saturday in March
- ✿ Make-Up Night for Presentations: one weeknight will be available in March
- ✿ Public Presentations at the Sullivan County Youth Fair: last opportunity, in August

Sullivan County Youth Fair

This 6 day event organized by the 4-H Youth Development Program is the annual showcase for 4-H project work and includes static/still exhibit evaluations and exhibition, livestock shows and exhibitions, public presentations, hands-on activities open to the public, a livestock auction, pie auction, a “Bessie Bingo Contest”, and other 4-H activities and fundraisers.

National 4-H Week

Celebrated the first full week in October, National 4-H Week is an opportunity for members, clubs and 4-H Programs across the country to engage public awareness of their great work.

- ✿ 4-H Window Display Countywide Contest for 4-H Clubs
- ✿ Exhibition of State Fair Selected 4-H Exhibits at the Sullivan County Government Center

Achievement Day Recognition Ceremony

Members and Clubs celebrate the accomplishments of the past program year at Achievement Day, traditionally held in early November. Charters and Seals of Achievement are given to Clubs. Certificates of Achievement or Participation are awarded to members, with additional opportunities for special recognition in areas of community service , outstanding effort, personal growth, leadership and excellence in work.

Special 4-H Events in New York State

4-H takes you places! Here are just a few of the many special opportunities in New York State that Sullivan County 4-H'ers may enjoy:

- ✿ **The New York State Fair**, held in Syracuse, takes place during a 12-day period prior to and including Labor Day in August-September annually. Supported by the NYS Department of Agriculture and Markets and Cornell University, the state fair provides opportunities for youth to showcase their top county-level fair projects, have leadership opportunities, and have loads of fun in the process.
- ✿ **4-H Agri-Business Conference** is a two day agricultural career conference held at SUNY Cobleskill each fall.
- ✿ **4-H Capital Days** gives youth an opportunity to meet and interact with legislators in Albany and to tell their 4-H story. This program provides teen participants with an awareness of career opportunities in New York State government, to better understand how their state government operates, and to network with delegates from other counties. Held annually in New York State since 1935, this event takes place in May. Two delegates and an alternative to represent the Sullivan County 4-H Program will be announced at "4-H Achievement Day".
- ✿ **State Public Presentations** and **Horse Communications** held at Cornell University (usually on Saturday in mid-May), gives youth an opportunity to showcase their communication skills through a presentation they researched and wrote. All 4-H Youth are encouraged to participate in the County level event in March with opportunities to qualify for the regional/district-level event held in April, where nominations for state participation are made.
- ✿ **March Dog Madness** is an annual conference at Cornell University for adult and teenage 4-H volunteer leaders offering science-based information training with workshops in animal health, animal behavior, industry trends, and youth development.
- ✿ **The State Teen Action Representative Retreat (STARR)** is a three-day, fun-filled event held in mid-April where 4-H teens participate in a variety of workshops and activities meant to challenge, excite and further develop life skills. The event is planned by teens and adults serving on the youth/adult STARR planning committee and is open to all NYS 4-H Teens.
- ✿ **Animal Crackers**, held annually (usually the first Saturday of May), provides New York youth with fun, hands-on science-oriented learning experiences on Animal Science topics. This program features the unique facilities and staff of Cornell University.
- ✿ **Career Explorations** is a three-day event at Cornell University (late June/early July) which provides youth exposure to academic fields, career exploration, development of leadership skills, and hands-on experience in a college setting. The event is made up of

two grade-specific tracts: University U for youth entering grades 8 and 9 and Focus for Teens for youth entering grades 10 through 12.

✿ **NYS Junior Dairy Leader Program** is a one-year program where select youth, ages 16-19 years of age, explore careers in the dairy industry along with hands-on experiential learning. Youth build personal and professional skills while gaining a realistic view and experience for the dairy industry.

National Opportunities

Yes, there are national opportunities! Ask your 4-H leader or 4-H staff member to tell you more.

4-H Projects and Evaluation of Project Work

Young people join 4-H to engage in experiences that interest them: raising a steer, building leadership skills, healthy & wellness, robotics, showing rabbits, learning to sew, etc. The 4-H Youth Development program creates opportunities for youth to develop skills and gain practical knowledge and wisdom through observing, doing, and living through experiences. Sullivan County 4-H activities and events such as International Night, Public Presentations, Horse Bowl/Hippology, Dairy Bowl and the 4-H Youth Fair are some of the opportunities for youth to showcase their knowledge and accomplishments through exhibits, presentations, and knowledge contests. At such events, caring and trained adults interact with the 4-H member to encourage them to continue building those skills. Appropriate recognition can inspire young people to go further in their endeavors and serve as an incentive to greater accomplishments.

Understanding 4-H Project Work

The 4-H Youth Development program creates opportunities for youth to develop skills, practical knowledge and wisdom through observing, doing, and living through experiences. ***The emphasis of the 4-H Program is on practical application of knowledge or "learning by doing" to develop skills and acquire a sense of responsibility, initiative and self-worth.***

A project is a planned series of learning activities/experiences that engage youth in the use of their **heads** and **hands** in ways that result in enhanced competencies, open **hearts** and better **health**.

4-H projects give youth opportunities to:

- ✿ gain new knowledge and develop the critical thinking skills that lead to **independence** of thought and action;
- ✿ experience a sense of **belonging** through cooperative learning activities;
- ✿ develop a spirit of **generosity** by sharing knowledge and using skills to help others;
- ✿ achieve a feeling of **mastery** as the cumulative result of the project work.

Ideally 4-Hers receive their primary training through project work that is curriculum based, though it may not consistently be the case. Activities that qualify as “projects” are those with at least 6 hours of instruction (in one activity or a series of activities, which may include planning, preparation, and record keeping.) If not 4-H curriculum-based, training may validly come in many forms:

- ✿ Learning from parents, family and friends
- ✿ County CCE project training (ex. Classes/Workshops/Clinics)
- ✿ District or State project/events training (ex. 4-H Forestry Weekend)
- ✿ Instruction at a club meeting from leaders or members
- ✿ School (ex. art class, technology, industrial arts, home economics)
- ✿ Workshops offered by local organizations, stores, tradespeople (Rec Centers, craft stores, etc.)
- ✿ Self-taught

- ✿ Attending hands-on lectures or live demonstrations, one-on-one time with evaluators/mentors, learning through visual means (videos, TV, Internet), or participating in educational events.

A goal of 4-H is to encourage mastery of skills. Youth usually demonstrate this by doing a project where they master a new skill, but this can also be done by perfecting a skill to a higher level so that it is perfect or close to it.

The Process of Evaluation

The purpose of evaluating work completed in 4-H projects is threefold:

1. To provide youth with opportunities to learn and recognize **standards for quality** project work.
2. To provide youth opportunities for **reflection** on what they have learned from project work.
3. To contribute to the growth and development of the 4-H member by assessing their accomplishments and awarding **recognition** for their achievements.

Evaluation and reflecting on what was learned through 4-H project work are necessary parts of the educational process. Youth need specific feedback on things that have been done well, and they need to know what can be improved. They need to understand the educational experience, and how they benefited from that experience. **By evaluating exhibitors not just for their product but by what they learned, youth are taught the process of reflection – an important asset to youth development.**

Appropriate recognition can inspire young people to go further in their endeavors and serve as an incentive to greater accomplishments. It helps youth evaluate life skills they are learning, helps them set realistic goals and measure their progress in accomplishing those goals, and recognizes their achievement against accepted standards of excellence. **Through evaluation, youth develop self-evaluation skills that will be used in their adult life.**

What is the Danish System of Judging?

The Danish System is a method of evaluating a presentation, an exhibit, showmanship, skills, etc. in a particular class or contest relative to an ideal for the person's grade level and experience. If disabilities are identified that impact the 4-H member's ability to complete an exhibit or demonstrate a skill, consideration is given to the developmental age of the young person, not his/her chronological age. Youth are not ranked against one another in such judging contests and the same color award can be earned by any number of youth who rank similarly against the ideal for their grade level and experience.

In a 4-H context, awards are broken down into four categories: Excellent (blue), Good (red), Worthy/Fair (white) or Cloverbud Participation Award (rainbow) for each category. If the exhibit, presentation, or skills being evaluated fails to meet criteria for the event or contest, no award is given. Constructive feedback from the evaluator/judge is an important aspect of the overall experience for the 4-H member.

When is a blue/red/white/rainbow appropriate?

- ✿ **Excellent or Blue:** A blue is given to those entries or members who most nearly meet the standards established for the particular class or level of performance. Excellent does not

indicate perfection but indicates a high degree of achievement toward the elements in the standards.

- ✿ **Good or Red:** Red indicates those exhibits or individuals who rank good in relation to the particular standards or expected achievement of the class or contest. Either the general level of the accomplishment is less than excellent or enough specific shortcomings are found to cause the placing to drop from excellent to good.
- ✿ **Worthy/ Fair or White:** White describes those exhibits or contestants who upon evaluation are found lacking in some way but still show that effort was given.
- ✿ **Participation/Rainbow:** This award is given for all Cloverbud (K-2nd graders) entries or presentations.

“The ultimate goal of evaluating 4-H project work is the development of the individual by helping each one become a self-directing, productive, and contributing member of society.”

4-H Records for Membership

To recognize and encourage each 4-H member's development in the areas of project learning, record keeping and communication skills (ability to share what one has learned), the Sullivan County 4-H Youth Development Program awards a Year-end "**Certificate of Achievement**" at Achievement Day to those members who accomplish the following requirements:

- ✿ Completed an evaluated **Public Presentation**
- ✿ Participated in the **Sullivan County Youth Fair**
- ✿ Completed and submitted to the 4-H office a **4-H Summary Record** for the program year. The Summary Record is an overview of a member's accomplishments in the past year and must indicate the completion of at least one 4-H project. The "My 4-H Story" and "Parents' Comments" sections are especially important for your 4-H Record, make sure they are not overlooked!
- ✿ 4-Hers unable to meet the requirements for a Certificate of Achievement will be recognized with a Certificate of Participation.
- ✿ All cloverbuds receive a year-end **Cloverbud Certificate** regardless of participation level.
- ✿ 4-H Summary Records are collected yearly in a 4-H Record Book (cover available for sale at the 4-H office or through the 4-H Mall.) **4-H Record Books** may be entered and exhibited at Fair.

A Special Note Concerning Cloverbuds: The New York State 4-H Program recognizes Cloverbud participation in all events and activities with "Participation Awards" only. Cloverbuds are not subjected to evaluations or judging involving ranking, comparison or assigning levels of awards and thus can only receive recognition for participation.

4-H Summary Records: Due September 15, this record reflects 4-H activity in the past program year.

- ✿ Age 8-19 will use the standard 4-H Summary Record Forms.
- ✿ Cloverbuds, age 5-7 should use the special Cloverbud Summary Record Form available for their developmental stage.

4-H Project Books: Available from the National 4-H Mall in several project areas, this is an optional opportunity for 4-Hers to pursue research-based project curriculum as an individual or with a group. 4-Hers may enter and exhibit their project books at the Sullivan County Youth Fair.

4-H Animal Records: Required for all livestock entries at the Sullivan County Youth Fair. They accompany each animal and are reviewed by a 4-H Livestock Educator or Department Superintendent.

4-H Community Service Olympics: The 4-H Program encourages and gives recognition to the volunteer efforts of individuals and clubs throughout five areas of service opportunities: Environmental, Intergenerational, Community/Government, Wellness/Health/Fitness and 4-H Program Service. The levels of awards are "Bronze" for participation in three categories of service, "Silver" for four categories, and "Gold" for involvement in five categories of service.

Cloverbuds will be recognized by a clover participation ribbon for three or more categories of involvement.

4-H Achievement Day: Held each fall after the end of a 4-H Program year, the Achievement Day ceremony recognizes the involvement and achievement of county 4-H members and clubs. For more information on Achievement Day, its member recognition awards and the “Opportunity Award Trips Scholarships” available for Sullivan County 4-Hers, please talk to your 4-H Club Leader or a 4-H Staff Member at your extension office.

A Bit of History

“In the late 1800's, researchers discovered 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.”

“The idea of practical and ‘hands-on’ learning came from the desire to connect public school education to country life. Building community clubs to help solve agricultural challenges was a first step toward youth learning more about the industries in their community.”

1902: Youth Clubs were Formed

“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, and by 1912 they were called 4-H clubs.

1914: Cooperative Extension System was Created

“The passage of the Smith-Lever Act in 1914 created the Cooperative Extension System at the United States Department of Agriculture (USDA) and nationalized 4-H. By 1924, 4-H clubs were formed and the clover emblem was adopted.

“The Cooperative Extension System is a partnership of the National Institute of Food and Agriculture (NIFA) within the U.S. Department of Agriculture (USDA), the 109 land-grant universities and more than 3,000 county offices across the nation. Cooperative Extension combines the expertise and resources of federal, state, and local governments and is designed to meet the need for research, knowledge, and educational programs.”

4-H Today

“Today, 4-H serves youth in rural, urban, and suburban communities in every state across the nation. 4-H'ers are tackling the nation’s top issues, from global food security, climate change and sustainable energy to childhood obesity and food safety. 4-H out-of-school programming, in-school enrichment programs, clubs and camps also offer a wide variety of STEM opportunities – from agricultural and animal sciences to rocketry, robotics, environmental protection, and computer science – to improve the nation’s ability to compete in key scientific fields and take on the leading challenges of the 21st century.”

Resources

The sources of information found in this guide along with a few more:

<http://www.cce.cornell.edu/> New York State website for Cornell Cooperative Extension

<http://ansci.cornell.edu/4H/index.html> Extensive information and resources for all animal science topics—livestock, horses, dogs, rabbits, etc.

<http://nys4h.cce.cornell.edu/resources/Pages/default.aspx> A wealth of resources on Cornell Cooperative Extension's 4-H Youth Development website

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

<http://www.4-h.org/about/youth-development-research/positive-youth-development-study/> Research on 4-H's ten-year research on the impact of 4-H in the lives of its youth participants

<http://www.extension.iastate.edu/4h/explore/lifeskills> The Targeting Life Skills Model

www.actforyouth.net On-line source for positive youth development

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Please visit www.sullivancce.org or call 845-292-6180 to connect with 4-H staff.