



4-H GLOSSARY

4-H is the nation's largest Positive Youth Development Program. 4-H focuses on learning by doing. Through our unique partnership with USU Extension we are able to provide opportunities for youth throughout Utah! 4-H offers a wide variety of programs, projects, contests and events from livestock to sewing, and leadership to robotics!

4-H Member: A member of the 4-H Program ages 8-18. The youth can participate in camps, clubs, and contests. \$10 is the fee for joining 4-H.

4HOnline: The website used for event and club registration. To participate in any 4-H sponsored activity, a child must sign up online. Volunteers must also register and pass applicable background checks.

4-H Club: A small unit of 4-H age youth that meet together at least 6 times a year, for an hour each. The club consists of two adult volunteers and five youth from three different families. Clubs can be project based (4-H Horse Club) or community based (Smithfield Clover Club). This is the basic unit of 4-H and essential to delivering 4-H curriculum.

Assistant Club Leader: This adult volunteer helps the main club leader plan activities, manage youth, and make sure the 4-H club is run in university policy.

Awards Night: Once a year the County office will put on an awards night for 4-H members and volunteers who have had a successful year. Awards include:

- Salute to 4-H Volunteers
- Friend of Cache County 4-H
- 4-H Alumni of the Year
- New Leader Award
- Clover Key Award

Cache Makers: Cache County has a unique opportunity to host a makers space in our community. Partly funded by USU and the County, this 4-H ran space holds our STEM camps such as robotics, LEGO EV3, and 3D printing. The space is open by appointment and during camps.

Camp: This is typically a county-run event lasting a minimum of 3 days. County camps can be run by volunteers, County Staff, or other qualified individuals. Typically the 4-H youth will return home each day. There is also a cost associated with this type of activity.

Charter: In order to be listed on 4HOnline as a valid club, the club must fill out a charter and turn it into the County office (179 N Main Ste. 111). A chartered club requires the following:

- Adult leaders to be screened
- At least 5 youth members
- Youth from at least 3 families
- Six club meetings per year
- Officers
- Service activity
- Agree to follow USU and 4-H Policy

Cloverbud: A 4-H member ages 5-8. There are smaller project areas and ideas that these youth can participate in.

Club Leader: Provides volunteer leadership to the kids in a club. This person is responsible for the safety of all youth in their club and ensuring that there are hands-on learning opportunity for kids. They are also to inform 4-Hers and their families or 4-H goals, programs, policies, and opportunities. Must be registered on 4-H online and pass background checks.



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Community Service: Youth need opportunities to experience service in their community that allows them to give back to the community. Each club, camp, or activity should find some way to serve. If you have questions, feel free to contact your County office.

County Contest: A county-wide event with prizes and awards that give 4-Hers a chance to show off their skills they've learned. Contests vary year-to-year but could be contests like:

- Favorite Foods Cooking Contest
- Horse and Livestock Bowl
- Public Speaking Contest

Demonstration: This part of a 4-H project is for any 4-H member to show, not tell, how to do something. They use visuals, create an end product, and typically last 15 minutes. Demonstrations take place at the County Fair and are awarded ribbons and premium money.

Enrollment year: The year that kids are signed up for 4-H. Their age for activities is based on the age they are on September 1 of that year. Enrollment year goes from September 1 - August 31.

Fair: The Cache County Fair typically takes place the first full week in August. At the County Fair, kids can show off their projects and earn ribbons and other prizes.

Fashion Review: The goal of Fashion Review is to develop an understanding of personal presentation in public situations with regard to clothing, accessories and grooming. Participants will construct a clothing item, model it, and speak to judges about what they have created. Typically this event is held at the County Fair

FCS: Family Consumer Science refers to project areas such as sewing, cooking, healthy lifestyle, mental health, consumer products, etc.

Index: A checking account that the Extension office can set up for a club to hold money in.

Junior Leader: Junior Leaders are leaders within a club that help the 4-H club ages 8-14. Leaders can be elected every year, rotate around, or be selected by the adult Club Leaders. Their role is to ensure that youth in the club are following policy, belonging, and working on their project.

Junior Livestock Committee: In Cache County, the Junior Livestock Committee is made up of FFA and 4-H leaders, parents, and other invested individuals. They are considered a separate entity from Extension and make decisions based on all exhibitors at the Fair.

Motto: The 4-H motto is "To make the best better." We are always striving for improvement in everything we do.

National 4-H Week: Typically this week takes place the first full week in October. It's a week to celebrate all the success of 4-H clubs, praise youth, and build awareness for the great programs in our County.

Pledge: At the beginning of each 4-H meeting, leaders and youth should repeat 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.



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Portfolio: The portfolio is used throughout State and County events as a resume and summary sheet of what the 4-Her has accomplished in that project area or enrollment year. There is a County portfolio contest and a state contests. The portfolio helps kids learn record keeping as well as prepare them for job interviews and scholarship applications.

Project: A 4-H Project should ideally contain these 4 components:

1. Learning experiences that take place in six or more sessions.
2. Community Service
3. Leadership
4. Exhibition of project

Project Leader: In a club, one adult might be responsible for helping youth in a particular area. For instance, a community club could have a club leader and then a project leader that helps with sewing, another one that works with geology, another with livestock, etc.

STEAM: Stands for Science Technology Engineering Art and Math (previously known as STEM). Our Cache Maker's site can help youth work on their STEAM project.

Teen Leader: Teen Leaders are leaders within a club that help the 4-H club ages 14-18 Leaders can be elected every year, rotate around, or be selected by the adult Club Leaders. Their role is to ensure that youth in the club are following policy, belonging, and working on their project.

Teen Council: A 4-H Teen Council is a group of teen 4-H members who work cooperatively with the County Extension Staff in planning and implementing 4-H Events in their area. Applicants must be 13 or older and provide their own transportation to and from events.