

# Welcome to Douglas County 4-H



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Colorado  
State  
University

Extension

Douglas County Extension  
410 Fairgrounds Rd.  
Castle Rock, CO 80104

[www.douglascountyextension.org](http://www.douglascountyextension.org)

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Dear 4-H Family,

Welcome to the Douglas County 4-H Program!

You and your child have become a part of a nationwide youth program with 6 million members and 500,000 adult volunteers throughout the United States.

The Douglas County 4-H program is an informal educational program for youth, which is part of Colorado State University Extension. Our service “extends” the research of Colorado State University and the United State Department of Agriculture to the people of Douglas County. Our staff cordially invites you to call us or stop by at:

Colorado State University Extension  
 Douglas County Extension Office  
 410 Fairgrounds Rd.  
 Castle Rock, CO 80104  
 720-733-6940  
[www.douglascountyextension.org](http://www.douglascountyextension.org)

Other services available at the Douglas County Extension Office include:

- Colorado State University Extension Publications and Fact Sheets
- Agricultural Programs and Information
  - Douglas County Fair Agriculture and Floriculture
  - Small Acreage Seminars
  - Soil Tests
  - Plum Creek Valley Farmers Market from July to October
  - Sagebrush Press Newsletter
- Small Acreage
  - Energy Program
  - Weed Management Programs
  - Big and Small (acreage) Educational Programs
- Horticulture Department
  - Master Gardener Program including the Junior Master Gardener Program
  - Horticulture/Gardening Resources and Answers
- Pest Alerts
  - Japanese Beetle
  - Mountain Pine Beetle
  - Bedbugs

## **The 4-H staff is here to help you!**

Now that you have joined the 4-H family, there are many people available to help you with questions you may have on programs, club organization and projects.

We also have a great website with a variety of information and the latest forms at [www.douglascountyextension.org](http://www.douglascountyextension.org).

### **4-H Staff**

The 4-H Staff is available to help you in many ways and with a broad variety of projects. The Douglas County 4-H staff includes 4-H agents, support staff, and temporary summer staff.

You can reach any staff member by calling them at the Extension office. The phone number is 720-733-6940, or visit the CSU Extension Office located at 410 Fairgrounds Road, Castle Rock, 80104. If you need to visit with an agent in person, it is a good idea to make an appointment.



Douglas County 4-H Extension Staff from left to right: 4-H Secretary Vickie Baroch, 4-H Agent Brenda Kwang, and 4-H Agent Mary Baldwin.

## **4-H members, clubs and projects**

### **What is 4-H?**

4-H is an informal, educational program for youth between the ages of 8-18 (as of December 31<sup>st</sup>) and a special program for 5-7 year olds. It is open to everyone regardless of race, religion, color, sex or place of residence.

### **Who's in charge of 4-H?**

4-H is sponsored in Colorado by Colorado State University Extension, your local land grant University. The people in charge of 4-H locally are the Extension Agents, supported in part by your County Commissioners.

### **Why do young people like 4-H?**

4-H programs help youth develop life skills that will carry them forward as responsible, informed citizens and productive, thoughtful adults. 4-Hers have fun with friends at meetings, social activities, camps, and fairs.

### **What do you do at the first meeting?**

Get acquainted and have fun with a group mixer and/or some refreshments. Show and talk about some projects the group might like. (Give this some thought in advance and talk with the 4-H Agent or an experienced 4-H leader.) Discuss when and where and how often the group will meet.

### **What about officers?**

4-H clubs have officers and whatever committees they need to run their own business. 4-H has materials available for presidents, vice presidents, secretaries, treasurers, news reporters and recreation leaders. The club may have more or fewer, depending on its needs. It is a good idea to wait until the second or third meeting to elect officers so members know each other.

### **How often do 4-H clubs meet?**

Each club should have a business meeting at least once a month. It is the decision of the individual club project leaders as to how often they hold project meetings. 4-H clubs may organize any time of the year. The deadline to enroll is November 15 for re-enrollments and May 1<sup>st</sup> of the current year in order to participate at the Douglas County Fair. Sometimes members have to be enrolled in a project by a certain time to be eligible for a specific project (i.e. certain livestock projects have specific deadline dates).

### **Where do 4-H clubs meet?**

Any place large enough that is convenient for the members of the group. Some clubs meet in the leaders' or members' homes. Some meet in a central place such as a school, church, or community room or the fairgrounds.

### **What are 4-H projects?**

A basic principle of the 4-H program is that learning occurs best through direct experience-- over 60 project areas are available ranging from livestock to computers to knitting. We have something for everyone, so each child can find an area of personal interest. Contact the Douglas County Extension Office or visit our website at [www.douglascountyextension.org](http://www.douglascountyextension.org) for a complete listing of 4-H Projects.

### **What does a 4-H project cost?**

An enrollment fee of \$45 covers 4-H insurance, Colorado State Youth Fund fees, State office support fee, County Fair fees and literature fees for the first three projects. Each additional project will cost \$5. Cloverbuds cost \$30. Livestock/horse projects will cost more than the general or home economics projects. Discuss cost as a project is selected. It should be realistic to the family situation.

**Are 4-H members expected to do their own project work?**

YES, with guidance. 4-H is a “learn by doing” program. Leaders, junior leaders, and parents may tell or show a member how to do things themselves.

**What is an exhibit?**

An exhibit is an object or display designed to help youth showcase their project. Ideally, it motivates them to learn and to have fun in a 4-H project. An exhibit is not an end in itself nor does it measure the learning that took place in a project. A blue ribbon at the County Fair is only one measure of success. Important awards are self-recognition and self-satisfaction for having completed a project and learning something new.

**Cloverbuds****Who are Cloverbuds?**

Cloverbuds are 4-H members aged 5 to 7 years old on December 31 of the current year. You do not have to have older siblings in 4-H to participate.

**What are Cloverbud member enrollment fees?**

Cloverbuds member fees for the whole year are \$30. This includes Colorado State Youth Fund fees, State Office support fee, insurance, and programming costs.

**What is the purpose of Cloverbuds?**

The goals of Cloverbuds are to build self-esteem through successful experiences and to become more creative. Cloverbuds is a great way to get a taste of various 4-H projects.

**When do Cloverbuds meet?**

It depends on the club. Some Cloverbuds meet during the regular 4-H meeting, some meet before, some have their own 4-H club.



2009 Cloverbud Camp

**What do Cloverbuds do at their meetings?**

Again, it depends on the club. Usually there is a short hands-on activity or lesson that explores an area of 4-H. You might learn how to shoot an air pistol, or plant a small garden, or fix a yummy treat!

**Do Cloverbuds participate at the Fair?**

Yes, Cloverbuds are allowed to exhibit one project made during the year in Kirk Hall. They receive a participation ribbon for the project. There is a Primary Fair – just for Cloverbuds – the first Saturday of the fair that is awesome!

**Do Cloverbuds exhibit livestock (including rabbits or poultry) at any 4-H sponsored events?**

No, due to our insurance coverage.

**Do Cloverbuds receive ribbons?**

Yes, Cloverbuds receive participation ribbons at events like Creative Cooks contest, Fashion Revue, Talent Show, and others. Cloverbuds is a non-competitive project.

**Does every 4-H club have Cloverbuds?**

Unfortunately, no. Please call the extension office at 720-733-6940 to find out which clubs closest to you offer Cloverbuds.

**Does Douglas County 4-H need Cloverbud leaders?**

Yes! If you enjoy working with 5-7 year olds, please consider being a Cloverbud leader. It is truly a delight!

## 4-H meetings

### **What do 4-H clubs do at meetings?**

4-H clubs usually do four kinds of things: project work, business meetings, recreation or social activities, community service and special interest programs.

### **Do they do all of those things at one meeting?**

Sometimes, if they have a little business to conduct, they work on their projects for a while and play a game or two. Sometimes the whole meeting is devoted to one thing. For example, everyone brings a dog and practices obedience training or they elect officers and plan the club program or they have a roller skating party or tour a local bakery.

### **Who plans the program for the club?**

Members of the club should plan the program. If the club is small, this might be done at a meeting of the whole group. If the club is large, ideas come from everybody and a committee will put a program together.

### **When do clubs meet and how long do meetings last?**

This depends on the group. Many clubs meet for an hour or two after school, in the evening or on Saturday. The most important thing is to have a regular time to get together, one that members and their families can remember.

## 4-H parents and leaders

### **What is the role of a 4-H leader?**

Leaders are volunteers that give their time to the 4-H program. A 4-H club cannot hold a function without having a 4-H leader present. Leaders should invite parents to 4-H meetings so they can see how leaders work with the club. 4-H works best if parents and leaders make a commitment for 12 months, as a year's activities show the larger picture of what 4-H is. 4-H is a family oriented program.

### **How do you get parents to help?**

Ask them. Be specific about jobs with which you need help. Think positively. People who expect help usually get it. Offer a choice of jobs. People have different time and abilities. Ask parents to attend business meetings.

### **Are there different kinds of leaders?**

Yes. Some adults teach members how to do things and are called "project leaders." They usually have a special interest or skill such as photography, clothing, gardening, or shooting sports, etc. Others are activity leaders. Often leaders are parents of the 4-H members.

### **What is the role of the Organizational Leader?**

The organizational leader is the leader that handles all the paper work for their club and is the main contact person with the Extension office.

### **Can the same person be a project and organizational leader?**

Sure, if they have the time and interest. Sometimes big clubs divide these jobs and have several project leaders to meet all the interests of the 4-H members.

### **How many leaders would a 4-H club have?**

That depends on the size of the club and the number of given projects taken within each club. For every project taken there needs to be an adult "project leader."

### **Where would I learn how to be a 4-H Leader?**

Douglas County Extension has many support services for leaders. You are placed on the 4-H leaders' mailing list, invited to special training meetings and workshops for leaders and given the materials you need to organize a 4-H club. Other experienced 4-H leaders are valuable resources if you have questions. Every leader must fill out an application, provide three references, take an online or video training, and pass a background check.

### **Ways adults can help**

#### **Encourage and support your children by:**

- Advising them in choosing projects
- Helping them sign up on enrollment forms
- Showing interest and enthusiasm for projects selected
- Learning what is required for members
- Guiding them, but not doing the job for them
- Providing them materials for project work- fabric for clothing, seeds for gardening, etc.
- Being proud of their achievements and letting them know it

#### **Come to meetings and other functions. Show you are interested by:**

- Volunteering the use of your home if needed
- Taking a turn providing snacks for meetings
- Occasionally leading a game or project
- Sharing your ideas – you will surely have some good ones!
- Offer your help and skills to the club leader. They will truly be grateful!

#### **Keep informed by:**

- Reading the emailed newsletter and other information emailed directly to you
- Asking questions for members if something is not clear. The club leader or Extension office can answer questions.

#### **Take on a leadership role by:**

- Sharing your interest and knowledge as a project leader
- Helping with a club activity such as the community pride project
- Being willing to serve an organizational person if needed
- Driving 4-Hers that live nearby you to 4-H functions. Carpooling helps everyone.
- Being a 4-H advocate. Spread the word that 4-H is a GREAT organization.



Adult 4-H leaders helping kids learn archery skills.

## 4-H member reminders

### 4-H members learn how to learn if:

- they are interested in the project.
- they are involved in the planning.
- they are free to ask questions and to discover and explore new ideas.
- they can freely share ideas and experiences with the group.
- they can be the “teachers”.

### 4-H members learn to use knowledge if:

- in the process of “learning by doing” at the meeting, they can apply what has been learned to a real situation. They are using new knowledge to grow a plant, make a tool, or solve a problem.

### 4-H members learn to relate to change if:

- they are helped to recognize constant changes in the living world and to accept and
- they welcome change in their own lives.
- they can feel glad for learning a new skill, finding a new friend, receiving help, and completing a difficult task.
- they are assured help when needed, and receive praise for their accomplishments.

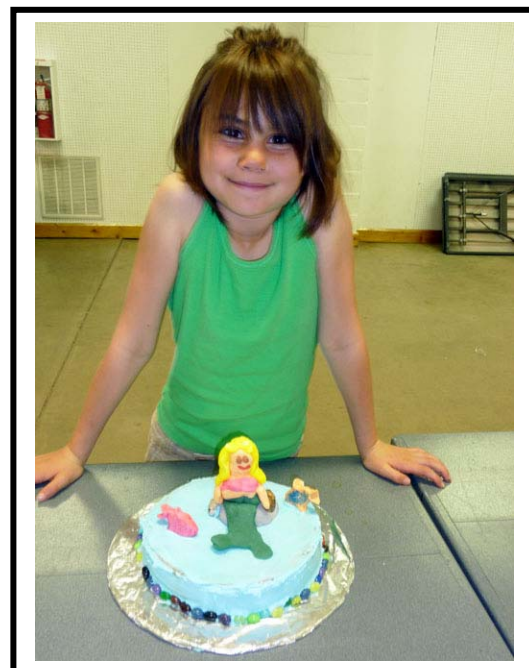
### 4-H members strive to develop social responsibility if:

- they feel good about themselves and supportive of others.
- they feel comfortable to make their own decisions.
- they respect their own rights and those of others.
- they learn the value of cooperation through working with others.

### 4-H members strive to develop self if:

- they feel comfortable and accepted in the group.
- they are encouraged to express themselves and share ideas and experiences with others (especially those “just older”).

Young 4-H member decorates a cake with a mermaid theme at the 2009 Cake Decorating Contest.

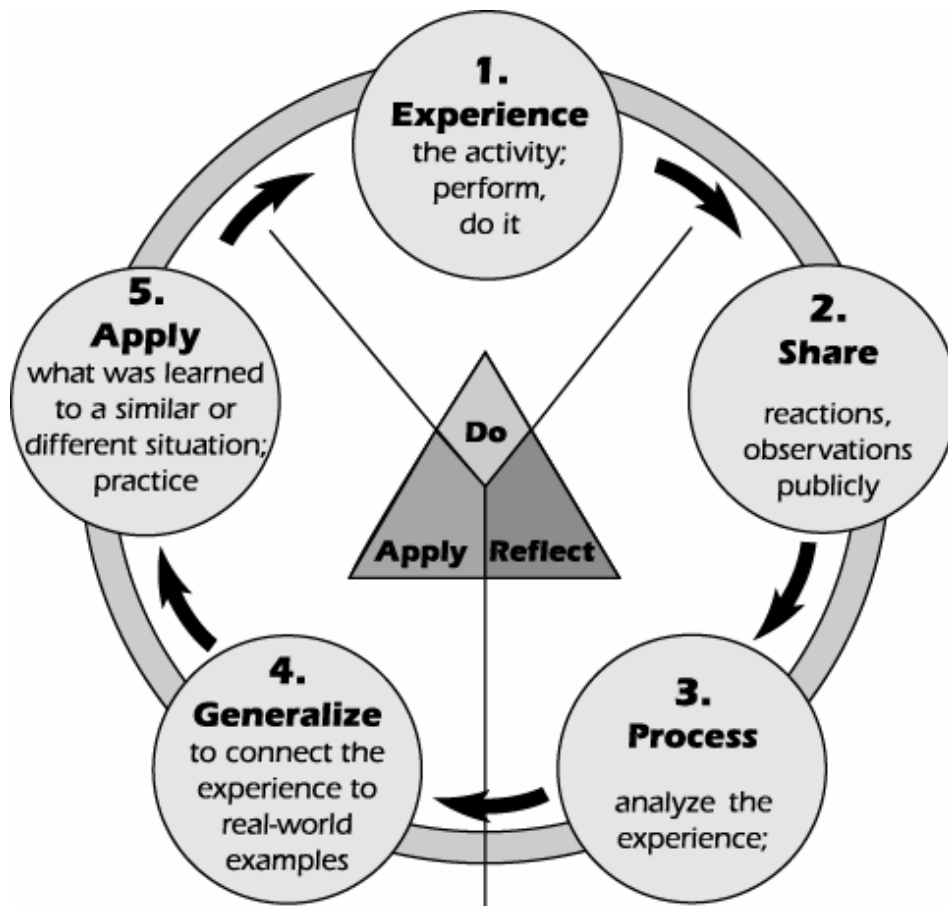


## Experiential Learning Model

4-H is supported by your local Extension office, which is a branch of Colorado State University, the land grant university in Colorado. All of our project manuals and information as well as our youth development practices are research-based as a part of this institution.

4-H believes in using the Experiential Learning Model when teaching youth, and works with local volunteer leaders to provide a high quality education through this model. The model includes five rotating steps that offer youth an opportunity to experience, through hands-on activities, what they are learning through 4-H projects and then apply it to everyday life. The model is located below for your review, but the five steps include:

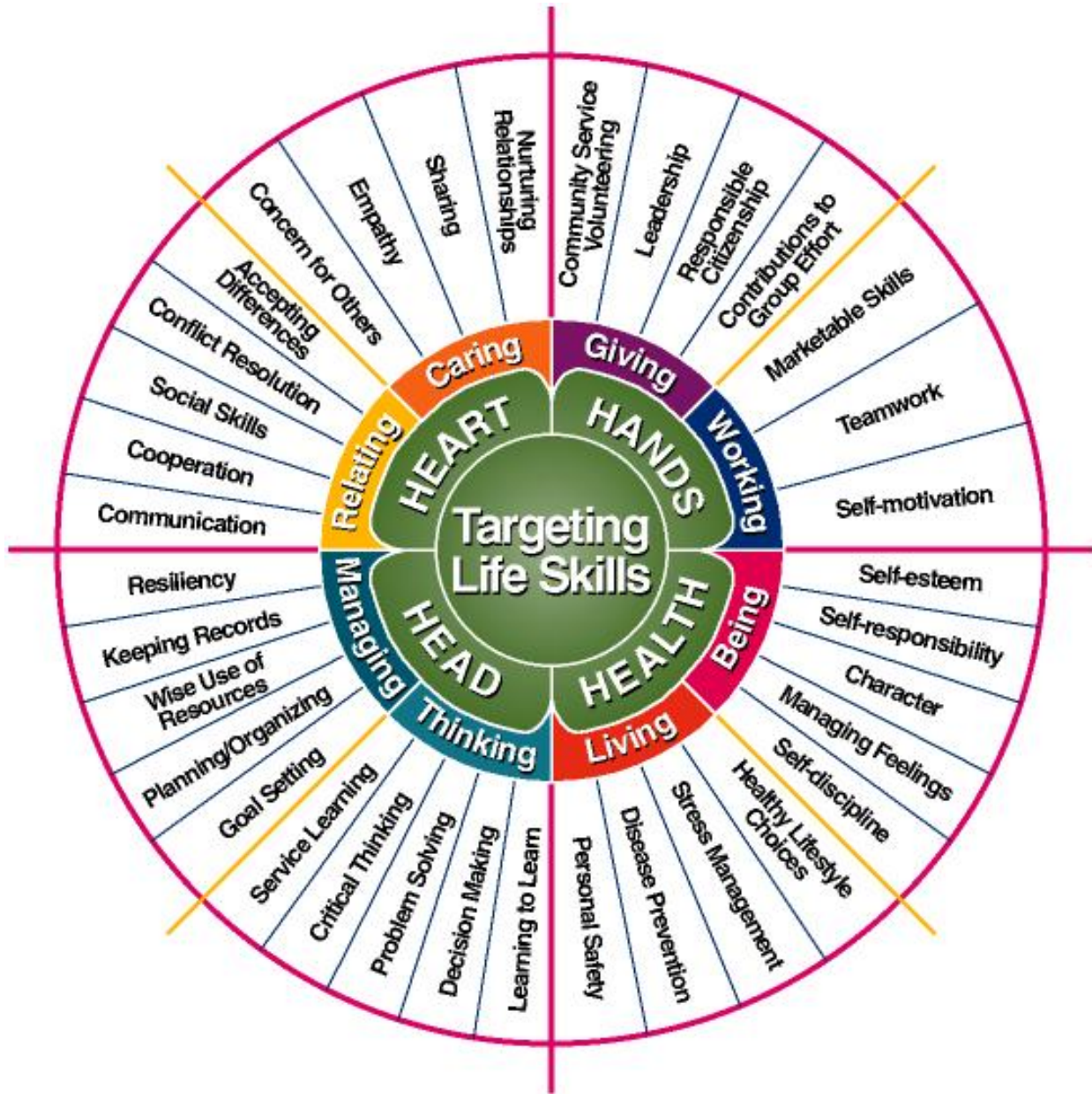
1. Experience
2. Share
3. Process
4. Generalize
5. Apply



## Life Skills Model

The Life Skills Model is another model the 4-H program utilizes to emphasize what 4-H is all about: “making the best better.” We believe that the 4-H project is a means to an end. Through projects, we emphasize life long skills that can be used throughout a young person’s life, making them better citizens and adults.

Most commonly, you will see life skills such as decision making, record keeping, communication, leadership, responsibility and teamwork being emphasized on the county level although there are a total of 40 life skills in the following model.



## A parent's commitment

First, let us deal with a commitment that you, as a 4-H parent, must make in order to help your child develop into a successful 4-H member.

*As a new 4-H parent, I am willing to make the following commitment in order to work towards helping my child become a successful 4-H member:*

### **Time**

I recognize that raising a successful 4-H member will take time and commitment on my part. I cannot expect them to become a successful 4-H member without my help. I am willing to commit some time to the development of my child into a successful 4-H member.

### **Interest**

I recognize that to raise a successful 4-H member, I must be interested in my child's involvement in the 4-H youth program, as well as in their schoolwork, friends, and all extra-curricular activities. Most importantly, I recognize that I must make every effort to show and demonstrate my interest.

### **Enthusiasm**

I recognize that if my child is to develop enthusiasm for being a 4-H member, I must first show some enthusiasm myself. I will work on showing enthusiasm for my child trying new things, for having finished a task and for taking responsibility.

### **Safety**

I recognize that I am responsible for training my child in acceptable social behavior. I also need to discuss with my child ways to protect himself or herself in possible negative situations encountered in today's world.

*Credit: Evelyn L. Conklin-Ginop  
Mendocino County, CA*

*Teresa McAllister  
Humboldt County, CA*

## Questions and Answers

### **What do the four H's stand for?**

Head, Heart, Hands and Health

### **What is the 4-H emblem?**

The emblem is a green four-leaf clover with a white "H" on each clover leaf. The official emblem is copyrighted and may be used only as approved by 4-H.



**What is the 4-H Motto?**

“To Make the Best Better”

**What is 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 country and my world.

**What is the 4-H Slogan?**

“Learn by Doing”

**When is the 4-H Year?**

Begins October 1 and ends September 30 of the following year.

**What are the 4-H Colors?**

Green and White

### Member’s Project Selection

You need to plan for the future. Ask yourself questions like “how much time will I have to do 4-H? How involved can I become? How much time are my school studies and activities going to demand?”

We suggest you talk to your parents and leaders. Make some plans and set some goals for your year. Select your projects carefully. Do not take more than two projects if you are under 12 years of age. Older youth may take on more, but sometimes it is not wise to do so. Make your selections on the following criteria:

1. What are my likes and dislikes?
2. How much time do I have? (research your projects)
3. How much money will I need?
4. Will I have a project leader to help me?

After these considerations, make your choices carefully and proceed with real enthusiasm with the desire to learn as much as you can. Have a good time and complete what you start. When you make a commitment please make every effort to follow through to completion.

Did you know that you can repeat units or projects if you feel you did not accomplish as much as you should have? Be sure you understand that basics in each unit before moving ahead. There is absolutely nothing wrong in repeating a unit.

Please give consideration to projects that complement each other. Examples: Gardening and Food Preservation, Shooting Sports and Wildlife Conservation, Woodworking and Leathercraft, Entomology and Fishing.

If you have questions about any of the project areas and your leader cannot answer them for you, please call the Extension office for help.

Finally, if you find that you cannot finish the project for some reason, make sure to call the 4-H Office and drop the project **by May 1<sup>st</sup>**. This assures that your club is not penalized for your incompletion of a project.

## 4-H records books

We want to offer youth a variety of educational experiences from which to choose that will enhance their personal growth. Record keeping should be a meaningful and worthwhile experience for members and is required to complete a 4-H project in Douglas County.

Record books are online in the form of E-Records. They are on the Douglas County 4-H website at [www.douglascountyextension.org](http://www.douglascountyextension.org) . Click on the **4-H Youth** button, then click on **E-Records** button. Remember, you must save them to your hard drive first before working on them. As county fair approaches, you will need to print them, have them signed by your leader and turn them in to the Extension office.

### Purpose of 4-H Record Books

1. To record plans and goals for the projects.
2. To provide something to reflect back on to see what was accomplished.
3. To provide a record of costs, energy and time.
4. To learn to keep records.
5. To provide for the leader an opportunity and to become familiar with what he is able to know, understand and do, to help him to learn.

### Tips to Make Record Keeping Easier for Members

1. Start your record when you start your project. A member might discuss his/her project with parents or a leader.
2. Jot things down when they happen.
3. Use a calendar or a notebook to mark down figures and dates.
4. Keep record up-to-date.
5. Keep all records, notes, notebooks, etc. in one place – start a 4-H file system for this.

### Record Awards Available

Awards and recognition have been an important part of the 4-H program from the beginning. They serve not only as rewards for jobs well done, but also as incentives to set and reach goals. 4-H awards are given on the basis of completion of 4-H record books. Completion of record books is a requirement for completion of projects. These serve as an evaluation tool and are an indication of goals reached and growth in the project. Secretary and Treasurers' record book winners are recognized at Achievement Night held in October.

## Demonstrations

Demonstrating provides members with an excellent opportunity for self-development. It gives youth a chance to express themselves while relaying their project experiences and sharing knowledge with the audience. It serves as a means of getting the 4-Her to research, organize, and present information on one of their project areas. Presenting a demonstration on the project is required for completion. It is a fun and educational experience for everyone.

There are different types of demonstrations that members can give:

*Individual* – Explain your project or show others how to do something by yourself. This should last 10-15 minutes.

*Team* – Get together with a fellow 4-Hers to “team teach” the audience how to do something. This should last 15-30 minutes.

Contact the Extension office to get a “Demonstration Guide” which gives you tips on how to give a demonstration.

## **4-H committees and councils**

**4-H Youth Council** – Meetings on the first Monday of each month, 6:30pm, except holidays. Youth Council is comprised of any 4-Her that would like to attend. Each club is required to send two voting members that report to their respective clubs at their monthly meetings. The youth council elects a slate of officers every September. Two adult volunteers and the 4-H Agent supervise this group. Current business is reviewed and voted upon. The council also helps coordinate a livestock show and raises funds for scholarships for camps and college. Community service is also an on-going project for the council.

**4-H Leaders’ Council** – Meetings on the first Monday of each month, 6:30pm, except holidays. Leaders’ Council is open to all organizational, project, activity and resource leaders; as well as interested parents. Three officers (facilitator, secretary and treasurer) are elected in September. This is an opportunity for leaders and parents to discuss leadership issues.

### **Project Committees**

Project committees are created for certain project areas or events as needed. Project committees that are in place include the dog and shooting sports projects.

**Horse Steering Committee** - Meetings the third Monday of each month at 6:00pm  
The Horse Steering Committee is open to all 4-H horse leaders, parents and kids. The committee addresses both adult and youth needs and issues as they pertain to the equine project. This group puts together the rules and regulations for the county horse program, plans and puts on horse shows, horse camp and workouts.

**Fair Board** – Meetings on the third Thursday of each month at 6:30pm  
The Fair Board is a group of volunteer adults that plan and put on the county fair.

**Sale Committee** – Meetings on the second Wednesday of each month at 6:30pm  
The sale committee is a group of volunteer adults that plan and put on the junior livestock sale.

**Foundation** – Meetings are quarterly on the second Tuesday at 6:00pm  
The Douglas County 4-H Foundation generates and distributes resources to support programs that increase achievement, foster lifelong learning, develop citizenship, and provide Douglas County 4-H youth opportunities to become contributing citizens.

**Advisory Committee** – Meetings determined by the group  
This is a committee comprised of volunteer adults in the community that supply feedback to the extension staff about programs.

## County 4-H events, programs, contests, and activities

### TALENT CONTEST

- What:** Members participate in this performing arts event for their families and friends. Winners in each age group and event are eligible to compete at the Colorado State Fair contest. Categories include instrumentals, piano, voice, dance, drama, and Master of Ceremonies.
- When:** Usually in May or June. Pre-registration is necessary. The contest will be held if enough interest is generated.
- Where:** To be announced in the newsletter
- Who:** All 4-H members, ages 5-18 years old



A 2010 Performing Arts Contest participant

### CAKE DECORATING CONTEST

- What:** Members decorate a cake in the allotted time and are judged as they do so. Winners in each age group and event are eligible to compete at the Colorado State Fair contest. Member must be enrolled in a cake decorating project to participate.
- When:** Usually in the spring or early summer
- Where:** To be announced in the newsletter
- Who:** All 4-H members, ages 5-18 years old.
- Resources:** Cake Pans are available for check out from the Extension office and Fran Snyder

### CREATIVE COOKS CONTEST

- What:** Members select a theme and prepare a menu, food, a table setting and an outfit around that theme (outfit optional). They use their knowledge of nutrition, meal planning, and food preparation in a creative way. Awards program follows the contest. Winners in each age group and event are eligible to compete at the Colorado State Fair contest. Any 4-H member can participate.
- When:** Usually in winter or early spring



- Where:** To be announced in newsletter
- Who:** All 4-H members, ages 5-18 years old

4-H members created an Hawaiian theme at the 2010 Creative Cooks Contest.

- What:** Members model garments and/or articles made in their 4-H projects. They participate in both Fashion Revue judging day and a public Fashion Revue. Winners are named in each age group. Two senior members are eligible to compete at the Colorado State Fair contest.
- When:** In July, prior to the Douglas County Fair
- Where:** To be announced in newsletter
- Who:** All members ages 5-18 in clothing, knitting, decorate your duds, crochet, and leathercraft projects that made or decorated articles to wear

## DEMONSTRATION/SPEECH ARTS CONTEST

- What:** Opportunity for 4-H members to practice their public speaking skills through speeches, demonstrations and other activities. Individuals or teams can give demonstrations. Speeches are to be written by the 4-H member, and members can speak on any subject relating to 4-H. Use of visual aids is strongly recommended for demonstrations only. Older 4-H winners in horse relating speech arts and extemporaneous speeches are eligible to compete at the state contest held during the State 4-H Conference in June. Other demonstrations or illustrated talk winners are able to participate by age in the State Contest at the Colorado State Fair.
- Who:** All 4-H members, ages 5-18 years old
- When:** Spring
- Where:** To be announced in newsletter

## LIVESTOCK CAMPS

- What:** County wide livestock weekend day camps are offered and cover cattle, sheep, swine and goats depending on the year. This is an opportunity for area 4-Hers to learn about their specific species, get hands-on fitting lessons, and learn about feeding, exercise and nutrition.
- Who:** All 4-H members are welcome to participate.
- When:** Spring
- Where:** Douglas County Fairgrounds or other facilities as scheduled.

## DOUGLAS COUNTY JUNIOR LIVESTOCK SHOW

**What:** A junior livestock show put on by the Douglas County Youth Council. This is an opportunity for area 4-Hers to show their animals and have a practice run in the show ring before county fair.

**Who:** All 4-H members are welcome to participate. This show is open to all counties.

**When:** A Saturday in June, before county fair

**Where:** Douglas County Fairgrounds

## HORSE CAMP

**What:** A horse day camp put on by the Douglas County Horse Steering Committee. This is an opportunity for area 4-Hers to learn about horses, get group lessons from local horse trainers and get to know one another.

**Who:** All 4-H horse members are welcome to participate.

**When:** First full week of June

**Where:** Douglas County Fairgrounds

## 4-H HORSE SHOWS

**What:** A horse show put on by the Douglas County Horse Steering Committee. This is an opportunity for area 4-Hers to show their horses and have a practice run in the show ring before county fair. Events can vary focusing on different disciplines including English, western, gymkhana, roping and working ranch horse.

**Who:** All 4-H horse members are welcome to participate.

**When:** Year round – watch the 4-H newsletter for specifics

**Where:** Douglas County Fairgrounds or other facilities on occasion.



2010 Buckle Series

## HORSE WORKOUTS

**What:** Open riding time in the indoor arena where 4-H horse members and leaders may ride. On occasion, there are specific events or clinics during this time. There are also opportunities for being level rated if you call the horse leader in charge ahead of time.

**Who:** All 4-H horse members are welcome to participate.

**When:** A variable year round schedule – check the newsletter for updated information

**Where:** Douglas County Fairgrounds Indoor or Outdoor Arena

## COUNTY SHOOT

**What:** A shooting sports contest for all shooting sports members to exhibit their skills. Winners go on to the State Fair Shoot. Shooting sports members do not have to participate in order to complete the shooting sports project. Winners in each age group and event are eligible to compete at the Colorado State Fair contest if they additionally receive at least a red rating on their Shooting Sports display in Kirk Hall at the Douglas County Fair.



2010 County Shoot

**Who:** All 4-H members enrolled in the shooting sports project are welcome to participate. Cloverbuds are not allowed to enter this contest.

**When:** A Saturday in July, before county fair

**Where:** Highlands Ranch Shooting Range (Sheriff's Range)

## INVITATIONAL SHOOT

**What:** A shooting sports contest where any 4-H member can learn about all the shooting sports disciplines. Guns and ammo are provided and members will be placed in teams to compete in all areas for an overall score.

**Who:** All 4-H members welcome to participate. Cloverbuds are not allowed to enter this contest. This contest is open to any county.

**When:** April

**Where:** Highlands Ranch Shooting Range (Sheriff's Range)

## CLOVERBUD FUN NIGHT

**What:** A night of crafts and instruction for Cloverbuds

**Who:** Cloverbuds ages 5-7

**When:** Winter

**Where:** Kirk Hall or the CALF Ag Barn – watch your newsletter

## CLOVERBUD CAMP

- What:** A day camp focused on younger member learning. Theme varies from year to year.
- Who:** Cloverbuds ages 5-7
- When:** Summer
- Where:** Kirk Hall, Douglas County Fairgrounds

## ROCKET FLY DAY

- What:** A contest that evaluates craftsmanship, flight, landing, and range safety for the rocketry project. Winners in each age group and event are eligible to compete at the Colorado State Fair contest.
- Who:** All 4-H members enrolled in the rocketry project. Cloverbuds are not allowed to enter this contest.
- Where:** Locations vary. You will be notified through the newsletter.

## EXCHANGE

- Who:** Any 4-H member 13 years old or older as of January 1st of that 4-H year may apply for exchange trips. A 4-H family must also be willing to be a host family for consideration for participating. This is a two year commitment where you host the first year and travel the next.



2010 Exchange with Ohio

**What:** The purpose is to help older 4-H members understand life styles of people in different parts of the United States and to appreciate the heritage of our country. Participants also enjoy hosting and visiting 4-H members from other parts of the country.

**When:** During the summer months. One year we travel and the next we host. Fund raising events are held during the year. Each exchange member is expected to help raise funds.

**Where:** Various states around the country

## JUDGING TEAMS

- What:** Judging teams are groups of 4-H members who look at different classes of items or animals within a given situation and are asked to rank them from most favorable to least favorable according to specific guidelines and prior knowledge. Individuals also explain their reasoning for placing and give oral “reasons” to a judge. Douglas County has a judging team for the following areas, if a coach is available:

- Livestock
- Livestock Bowl
- Rabbit
- Horse
- Meat
- Consumer Choices
- Horse Bowl
- Hippology

Members compete as individuals and teams at various competitions across the state. For some judging teams, regional and national competitions are also available.

**When:** Judging teams are organized in the fall and start practices in January. They compete during the spring with state contests at State 4-H Conference and State Fair. Leaders/coaches assist individuals in learning necessary facts prior to competitions and practicing for events.

**Where:** Practice locations depend on the coach. Contests are at various places/counties across the state.

**Who:** All 4-H members ages 8-18 are welcome to judge on a team. However, you must be at least 14 by January of that 4-H year to judge on a team at a state competition. Often juniors (8-13 years old) are allowed to judge at the discretion of the individual county contest.

**Why:** Judging teams provide 4-H members with information about various items (which could range from livestock to shoes to convenience foods, and many others). 4-Hers learn decision-making skills, public speaking, critical thinking skills.

## HIGHLANDS RANCH DAYS

**What:** A promotional day for 4-H in cooperation with the Highlands Ranch Community Association

**When:** A Thursday, Friday, and Saturday in September

**Where:** The Highlands Ranch Mansion in Highlands Ranch

**Who:** Any available 4-H member or leader are welcome to come. Animals that are tame and can be touched by small children are welcomed and needed. Any projects that small children can look at are also welcomed.

## DOUGLAS COUNTY FAIR AND RODEO

**What:** The Douglas County Fair and Rodeo is a ten-day event in early August at the fairgrounds in Castle Rock. This event is a time for 4-Hers to exhibit their projects. 4-Hers participating in Family/Consumer Science and General Projects bring their project in on exhibit day, where it is judged and receives a ribbon and/or premium. The exhibit is then on display for the general public to view throughout the fair.

**When:** First full week of August

**Where:** Douglas County Fairgrounds, Castle Rock

**Who:** All 4-H members

**How:** Members participating in livestock, horse, dog, rabbit, poultry and llama projects should consult the Douglas County Fair Premium Book and/or the 4-H newsletter for dates and times for record book submission, weigh-in dates and animal arrival at the fair.

Members taking Home Economics and General projects should follow this procedure:

1. Look in the Douglas County Fair Premium Book. This is sent in June and describes what the 4-Her may exhibit, rules to follow, age requirements, premiums paid, and ribbon placing.
2. Fill out the entry form found on the 4-H website. The entry form must be submitted to your club leader for a signature BEFORE being turned in to the Extension office. Club leaders are to turn all club entry forms into the 4-H office by the designated deadline.
3. You will receive an exhibit day schedule in the mail that lists when your interviews have been scheduled. If you need to change a time or have not completed a project, please contact the 4-H office as soon as possible.
4. On exhibit day, the 4-Her comes to Kirk Hall with their project(s) and record book(s). Interview judging takes place at this time. This is when the 4-Her will talk with the judge about the project. The judge will ask some questions to find out how much the 4-Her has learned. The 4-Her will receive a rating (red, white, or blue). Champion and Reserve Champion are selected in most projects. Awards for these projects will be displayed and available for viewing on the first Wednesday of fair.

## EXHIBIT DAY - INTERVIEW JUDGING



**What:** The major purpose of interview judging is that it allows the judge and 4-H member to discuss the project being evaluated. This type of evaluation is a very positive educational experience because it allows the judge to ask questions and the member to talk about problems and objectives of the project.

**When:** The first day of the County Fair

**Where:** Kirk Hall, Douglas County Fairgrounds

**Who:** All Family/Consumer Science and General project 4-H members

**How:** **Guidelines for Interview Judging**

- Remember the member. *A 4-H member's personal growth is more important than*

the exhibit itself.

- Study the premium book.
- 4-H members being judged should be told that they might ask questions in the interview.
- Relax, smile, and have FUN!

### **Interview Judging Awards**

Each project receives a rating under the Danish System. However, it is important to remember the color of the rating is only an indication of where each member is in the learning process with regard to that particular project area.

White: I tried; I've learned; I have some room for improvement and more learning.

Red: I tried; I've learned; I did fine, but I have room for improvement and more learning.

Blue: I tried; I've learned; I did very well. I met most of my goals, but there is always room to learn and do more.

## **ACHIEVEMENT NIGHT**

**Who:** All 4-H members, leaders, parents, and friends.

**What:** Outstanding members, leaders, and other volunteers are recognized for their 4-H accomplishments at this annual event.

**When:** October

**Where:** Events Center, Douglas County Fairgrounds.

**Due Date:** All nominations for the various awards are due to the Extension office several weeks before Achievement Night.

**Awards:** Geiger-Faver Award  
Sponsored by the 4-H Council to recognize a 4-H member 13 years or younger that has exhibited outstanding work in project areas. They must show leadership potential and should show extensive club participation. Leader or members must submit a nomination form.

### Danforth, "I Dare You" Awards

Sponsored by the 4-H Council, this award recognizes 4-H members that have exhibited outstanding leadership qualities. The recipient must be a high school junior, graduating senior or last year member that has been attending County 4-H Council, has a record of committee participation and has an extensive list of club and project accomplishments. Leaders or members may submit a nomination form.

### Council Attendance Awards

4-H members with 100% attendance at youth council meetings will receive a 4-H jacket and members with 75% attendance will receive a 4-H sweatshirt.

#### Leader of the Year Award

This award sponsored by 4-H Council to recognize an outstanding leader. Nominations should be made by **members** for this award. To be nominated, leaders must be currently enrolled, have at least 2 years of experience as a leader, be active in a local/county club, and have contributed in some ways to the county 4-H program.

#### Superior Horseman Award

Awarded to the 4-Her who has contributed to Douglas County 4-H and has shown excellence with their horse project. To be nominated, members must have at least a **Level 2 Card**, and be in a higher advancement level of showing at the County Fair. They should have been active in the 4-H horse program participating in the County and State Fairs. Applicants should have demonstrated leadership skills and participated in all County 4-H activities.

#### Top Homemaker Award

This award is sponsored by the Parker Extension Homemaker Club and is given to any age 4-H member, provided they have completed more than one year in 4-H. The recipient must have a history of being a leader in the club and an outstanding record of project accomplishments in the Family/Consumer Science program.

#### First Year Homemaker Award

This award is sponsored by the Parker Extension Homemaker Club and is awarded to a first year Home Economics member who has had an outstanding first year project or projects, with a potential to achieve a leadership role in the Family/Consumer Science program.

#### Top General Projects Award

This award is sponsored by the 4-H Leaders' Council and is given to any age 4-H member, provided they have completed more than one year in 4-H. The recipient must have a history of being a leader in the club and an outstanding record of project accomplishments in the General Projects program.

#### First Year General Projects Award

This award is sponsored by the 4-H Leaders' Council and is awarded to a first year General Projects member who has had an outstanding first year project or projects, with a potential to achieve a leadership role in the General Projects program.

**Note: The following awards are chosen and voted on by the 4-H Youth Council representatives.**

#### Friend of 4-H

This award goes to a business that has been very supportive of the 4-H program. Support given is usually financial.

#### Meritorious Award

This award is presented to individuals who have given an exceptional amount of service to the 4-H program. Minimum of 5 years dedication in a volunteer capacity. Impact on program as a whole, rather than a specific project.

## State 4-H events, programs, contests, and activities

### **CAMP ROCKY**

- What:** A six day camp where 4-H teens learn about management and conservation of soil, water, range, forests, fish and wildlife through workshop groups, demonstrations, illustrated talks and extensive field work. Recreation is a part of the camp experience, too.
- When:** The camp is usually in July. Applications are due in May/June.
- Where:** Near Divide, Colorado
- Who:** For members ages 14 and older as of January 1 of the current 4-H year. Every county is allowed at least one participant. Additional youth are often accepted when other counties do not have applicants.

### **LEADERSHIP DEVELOPMENT CONFERENCE (LDC)**

- What:** The conference focuses on government and civic involvement. It is followed by Colorado 4-H Day at the State Capitol the end of January or beginning of February. Mid-winter meetings for the State 4-H Senate and Colorado 4-H Leaders' Council are held during the conference. There is also a recognition banquet.
- When:** Weekend the end of January or beginning of February
- Where:** Denver
- Who:** For members ages 14 and older as of January 1 of the current 4-H year. District senators are required to attend although all are welcome. Individuals sign up with their counties who submit their registrations as a group to the Colorado State 4-H Office.

### **COLORADO LEADERSHIP CONFERENCE (CLC)**

- What:** A three day conference sponsored by the State 4-H Senate officer team. Usually CLC is a weekend retreat-style experience focusing on leadership.
- When:** Usually held in October
- Where:** Different locations around the state
- Who:** For members ages 14 and older as of January 1st of the current 4-H year

## YOUTH FEST

- What:** A three-day camp where 4-Hers discover what self-esteem and leadership are all about. They will realize what an impact they can have.
- When:** Usually held in March
- Where:** Camp La Foret in Black Forest, east of the Air Force Academy, north of Colorado Springs. From Denver travel south on I-25 to exit 150A, go ½ mile east, left on Highway 83 (seven miles) to Shoup Road, turn right (4 miles) to Camp La Foret sign. From Parker, travel south on Highway 83 all the way to Shoup Road, turn left (4 miles) to Camp La Foret sign.
- Who:** Any 4-H member, age 11-13, and adult chaperones

## SHOOTING SPORTS FAMILY CAMP

- What:** An annual weekend camp in which participants learn and refine their shooting and outdoor skills through involvement in a series of events and activities. The camp is based around a series of fun events such as shotgun, air rifle, archery, muzzle loading, .22 rifle, hunting, compass orienteering, and a quail walk. Also includes a campfire and a historical reenactment.
- Who:** A camp for families, leaders and Extension Staff involved in the Colorado Shooting Sports program
- When:** Camp is held in June
- Where:** Held in a rustic setting in the Victor area

## STATE and DISTRICT 4-H SENATE

- What:** Each county has two district senators. Two alternate senators are elected from each county, each year, that move up to be senators in their second year. One officer is elected from each district to form the state officer team that works together to plan, conduct, and evaluate events and activities for 4-H members statewide. A state president and vice president are elected by their peers at Colorado State 4-H Conference each summer to serve in these roles.
- When:** 4th Monday of every month.
- Where:** Douglas County is part of District 3 and the meetings rotate between Douglas, Adams, Arapahoe and Jefferson counties every two years.
- Why:** The Senate is an elected body-representing members of Colorado 4-H Youth Development clubs. Senate gives input to CSUE staff/volunteers on the operation of the 4-H Youth Development Program, related to the Youth Club Program.

## STATE 4-H CONFERENCE

**What:** A four day conference where 4-H teens: 1) compete in state contests including consumer choices judging, horse contests, livestock contests, and public speaking contests; (2) attend workshops and tours; and (3) participate in social activities and dances.

**When:** June

**Where:** It is held at Colorado State University in Ft Collins, Colorado

**Who:** 4-Hers 14 years of age and older who are members of judging teams, senior speech contest winners, senators, youth and leader delegates



2010 State 4-H Conference Banquet

## COLORADO STATE FAIR

**What:** The top winner in each state project/unit in the General and Home Economics Divisions exhibits their projects at the State Fair. Members can also participate in horse and livestock shows. The state rabbit judging meet is also held in conjunction with the state fair.

**Where:** Pueblo

**When:** Late August/early September of each year

**Why:** There are many special events for 4-H members to participate in at the State Fair. Find the premium book and other information online at [www.coloradostatefair.com](http://www.coloradostatefair.com).

## TEEN CLERK AT STATE FAIR

**What:** An opportunity for junior leaders to expand their leadership skills and meet new 4-Hers. Teens assist the adult superintendents with check-in and registration, and assist judges with the judging process of 4-H projects at the Colorado State Fair. Clerks stay at the dormitories at Camp Tobin on the fairgrounds and work for their room and board. Social activities, volleyball, and other various activities on the fairgrounds provide additional entertainment for the clerks.

**Who:** 4-H members 14 years of age and older as of January 1 of the current 4-H year

**When:** Applications are due in early July

**Where:** Colorado State Fair, Pueblo

## National 4-H events, program, contests, and activities

### NATIONAL 4-H WEEK

- What:** National 4-H Week is a special week set aside to acquaint the public with today's changing and expanding 4-H program. It is also a time for clubs to recognize their members, leaders and parents for their contributions.
- When:** National 4-H Week is observed annually the first full week of October.
- Where:** Special county activities are planned including mall shows, food fairs, 4-H Showcase activities, etc. 4-H members and clubs are also encouraged to promote 4-H at their schools and within their clubs.
- Who:** All 4-H members, leaders and parents.
- 4-H members can promote 4-H by:
- Making posters on 4-H and displaying them in schools, churches or libraries.
  - Baking cookies and delivering them to 4-H donors. (contact the office for cookie cutters and list of donors)
  - Wearing 4-H T-shirts, buttons, patches, etc. to school during National 4-H Week.
  - Writing news articles on 4-H for school newspapers and including pictures of club activities or 4-H events.

Clubs can promote 4-H by:

- Taking leaders to lunch, giving them a call or sending them a thank you note.
- Having a party to celebrate club members' involvement and to kick off another 4-H year.
- Hosting a "Back to School Night" or information night at the elementary school in your area.
- Sending invitations to neighborhood families to attend a club meeting.
- Having a special "open house" for prospective members
- Having a contest to see which family can get the most youth to join your 4-H club.

### VOLUNTEER APPRECIATION WEEK

- What:** A week to show volunteers how much they are appreciated in Douglas County and to recognize their efforts for the 4-H program
- When:** The second week of April
- Where:** To be announced in the newsletter
- Who:** All of our 4-H Leaders

## CITIZENSHIP-WASHINGTON FOCUS

- What:** A 7-day conference in Washington, D.C, where participants learn about our nation's heritage, culture and government through field trips, activities and discussions with senators and other decision makers. Through hands-on workshops and government simulations, delegates become involved in the political process.
- When:** The trip is usually in early July. Applications are due in February.
- Where:** Participants stay at the National 4-H Center in Chevy Chase, Maryland, a suburb of Washington D.C.
- Who:** Up to four delegates are sent from Douglas County each year. Applicants must be at least 14 years of age as of December 31 of the current 4-H year and have demonstrated their interest in citizenship and leadership. Delegates must develop a plan of action to share their experience with 4-H and other groups upon return.

## 4-H TEEN CONGRESS

- What:** A national event where members participate in hands-on workshops in leadership and tour Atlanta and the surrounding areas
- When:** Thanksgiving weekend
- Where:** Atlanta Hyatt Regency in Atlanta, Georgia
- Who:** Counties can submit delegates based on a county selection process. The State 4-H Fashion Revue Grand Champion model at State Fair will win an opportunity to attend, pending availability of funding. The high overall individual in the State Consumer Choices Contest will win the opportunity to attend, pending the availability of funding.

## WESTERN 4-H ROUND UP

- What:** This is a recognition/educational event. It includes tours, motivational speakers, workshops, a dance and a banquet. The Western National 4-H Horse Classic and National Youth Livestock and Meats Judging contests are held in conjunction.
- When:** January
- Where:** Denver
- Who:** Participants are primarily from the western states and have won various awards and contests to qualify for attendance

## NATIONAL WESTERN STOCK SHOW AND RODEO

**What:** The world's largest and most famous stock show, with multi-million dollar livestock and horse sale, breed shows and rodeos included. 4-H members, clubs and families may participate in 4-H day at the stock show as well as in the following ways:

Catch-a-Calf Contest: Open to all 4-H members between the ages of 12 and 18 who have adequate facilities and knowledge to raise a calf. Up to 40 participants are chosen to compete during one of the rodeo performances at the NWSS. Successful calf catchers receive a calf free of charge in May. Calves generally average 600 pounds. Applications are available in the Extension office in the fall. All applications must be approved and signed by the Extension agent. Contestants are required to care for the calf and correspond with their donor each month until the next NWSS, where all calves are shown and judging takes place in the categories of showmanship, rate of gain, sponsor-member relationship, accuracy/completeness of records and carcass quality.

Passes for 4-H Leaders of Livestock Clubs: A limited amount of passes for NWSS for livestock/horse clubs are available at the 4-H Office.



2010 4-H Day at NWSS

Livestock Show and Auction: 4-H/FFA members and adults may enter animals via the NWSS office. Premium books and entry forms are available at their website [www.nationalwestern.com](http://www.nationalwestern.com). The excellent quality of stock makes the NWSS auctions prime source for club calves for 4-H/FFA market steers.

4-H Day at NWSS: The second Wednesday of Stock Show is traditionally 4-H Day. Some clubs go to NWSS and rodeo to support 4-H on that day.

**When:** A ten day event in January

**Where:** At the National Western Stock Show Complex in Denver, CO.

## Deadlines Throughout the 4-H Year

<b>Event</b>	<b>Deadline</b>
Re-enrollment for past members	Nov. 15
Enrollment for beef projects	week prior to weigh-in
Beef Weigh-in	First part of March
Enrollment for Shooting Sports	April 1
Enrollment for Sheep/Swine/Goat	week prior to weigh-in/tag-in
Sheep/Swine/Goat weigh-in/tag-in	End of April/first of May
Enrollment for Rabbits and Poultry	May 1
Rabbit and Poultry ID Day	Beginning to mid-July
Enrollment for Horse	May 1
Drop for projects not completing	May 1
Shooting Sports Hunter Safety and Release Forms	April 15
Horse ID's and Rules and Regs	End of May
Last day for Horse Level Testing	End of June
Exhibit Day Entries (FCS and General Projects)	Mid-June
Cloverbud Primary Fair and interview schedule	Mid-June
Dog Record Books and fair entries	Beginning of July
Livestock/Horse Record Books and fair entries	Mid-July
Performing Arts Contest	Late Spring

Cake Decorating Contest	Spring
Demonstration Contest	Spring
Creative Cooks Contest	Winter or early Spring
Rocket Fly Day	Late Spring or early Summer
Fashion Revue	Week before fair
County Shoot Registration	Mid-June

This list is just a guideline of approximate deadlines. It is **ALWAYS** best to read the information that comes from the 4-H Office throughout the year to find exact dates.

## 4-H BELIEVES

- The 4-H boy and girl are more important than the 4-H project
- 4-Hers should be 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
- Learning how to do the project is more important than the project itself
- Many things are caught rather than taught
- A blue ribbon 4-H boy or girl with a red ribbon project is more desirable than a red ribbon boy or girl with a blue ribbon project
- To “learn by doing” is fundamental in any sound educational program and is characteristic of the 4-H program
- Every 4-H member needs to be noticed, to feel important, to win, and to be praised.
- Our job is to teach 4-H members how to think, not what to think.

