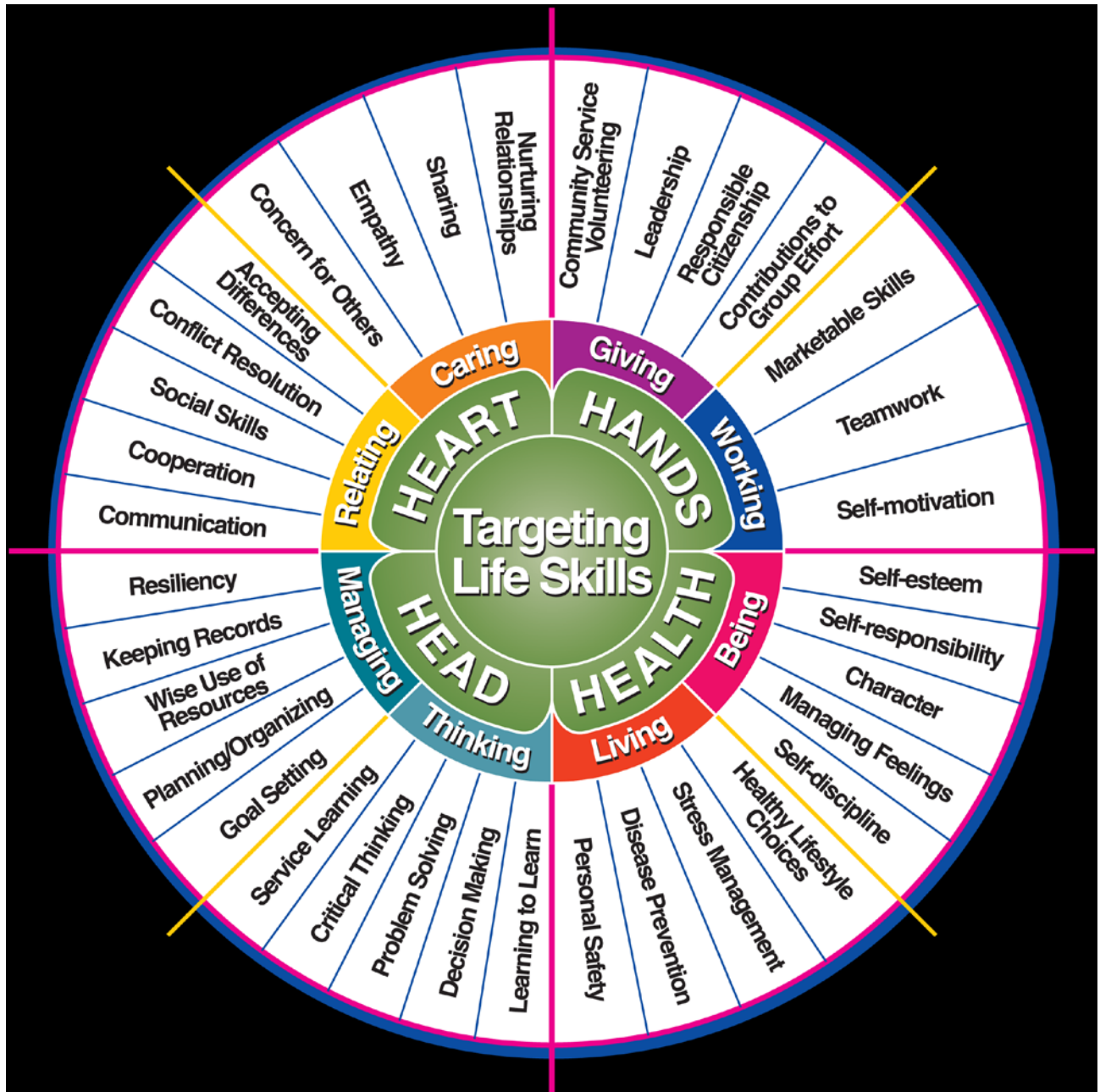


# *WELCOME TO THE BOX ELDER COUNTY 4-H PROGRAM*

**NEW 4-H MEMBER & LEADER  
WELCOME PACKET**



**Utah State University Extension  
Box Elder County 4-H**  
01 South Main  
Brigham City, Utah 84302  
(435) 695-2546  
4-H/ClubManagement/2007-01pr



Targeting Life Skills Model (VI-960601 PH) used with permission from Iowa State University and Patricia A. Hendricks.

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Dear New 4-H Family,

Welcome to 4-H! You have just enrolled in one of the greatest youth development programs in the nation. In fact, with 6.8 million youth involved nationwide, 4-H is the largest out-of-school educational program in the country.

The purpose of this welcome packet is to give you an overview of the opportunities and resources available to help your family have an incredible experience in 4-H. Keep in mind that this is only an overview. Your best way to stay informed is to read the *4-H Newsletter*. Your family will start receiving this free, bimonthly publication once we receive your 4-H enrollment forms from your club leader. You can also check out the county website ([extension.usu.edu/boxelder](http://extension.usu.edu/boxelder)) for up to date information.

The 4-H program is so large and the opportunities so vast that it can sometimes seem a little overwhelming when you are new. Just keep in mind that your family's 4-H experience can be tailor-made to fit your goals, schedule and interests. That is one reason 4-H is such a great program for Utah families. You can be involved as a whole family, learning and growing together.

When describing 4-H to someone new, we often use the analogy of a super department store. Four-H is like a "store" full of wonderful, fun, positive educational programs. It has pretty much every type of workshop, project, contest, trip, conference, camp, or activity you could possibly want or need. It is just up to your family to decide what and how much you want and to determine what things fit into your schedule and your budget. Your club leader and extension staff members are like the "greeters" at the front of the store to help you find what you need. We are here to answer your questions, so please do not hesitate to call.

Keep in mind that the leader in your club is a volunteer. Like all of us, your leader is more than willing to do his or her part. But, your leader also wants help. Your club will be able to accomplish so much more if parents and guardians share some of the responsibilities with the leader. Ask your leader what you can do to support your child's club. If we all take a small piece of the pie, it makes everyone's involvement more manageable and fun!

The Brigham City Extension Office is located at 01 South Main  
Office hours are M-F, 8:00 a.m. – 5:00 p.m.

Again, welcome to the wonderful world of 4-H!

Sincerely,

*Box Elder County Extension Agents*

## PARENT & GUARDIAN ROLES

First and foremost, 4-H is a family program – a place where parents and their children can learn and grow together. In 4-H, you, as the parent or guardian, are very important. You are always invited and encouraged to participate in all 4-H club activities. We recognize every family's schedule is different and you may not be able to attend every club function, but there are many different ways that you can contribute to your child's 4-H group.

Your 4-H club leader will want to know about your interests and talents, and how you would like to support your child's 4-H group. Because 4-H has so many diverse experiences, we have discovered that every adult can find a parent volunteer role that matches their interests and the club's needs. Some possible helping roles include providing refreshments, supplies, or other resources for a club meeting, helping members with their projects, chaperoning a club field trip, organizing a club service project, or coordinating the club's end-of-the-year recognition program. Your club leader may have other suggestions.



**4-H—  
a family affair**

As a parent or guardian, these are the following roles you need to fulfill:

- Provide transportation for your child to and from 4-H events.
- Help your child learn to recite the 4-H pledge.
- Attend 4-H club functions with your child whenever possible. Children 5-8 should always have a parent or guardian attend meetings with them. Horse club members, regardless of age, should *always* have a parent at each riding practice and horse shows.
- Guide your child as he or she selects a 4-H project and help develop goals that are challenging, but also realistic. Encourage project work by making it a family learning experience.
- If your child serves in a leadership role within the club, help him or her fulfill the duties of the office.
- Read the *4-H Newsletter* every other month (February, April, June, August, October, December) so you will know the details of upcoming events. You will automatically start receiving this publication when you enroll in a 4-H club.
- If you have online access, visit the county 4-H Web site for the latest information and resources at: [www.extension.usu.edu/boxelder](http://www.extension.usu.edu/boxelder)
- The 4-H staff will provide county-wide training on portfolios, demonstrations, and other important 4-H learning experiences. Try to participate in these classes and workshops. By understanding more about our various 4-H programs, you can help your child excel and take advantage of all that 4-H has to offer.
- Attend your club's end-of-the-year celebration with your child and attend 4-H Achievement Night (the county-wide awards program) as a family. Recognition always means more to children when their family is there to share it with them.

## 4-H FREQUENTLY ASKED QUESTIONS

**What do the four “H’s” stand for on the 4-H clover emblem?** The “H’s” stand for: head, heart, hands, and health, which reflect the whole development of a child.

**What is the 4-H pledge?** Members recite the American and 4-H pledges at the opening of each club meeting. You should work with your child to help him or her memorize the 4-H pledge and the proper hand motions.

### 4-H PLEDGE

I Pledge,

My Head to Clearer Thinking,

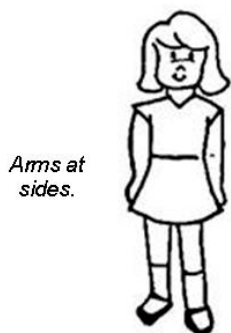
*Right hand  
points to  
forehead.*



My Heart to Greater Loyalty,

My Hands to Larger Service,

*Arms  
slightly  
bent,  
palms up.*



And My Health to Better Living,

For My Club, My Community,  
My Country, and My World.

**What is the 4-H motto?** “To Make the Best Better”

**What are the 4-H colors?** The 4-H colors are green and white.

**How did 4-H begin?** 4-H began in the early 1900s as Corn Clubs for boys and Tomato Canning Clubs for girls. Although the program has changed a lot through the years, it has always been a program designed to help children become productive members of their communities. The national 4-H program celebrated its 100<sup>th</sup> birthday in 2002.

**Do I have to live on a farm to join 4-H?** No! Although 4-H began as a program for rural children, today 4-H is available for **all children** whether they live on a farm, or in the city.

**Do boys and girls attend different clubs?** No. All 4-H clubs are open to both boys and girls.

**How old do you have to be to join a 4-H club?** Children can officially join 4-H when they are in the 3<sup>rd</sup> grade (and at least 8 years old). Children in kindergarten through 2<sup>nd</sup> grade can join 4-H as a Clover bud but there are some restrictions in animal projects (see page 5). They can stay involved until they graduate from high school. In addition, many colleges offer collegiate 4-H clubs, including Utah State University!

**How do I enroll in 4-H?** Enrolling in a club is easy. Complete the 4-H member registration form with the three-part release and pay your enrollment fee. Your club leader will add you to their 4-H club enrollment and submit the information to the 4-H office. Enrollment is done on an annual basis starting on October 1<sup>st</sup>.

**How long does my enrollment last?** Enrollment ends on September 30 each year. Subscription to the 4-H newsletter will end in November for youth who do not re-enroll. Only currently enrolled members are eligible to participate in 4-H county and state contests.

**What is the 4-H year timeline?** The 4-H year begins on October 1 and continues through the following September. The 4-H year kicks off with National 4-H Week during the first full week of October. This schedule makes perfect sense when you consider that youth work all year long to complete projects to enter in the county fair. Then, the 4-H year culminates with the State Fair in September.



**Can we join 4-H at any time during the year?** Each club will establish their own “cut off” date for accepting new members for the year. However, all youth must be enrolled with the 4-H office by July 1<sup>st</sup> to be allowed to exhibit in the county fair. Youth involved in animal projects including Horse, Sheep, and Swine must enroll by May 1<sup>st</sup>. Youth involved in a steer project must enroll by March 1<sup>st</sup>.

**Can my children join more than one club?** Yes. Although not common, children can belong to more than one club. This sometimes occurs when a child wants to explore a project area that is not offered through his or her primary club, but is offered through another club. Being a club member is an important responsibility for both members and their parents. Give careful consideration to the time your family can commit to support more than one club. Parents will have to decide the best balance of 4-H involvement for their family.

**Are clubs organized by age divisions?** 4-H clubs operate best when the members are in a similar age group, preferably within a couple of years of each other. However, some clubs operate with children from a wide variety of ages. It is a little more challenging to keep everyone’s interest when there is a wide age span, but there are also the benefits of younger youth learning from the knowledge and example of older youth, as well as leadership opportunities for older youth.

**What are the grade divisions for competitive events?** A child must be in 3<sup>rd</sup> grade **and** at least 8 years old as of October 1 of the current program year to compete in any 4-H contest. Most competition is held in the following grade divisions: Juniors (3<sup>rd</sup>-5<sup>th</sup> grades), Intermediates (6<sup>th</sup>-8<sup>th</sup> grades) and Seniors (9<sup>th</sup>-12<sup>th</sup> grades). However, the grade categories do vary from program to program. Always carefully review the registration information for 4-H contests.



**What is a cloverbud?** Children in Kindergarten through 2<sup>nd</sup> grades are known in 4-H as “cloverbuds.” These children are *full 4-H members* and can participate in a wide range of programs and activities. However, because research has shown that competition at this age is detrimental, cloverbud members are not allowed to participate in competitive events. These members *do participate* in many camps, events and the county fair. Their work just isn’t “judged” and compared to other children’s work. They receive participation ribbons for fair entries.

**Besides the no-competition rule, are there any other special rules for cloverbuds?** Yes! Cloverbud’s can participate in small animal projects (chickens, rabbits, and pigeons) however children must be in 3<sup>rd</sup> grade **and** at least 8 years old as of October 1<sup>st</sup> of the current 4-H year to be allowed to participate in livestock or horse projects.

**What does it cost to join a 4-H club?** The current enrollment fee for Box Elder County 4-H is \$5 per member. Some clubs will assess “dues” for each member to cover the cost of the project supplies. Dues vary from club to club depending on the projects selected. For example, the costs would be very different for a horse project versus a woodworking or gardening project.

**Do parents and guardians attend meetings with their children?** Yes! 4-H is a family program. Parents/guardians are encouraged to attend club meetings and 4-H events with their child. It is a great way for families to learn and grow together. A parent, guardian or adult helper should always be present at each club meeting for youth who are in K-2<sup>nd</sup> grades. In addition, horse club members, regardless of age, must *always* have a parent or guardian present during riding practice and horse shows.

**Can my family choose which county 4-H program we join?** 4-H is organized at the county level. Children participate in the county 4-H program in which they live.

**How do I become a leader?** Whether you are interested in becoming a leader to assist your child’s club leader or organizing a new club, becoming a 4-H leader is easy. Complete a 4-H volunteer application and attend New Leader’s Orientation. You will be interviewed by a 4-H staff member and references will be checked as part of the volunteer screening process. Applications are available from the 4-H office or online at [www.extension.usu.edu/boxelder](http://www.extension.usu.edu/boxelder).

**Do I have to go through the official “4-H leader” process if I just want to lead a club for my own children?** Yes. All leaders go through the same application and screening process. You and your children will greatly benefit from the knowledge you gain through New Leader’s Orientation.

**Does 4-H provide insurance for my child?** As part of your child’s club enrollment, they are covered by a small accident insurance policy. The policy provides coverage only for official 4-H functions. It is a secondary insurance that will begin assisting after your primary insurance. In the event your child gets injured at a 4-H event, notify your leader and the local 4-H office within 24 hours.

**How do I stay informed about 4-H opportunities?** Read the *4-H Newsletter*. It will give you all the details about upcoming programs. Also visit the county 4-H Web site at [www.extension.usu.edu/boxelder](http://www.extension.usu.edu/boxelder), click on 4-H Youth Programs.

## HOW 4-H IS ORGANIZED?

Many people think of 4-H as an independent organization, but that isn't quite accurate. As part of the United States Department of Agriculture and the Cooperative Extension System of state land-grant universities and colleges, the 4-H Youth Development Program is built on the nation's best research, education and practice.



This means that your Extension staff members are supported with resources from land-grant universities across the nation. Just take a look at our research-based curriculum and you can feel complete confidence in 4-H as a sound, educational organization. And, we have been around for over a century!

There is an Extension office in each county throughout the nation, which will be the local headquarters for 4-H. The 4-H program is administered at the county level by the County 4-H Extension Agent, with support and leadership from the State 4-H Office.

Your Extension Agents work for Utah State University Extension at the Box Elder County Office and are professors/assistant professors for Utah State University, our land-grant university in Utah. The Extension staff members who support the Box Elder County 4-H Program are:

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• <b>Shauna Petersen, 4-H Secretary</b>	<a href="mailto:shauna.petersen@usu.edu">shauna.petersen@usu.edu</a>	(435) 695-2543
• <b>Donna Tracy, Secretary</b>	<a href="mailto:donna.tracy@usu.edu">donna.tracy@usu.edu</a>	(435) 695-2542

We also have many volunteer organizations that provide strong local support for the Box Elder County 4-H Program including:

- **Box Elder County 4-H Horse Council:** This organization is governed by 4-H volunteers and Extension staff. It provides leadership and guidance for the local 4-H Horse Program.
- **Box Elder County Junior Livestock Council:** This organization is governed by Fair Board staff and supervisors, 4-H Extension Agents and FFA Advisors. It provides leadership and guidance for the Junior Livestock Program.
- **Box Elder County 4-H Teen Council:** This organization is governed by 4-H teen and adult volunteers and Extension staff. It provides leadership opportunities for teen 4-H members.
- **Additional Committees:** Additional Committees are often formed on a need basis. Many programs and events would be unachievable without the help of willing volunteers. Examples of past committees; Leadermete Committee, Robotics Camp Committee, 4-H Camp Committee, Turkey Show Committee, etc. These groups have helped plan and conduct educational events for the Box Elder County 4-H Program. Committee needs are posted in newsletters.





## 4-H PROJECTS

Project work is at the heart of 4-H. As youth work to complete a 4-H project, a lot more is happening than “just” learning new skills. In fact, project work encompasses all four “H’s” – head, heart, hands, and health. Take for instance a young person working on a sewing project. His or her project-related activities may involve...

### HEAD

*Mental Development:* Gaining deeper knowledge and reasoning abilities.

- Learning how to select a pattern that is properly sized
- Utilizing smart consumer skills when shopping for fabric, equipment, and sewing notions
- Calculating the correct amount of fabric to purchase for various fabric widths

### HEART

*Emotional Development:* Developing interests, appreciation and wholesome attitudes.

- Working as a team with fellow club members to select a sewing project to complete
- Caring for the less fortunate by sewing Christmas stockings for area needy children

### HANDS

*Skills Development:* Developing the ability to do, skill in doing, and the habit of doing.

- Demonstrating the ability to properly thread a sewing machine and bobbin
- Becoming skilled in sewing straight and curved seams that follow the correct seam allowance
- Completing a sewing project utilizing correct techniques

### HEALTH

*Physical Development:* Developing an understanding and appreciation of a growing and changing body.

- Learning to select garments that are flattering for body shape
- Developing poise and demonstrating good body posture when modeling at the Fashion Revue

**What is a project?** Each 4-H member will have an opportunity to select one or more projects to learn about during the year. A project is simply a subject the member wants to explore. Projects are completely self-paced. A member may work on a project over the whole year or only spend a few weeks or months on a specific project. One member may choose to explore the same topic for many years, gaining in-depth knowledge of the project. Another member may prefer to explore a wide variety of projects during his or her years in 4-H.

In most cases, the member will end up with one or more finished exhibits to enter in the fair from each project he or she selects. With more than a hundred projects available, there is something to interest every child.

**How many projects can we select?** There is no limit to the number of projects a member can select. However, parents and leaders should help guide members in setting realistic, but challenging goals. It is always better to complete fewer projects that reflect quality workmanship than to rush and complete a lot of poorer quality projects.

**How do we select a project?** In most cases, club members and leaders will meet together to decide which projects they want to complete during the year. Members work on their projects together at club meetings. A club leader, parent volunteer, community resource person, or perhaps an older 4-H member will teach the clubs' project lessons.

Occasionally a member will want to explore a project in which the leader is not proficient or not of interest to other club members. Children are certainly welcome to work on projects outside of their club meetings. They may seek guidance from their parents, community organizations, or other experts in the field to assist them in acquiring these new skills.

**Can I do two of the same project for the fair?** If your projects are similar be sure to check the fair book (see page 11) because only one exhibit per lot is accepted.

**What is a 4-H project manual?** 4-H offers project manuals to help guide members' learning experiences. These written manuals provide age-appropriate, hands-on lessons to help youth acquire new skills and knowledge. There are youth manuals and adult helper manuals. Typically there are four manuals in a series divided into age groups: K-2<sup>nd</sup>, 3<sup>rd</sup>-5<sup>th</sup>, 6<sup>th</sup>-8<sup>th</sup>, and 9<sup>th</sup>-12<sup>th</sup>.

Please keep in mind that you are not required to utilize a project manual to guide your child's 4-H project, but you may find it very helpful. Also, do not feel like your child has to complete every learning activity listed in the project manual. Think of the project manual as a useful resource for you, rather than a "to do" list of activities that must be completed.

A common question is, "Does my child have to utilize the project manual developed for his or her grade?" The answer is no. Our project manuals are written by Extension faculty members throughout the nation. They are carefully piloted to ensure the activities are fun, well-designed, and developmentally appropriate. But keep in mind, each child is an individual. They may come into a project with previous experience and skills. For example, a 13-year-old child who has already been involved in a lot of woodworking activities may choose to utilize the manual targeted for 9<sup>th</sup>-12<sup>th</sup> grades instead of the one for 6<sup>th</sup>-8<sup>th</sup> grades.

**How do we find out what 4-H project manuals are available?** A current list of the 4-H project manuals is available on the 4-H mall website at 4-Hmall.org. From the homepage select the 4-H Curriculum tab located on the top right side of the page. Though the price varies, the average fee for most manuals is about five dollars. To help in selecting a project, you are welcome to view our project manuals at the 4-H office.

We group all of our projects into nine different curriculum categories:

- Animals
- Consumer & Family Science
- Communications & Expressive Arts
- Citizenship & Civic Education
- Environmental Science & Earth Education
- Healthy Lifestyles
- Personal Development & Leadership
- Plants
- Science & Technology

The chart on page 7 shows which projects are in each curriculum category. You will notice that each project is identified with a code, i.e., GBH = horse. This is the code your club leader will use to enroll your child in the 4-H project(s) you select.

## LEADERSHIP OPPORTUNITIES IN 4-H

Developing leadership skills is a very important aspect of 4-H. Serving as a club officer is one way for members to build their leadership abilities. The club officers, with support from their 4-H club leader, will lead the business portion of the 4-H club meeting.

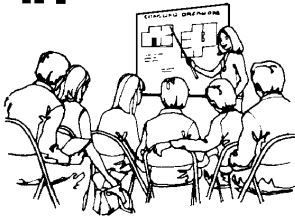
Clubs with cloverbud members (grades K-2<sup>nd</sup>) usually do not have elected officers; rather they often have rotating club helpers who assist the club leader. This is a more age-appropriate leadership experience for our younger members. In clubs with members in 3<sup>rd</sup>-12<sup>th</sup> grades, officers are generally selected by election. Most clubs will elect the following officers:

- **President:** Presides at the club meeting using parliamentary procedure and works to ensure that all members get a chance to share their ideas and participate in the business meeting.
- **Vice President:** Greets, introduces, and thanks presenters at club meetings and presides at the club meeting using parliamentary procedure in the president's absence.
- **Secretary:** Keeps accurate minutes of the business meeting, keeps accurate attendance records, and writes letters and thank you notes on behalf of the club.
- **Treasurer:** Keeps accurate financial records for the club. Usually, the club leader maintains the club's checkbook or monies. The treasurer provides the oral report of income and expenses at each business meeting.
- **Song Leader:** Leads songs during the 4-H club meeting.
- **Recreation Leader:** Leads games during the 4-H club meeting. The officer should plan a recreational activity that is suited for the location of the club meeting and appropriate for the number of members.

Your club may modify the specific duties of each officer role. In addition, your club may choose to elect other officers besides the ones listed above. If so, the club leader will explain the duties.

It is important that children have *meaningful* leadership roles. Creating a bunch of officer positions so *everyone has a job* teaches the wrong message about leadership! Keep in mind that children do not have to be a club officer to have important leadership roles in their club.

**4H** BUILDS LEADERS



### OTHER LEADERSHIP OPPORTUNITIES:

Being an officer is not the only way to develop leadership skills. Youth can develop these skills in many formal and informal ways, such as:

- serving on a club committee
- leading the pledges
- giving a club talk or demonstration for club members
- helping younger club members learn a new skill
- helping the leader set up or clean up after a club meeting

## 4-H PORTFOLIOS

A portfolio is a written summary of a member's 4-H experiences, using standardized 4-H Portfolio forms. The portfolio includes:

1. Size and scope and skills and knowledge gained for each project
2. Learning experiences
3. Leadership
4. Community service
5. Non-4-H experiences
6. Story
7. Pictures

**Why Should We Do Portfolios?** Youth learn many important skills as they work on their portfolio, including organizational skills, creative writing skills, the ability to assess “value” to the products of their project work (i.e., dollars earned, money saved), learning to identify skills and knowledge gained, record-keeping skills, and the ability to positively share their work through photos and captions.

Beyond these important skills, a well-documented portfolio will benefit your child in many tangible ways including:

1. They will be able to compete in portfolio competition each year. Portfolio's are due October 1<sup>st</sup> to be eligible for competition. Honors and awards are presented during 4-H Achievement Night.
2. Portfolios are used on the state level to select 4-H Ambassadors, 4-H scholarship recipients, and to determine which members will represent Utah in national conferences.
3. Portfolios become a fabulous resource that helps your child beyond their 4-H involvement. For example, it becomes a useful tool in applying for college, non-4-H scholarships, state or international exchanges, intern positions, or jobs.
4. A portfolio helps to “steer” your child into those types of 4-H experiences that will really push him or her to grow and develop, such as leadership roles, community service, and public speaking.

Members will want to start work on their portfolio very early in their 4-H career and maintain their record each year. It is very wise to attend 4-H Portfolio Training during your child's first year in 4-H. It is so much easier to know what, how and when to document their 4-H activities, than to try to go back later and remember all the things that they did.

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Our Junior Livestock Council and 4-H Horse Council have additional portfolio requirements for their members:

- Youth in the livestock project are required to submit their portfolio by October 1 to receive their check from the auction at the county fair. If submitted late there is a two week waiting period
- Youth in the horse project are required to submit their portfolio by the second horse show to be eligible to compete in the region and/or state show.

## THE COUNTY FAIR

One of the highlights of the year for 4-H members is being able to exhibit their completed projects in the Box Elder County Fair, and then hopefully to have their exhibits selected for Utah State Fair competition!

**When is the fair?** The Box Elder County Fair is held in August each year at the Fairgrounds in Tremonton. You can always determine the dates of the fair because the Monday of the week of the fair is exactly two weeks before Labor Day. As part of the fair, members have an opportunity to compete in livestock shows, small animal shows, horticulture contests, as well as enter completed projects for the indoor exhibits.

**Who can enter the fair?** Any Box Elder County 4-H member who meets the enrollment and tagging deadlines can participate in the fair. Youth involved in a steer project must be enrolled by March 1<sup>st</sup>. Youth involved in a sheep or swine project must be enrolled by May 1<sup>st</sup>. Tagging dates vary by year. All other youth must enroll by July 1<sup>st</sup> in order to enter projects in the fair.

**What projects can we enter in the fair?** The Box Elder County Fair Board will print and distribute the fair catalog in July, listing all the 4-H and open classes that can be entered. The catalog is also posted on the county Web site at [extension.usu.edu/boxelder](http://extension.usu.edu/boxelder). Generally, classes do not change a lot from year to year, so you can look at previous catalogs to get ideas for projects to enter in the fair.

### **How do we enter exhibits in the fair?**

***INDOOR EXHIBITS:*** All exhibits must be entered using the online Fair Entry Program at <https://utah4hreg.usu.edu/cf>. Check out the August newsletter for the latest instructions on online registration. Please print entry tags on white paper, cut them out and attach them to the exhibits before you bring them to the fairgrounds.

When entering exhibits, make sure to provide a brief but detailed description of item. Items must CLEARLY fit into the class and lot listed. Call the 4-H office if you have any questions.

ALL cloverbud entries should be listed under the code FD (*Cloverbuds – Introduction to 4-H*) regardless of what project is entered.

4-H members will be allowed to enter more than one exhibit per class, but no more than one exhibit per **lot** within the class. If the class does not have lots listed (example 1), they are considered to only have one lot and only one exhibit may be entered in that class. Exceptions to this rule are Food Preservation where 3 bottles of different fruit or 3 bottles of different vegetables are considered one lot within a class.

Exhibits are due Tuesday of the fair from 1-8pm. Late entries will not be accepted.

***HORTICULTURE CROPS:*** All exhibits will be accepted on Tuesday from 2pm to 8pm and Wednesday morning from 7am-8:30am. Entry forms can be found online at [www.extension.usu.edu/boxelder](http://www.extension.usu.edu/boxelder). Only one entry per person of the same kind or variety will be accepted. Exhibits will be judged on Wednesday of the fair. Ribbons and exhibits can be picked up Saturday night after 9:30pm. Read fair book for more information.

## THE COUNTY FAIR (continued)

**LIVESTOCK EXHIBITS:** Extension staff will announce the dates to have 4-H livestock animals tagged. Tagging identifies the members' project animal(s) and ensures the member has had the animal in their possession for the minimum length of time required (90 days for steers; 60 days for hogs and lambs). At fair time, animals need to be brought to the Fairgrounds at the designated time for official weigh-in. Please check fair book for exact date and times.

**BUCKET CALVES:** Youth 6 years old until 2<sup>nd</sup> grade can participate in an open class division. Participants in upper divisions are required to be a member of 4-h or FFA.

**OTHER ANIMAL EXHIBITS:** 4-H chickens, pigeons and rabbits should be entered on Tuesday between 10am and 8pm. Pre-registration is required. Small animal exhibitors may participate in showmanship, quiz bowls, & dress up contests.

### **ADDITIONAL EVENTS AT THE FAIR:**

**Livestock Judging Contest-** Contest is held Friday of the Fair and is open to all 4-H and FFA members. Youth will have the opportunity to apply their knowledge of livestock as they are asked to judge 4-6 classes of market and breeding animals. Competition is on an individual basis and reasons will be given by the judge after the final class. Prizes Awarded.

**Vegetable Judging Contest-** Open to all youth ages 8-18. Participants are graded on their ability to judge multiple vegetable classes. Prizes awarded.

**Farmers Market-** Held Friday of the fair outside the crops barn. The Farmers Market is designed as a venue for the 4-H youth of Box Elder County to Market their gardening and horticulture projects. Items which may be sold include garden produce, herbs, house plants, seeds and flowers.

**Carcass Contest-** All hogs and steers are placed in the carcass contest. After weigh-in the animals are given an ultrasound to view quality. Sheep may also compete but must enter a separate sheep designated for the carcass contest at the weigh-in in June. The sheep tagged for the county fair market show must be a wether but a ewe lamb may be tagged for carcass contest or for the state fair market show. Results are announced at an awards night in the fall.

### **How are exhibits judged?**

**Indoor Exhibits (Including Crops):** We use the same judging criteria for the Box Elder County Fair that is used for the State Fair. To see the judging sheets that will be used, go to [www.utah4-H.org](http://www.utah4-H.org). All indoor exhibits are judged on the Danish judging system with each entry earning a blue, red or white ribbon. For a better understanding of what the judge is looking for you can check out "Utah 4-H Fair Judges Training" from the 4-H office. In addition, the following special awards are presented:

- Up to 20% of the blue ribbon entries are selected to go to the State Fair. These entries will receive a special sticker indicating their selection.
- Cloverbud entries (K-2<sup>nd</sup> grade) are not judged. Each entry receives a participation ribbon.

Youth in the indoor 4-H exhibit receive cash premiums based upon the color of ribbon earned: \$2.50 – blue (excellent), \$2.00 – red (good), and \$1.50 – white (fair). Cloverbud- \$1.50. See fair book for crop premiums.

**Livestock Exhibits:** Grand and Reserve Champions are selected for each species and will receive a rosette and a plaque. Livestock exhibits are judged on the Danish judging system, with each entry earning a blue, red or white ribbon. In addition, showmanship awards are presented and additional special awards may be presented based upon sponsorship (see fairbook).

**When are exhibits released?**

**Indoor Exhibits(Including Crops):** Entries can be picked up from the fairgrounds on Saturday night following the fair starting at 9:30pm until 10:30pm. Premiums are collected inside the Home Arts Building beginning at 2 pm Friday of the fair and are available until Saturday at 10:30pm.

**Livestock/Small Animal Exhibits:** The release date for each animal is listed in the fair catalog. Early release is not allowed.

**Exhibits Qualifying For State**

Non –perishable items qualifying for the State Fair may be left with the 4-H staff at the fair. Perishable and horticulture entries may be taken home and replaced before the state fair. These items will be due back to the extension office by date designated. If you have any questions contact the extension office 435-695-2543.

## 4-H CONTESTS: COUNTY LEVEL

Box Elder County 4-H offers many different contests each year. *Whenever possible* our staff tries to conduct the county contest as similar to the regional or state contest as possible, utilizing the same rules, time allowances and judge's sheets. **Any differences between state and county rules will be explained in the 4-H Newsletter when announcing the upcoming contest.** Contestants receive a \$6.00 premium at the county fair for participation and other awards as listed in the contest guidelines.

You can find the complete details and judging forms for each contest on the state web site at <http://utah4-h.org> (under Events and Registration: State Contests). Following is a brief summary of the current contests offered at the county level.

**4-H Demonstration Contest:** Eligibility: Grades 3-12. Individual or a team of two. Youth research, write, and present a demonstration on any topic of interest to them. Generally members will select topics related to the project they are exploring. Since it is a demonstration contest, members will use posters and other visual aids to "show" the steps to their audience. Held in June.

Depending on the topic selected, youth will compete in one of the following categories: 1) Horses, 2) Consumer & Family Science/Healthy Lifestyles (except safety), 3) Quilting, or 4) All Other Projects.

**4-H Public Speaking:** Eligibility: Grades 3-12. Individual only. Youth research, write, and present an original speech. The speech should relate directly to the participant's 4-H experience. Youth are not allowed to use visual aids for their speech. Held in June.



**Chef Extraordinaire:** Eligibility: Grades 3-12. An individual or team of two. Prepare and serve a meal for 4 guests and a judge within a three hour time limit. Held in June.

**Fashion Consumer Strategies Contest:** Eligibility: Grades 6-12. Individual only. Youth select an outfit, model the outfit for a panel of judges, and share decisions made in selecting the outfit. The member will consider three outfits when making their selection and demonstrate decision making skills in selecting the most suitable of the three.

**Fashion Revue:** Eligibility: Grades 3-12. Individual only. Youth sew a garment and model it for the judges. Judging includes clothing construction modeling, fit, confidence, and poise and how well they respond in an interview process. All participants model their garments for the audience during the culminating 4-H Fashion Revues. Senior Fashion Revue is held in June and Junior Fashion Revue is held in August.

**Favorite Foods Contest:** Eligibility: Grades 3-12. Individual only or team of two. Participants are judged on selection, knowledge and presentation of a favorite food. Held in June.

**Healthy Cuisine Contest:** Eligibility: Grades 3-12. Individual or team of two. Prepare and serve a healthy, complete meal, including clean up in one hour. Held in June.

**Horse Public Speaking:** Eligibility: Grades 3-12. Individual or teams of two. Youth research, write, and present an original speech on a topic appropriate to the horse industry. Youth may not use visual aids for their speech. Held in June

**Impromptu Public Speaking:** Eligibility: Grades 3-12. Individual only. Contestants will give a speech on a randomly assigned topic. Held in June.

**Portfolios:** Eligibility: Grades 3-12. Individual only. Youth prepare a portfolio summarizing their 4-H experiences, using the standardized 4-H Portfolio forms. The portfolio may be typed or handwritten. Portfolio forms are available online at [www.utah4-H.org](http://www.utah4-H.org), or hard copies are available from the County 4-H office. Competition is held for each curriculum area. *Portfolio training is held throughout the year. Parents and their older children will greatly benefit from attending this training.*

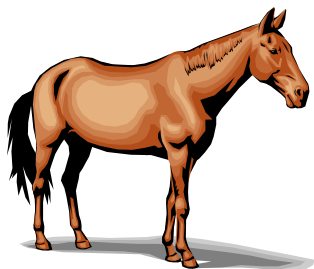
**Quilting Demo:** Eligibility: Grade 3-12. Individual only. Contestants will construct a quilt and demonstrate a skill or method used in the construction of the quilt. Contestants will be judged on quilt construction and the demonstration. Held in June.

**Talent Show:** Eligibility: Grades 3-12. Individual or a team of two, three or four members. Youth share a talent performance in the discipline of their choice such a vocal, drama, dance, gymnastics, instrumental, comedy, etc. A maximum of five minutes is allowed for the talent performance. Held in April or May.

## 4-H CONTESTS: POTENTIAL COUNTY CONTESTS

**There are many county contests available based on amount of interest. If you are interested in any of the following contests contact the Extension office @ 435-734-9945.**

**Consumer Bowl:** Eligibility: Grades 3-12. Individual only. Youth will compete in a quiz bowl contest answering questions related to the Consumer & Family Science curriculum area, including foods and nutrition, financial management, clothing and textiles, consumer decision making, and child care.



**Horse Bowl:** Eligibility: Grades 3-12. Individual. Youth compete in a quiz bowl with horse-related questions.

**Horse Judging:** Eligibility: Grades 3-12. Individual. Youth learn to judge a class of horses and give oral reasons for their placement.

**Livestock Bowl:** Eligibility: Grades 3-12. Individual. Youth compete in a quiz bowl with livestock-related (beef, swine, and sheep) questions.

**Livestock Judging:** Eligibility: Grades 3-12. Individual. Youth learn to judge livestock (sheep, swine, and beef) and give oral reasons for their placement.

**Shooting Sports:** Eligibility: Grades 6-12; must have completed Hunter Safety Education Certification. Individual only. Participants may compete in three shooting activities (rifle, shotgun, archery), outdoor skills, and a written test.

**World of Work:** Eligibility: Grades 9-12. Individual only. Youth prepare a resume, complete an application, and participate in an interview to evaluate their job readiness and interview skills.

## COUNTY CONTEST RESOURCES

- “How To” videos on Public Speaking and Demonstrations are available online @ [extension.usu.edu/boxelder](http://extension.usu.edu/boxelder). Select 4-H Youth Programs, scroll down to “How To” video link on right side.
- The state office has other Demonstration videos available for checkout which include samples from state competitions. You can check these out by calling the local 4-H office.
- Box Elder County Extension staff members have tremendous expertise in a wide range of subjects and are excellent resources when researching your topics for speeches and demonstrations.
- Guidelines and rules for all contests can be found on the 4-H website at <http://www.utah4-h.org/html/events-registration/statecontests>

## 4-H CONTESTS: STATE LEVEL

**Eligibility:** Grades 9-12. State 4-H Contests are held in July each year at Utah State University. During this three-day, two-night event, delegates stay in dormitories on campus. In addition to participation in contests, delegates enjoy a variety of fun activities and an awards banquet.

Youth who earn top honors in county competition are eligible to compete in state competition, which typically costs \$75-\$85. The county often has scholarships available that can reimburse some of the cost. Registration and payment deadline is June 25.

Often youth will qualify through county contests to compete in more than one state contest event. Youth can only compete in a maximum of three state contest events (portfolio interviews are not counted as one of these contests). However, some events occur during the same time period. Please refer to the Time Block Schedule for State 4-H Contests, which is available on the state Web site ([www.utah4-H.org](http://www.utah4-H.org)), to ensure your contest events do not overlap at state competition.



## 4-H CONTESTS: NATIONAL LEVEL

**Eligibility: Selection as a State Winner.** Some contests offer state winners the opportunity to compete in a national-level competition. The funding support varies from contest to contest. See the awards for each contest on the state 4-H Web site: [www.utah4-H.org](http://www.utah4-H.org).

## 4-H CONTESTS: HORSE PROGRAM

### **WESTERN**

#### **County Shows**

Box Elder County conducts three horse shows throughout the summer. Dates and times for these horse shows can be found in the Newsletter or online @ [extension.usu.edu/boxelder](http://extension.usu.edu/boxelder). Youth need to participate in at least 2 of the 3 shows to be eligible for Region and State Shows. Participants will also need to complete a Horse record book by date designated from Horse Council.

#### **Region Show**

The top 8 participants with the highest scores from county shows will be eligible to compete at Region. Region Shows are often planned the first of August. At region, the county participates as a team and the top 5 scores of each event are tallied to obtain the final score.

#### **State Show**

The top 5 participants with the highest scores from the county shows will be eligible to compete at State. The State Show is in September and is scored on an individual basis.

### **WORKING RANCH HORSE**

#### **Working Ranch Horse Gatherings**

Several counties throughout the state put on gatherings inviting all 4-H working ranch horse youth. For an up to date list of events see <http://utah4horse.org/htm/working-ranch-horse/upcoming-events>. Box Elder County conducts an annual working ranch horse gathering in the fall. Each of these gatherings are judged as a separate event and has their own individual awards and recognitions.

## AWARDS & RECOGNITION

**4-H Achievement Night:** This is the county-wide 4-H awards program to recognize the accomplishments of all Box Elder County 4-H club members. All club members and their families are invited and encouraged to attend. During the awards program youth, club leaders, and individual clubs are recognized for their participation in:

- *Adult Volunteer Awards*
- *Member of the year Award*
- *Portfolios*
- *1<sup>st</sup> year member recognition*
- *4<sup>th</sup> year member recognition*
- *4-H Ambassadors*
- *Teen Council Officers*

4-H Achievement Night is a dress-up event, so put on your nice clothes and smile for the camera!



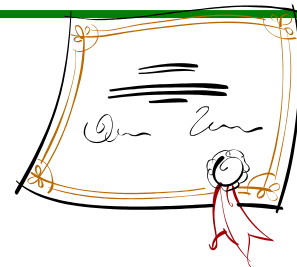
**Horse Achievement Night:** Horse Achievement Night is held separate from Achievement Night to give the horse council an opportunity to recognize youth and adults who excelled throughout the year.

**County 4-H Contest Awards:** Box Elder County 4-H conducts all of its contests using Danish system judging, which means entries are judged against a standard criteria rather than being compared to other entries. The judges' scores are averaged and awards presented. Premiums for county contest can be picked up at the County Fair in August.

**End-of-the-Year Club Celebration:** Clubs are encouraged to hold an end-of-the-year celebration to recognize their members. Each club will approach this event in their own way. For some clubs, it will be a formal awards banquet. Others may choose to do a show and tell night, a carnival, a party, or a club camp-out, showcasing members' achievements.

## 4-H SCHOLARSHIPS

4-H awards thousands of dollars in college scholarships each year to active 4-H members who are graduating from high school. For a complete list of scholarship guidelines and applications, go to the state Web site at [www.utah4-H.org](http://www.utah4-H.org).



## SPECIAL INTEREST PROGRAMS

Throughout the year, 4-H offers a variety of classes, workshops, and tours that we call Special Interest Programs. Many of these programs are open to youth who are not active with 4-H. In fact, children often learn about 4-H for the first time through Special Interest Programs. Children can be 4-H club members and participate in Special Interest Programs too!

Unlike 4-H clubs, Special Interest Programs are short-term in nature. How long each program lasts depends a great deal on the topic being explored and the volunteer who teaches the program. For example, 4-H might conduct a robotics camp that just lasts a week, or shooting sports classes that may meet once a week for several months.

Following is a list of county and state Special Interest Programs that are typically offered annually. In addition, new programs are added during the year based upon volunteer availability. To keep informed of Special Interest Programs throughout the year, make sure you read the *4-H Newsletter* each month.

**4-H AGGIE ADVENTURES for KIDS** Utah State University offers a summer full of science-based adventure with its exciting day-camp program. The week-long, half-day camps fill up quickly and are open to both 4-H and non-4-H youth.

**4-H AMBASSADORS** Senior 4-H members are invited to serve as a 4-H Ambassador. These youth help promote the 4-H program through public speaking, preparing and manning exhibits and fairs, emceeding programs, organizing and/or teaching 4-H events and workshops, or other public relations roles. Ambassadors serve at a state level and need to be in grades 10-11.

**4-H TEEN COUNCIL** Youth in 9<sup>th</sup>-12<sup>th</sup> grades who want to build their leadership abilities are invited to serve as members of 4-H Teen Council. Members plan and participate in numerous 4-H and community service events throughout the year.

**4-H JR TEEN COUNCIL** This council is similar to the Teen Council and is for younger youth in grades 6-8. Participants will engage in fun activities, service projects, and leadership opportunities

**ADVENTURE CAMP** 4-H members in 7<sup>th</sup> & 8<sup>th</sup> grades are invited to enjoy Adventure Camp at Utah State University – a statewide, three day, two night experience teaching life skills, friendship, teamwork, and more!

Activities include a ropes course, camping, a tour of Minnetonka Cave, songs around the campfire, and outdoor education. Youth are also introduced to the GPS program. With the knowledge gained through this program, the youth are sent on a scavenger hunt in the forest only able to use the skills and knowledge they have obtained from the camp.



**JUNIOR YOUTH CONFERENCE (JYC)** Every summer in Ephraim, on the Snow College campus, 4-H presents its camp for 5<sup>th</sup> and 6<sup>th</sup> grade aged 4-H members. Junior Youth Conference is held the last week in June every year.

Youth who attend JYC are split into groups upon arrival and assigned to a Teen Leader. Youth are able to make new friends and experience new things as it is usually the first time for the youth to be on such a trip. While at the conference, all youth get the opportunity to go through many workshops that teach them about teamwork, trust, friendship, and many other life skills. Teen Leaders manage each group in order to keep the youth busy with games, activities, or a project of some kind.

Activities at JYC also include Snow Follies, a Snow College sponsored event, in which Snow College Ambassadors throw a huge water fight that everyone gets involved in!

**MOCK LEGISLATURE** Youth in 9<sup>th</sup>-12<sup>th</sup> grades are invited to apply to participate in Mock Legislature. The event includes guest speakers, a lesson on the legislative process, and committee meetings in the morning. The afternoon includes a tour of the State Capitol Building, the Rules Committee deciding the order of the bills to be presented, and a two and a half hour debate over the bills that the youth delegates present. About 100 delegates are selected to participate in this program each year.

**ROBOTICS CAMP** Every summer Box Elder County conducts a robotics camp for youth who have just completed 5<sup>th</sup>-7<sup>th</sup> grade. At robotics camp youth will build a robot, learn about programming, and run their robots through a course. This camp teaches youth skills in problem solving, engineering, critical thinking, technology competence, and teamwork.

**STATE CONTESTS** These contests are held in July and are for youth in 9<sup>th</sup>-12<sup>th</sup> grades who have competed at county level and have been chosen to represent the county at state level. For more information refer back to p. 14.

**TEEN LEADERSHIP TRAINING** Once a year for three days (during UEA break), 4-H members in 9<sup>th</sup>-12<sup>th</sup> grade from around the state gather at Utah State University to work on their leadership skills. Participants take part in different activities that not only strengthen their leadership skills but are also fun, and challenging.



**TRY PROGRAM (Teens Reaching Youth)**

Youth currently enrolled in 8<sup>th</sup>-12<sup>th</sup> grades are invited to participate in the 4-H TRY Program. Youth are selected through an application process. TRY teams (which consist of three to four teens and their adult coach) attend a weekend retreat and receive detailed training in a 4-H project, as well as instruction on how to teach

younger youth. Then, during the year, the team teaches the curriculum to a group of younger children and is honored for their service during 4-H Achievement Night.

**STATE TURKEY SHOW**

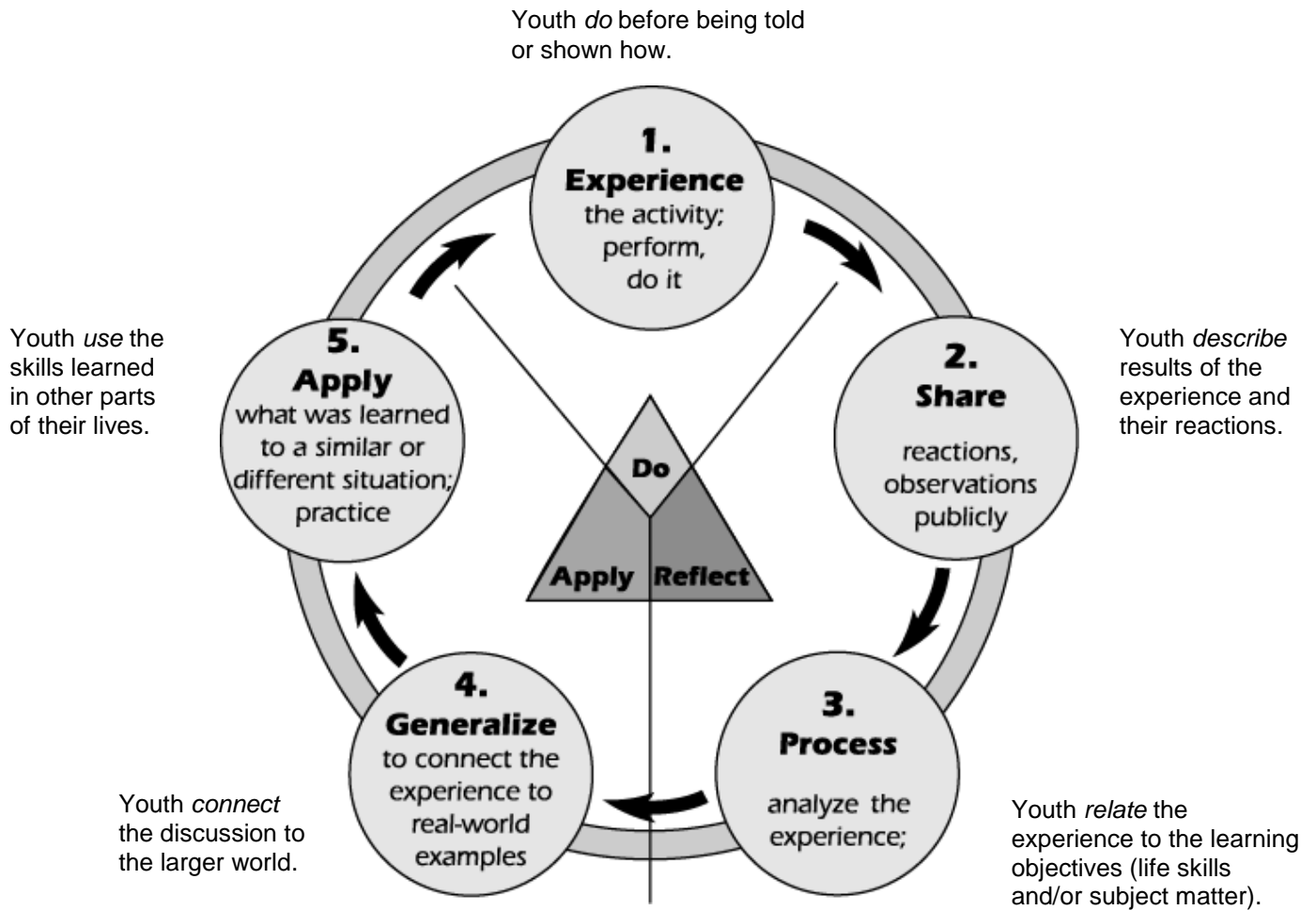
All 3<sup>rd</sup>-12<sup>th</sup> grade 4-H Members are welcome to participate in the State Turkey Show. Registration for the show is the end of May. During registration participations will make order for turkeys received in July. The Turkey Show will take place in Box Elder County during the month of November. For more information on rules and regulations call the extension office @ 435-734-9945 ext. 261.

# EXPERIENTIAL LEARNING MODEL

In 4-H, youth “learn by doing.” The experiential learning model below describes the five steps that allow youth to fully benefit from a learning experience or activity.

*Experiential learning takes place when a person involved in an activity looks back and evaluates it, determines what was useful or important to remember, and uses this information to perform another activity.*

- John Dewey



# This I Believe...



- ✿ The 4-H boy and girl are more important than the 4-H projects.
- ✿ 4-H is not trying to replace the home, the church, and the school, only to supplement them.
- ✿ 4-H'ers are 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 in 4-H club work. It should be given no more emphasis than other fundamentals of 4-H.
- ✿ Learning how to do the project is more important than the project itself.
- ✿ A blue ribbon 4-H'er with a red ribbon pig is more desirable than a red ribbon 4-H'er with a blue ribbon pig.
- ✿ To "learn by doing" is fundamental in any sound educational program and is characteristic of the 4-H program.
- ✿ Generally speaking, there is more than one good way of doing most things.
- ✿ Every 4-H member needs to be noticed, to be important, to achieve, and to be praised.
- ✿ Our job is to teach 4-H members **HOW** to think, NOT what to think.

# 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.

Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran's status. USU's policy also prohibits discrimination on the basis of sexual orientation in employment and academic related practices and decisions.

Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran's status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of employment, against any person otherwise qualified. Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities.

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