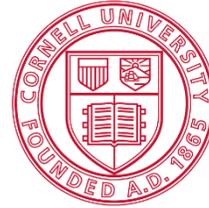


# Cornell Cooperative Extension Rockland County



## ABOUT THE ROCKLAND COUNTY 4-H PROGRAM

### WHAT IS 4-H?

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. We are America's largest youth development organization—empowering nearly six million young people across the U.S. with the skills to lead for a lifetime.

4-H is delivered by Cooperative Extension—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. Kids complete hands-on projects in areas like health, science, agriculture and citizenship, in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Kids experience 4-H in every county and parish in the country—through in-school and after-school programs, school and community clubs and 4-H camps.

### WAYS TO BE INVOLVED IN ROCKLAND COUNTY 4-H

#### START A DISCOVER 4-H CLUB

The Discover 4-H Club series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

The purpose is to create an environment for families to come together and participate in learning activities while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

There are currently **70** Discover 4-H Club downloadable guides available for FREE through the Utah 4-H Program at <https://utah4h.org/discover/>.

#### START A COMMUNITY CLUB

Community 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. Youth in these clubs typically stay in them for many years – often for the duration of their 4-H experience. Community Clubs give youth the opportunity to take on leadership roles and take on new challenges as they grow in the program.

#### BECOME AN INDEPENDENT MEMBER

The Rockland County 4-H Independent Project allows youth to participate in 4-H without a club affiliation. It is a self-directed, planned learning experience in a specific subject matter area with limited adult direction. Examples of an independent project include self-study, home-study courses, mentoring or “shadowing” with an expert.

Independent 4-H Members should utilize 4-H curricula when possible and participate in educational experiences at the County, Regional, State, and/or National Levels.



*Members from the Horses-R-Us 4-H club lead an activity with Fairgoers at the New York State Fair in Syracuse, NY.*

## SHORT-TERM PROGRAMS

Rockland County offers a variety of short-term 4-H programs such as Junior Animal Science, Veterinary Science, Fun with Public Speaking!, and more. These programs follow the experiential learning model, and allow youth to learn about topics that interest them.

## 4-H PUBLIC PRESENTATIONS

Every year on the first Saturday of March, youth come to the Cornell Cooperative Extension in Stony Point to present on a topic they chose. These presentations can be illustrated talks (PowerPoint, posters, etc.), demonstrations, dramatic interpretations, interviews, and other forms. The focus on the program is to build confidence in youth and help them improve their ability to communicate to others. Those who are selected to advance can then present at the District Level and possibly the State Level. More information can be found at our website at <http://rocklandcce.org/youth/public-presentations>.



*Participants in the 4-H Junior Animal Science Program visit the Rockland County Mounted Police Unit in Wesley Hills, NY.*

## DISTRICT, STATE, AND NATIONAL PROGRAMS

By enrolling in 4-H, youth become part of a larger organization that offers opportunities at the District (regional), State, and National levels. At the District Level, youth can practice and compete in animal quiz bowls and knowledge competitions and can take part in clinics and workshops.

Since we are connected to Cornell University, enrolled 4-H members also have the ability to participate in NYS 4-H events, which are often held at the campus. Some of these events include Dairy Discovery, Animal Crackers, and Cornell Career Explorations. Go to <https://nys4-h.org/> to find out more!

## VALUABLE LINKS FOR PROJECT IDEAS AND INFORMATION

**Rockland County 4-H Website:** <http://rocklandcce.org/youth>

This website is continually updated with necessary forms and information about events and opportunities. To access the 4-H Club Leader Handbooks, NYS 4-H Policies, 4-H Club Officer Resources, and Awards and Recognition Guides, make sure to click on the 4-H Club Leader Resources link on the left side.

**NYS 4-H Website:** <https://nys4-h.org/>

This website offers general information about 4-H, and provides information about State programs. If you scroll to the bottom of the webpage, and click on 'Staff Site,' you can find a variety of educational resources and program ideas. If you have a question about the information on the site, please make sure to contact the Rockland County 4-H Educator before reaching out to the state staff directly.

**NYS 4-H Animal Science:** <http://4h.ansci.cornell.edu/>

This is an extremely valuable site for those who are interested in animals. It has information and event details for pets, dairy, beef, sheep, goats, swine, poultry and horses. It also has an events calendar, and features links to important, research-based sites.

## CONTACT INFORMATION FOR THE ROCKLAND COUNTY 4-H PROGRAM

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