



A GUIDE FOR STEUBEN COUNTY

4-H FAMILIES

www.cce.cornell.edu/steuben

TABLE OF CONTENTS

Message to Parents	Page 3
Discover 4-H in Steuben County	Page 4
Facts About 4-H	Page 5
Independent Members	Page 7
4-H Emblems and Symbols	Page 7
Who's Who in Steuben County	Page 8
Awards and Recognition	Page 9
Award Trips	Page 10
4-H Camp	Page 11



A SPECIAL MESSAGE TO PARENTS

When your child enrolls in 4-H, your whole family becomes part of the 4-H education experience.

- You are very important to the success your child will have in the 4-H Program.
- You are encouraged to attend monthly meetings and project meetings with your child whenever possible.
- Parents are encouraged to attend all county-wide 4-H events.

Your key role is the support you can give to your children; you can support your child in the commitment they make, help them think through decisions and see that they reach their goal.

There are several ways for you to help your child get the most out of a 4-H experience. This can be done by:

- Attending 4-H meetings and other special events.
- Guiding your child's project work and encouraging completion without doing the work for the 4-H member.
- Making it possible for your child to participate in a variety of 4-H activities at the club, county, regional and state levels.
- Being an example of good sportsmanship so your child will learn to appreciate the success of others.
- Making others in your community aware of 4-H.
- Telling your child you are PROUD of their accomplishments.

Please take a few minutes to review the information found in this Family Guide. The guide will help you to better understand the unique educational and social opportunities that 4-H can provide for your whole family.

Sitting as a family and reading this guide together can help you and your children. This is the first step to achieving the full benefits of the 4-H Youth Development Program in Steuben County.

DISCOVER 4-H IN STEUBEN COUNTY

4-H provides a safe environment where caring, trained adult volunteers help boys and girls, kindergarten (age 5 on or before Jan. 1st of the club year) through age 18 (on or before Jan. 1st of the club year), become creative and contributing citizens. 4-H helps make learning fun.

4-H is the largest out-of-school youth education program in the United States. 4-H can be found in every U.S. county and U.S. territory. Total youth reached by 4-H each year in the United States exceeds 4.7 million. 4-H reaches beyond the U.S. borders to some 82 countries worldwide.

Youth in Steuben County discover 4-H learning experiences in neighborhood 4-H clubs, schools, community programs and at 4-H camps. Learning content, experiences and teaching methods are based upon the best research available from state land-grant universities such as Cornell University.

4-H youth have the chance to explore the social, biological and physical sciences, along with the arts and humanities through special “hands-on” experiences called projects. At least 80 different projects are offered to Steuben County youth through community 4-H clubs. Boys or girls can select projects that best meet their interests or liking. Through 4-H, a young person and his/her family take control of what will be learned. 4-H learning experiences are flexible. 4-H recognizes that children learn in different ways and attempts to provide a variety of creative and challenging learning opportunities.

Although 4-H teaches a young person “hands-on” skills, the most important skills taught are LIFE SKILLS. Through 4-H projects and other learning activities, youth learn:

- learning by doing
- problem solving
- expression
- defending positions
- pride of ownership
- achievement
- goal setting/planning
- global awareness
- scientific inquiry
- teamwork
- exploring careers
- opportunities
- experimenting
- developing self esteem
- cooperation
- evaluation
- respect of laws
- respect of regulations
- taking risks
- group process
- making decisions
- leadership
- creativity
- discipline
- responsibility
- community citizenship

Steuben County 4-H members and their families live in villages, towns and the cities of Hornell and Corning. You can find a 4-H member at home on a family farm, in a city and from all economic, racial, cultural and religious backgrounds.

FACTS ABOUT 4-H

Program Year

The 4-H Program year begins on October 1 and ends on September 30.

Enrollment

Enrollment is open to all youth - kindergarten (age 5 on or before Jan. 1st of the club year) through age 18 (on or before Jan. 1st of the club year). In Steuben County, youth kindergarten through 2nd grade should enroll as a 4-H Cloverbud member. Youth who are at least eight years of age by January 1st of the current club year and in the third grade or higher should enroll as a 4-H member. Enrollment is open to all boys and girls regardless of race, creed, national origin, religion or handicap.

Founded

At the national level, 4-H began when Congress passed the Smith Lever Act in 1914. This act established the National Cooperative Extension Service. Under the Smith Lever Act, "Boys and Girls Club Work" became 4-H. 4-H in Steuben County began around 1920.

Partners For 4-H

The 4-H Program is part of the national educational system of Cooperative Extension, shared by the U.S. Department of Agriculture (USDA), the state land grant universities (including Cornell University, which is New York's land grant university), and county governments.

National 4-H Center

National 4-H Center
7100 Connecticut Avenue
Chevy Chase, MD 20815
Telephone: (301) 961-2807 or (301) 961-2840

The National 4-H Center is a conference center and dormitory residence located just outside of Washington, D.C. 4-H families are welcomed and encouraged to stay at the National 4-H Center as they explore the nation's capital. Many national 4-H programs occur at the 4-H Center.

Cornell University

4-H Programs
340 Roberts Hall
Cornell University
Ithaca, NY 14853 Telephone: (607) 255-2237

Steuben County

Cornell Cooperative Extension of Steuben County
3 East Pulteney Square
Bath, NY 14810
Telephone: (607) 664-2300

The office is located on the first floor of the Steuben County Office Building; (first office on the right as you enter from the parking lot).

Funding

4-H is funded from four sources – the federal government (U.S. Department of Agriculture); state government (Albany through Cornell University); local government (Steuben County Board of Legislature); Steuben County 4-H Activity Fund and private support.

4-H Club

A 4-H club is any group of at least five children, kindergarten through age 18, and one adult volunteer leader, called an organizational leader. Many clubs have additional adult leaders called “project leaders.”

Volunteers

The adult leaders of 4-H clubs are volunteers. 4-H volunteers complete an application with reference checks before becoming 4-H club leaders. Adult volunteer leaders come from all walks of life. Some volunteer leaders may be asked to serve, for example, on the 4-H Program Committee, 4-H Advisory Committee, County Fair Committee or serve as a chaperone for 4-H youth trips.

Dues and Uniforms

4-H does not require the wearing of a uniform. A per member county enrollment fee is collected each year. Club dues may be collected by individual clubs to help offset the costs of trips and projects and even social activities.

Fund Raising

Two county-wide fundraisers are held each year, spring (March-April) and fall (October-November). Profits are split between local 4-H clubs and the 4-H Activity Fund. The Activity Fund proceeds are used to defray the costs of the numerous 4-H award trips and activities (described, starting on page 10). Each 4-H club is encouraged to participate in either one of the county fundraisers to help build their club treasury. Some clubs may

have special projects/trips for which they need to raise extra funds and may conduct additional club fundraisers.

Independent Members

Independent members are 4-H members that do not have a club affiliation. They work on the projects of their choice at their own pace. They are encouraged to participate in county fundraisers and all of the county sponsored activities. They are required to enroll each year, just like any 4-H club. They also pay the county enrollment fee (per member, per year).

Insurance

Each 4-H member and adult volunteer whose 4-H enrollment form is on file at the Cornell Cooperative Extension Office, is protected automatically by liability insurance. The 4-H staff must be notified within 24 hours of an accident. The insured must be participating in a 4-H event/activity. Further information about insurance is available from Cornell Cooperative Extension – Steuben County.



4-H EMBLEMS AND SYMBOLS



Emblem

The national 4-H emblem is a four leaf clover with the letter “H” on each leaf.

The Four H’s

The four H’s stand for Head, Heart, Hands and Health.

The Pledge

4-H members should learn the National 4-H Pledge. The 4-H Pledge is:

“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.”

Hand Motions

(point to head)
(place hand over heart)
(open both hands, palms up)
(stand with hands at side)

The Colors

Green and white are the 4-H colors. The white background symbolizes purity; the green 4-H emblem is nature’s most common color in the great outdoors and is the color of springtime, life and youth.

Motto

The national 4-H motto, “To Make The Best Better” should be the objective of each 4-H leader and member.

Slogan

“Learn by Doing”

The 4-H Project

A 4-H project offers the opportunity for a 4-H member to learn more about a special interest like animals, plants, nature, clothing, fishing, foods, etc. Most important, a 4-H project lets a 4-H member learn more about themselves and that they are a very special and unique person.

WHO’S WHO IN 4-H IN STEUBEN COUNTY

Community Level

4-H Member: Any boy or girl kindergarten through age 18 as of January 1 of the current program year, who has officially enrolled in a 4-H club, short term 4-H special interest group or as an independent 4-H member.

4-H Organizational/Club Leader: An adult volunteer who manages a 4-H community club or a 4-H special interest group, i.e. dog obedience.

4-H Project Leader: An adult volunteer who coordinates educational experiences for 4-H members in a specific project, i.e. horse, foods, dairy, photography, etc.

4-H Junior Leader: A 4-H member who is 13 years of age or older and enrolled in a 4-H Junior/Teen Leadership project.

County Level

4-H Program Committee

Seven volunteer adults are elected to serve on the 4-H Program Committee. This committee guides the 4-H staff in policymaking, 4-H program development, 4-H program evaluation and private fundraising. One member of the 4-H Program Committee also sits on the Board of Directors, representing the 4-H Program of Cornell Cooperative Extension of Steuben County. 4-H Program Committee members are elected through

nomination and balloting at the Cornell Cooperative Extension Annual Meeting held each fall and serve a three-year term.

Advisory Committees

Numerous advisory committees exist to guide 4-H staff with program/project development. Volunteer leaders, parents, youth and community members comprise these committees. Advisory committees include Horse, Livestock Sale, Home Economics, Dairy and Awards.

4-H Steubenite

The 4-H Steubenite is the county-wide newsletter mailed to each family eight times annually. The newsletter includes current information about upcoming events, programs, special achievements by 4-H members and educational information for all 4-H members, parents and leaders. The Steubenite is published by the Cornell Cooperative Extension of Steuben County staff.

4-H AWARDS AND RECOGNITION

Traditionally, 4-H has provided the means for a young person to receive awards and recognition for outstanding effort in project work, leadership, citizenship and achievement.

Selection for awards and recognition is made by volunteer committees who review each 4-H member's Junior Activity Report or Senior Summary Report. The timetable for 4-H awards and recognition is as follows:

Late Summer/Early Fall: 4-H project records (available at the Cornell Cooperative Extension Office) are distributed to 4-H members through the Steubenite or by direct mail. Junior Activity Reports (JAR) and Senior Summary Reports are to be completed by 4-H members by **October 15th** of each year. 4-H project records (those that are required to be sent to the office) are due the **middle of September** each year.

Fall, Winter, Spring and Summer: 4-H members should keep project records, JAR and Senior Summary Report current by taking the time each month to record recent participation and project activity.

STEBEN COUNTY 4-H AWARD TRIPS

4-H members are selected for county 4-H award trips based on achievement and merit. A volunteer selection committee determines award trip winners after reviewing the Junior Activity Reports (JAR) and the Senior Summary Reports. Selection criteria is based upon evidence of achievement in project work, leadership practiced at club and county levels, citizenship practiced in the local community, participation in ongoing 4-H educational events and activities, and appreciation of the educational and social benefits of the 4-H experience. Depending on the particular trip, there is little or no cost to the 4-H member selected to participate on a 4-H award trip. A 4-H member is eligible for all trips during a 4-H career. All 4-H award trips are chaperoned by the 4-H staff and/or carefully selected adult 4-H volunteers, including parents.

Agri-Business Career (ABC) Trip

Time: mid October

Ages: 14 and over

The ABC trip is held in the Cobleskill, New York area and is jointly sponsored by New York State 4-H and New York State Farm Bureau and includes 4-H members from throughout the state. 4-H youth explore the great diversity of agri-business related careers available in New York. Award winners may visit such businesses as a veterinary hospital, carrot farm, tree nursery, dairy farm and border collie operation. This trip also features insights into opportunities in natural resources and the academic requirements for professional positions in the agri-business world.

Royal Winter Fair

Time: November

Ages: 14 and over

This trip is an opportunity for members in agriculture in Steuben County to travel to Toronto, Canada and view the exhibits and the Royal Winter Fair. The members also see some sights and sounds of Toronto, including the Royal Winter Fair Horse Show.

Dairy Discovery

Time: February

Ages: 13 and over

4-H'ers spend two days in Ithaca to explore the many diverse and exciting career opportunities available in the dairy industry. Participants attend various hands-on educational workshops relating to the dairy industry.

Capital Days Trip

Time: mid March

Ages: 14 and over

Capital Days is a two-day annual state 4-H event held in Albany, New York. Each county in the state may send two delegates to represent their county. The program includes tours of the capital and New York State Museum, visits to the State Legislature and meetings with local state representatives.

New York City Trip

Time: mid April

Ages: 14 and over

This trip is four exciting days spent in the Big Apple learning about different career possibilities in the home economics area with tours of businesses in fashion design and merchandising, advertising and hotel/restaurant management. 4-H members have the chance to take in some New York City sights including the Empire State Building, Rockefeller Center, the Statue of Liberty, plus enjoy a Broadway play.

Career Exploration

Time: end of June

Ages: 13 and over

A three-day, statewide event held at Cornell University. Youth are able to experience the lifestyle of a typical college student by living in Cornell dormitories and using University facilities. You are placed by age in one of two programs:

Cornell 101: A “hands-on” opportunity for 13 and 14 year olds to explore the Cornell campus and the resources available. Tours have included the Computer and Theory Center, Earthquake Simulation Center, Veterinary College labs and hospital, horticulture greenhouses, etc.

Focus for Teens: Allows youth ages 15 and up to participate in an intense, hands-on curriculum of their choosing, from one of the participating departments. Focus allows participants to explore the resources and career possibilities available at Cornell. Departments provide laboratory experiments, lectures and field trips for participants.

Washington, D.C. Citizenship Focus

Time: July

Ages: 15 and older

4-H'ers spend a week in Washington learning more about how our Federal Government works. Youth also tour many famous monuments and attractions in Washington, D.C.

including the Lincoln Memorial, Washington Monument, National Zoo and the Capital. Award trip winners are also given the opportunity to meet 4-H'ers from all over the United States while staying at the National 4-H Center.

Junior Award Trip

Time: mid July

Ages: 13 and under

A two-day trip for Steuben County youth under 13 to travel to an exciting attraction. Selection is based on the Junior Activity Report (JAR). Previous trips have been to Niagara Falls, Hersheypark, Water Safari, Sterling Renaissance Festival, etc.

PA Horse Expo

Time: Late February

Ages: 14 and over

A two-day trip for Steuben County Horse Club members to attend the Pennsylvania Horse Expo in Harrisburg. Attendees have the opportunity to learn from a wide variety of clinicians and attend the vendor fair.

OTHER TRIPS

Public Presentation Trip:

Time: Summer

Ages: K through 18

4-H members participating in the 4-H Public Presentation program are invited to participate in the 4-H Public Presentation Award Trip. Trips in the past have included Genesee Country Museum, Letchworth State Park, Harris Hill Park National Soaring Museum, Watkins Glen State Park, Seneca Lake, Seabreeze Amusement Park, Darien Lake and Roseland Waterpark.

New York State Fair Teen Leader Program

Time: end of August/Labor Day

Ages: 13 and over

Teens ages 13 and up are invited to serve as teen leaders at the New York State Fair. Some Teen Leader programs are selected, i.e. Clothing Revue. Teen Leader opportunities are advertised in the 4-H Steubenite in early Spring.

Be sure to ask your 4-H leaders or watch the 4-H Steubenite for more information on these trips. You can also contact the Cornell Cooperative Extension Office to get all the information necessary to participate in these fun activities.

4-H CAMP

4-H camps are an organized opportunity to develop skills, make friends, challenge oneself, have fun, sing around campfires and discover the wonders of nature. They are a structured setting in which campers can try exciting activities, learn new techniques, be creative, become aware of hidden talents, make decisions and develop self-discipline.

4-H camp is a fun place for 4-Hers to relax and have summer fun. You need not be a 4-H member to attend camp.

Steuben County encourages 4-H members to attend Hidden Valley 4-H Camp in Watkins Glen. Brochures and registration information are available from the Cornell Cooperative Extension Office.

Return To:

Cornell Cooperative Extension
Steuben County 4-H Program
3 East Pulteney Square
Bath, NY 14810

Name: _____ Age: _____

Mailing Address: _____

Phone Number: _____

Best Time to Call: _____

Parent/Guardian Name: _____

Areas of Interest (Check all that apply):

Food & Nutrition

Natural Resources

Clothing

Dog Obedience

Horse

Small Pets

Gardening

Woodworking

Dairy Cattle

Livestock

Cloverbud (Ages K-7)

Volunteer Leader (Adult)

