

Welcome to 4-H!



New Member Guide

CSU EXTENSION
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 | 
GARFIELD COUNTY
COLORADO STATE UNIVERSITY
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Welcome

Hey there!

We are so excited that you are joining the Garfield County 4-H family. This program is a great place for youth to learn life skills, have fun, and grow into capable, well-rounded young adults. 4-H can sometimes feel like a whirlwind of learning and running around, especially in the first year, but I believe in you and want to let you know that you are surrounded by helpers!

This year you will get to vote in club meetings, learn new skills, and present all that you've learned. You will make new friends and maybe even travel around the state! I hope that this guide will help you feel prepared for the year ahead and give you a jumpstart on your 4-H career. You've got this!

Sincerely,



Taylor Ruckman

4-H Youth Development Specialist

p.s. To Parents/ Guardians:

4-H is a youth-based organization, but parents and guardians play a HUGE role. You are always invited and encouraged to participate in 4-H activities, club functions, and county fair. I know that no one can make it to every event, but there are so many other ways to be involved and support your youth's goals and development. If you are interested in becoming a volunteer for Garfield County County 4-H, please see page 20 for more information. Thank you for being here! 😊



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Youth Checklist

- Pick your project manuals up from the Extension Office
- Download and/or print your record book (e-record) from <https://co4h.colostate.edu/program-areas/colorado-4-h-project-information/> and get started right away!
- Take a look at your project's rulebook or exhibit requirements (Pg. 21)
- Attend and participate in at least 50% of your club meetings
- Complete a Demonstration or Talk
- Complete 6 hours of community service with your club or at other 4-H events
- Turn in your completed record book with your general project on judging day or at the deadline in August (livestock)- Don't wait until the last minute!

Parent Checklist

- Do your best and don't be afraid to ask your club leader or Extension Office for help!
- Read the Meat & Potatoes weekly email and the Newsletter for important deadlines and project news!
- Find a buddy- an experienced parent or volunteer- and ask questions!
- Support your 4-H member (provide transportation, make sure they understand their project rules, help them memorize the pledges, etc.)
- Proof read your 4-Her's recordbooks and help them make sure sure that EVERY section is filled out.



Intro to 4-H

4-H is a youth-led program that exists in over 80 different Countries! In 4-H, young people make new friends, develop new skills, become leaders and help shape their communities, country and world. The Garfield County 4-H program began in 1916 in Rifle with just a few clubs. Today we have 224-H Clubs and 3 advisory 4-H Councils.!

4-H Emblem:



4-H Motto: To Make the Best Better

4-H Slogan: Learn by Doing

What do the 4 H's stand for?

Head We learn new skills and information to use in every day life. New information comes from leaders, fellow members, and new experiences.

Heart Through 4-H participation, members are always developing their sense of identity and defining their personal values. Making connections with others and gaining social skills is another big part of this program.

Hands 4-H takes a hands-on approach to learning through project work and community service. Members learn more about what they like to do and how to help others.

Health Personal responsibility is a part of our code of conduct and should inspire members to care for their own physical and mental health. They are encouraged to make choices that have a positive impact on their well-being.



4-H Clubs

When you joined 4-H, you signed up to be part of a community club. This club is a group of 4-H Families who meet once a month from October to September to learn and have fun. Clubs usually do community service together and sometimes fund raise to purchase club shirts or pay for activities.

Club Meetings

Each club has at least one adult leader, but club meetings are led by elected youth officers. Most clubs have their officers elected for the year by January. The club bylaws will stipulate the requirements for youth who want to run for these positions, or you can just ask your club leader!

All club meetings should follow Parliamentary Procedure as outlines in Robert's Rules of Order to make decisions and run discussions.

This means that most of your club meetings will follow this agenda style:

- Call meeting to order
- Pledges
 - American
 - 4-H Pledge
- Reading/Approval of the Minutes
- Treasurer's Report
- Old/Unfinished Business
- New Business
- Announcements
- Adjourn
- Demonstrations, talks, refreshments, and recreation



Basic Parliamentary Procedure

When your club needs to make a decision, Parliamentary procedure will help make sure everyone is heard and all ideas are considered. You can learn more about how Parli Pro runs a meeting at <https://bit.ly/Parliamentary>.

Here is an example of how to use basic Parli Pro.

President: We need a motion to decide our next fundraiser.

Rose: Madame President

President: Yes Rose?

Rose: I move to sell butter braids for our next fundraiser.

Sam: I second that motion

President: It has been properly moved and seconded that we sell butter braids for the fundraiser. Is there any discussion?

(This is an opportunity for all youth to share thoughts and concerns about the motion that is on the floor.)

Steve: We sold butter braids last year and many people asked if we had other options. We might need to sell something else along with them, like cookie dough.

(If someone agrees with Steve, they can amend the motion)

Sara: Madame President

President: Yes Sara?

Sara: I move to amend the motion by adding cookie dough to what we will sell

Steve: I second that

President: It has been moved and seconded to amend the motion by adding cookie dough to what we will sell. Is there any discussion?

Hearing none, we will vote on the amendment. All in favor, say aye. All opposed, give the same sign. (All YOUTH members of the club may vote except for the president.)

The motion is amended.

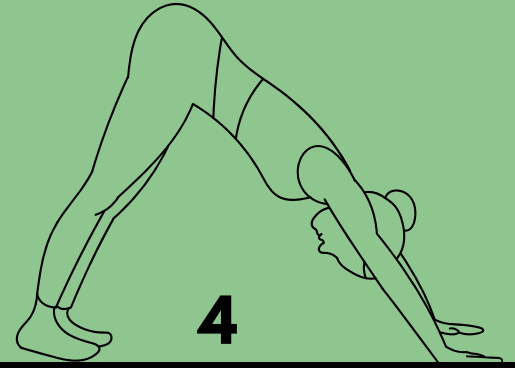
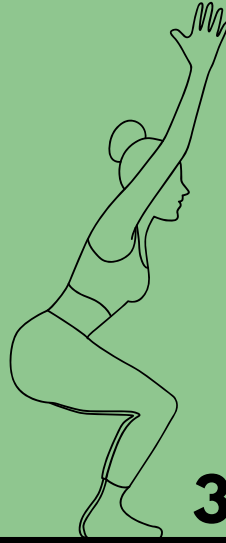
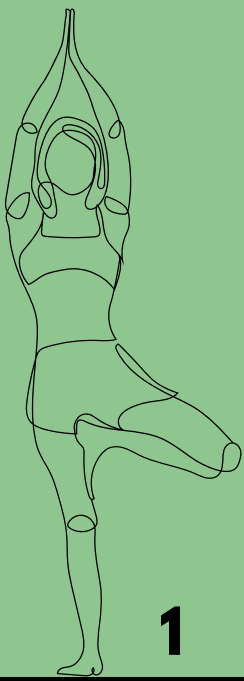


Is there other discussion on the main motion?

Hearing none, we will vote on the motion to sell butter braids and cookie dough for our fundraiser. All in favor, say aye. All opposed, give the same sign.

The motion passes.





The 4-H Pledge

Sometimes the best way to memorize something is to add motion! Try practicing the pledge with these yoga poses to remember it and practice the 4th H!

- 1** I pledge my HEAD to larger thinking
- 2** my HEART to greater loyalty
- 3** my HANDS to larger service
- 4** and my HEALTH to better living
- 5** for my club, my community, my country, and my world



All About Me!



Name: _____

Age Group (circle one):

Cloverbud

5-7

Junior

8-10

Intermediate

11-13

Senior

14-18

My Project(s):

My Hobbies:



My 4-H Club

Club Name: _____

My Club Meets at _____ **on** _____
time day

My Club Meets at _____
location

My Club Leader(s):

Name: _____

Phone Number: _____

Name: _____

Phone Number: _____

Making Connections

My Club Officers

President: _____

Vice President: _____

Secretary: _____

Treasurer: _____

Historian: _____

Reporter: _____

An older club member who I can ask for help:

Name: _____

Phone Number: _____

A new friend I made in 4-H:



Questions to ask new friends

What is your favorite color?

What is your favorite TV show? Why?

What projects are you in?

What kind of music do you like? Why?

Where is your favorite place to be? Why?

What kind of hobbies do you have?

How to Grow in 4-H

In 4-H, we learn by doing! Youth learn useful skills, teamwork, and how to serve their community and country. Here are some of the activities you will do to grow this year!

- **Project Work:** Choose at least one project to complete based on your interests. Complete the recordbook associated with your project.
- **Demonstrations:** Share something you have learned with your club
- **Recreation:** Attend county events, play games, make new friends!
- **Community Service:** Complete at least 6 hours of community service with your club or at other 4-H events.
- **Contests:** You may enter optional contests like Cake Decorating, Creative Cooks, Fashion Review, Premier Exhibitor, or County Shoot.
- **Exhibits:** Show off your project work at county fair and learn from your judge.
- **Events:** You may participate in day camps, Livestock Expo, workshops, District Retreat, or State Conferences to learn more!



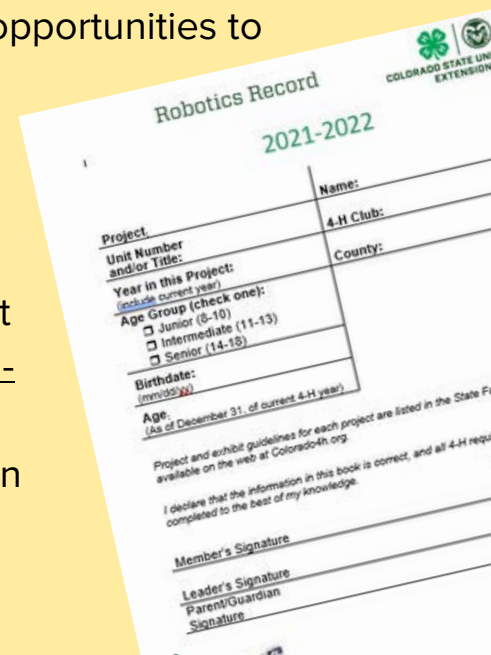
4-H Project Work

For the most part, project work is self-paced and individual. The project(s) you choose should reflect your interests, but the subject is much less important than the process of completing your work! Each project area has different requirements, but you will always have opportunities to develop life skills.

Project work is a process. This year you will:

- Select your project(s)
- Download the record book (e-record) for your project and age group at <https://co4h.colostate.edu/program-areas/colorado-4-h-project-information/>
- Get any project manuals you need from the extension office
- Set goals
- Attend club meetings
- Attend any project meetings and/or workshops
- Accomplish goals
- Keep good records
- Demonstrate what you've learned
- And tell your story through your project record book!

Keeping a record book can feel like a lot, but if you fill it out throughout the year, you will do great! For record book tips, please visit <https://garfield.extension.colostate.edu/wp-content/uploads/sites/43/2022/12/Record-Book-Tips.pdf>



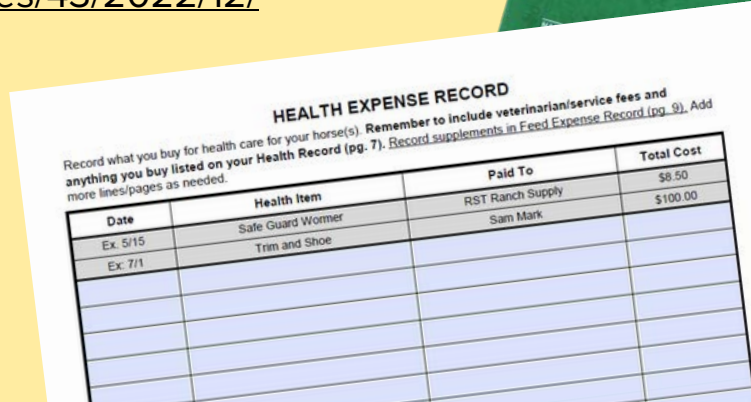
Robotics Record
2021-2022

Project: _____ Name: _____
Unit Number and/or Title: _____ 4-H Club: _____
Year in this Project: _____ County: _____
(include current year)
Age Group (check one):
 Junior (8-10)
 Intermediate (11-13)
 Senior (14-18)
Birthdate: _____
(mm/dd/yyyy)
Age: _____
(as of December 31, of current 4-H year)

Project and exhibit guidelines for each project are listed in the State F... available on the web at Colorado4h.org

I declare that the information in this book is correct, and all 4-H req... completed to the best of my knowledge.

Member's Signature _____
Leader's Signature _____
Parent/Guardian Signature _____



HEALTH EXPENSE RECORD
Record what you buy for health care for your horse(s). Remember to include veterinarian/service fees and anything you buy listed on your Health Record (pg. 7). Record supplements in Feed Expense Record (pg. 9). Add more lines/pages as needed.

Date	Health Item	Paid To	Total Cost
Ex: 5/15	Safe Guard Wormer	RST Ranch Supply	\$8.50
Ex: 7/1	Trim and Shoe	Sam Mark	\$100.00

Cloverbuds

Cloverbuds is a project reserved for children aged 5-7. It is designed help our youngest members explore the different areas of 4-H before committing to a specific project area when they turn 8!

Our cloverbuds meet once a month at the Fairgrounds to do fun activities and experiements with their leader and parents. Parents or guardians are required to attend with their cloverbuds.

These young members have the opportunity to participate in all 4-H events and may join a community club if they choose to! While cloverbuds are invited to explore all project areas, they are not able to participate in shooting sports, horse, or livestock projects until they turn 8.



During the year, cloverbuds complete quite a few crafts and learning opportunities. If they want to present one of these at fair we are happy to give them time to meet with a judge! Grab a cloverbud practice-recordbook from the Extension Office to get the full experience.





TO MAKE 
 THE BEST
BETTER



County Fair

One of the highlights of the year for 4-H members is being able to exhibit their work or animals in the Garfield County Fair to complete their projects. Members will exhibit in horse, dog, livestock, general projects, shooting sports, and/or county contests. Any Garfield County 4-H member in good standing who meets the enrollment, attendance and tagging/weigh in deadlines can participate.

- ★ Our County Fair is held at the end of July each year at the Fairgrounds in Rifle and is preceded by County Shoot 3 weekends before, and Dog, County Contests, and Horse fair the week before.
- ★ Animal Uploads are due on 4-HOnline before fair. Due dates are set in the Livestock Rulebook. (See page 18)
- ★ Individuals will enter their fair projects online through FairEntry.com by July 1. Instructions can be found here:
<http://co4h.colostate.edu/fairentry/documents/manage/family-helphsheet.pdf>
- ★ General projects (non-livestock projects), shooting sports and cloverbuds will bring their project and record book to the Fairgrounds on the Saturday before Fair for judging interviews at a pre-scheduled time.
- ★ Each 4-H member will have time to sit down with their judge to talk about their exhibit. All exhibits will be displayed for the public all week and must be picked up on the last Sunday of Fair. Any exhibits/projects left become the property of Garfield County 4-H.
- ★ Livestock projects are required to check in for vet checks, weigh in, and stalling at the beginning of fair week. Please see the Livestock Rulebook for the calendar, specific times of vet check, weigh-in, and shows!



Junior Livestock Sale

One livestock animal per exhibitor (or 1 in two different species) may be sold in the Garfield County Junior Livestock Sale. The auction takes place at 1pm on the Saturday at the end of fair week.

We are very fortunate to show in a county that loves to support 4-H by showing up and buying animals at the fair. Everyone you meet throughout the year is a potential buyer, so it is important to uphold the 4-H Code of Conduct wherever you go- you are always making first impressions!

Networking with potential buyers can be intimidating, but just be yourself and let everyone know that you have an animal to sell and invite them to attend the sale! Every year, we hold a buyers luncheon before the sale. This will be another great place to socialize and network!



ADD-ON'S: 4-H members who are involved in the community are able to start meeting potential buyers right away. This is important for several reasons, but a big one is Add-on's! If someone you know wants to support you but doesn't feel comfortable buying a whole animal, they may give you an Add-on. This means they will pledge a specific amount of money to be "added on" to your sale check IF your animal sells. Add-on request forms are available at the Extension Office for you to give to potential buyers and supporters.

BUY BACK: During fair, you will hear about Buy-Back. This is a system to make a buyer's job easier. THIS IS NOT a means for youth to buy their own animal back after the sale! Each year, we have a buy-back buyer (BBB) who will pay a set-price for 4-H animals. Buyers not wanting to keep their purchased animal may pay the difference between the final sale price and this rate and give the animal to the BBB.

Livestock Uploads

If you are raising animals for fair (horse, dog, and livestock) you will need to upload them on 4HOnline by the deadline. These uploads provide the office with everything we need to verify your project animal when it comes time for fair. No animals may be entered in the fair without a 4HOnline upload.

You will need:

- Brand inspections in the youth exhibitor's name (Beef only)
- Bill of sale (document showing that the animal is OWNED BY THE YOUTH, not the parents)
- Pictures of your animal
- A picture of your animal with you

Instructions for each specie can be found under the livestock tab on our website:












<https://garfield.extension.colostate.edu/programs/4-h/>

If you are entering the livestock "Producer" class at fair, you will also need to do a SEPARATE upload of the produced animal's mother uploaded as a "breeding" animal with a picture of the mama animal with the exhibitor.

Reminder that the mama animal must be owned by the exhibitor or immediate family as specified in the livestock rulebook.



Dates and Requirements for Market 4-H Livestock

Market Project	Own by:	Suggested weight at purchase	Fair Check-in Date	Ideal Weight at Fair	Age by Fair Check-in	Weight Requirements
Beef 	March 1st	Mini: 350-400 lbs Standard: 600-700 lbs	July 23rd	Mini: 750-850 lbs Standard: 1150- 1350 lbs		Mini: 950 lbs Max Standard: 1,000 lbs Min
Swine 	April 26th	90-110 lbs	July 23rd	260-270 lbs		220 lbs Min 295 lbs Max
Sheep 	April 26th	60-70 lbs	July 23rd	125-140 lbs		100 lbs Min Dorper: 85 lbs Min
Goat 	April 26th	50-60 lbs	July 23rd	85-105 lbs		60 lbs Min
Turkey 	March 18- April 8 (Order ASAP)	Poult Size	July 21st	18-20 lbs		17 lbs Min 35 lbs Max
Chicken 	Fryer: May 29- June 10 Roaster: April 1- May 20	Chick Size	July 21st	5 lbs	Fryer: 6-8 weeks Roaster: 9-16 weeks	4 lbs Min 10 lbs Max
Duck 	April 29- May 13	Duckling Size (10-12 weeks old)	July 21st	8 lbs		5 lbs Min 10 lbs Max
Geese 	March 18- April 8 (Order ASAP)	Gosling Size (15-24 weeks old)	July 21st	12 lbs		8 lbs Min 15 lbs Max
Pheasant 	April 15- May 13	Chick size (10-14 weeks old)	July 21st	Varies by breed		None
Quail 	April 1- June 10	Chick size (6-16 weeks old)	July 21st	Varies by breed		None
Rabbit 	Fryer: May 13- June 10 Roaster: Feb. 1- June 1	Kit size (Fryers must be kindled by the exhibitor)	July 22nd	Varies by breed	Fryer: 6-10 weeks Roaster: Under 6 months	None

Re-Enrollment and Volunteering

So you made it through your first year of 4-H- Great job! Once you have taken some time to recover from fair and state fair, a few things will happen:

- If you turned in a livestock, horse, or dog recordbook, the judge will send it back to the Extension Office with a score and comments.
- Achievement Night! Achievement night usually happens within the first week of October. It is a night to celebrate the new 4-H year and for 4-H Council to give out record book awards, outstanding member awards, volunteer awards, and member gifts! Make sure to attend as you will receive a wrap-up packet made just for you!
- Re-enrollment season opens the first week of October!



October 1-31: \$25
November 1-December 31: \$35
After January 1: \$45

Re-enrolling in 4-H early means that you will get a discount on your membership fee! Re-enrolling late will have an additional fee.

To start the process, log into your 4-HOnline account and click "Member List" on the left-hand bar. Next to each member's name, you will see a blue link that says "Enroll Now". Click there and follow the process through while making sure you update contact information and signatures. As always, membership fees may be paid by cash check in person or by mail to the Extension Office and we usually have a credit card option as well!

VOLUNTEERING: Give your county 4-H Specialist a call if you are interested in volunteering in something specific or becoming a club leader.

Member	Programs
Member Name and # May 26, 2008	View 4-H Enroll Now

The next step is to make an account on co.4-HOnline.com. If you already have a family account, just click the big blue "Add Member" button to add yourself as a volunteer! There is NO FEE for volunteers, but you will be required to submit three non-family references, complete a very short training, and submit a background check after enrolling to become approved. Supplemental volunteer trainings are held at least twice a year.

Volunteering with 4-H allows you to chaperone trips, participate more fully in 4-H Events and add more community service to your resume. Join us today, we'd love to have you!

Resources

Garfield County CSU Extension Facebook Page: @CSUEGarfieldCounty4H

For all Garfield County-specific resources, please visit our website and explore the different tabs and newsletters.

Garfield County 4-H: <https://garfield.extension.colostate.edu/programs/4-h/>

General Colorado Resources:

Colorado 4-H Project Page and e-records:

<https://co4h.colostate.edu/program-areas/colorado-4-h-project-information/>

Exhibit Requirements and More:

<https://co4h.colostate.edu/program-areas/state-fair-information/>

4-H Online: co.4-honline.com

Fair Entry: fairentry.com



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