

NEW 4-H MEMBER CHECKLIST

In order to have a successful first year in 4-H, please follow this checklist:

- Choose a 4-H club and contact the leader
- Enroll online at ne.4honline.com - BY June 15
- Choose 4-H projects by June 15
- Pay enrollment fee by June 15
- Order 4-H manuals (if needed)
- ID animals by the deadline, if applicable
- Work on 4-H projects and take advantage of county workshops and contests
- Read Cherry County 4-H Alerts & Follow Facebook updates
- Note deadlines for entry into contests, workshops and County Fair
- Complete an Achievement Application (record book) by the end of September to be considered for county, state or national awards



<https://www.facebook.com/UNLCherryCounty>

2021 4-H PROJECT IMPORTANT DATES

May 1	Horse ID's DUE for COUNTY and District/State
June 1	All Livestock IDs Due
June 15	Enrollment Deadline and Last Day to Add Projects
July 15	All County Fair entries due
August 5-14	Cherry County Fair

Nebraska Extension - Cherry County

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<https://extension.unl.edu/statewide/cherry>

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WELCOME TO

CHERRY COUNTY 4-H

We're excited to have you join the 4-H family in Cherry County. We hope the information you find in this welcome packet will assist you as you start your 4-H journey!

Did you know:

- 4-H is the largest out-of-school youth organization with over seven million youth members.
- 4-H has been around over 100 years!

The Nebraska Extension-Cherry County staff members are looking forward to getting to know you and your family and are ready to answer any questions you may have.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture of Agriculture.

WELCOME TO THE CHERRY COUNTY 4-H PROGRAM

Dear New or Prospective 4-H Family,

Welcome to 4-H! You have just inquired about one of the biggest youth development programs in the nation. In fact, with 140,000 youth enrolled in Nebraska, 4-H is the largest out-of-school educational program in the country.

This brochure will 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 e-mailed Cherry County 4-H Alerts. Your family will start receiving this once we receive notification that you have completed your 4-H enrollment on-line through 4HOnline.

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 Nebraska 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". 4-H is like a "store" full of wonderful, fun, positive, educational programs. We have pretty much every type of workshop, project, contest, trip, conference, camp, or activity you could possibly want. Your family will choose what fits into your schedule and your budget. Club leaders 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 don't hesitate to call.

The Nebraska Extension Cherry County office is where the 4-H program is administered. It is located at 365 N. Main St., Suite 3, Valentine, NE. Office hours are 8:30-12:00 and 1:00-4:30.

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

Sincerely,

Michelle Garwood, 4-H Extension Educator

RESOURCES

Cherry County Extension Office - You are encouraged to call Michelle Garwood at 402-376-1850 or e-mail mgarwood3@unl.edu with all of your 4-H questions or concerns.

Giving Your Best webinar series - <http://4h.unl.edu/givingyourbestwebseminars>

"Giving Your Best" program is a live web seminar series taught by Nebraska Extension 4-H Youth Development staff. The web seminar series is designed to benefit volunteers and parents as they get ready, set, and go forward with club meetings, 4-H projects, and beyond. Participation in the live web seminars is free. A computer with internet access is needed. Each program will meet online for 45 - 60 minutes.

4H Volunteer Information Series - <http://4h.unl.edu/educationalresources>

The 4-H Volunteer Information Series is a series of short fact sheets that will help you with your 4-H volunteer experience.

Fast Track Training for Volunteers - <http://4h.unl.edu/training>

On your Marks, Get Set, Go...volunteer with the Nebraska 4-H Program! The Fast Track Volunteer Training modules will help you get on the right track to a valuable experience as a volunteer in 4-H. The different modules will assist you in understanding the 4-H program and guide you to resources to help make you the best volunteer you can be. As a volunteer you can provide young people with developmental assets that last a lifetime - a positive relationship with a caring adult; an inclusive and safe environment; opportunities to value others and master a skill; and much more. For more information on becoming a 4-H volunteer contact the Cherry County Extension Office.

Cherry County 4-H Social Media

Connect with Cherry County 4-H by visiting our social media channels.

View pictures, videos, keep up-to-date and in the loop:

⇒ Facebook - www.facebook.com/UNLCherryCounty

⇒ Web site - <https://extension.unl.edu/statewide/cherry>

ADDITIONAL OPPORTUNITIES FOR 4-H MEMBERS

Cherry County and Nebraska 4-H offer many different contests each year. Our staff will conduct the county contests as similar to the state contests as possible, utilizing the same rules, time allowances and judge's score sheets. Information about the contests will be sent via 4-H Alert and posted on our web site.

4-H CEA Contest - Music and talent, public speaking, public service announcements, job interview, and presentations contest is usually held in the spring. The contest includes a public performance.

4-H Clothing Day and Fashion Show - Youth sew a garment and model it for the judges usually in July. Judging includes the clothing construction interview and modeling. All participants model their garments for the audience during the culminating 4-H Fashion Show usually during fair.

Career Portfolios - Youth prepare a portfolio summarizing their 4-H experiences using the standardized 4-H Career Portfolio forms. The portfolio forms are available on-line.

Diamond Clover Program - The program consists of six levels that require a 4-H member to plan and report a broad range of age appropriate accomplishments. The programs' overall goal is to provide 4-H members a rich and diverse learning experience.

Shooting Sports Competition - Youth who have had instruction from a certified 4-H shooting sports leader can participate. Participants may compete in shooting activities.

4-H Camps and Camp Scholarships - 4-H camps are offered throughout the summer with a wide variety of topics and activities available. Nebraska has two 4-H camp locations, Nebraska State 4-H Camp at Halsey and Eastern Nebraska 4-H Center, between Lincoln and Omaha. Deadlines vary, so please read your 4-H Alerts or pick up a brochure from the office.

College Scholarships - College scholarships are available on the state and local levels. Application information and deadlines are noted in the 4-H Alerts and on our web site.

Cherry County Foundation Grants - Grants are available to Cherry County 4-H Clubs and individual members that want to improve the 4-H experience. These projects would help develop leadership and stimulate interest in lifelong learning, while encouraging the betterment of Cherry County and its communities. Deadline for submitting grants is the second Monday in March.

PARENT & GUARDIAN ROLES

4-H is a family program where adults (parents, guardians) 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 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 an apparent 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 the club's service project, or coordinating the club's end-of-the-year recognition program. Your club leader may have other suggestions.

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 ages 5-7 (Clover Kid members) should always have a parent or guardian attend meetings with them.
- * Guide your child as they select a 4-H project and help them develop goals that are challenging, but also realistic. Encourage their project work by making it a family learning experience.
- * If your child serves in a leadership role within the club, help him/her fulfill the duties of the office.
- * Read the Cherry County 4-H Alerts so you will know the details of upcoming special events and dates. You will automatically start receiving this publication when you register as a 4-H volunteer or your child enrolls in 4-H. It can also be found on our website.
- * Visit the state 4-H website (4h.unl.edu) or the county web site (<https://extension.unl.edu/statewide/cherry>) or follow us on Facebook UNL Cherry County for the latest information and resources.
- * The 4-H staff will provide county-wide training on achievement applications, presentations, project workshops, and other core 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.

4-H FREQUENTLY ASKED QUESTIONS

What is 4-H age? The age of a 4-H'er is determined by their age as of January 1 of the current year. Their "4-H age" will determine what age group they will compete in at county and state events. To be a 4-H Clover Kid youth you must be a 4-H age of 5 - 7. To be a 4-H member, youth must be 8 on January 1 of the current year.

What is the 4-H motto? "Make the Best Better."

What is the 4-H emblem? The 4-H emblem is the four leaf clover with the letter on each leaf, standing for head, heart, hands, and health.

What are the 4-H colors? The 4-H colors are green and white. Green symbolizes nature's most common color and represents life, spring time and youth. White symbolizes purity and high ideals.

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.



How did 4-H begin? 4-H began in the early 1900's as Corn Clubs for boys and 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 100th 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.

What is the 4-H year timeline? The 4-H year runs from October 1 to September 30.

THE COUNTY FAIR

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

When is the fair? The Cherry County Fair is held in August. As part of the fair, members have an opportunity to compete in a variety of small and large animal shows, and the horse show, as well as entering static exhibits. Some contests, such as Shooting Sports and Livestock Judging, occur before the county fair. Complete guidelines and policies for the fair are found in the Cherry County 4-H Fair Book.

Who can enter the fair? Any enrolled 4-H member can participate in the fair. Nebraska Extension in Cherry County will make available the Cherry County 4-H Fair Book, in hard copy and on-line, which lists all the 4-H classes with entry requirements that can be entered. For the most part, the classes do not change a lot from year to year, so you can look at previous fair books to get ideas for projects to enter in the fair.

How do we enter exhibits in the fair?

Static Exhibits: The process for entering a static exhibit in the fair is simple. Entry forms will be posted on-line and available hard copy. From class descriptions that are found in the Fair Book, 4-Hers will write down which exhibits they are planning to enter in the fair. These pre-entry forms are due back to the Extension Office on July 23 or may be presented on Fair Entry Day. Exhibit cards will be printed and available on entry day. It is the responsibility of the 4-Her to bring their exhibits to the fairgrounds on entry day at the posted time and to pick up their exhibits on the last day of the fair.

Livestock Exhibits: The Extension Office will announce the dates to have project animals tagged/identified. It is your responsibility to properly ID your animals by the deadline. You must also complete and turn in the pre-entry form by July 23.

How are exhibits judged?

Static Exhibits: All static exhibits are judged earning a purple, blue, red or white ribbon. Clover Kid entries are non-competitive and are not judged. Each entry receives a ribbon for participation. Youth receive a fair premium based upon the color of ribbon earned. Premium checks will be issued by the Ag Society and mailed after the fair.

Livestock Exhibits: All livestock exhibits are judged earning a purple, blue, red or white ribbon. Additional trophies may be presented at the time of the livestock shows. Premium money will be mailed after fair.

4-H PROJECTS

How do we select a project? A list of projects available in Cherry County can be found on our web site. Detailed information and descriptions of the projects may be accessed from Nebraska 4-H and from our web site. Projects should be selected based upon interest in the subject matter and age or years in the project. Utilizing the learning experiences gained in the project, the Cherry County 4-H Fair Book should then be consulted to determine what items in the various classes for that project can be entered in the County Fair and possibly continue on to State Fair. Clubs may also select projects they wish to complete as a club project.

Guidance from their parents, leaders, community organizations, or other experts in the field may assist youth in acquiring these new skills.

What is a 4-H project manual? To help guide your learning experience, 4-H offers project manuals. 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 the manuals are developed in a series with three or four levels. These manuals are research-based through Universities nationwide. The manuals are purchased by the family from UNL Marketplace or Shop 4-H.org.

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

How do we find out what 4-H project manuals are available? A current list of the 4-H project manuals called "Project Resource Central" is available from a link at: <https://extension.unl.edu/statewide/cherry>

To help in selecting a project, you are welcome to view our project manuals at the Nebraska Extension-Cherry County Office. Stop in or call our office to see which manuals are on hand!

4-H FREQUENTLY ASKED QUESTIONS

Can we join 4-H at any time during the year? Yes, youth may join 4-H at any time during the calendar year. Some clubs may have their own established "cutoff" date for accepting new members for the year. All new 4-H youth must be enrolled with the Nebraska Extension Office by June 1 to be eligible to exhibit in the County Fair or any competitive 4-H events. Re-enrollments for current members are due February 1.

Are clubs organized by age division? Many 4-H clubs operate with children from a wide variety of ages, and some clubs have members that are in a similar age group. There are benefits of younger youth learning from the knowledge and example of older youth, as well as the leadership opportunities for older youth.

What are the age divisions for competitive events? A child must be at least eight years old as of January 1 of the current year to compete in any 4-H event. Age divisions do vary from program to program. Always carefully review the registration information for 4-H events.

What is a Clover Kid? Children ages five to seven are known in 4-H as "Clover Kids." This age group of 4-H members can participate in a wide variety of programs and activities including the county fair. These members may participate in many contests and receive participation ribbons. Their work is not "judged", nor do they receive premium money.

How do I stay informed about 4-H opportunities? Read the 4-H Alert that is e-mailed (or mailed if so requested) to each enrolled family as necessary to provide timely information. It will give you all the details of upcoming programs and events. Visit the County website for additional information: <https://extension.unl.edu/statewide/cherry>

What is the 4-H Council? Each county has an established 4-H Council made up of adults representing their 4-H program. The purpose of the 4-H Council is to support the 4-H program in the county with volunteer participation, fund raising, programming, etc.

What is the Cherry County 4-H Foundation? The Foundation was established to promote the objectives and purposes of 4-H in Cherry County, with particular emphasis on providing leadership and educational services and opportunities for youth.



4-H MEMBERSHIP

The membership fee is \$5.00 per member. Members must pay their enrollment fee to the Extension Office (checks payable to Cherry County 4-H Foundation-4-H Council). All member fees are to be paid by June 15.

4-H Club or Independent Member - What works best for you?

Organized 4-H Clubs: A 4-H club is an organized group of youth, led by an adult that provides a progressing series of educational experiences. 4-H clubs may meet in any location, typically have elected officers, and a set of rules approved by the membership to govern the club. The purpose of a 4-H club is to provide positive youth development opportunities. We are always welcoming new clubs. 4-H clubs must have a least three families enrolled with five kids. If you would like to start your own 4-H club, please contact Michelle at the Extension Office at 402-376-1850.

4-H Clubs can vary by interest area, age group and activities. The current organized clubs in Cherry County and the contact persons are:

Town & Country-Valentine	Katie Luthy	402-322-0792
Cody Country-Cody	Karen Bowlin	402-823-4337
Outriders-Crookston	Eve Millar	402-425-3303
Sandhill Ranchers-Cody	Liz Ravenscroft	402-823-4139
Gordon Valley 4-H Club	Laura Willert	402-322-0617

Independent Clubs: Families/youth may choose to participate in 4-H as Independents, operating independently of a formal group setting, such as a club. This may be an individual or family learning effort. For many youth, their exposure to 4-H experiences and learning materials comes through activities conducted either within their family or an independent membership. While 4-H encourages participation in club settings to promote friendships and interaction with other youth and adults, for some youth, this is not always possible.

4-H MEMBER & LEADER ENROLLMENT

Member enrollment is done online at ne.4honline.com.

Organizational and Project Leaders enroll online as well. All volunteers and leaders should complete the volunteer certification process every four years with the Nebraska Department of Health and Human Services.

4-H PROJECTS

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 topic, or subject the member wants to explore. The member will focus on increasing their knowledge and skills on this topic during the year. Projects are completely self-paced. A member may focus on a project over the whole year, or only spend a few months on a specific project. Similarly, a member may choose to explore the same topic for many years, gaining a real in-depth knowledge of the project/subject area.

There is not a 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 better to select fewer projects that reflect quality workmanship than to do a “rush job” and complete a lot of poorer quality 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.

Their 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 others by sewing baby blankets for the hospital

HANDS Skills development: ability to do, skill in doing, and the habit of doing

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

HEALTH Physical development: understanding an appreciation of a changing body

- ◇ Learning to select garments that are flattering for their body shape
- ◇ Developing poise and body posture when modeling the garment in a 4-H Fashion Show