



## SMB 4-H Information

### 4-H Membership/Age

4-H age is the age of the individual on December 31 of the current 4-H year.

The 4-H year runs from October 1 to September 30.

- Cloverbud: 5-7 years old
  - Junior member: 8-10 years old
  - Intermediate member: 11-13 years old
  - Senior member: 14-18 years old
- \$30 for the First Project, \$15 for any additional, and \$15 for Cloverbuds.
- Adult Leader: 19+ years of age. Some leader positions require a minimum age of 21.

### Enrollments and 4-H Online

<https://co.4honline.com/>

<http://www.colorado4h.org/ye/family/familyhelpsheet.pdf>

<http://www.colorado4h.org/ye/family/coloradoexistingfamily.pdf>

<http://www.colorado4h.org/ye/family/coloradonewfamily.pdf>

These are the links to the 4-H Online information. For more information, questions, or to schedule an appointment: Contact Dawn or Mary at the Extension Office. 970-327-4393.

[Dawn.bruce@colostate.edu](mailto:Dawn.bruce@colostate.edu) or [maryw@sanmiguelcounty.org](mailto:maryw@sanmiguelcounty.org)

### Colorado 4-H Expense Tracker

You now have a way to keep track of your expenses, inventory, and activities through the 4-H Tracker App. Through any device that will access the Internet, this app will allow you to enter items at the time of purchase and track all the activities done throughout your projects. This tracker can be used for any 4-H project. What a great way to keep up-to-date on your 4-H e-records! Go to <http://co4htracker.colostate.edu/>

## DISTRICT EVENTS

**District 10 Campout:** A weekend retreat, usually held at the Montrose County Fairgrounds in March or April, that is geared for 4-H youth (ages 8-18). Youth have a lot of fun participating in games and workshops, culminating in a dance or other activity on Saturday evening. Youth also participate in the District 10 business meeting. The cost in 2016 was \$30.

**Field Day:** Have questions about how to prepare, maintain and show your livestock project? Livestock Field Days allow you to bring your animal or just show up to gain additional information about making your 4-H Livestock project a great experience.

**MQA Training:** Meat Quality Assurance (MQA) training is required for 4-H livestock participants. This event provides hands-on training to guide youth through the various aspects of feeding, safety, administering medications, and much more. These trainings are usually provided once a year locally and in other counties in the district.

## PROJECT-BASED EVENTS

**Jackpots/ Shows:** A variety of Livestock Jackpots and shows are held throughout the state. 4-H youth are welcome to enter their animals to practice showmanship and possibly win prizes.

**Shooting Sports Events:** Many shooting sports contests are planned each year throughout the state. 4-H Shooting Sports youth are welcome to attend and compete for prizes.

**FiberFest, Make it with Wool, and more!** A variety of contests and events highlighting general projects.

## STATE EVENTS

**YouthFest:** This event for 4-H members ages 9-13 and usually happens in February. The purpose of this camp is to provide an opportunity for youth to learn teamwork, leadership, communication, and citizenship skills through a variety of workshops.

**State Conference:** This conference provides educational speakers and workshops for Senior 4-H members (ages 14-18). The conference features the state contests for Livestock and Horse Judging, Consumer Choices, Public Speaking, Horse Bowl and Hippology, Demonstrations, and Speech. State-wide meetings for leaders and senators are also held. The best part is that there are dances and recreational activities.

**4-H Days:** Special price days at places such as Elitch's Amusement Park, Colorado Rockies game, Western Stock Show, and more!

## **International 4-H Youth Exchange**

**Who:** 19 - 30 year old 4-H alumni and others interested in living and working with host families in other countries.

**What:** During their three or six month stay, Representatives live and work with several host families for three to six weeks at a time. Representatives have the opportunity and are expected to participate in day to day family life. In addition, representatives interact with the host organizations, which are often times similar to 4-H. Representatives may pursue special interests through self-study, and many arrange for academic credit through their university.

**When:** Representatives to most countries leave in late June and return in September or mid-December.

**Where:** Countries in all areas of the world: Western Europe, Eastern Europe, Latin America, Australia, Asia, and Africa.

**Why:** International 4-H Youth Exchange programs enhance the 4-H program through international, cross-cultural experiences that enable young people to improve their leadership and communication skills, while increasing their international awareness and understanding.

**Program Fee:** In previous years the fee has ranged from \$6,000 to \$6,500, depending on the area of the world. The fee includes international airline ticket, travel in host country, food, lodging, supplemental insurance, and orientation and evaluation programs. Financial support and fundraising assistance may be available through county and state 4-H offices. Check with our office for the most up-to-date information.

**Note:** Colorado provides 2 full scholarships annually, excluding personal spending money.

**Applications:** Applications and additional information are available through your county extension office or from the international program coordinator in your state 4-H office. For more information visit our website at: <http://www.ifyeusa.org> or contact 4-H International Programs at Colorado State University.

***HOSTING OPPORTUNITIES ARE ALSO AVAILABLE!***

## Travel Abroad

The 2015 outbound programs were to Costa Rica, Finland, and Japan. Check with the local 4-H office to see when the 2016 program information is available.

### Citizenship Washington Focus (CWF)

Citizenship Washington Focus (CWF) is a week-long 4-H Citizenship program that takes place at the National 4-H Youth Conference Center, just one mile from the Washington DC border. This event usually happens in June and is a wonderful experience for both youth and adults.

Participants are immersed in the culture and history of Washington. Destinations include:

- The Capitol
- Mount Vernon
- Arlington National Cemetery
- Presidential and war monuments and memorials
- Smithsonian museums

And much more!!

CWF is a program for 4-H'ers entering **grades 10-12** that takes place at the National 4-H Youth Conference Center, just 1 mile from the Washington, D.C. border.

### Leadership Washington Focus (LWF)

LWF is a 4-H leadership program for 4-H'ers entering **grades 7-9**. The program will also take place at the National 4-H Youth Conference Center for four weeks through June and July. **For More**

**Information or to Register:** please visit the 4-H Citizenship Washington Focus and 4-H Leadership Washington Focus websites, [www.4hcwf.org](http://www.4hcwf.org) or [www.4hlwf.org](http://www.4hlwf.org), for additional program details and for registration instructions. If you have any questions, don't hesitate to contact at (301) 961-2812 or via email at [mmcneely@4hcenter.org](mailto:mmcneely@4hcenter.org). We look forward to hosting your delegation!