

## **4-H LEADERS**

**What Is An Exhibit?**  
Typically, an exhibit is an object or display designed by the 4-H member for their project display at their local county fair. Ideally, it shows what a member has learned, that it fulfills all requirements of the Colorado State Fair and, above all, was fun for the 4-H member to create!

## **4-H MEETINGS**

**What Do 4-H Clubs Do?**  
4-H Clubs usually do four general kinds of things: project work, business meetings, recreation or social activities, and special interest programs.

### **Who Plans the Program for the Club?**

Members of the club. 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 puts together a program.

### **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.



<http://www.coopext.colostate.edu/TR44h/>

## **PARENTS**

### **How Do Parents Get Involved?**

Parents should attend 4-H meetings to see how leaders work with kids and how their child's club functions. 4-H works best when it is a 12 month commitment. A full year of activities show the larger part of what 4-H is and parents are a key part of their child's success.

Don't be afraid to volunteer to help out! If a parent has a special ability or interest they should share it with their club! Be specific about the kinds of things you are willing to help out with. People have different amounts of time and abilities. From teaching a child to cook to helping a member understand more about horses, parents will find that they can be leaders too.

### **Where Can I Get More Information?**

Mesa County 4-H Office  
2775 Hwy 50  
Grand Junction CO 81503  
970.244.1835  
Coopext\_mesa@mail.colostate.edu

Delta County 4-H Office  
525 Dodge Street  
Delta CO 81416  
970.874.2195  
Coopext\_delta@mail.colostate.edu

Montrose/Ouray County 4-H Office  
1001 North 2nd Street  
Montrose CO 81401  
970.249.3935  
bpercival@co.monrosecounty.net

## **4-H LEADERS**

### **What Is A 4-H Leader?**

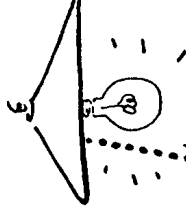
Leaders are adults who work voluntarily with a group of 4-H members.

### **What Responsibilities Do Leaders Have?**

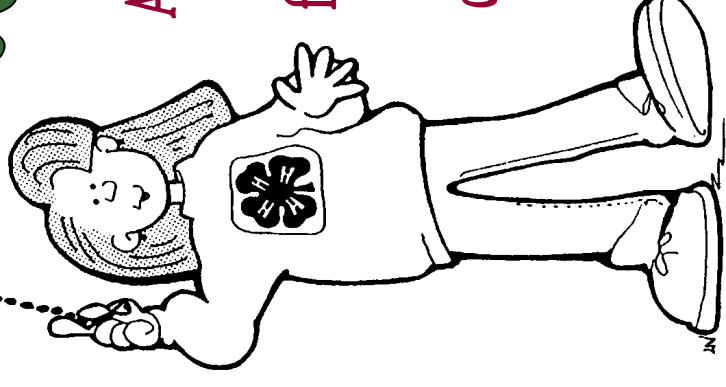
- Organizational Leaders organize and manage their 4-H club.
- Project Leaders are people who teach members about their project. They usually have a special interest or skill such as photography, sewing or gardening.
- Depending on the size of the club, an individual can be both an organizational leader and a project leader. Sometimes bigger clubs divide these jobs and have several project leaders to meet all the interests of the 4-H members.
- Junior Leaders are older 4-H members who work under the guidance of an adult. They help with many of the leadership jobs in the club or county. Junior Leaders make excellent project leaders for younger members and are wonderful help to adult leaders.

### **How Do I Become a Leader?**

Cooperative Extension has many support services for leaders. Be sure to contact your local Extension Office to get more information.



# FACTS ABOUT 4-H!



Colorado State University, U.S. Dept. of Agriculture, Delta, Mesa, Montrose, and Ouray Counties cooperating. Extension programs are available to all without discrimination.



### What is 4-H?

4-H is for boys and girls who are between the ages of 8 and 18 as of January 1st of the current year. It is open to everyone regardless of race, religion, color, sex, or place of residence. The 4-H Cloverbud Program is a non-competitive program offered to children ages 5-7, as of the current year

### Who is In Charge of 4-H?

In Colorado, 4-H is sponsored by Colorado State University's Cooperative Extension Service. Nationally, it is part of the Extension of the U.S. Department of Agriculture. The people in charge of 4-H locally are the Extension Agents of Cooperative Extension, supported in part by your County Commissioners.

### What is the 4-H Emblem?

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 Do The H's Stand For?

Head, Heart, Hands, and Health.



### How Do You Join 4-H?

Call your County Extension Office or a local 4-H leader to find out if there is a club near you. If not, several young people, with an adult or two to help them, may start a new club. Check with the Extension Office to find out what projects and activities are available.

### How Do You Start A 4-H Club?

Speak with your local Extension Agent and then meet with young people who are interested and the adults who are willing to help. Publicize your new club through the school or any place where young people and their parents can be reached.

### What Happens At The First Meeting?

Get acquainted and have fun with a group mixer and some refreshments. Show and talk about some projects the group might like. (Give this some thought in advance and talk with your 4-H Leaders and Junior Leaders.) Discuss when, where and how often the group will meet.

### What About Club Officers?

4-H clubs have officers and any committees they may need to do business. Your 4-H office has materials available for presidents, vice-presidents, secretaries, treasurers, reporters. The number of officers a club has depends upon its needs. It is a good idea to wait until the second or third meeting to elect officers, so members know each other. Some clubs rotate officer duties among members.

### Who Names a Club?

The members of a club do—with their leader's guidance.

### How Often Do Clubs Meet?

Some clubs meet every week for a month or two, and some meet once or twice a month all year long. This depends on the group and what it wants to do. 4-H clubs may organize any time of the year. Some members have to be enrolled in a certain project by a certain time to be eligible for a specific activity. Check with your County Extension Office.

### Do Clubs Have Dues?

If a club wants money for the activities that the members will participate in, it usually charges dues, or conducts some type of fund raising activity.

### How Big Are 4-H Clubs?

This depends on the age of the members, the places the club has to meet, and the leadership available. 4-H clubs must have a minimum of 5 4-H members and one 4-H leader to be valid. The ideal club is large enough to offer a variety of projects, but small enough so that everyone feels that they are a part of the group. The average 4-H club in Colorado has 10 to 20 members and 2 or 3 leaders.

### When Can I Enroll and How Much Does It Cost?

This depends on the county you live in. In the Tri River Area enrollment for county fair participation begins in late September and ends on May 1st of the current year. Enrollment fees in the Tri River Area is \$30.00 for two projects for members 8-18 and \$20.00 for Cloverbud members ages 5-7. (All ages are based on January 1 of the current year.)

### What Are 4-H Projects?

4-H projects are learning experiences for 4-H members. Over 60 projects are currently available in the Tri River Area. Members can participate in a variety of projects ranging from cooking to shooting sports, animals to creative arts, and much more.

### What Does a Project Cost?

It varies. A member enrolled in Creative Arts might use supplies from around the house to practice the skills they are learning and have no additional expense. Members who own a horse could invest hundreds of dollars in their project. Discuss cost as a project is selected—it should be realistic to the family situation.

### Who Does the Project Work?

Members should do their own project work. 4-H is a "learn by doing" program. Leaders, Junior Leaders and parents should assist members in learning how to do the project themselves.

### What Are "Pilot" Projects?

Pilot projects are new projects being tested and developed for 4-H members by Leaders or Extension Agents. If you have an idea for a pilot project, contact your Extension Agent for their approval.

### Are Projects Done Individually or as a Group?

Both. Some projects are more fun when done as a group. Other projects will be done individually by each member. The key thing to remember is to have the members do the project work, whether it is a team effort or on their own.