

Fremont County

Colorado



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Family Handbook

Revised, March 2020



FREMONT COUNTY

COLORADO STATE UNIVERSITY EXTENSION

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Welcome to 4-H in Fremont County!

We're glad you decided to join our organization. Our goal is to see that your child's experience with 4-H is valuable. We look forward to getting to know you and your family.

The Fremont County Extension Office is located in the lower level of the County Administration Building, 615 Macon, LL10, Cañon City, CO 81212. Office hours are 7:00 a.m. to 5:00 p.m., Monday through Thursday. If you cannot make it to our office during normal business hours, we can arrange for someone to meet you after 5:00 p.m. For after hours' paperwork, there is a drop box located near the door on the northeast corner of the building. The box is checked daily.

Be sure to contact us if we can be of assistance to you!

A handwritten signature in black ink, appearing to read 'Jeramy McNeely'.

Jeramy McNeely
County Director

A handwritten signature in black ink, appearing to read 'Julianne Dinkel'.

Julianne Dinkel
4-H Extension Agent

**Allow us to introduce ourselves. We are the staff of the
Fremont County office of
Colorado State University Extension.**

Jeremy McNeely, County Director, 4-H Youth Development, Agriculture, and Horticulture Agent. Jeremy grew up on a farm and ranch 16 miles southwest of Kit Carson, CO. He earned his Bachelor of Science in Elementary Education from Oklahoma Panhandle State University. From there he taught K-12 Music in Kit Carson for 7 years earning 6 National 1A Concert Band Championships. During this time, he earned his Master's in Educational Leadership from Adams State College and soon after began his career in Extension. As county director he is responsible for administration of the Fremont County Extension program and managing personnel. He works closely with the Board of County Commissioners to provide a quality extension program for the clientele of the county. And, he is always excited to do what he can to help people succeed in 4-H, agriculture, horticulture, or whatever else someone might need. You can contact Jeremy at jeramy.mcneely@colostate.edu.

Julianne Dinkel, Extension Agent, 4-H Youth Development and Family & Consumer Sciences. Julianne was born in Gainesville, FL and grew up in Carbondale, IL. She earned her Bachelor of Science in Family, Youth, and Community Sciences with a Business Administration Minor from the University of Florida. From there she worked as an FCS/4-H Extension Agent in Kansas serving Sheridan, Norton, and Decatur Counties for 4.5 years. For the last 3 years, she has worked as the FCS Extension Agent in Monticello, FL. During this time, she earned her Master's in Adult Education from Kansas State University. She is responsible for the management and development of the Fremont County 4-H program and provides programming in the areas of food safety, health, personal finance, and aging. Julianne is passionate about helping people improve their quality of life and helping our youth grow into the leaders of tomorrow. You can contact Julianne at julianne.dinkel@colostate.edu.

Becky Chace, Extension Administrative Office Manager. A native of Denver, Becky has been a part of the Fremont County Extension Office since January, 1999. Becky manages the day to day operation of the Fremont County Extension Office. Although she works in all areas Becky is the primary 4-H secretary in charge of the 4-H enrollment program. She is available to answer your questions, direct your calls and provide informational materials upon your request. Contact Becky at becky.chace@fremontco.com.

Pam Carl, Extension Administrative Support. Pam came to us from Kansas and has been with the Extension Office since April, 2010. She does the majority of the data input for the county fair, produces the monthly newsletter, maintains our websites, assists in program areas preparing materials, assists the agents wherever needed, helps with answering the phone and can help answer your questions or direct your call as needed. Contact Pam at pam_carl@fremontco.com.



4-H Enrollment

Chances are that if you are reading this handbook, you are already enrolled in the Fremont County 4-H program. However, we would like to address 4-H enrollments anyway. There are currently two ways to enroll in the program. The first is the traditional paper form, completed with signatures and turned in at the CSU Extension Office with appropriate fees.

The second is by going to <https://co.4honline.com>.

You will need to establish an account with an identifying email and a personal password. Sign in with the email that you will use for your family to receive information from 4-H. Then go to "I need to set up a profile."

Follow the steps as the system will to guide you through. Come to the Fremont County Extension Office to pay your fees and you are enrolled! Because your project manuals are included in your enrollment fees, they will be ordered through the Extension Office. You do not need to order the manuals. You will be notified by email when they are ready to be picked up.

Please check your inbox regularly.

Keep your family phone number, email and address up to date for 4-H contact information. Be sure to let us know by phone or email when changes are made.

Who Can Join 4-H?

4-H is a voluntary, educational program designed to meet the needs and interests of boys and girls who are ages 5 through 18. Participation and membership are open to all such youth without discriminating.

Enrollment Fees

Youth pay a basic enrollment fee to join 4-H. The fee covers the first two projects; additional projects pay an additional fee. Project manuals, accident insurance and if need a printed copy of the record book are all included in the enrollment fees.



4-H Age Divisions

The official age divisions for 4-H are based on the member's age on December 31 of the current year. The Colorado 4-H enrollment year starts Oct. 1 and closes Sept. 30. The following are official age divisions:

- Ages 5-7 Cloverbuds
- Ages 8-10 Junior
- Ages 11-13 Intermediate
- Ages 14-18 Senior

Cloverbuds

Cloverbuds is the name given to the Colorado 4-H Youth Development Program for 5 to 7-year old members. Cloverbud members enroll only in the 4-H Cloverbud Project. They participate in non-competitive, exploratory activities. They may not participate in 4-H sanctioned competitions for animals or shooting sports. Cloverbuds exhibit their projects at the Fremont County Fair, but they are recognized for participation only and their projects are not judged. Cloverbuds projects do not go on to the Colorado State Fair. In Fremont County they have their own club call Fremont Cloverbuds to join and attend their monthly scheduled meetings.

The 4-H Club

Being a member of a 4-H club gives members the satisfaction of belonging and gives leaders the opportunity to help shape the lives of their members. The meetings are run democratically by the members of the club. The members elect their own officers and plan their own programs, meetings and events. Club meetings are held monthly to conduct business, plan activities and community service projects, and interact with one another. Project meetings are separate from the club meetings and are specialized to the project being taken. Project leaders schedule the meetings and help you learn and complete the projects in which you are enrolled. Each club has individual activities and fundraisers. Club and project meetings are held in members' homes or at local meeting places. Each club has its own Constitution and By-Laws. Members who hold officers' positions organize and run the club meetings. Leaders and parents attend in an advisory capacity.

A good club starts with:

1. Leaders who like to work with young people and are willing to devote time and energy to 4-H.
2. Members who are dependable and willing to do their share and who want to "learn by doing."
3. Parents who are interested in their children and are willing to help either as a leader or with the activities of the 4-H Club.



Helping Your Child Be Successful In 4-H

4-H is a family affair. Members and parents often attend meetings together. Work on projects takes place at home with the guidance from a parent, an older brother or sister, or a neighbor. The 4-H member needs the support and encouragement of a family. Growing together through 4-H strengthens the family.

Encourage your child to choose appropriate projects. For the first year, we recommend no more than one or two projects. Find out what is required for the project--cost, materials, equipment, supplies & time. The cost of every project is the responsibility of the 4-H family. 4-H members will value their experience and achieve more if their parents demonstrate an interest and become involved in the 4-H program. Parents usually provide support or cooperation for those things they best understand. Understanding usually is achieved through significant involvement. In other words, step up and get involved! Volunteer! We need your help to make our program successful.

Make sure your child attends the project and club meetings. Post and help your child use the 4-H calendar. Keep your club leader's phone number handy for questions throughout the year. Provide or arrange for transportation to and from activities. Go over your child's project material with them. Help them complete any activities including record books. Most of all, be interested and supportive!



Becoming a 4-H Volunteer

In Fremont County, we screen every person before they are accepted as an official 4-H volunteer. The process to become a volunteer begins with an application, either on paper or online. References are reviewed and a national and statewide background check is done through Colorado State University. Potential volunteers are asked what they would like to do to work within our program. Some volunteers may only serve as chaperones for

camps or conferences. Others may be resource leaders who help with specific projects. And then there are those who choose to be organizational leaders for a 4-H club. There is no fee to become a 4-H volunteer. Depending on your talents, knowledge, and areas of interest, there's nearly always a job available for a willing volunteer.

Potential volunteers must also complete an online volunteer training course before they will be appointed as a 4-H volunteer.

Newsletter and Communications

Our primary source of communication with you is via email. We do not make individual phone calls to notify you of events, deadlines and so on. We do expect that you will read your emails.

Monthly, except August, you will receive an email link to our 4-H newsletter. If for some reason you do not, be sure to contact the Extension Office. You should also receive occasional brief email updates. Be sure to notify us if you have a new email address. Also, we have a few hard copies available in the bins in front of the office. A hard copy is also put in every club mailbox.

The newsletter is the major communication link we have with 4-H members and their families. It is very important that you read it every month. It contains information on projects, activities and upcoming events. It is also posted monthly on the Fremont County CSU Extension Web site:

www.coopext.colostate.edu/fremont

We also have a Facebook page. Check us out at:

<https://www.facebook.com/Fremont-County-Extension-368339004760/>

As you proceed through your 4-H year, if you have any questions, be sure to ask! Discuss them with your leaders, other 4-H families, call the Extension Office or send us an email. We realize that 4-H is a whole new world to new families. Too many times we take for granted that everyone knows all they need to know. It's your responsibility to ask—and our responsibility to provide the answers. We are happy to do so.



4-H...The Power of YOUTH

Fremont County 4-H Clarification of 4-H Attendance Requirements

1. In order to be consistent with all clubs, Official 4-H meeting attendance starts the first meeting after the member is officially enrolled in 4-H. Example: they officially enroll in 4-H on October 23 and their club meets the first Thursday of every month. The first meeting they are officially counted for attendance would be the first Thursday in November. If they attended the meeting the first Thursday in October they would not be counted on attendance (not present or absent) because they were not enrolled.
2. It is very important that each 4-H member be an active participant in their 4-H Club meetings to get the full benefit of the 4-H program. Therefore, there are no "excused" absences. Either the 4-H member is physically at a meeting or they are not. There is also no such thing as "Family Attendance." If the member is not present, he/she is absent. Present means the 4-Her was present for the entire meeting and participated in meeting activities.
3. Project meetings, practices, rides, workshops, and community service do NOT count towards club attendance.
4. In order to complete their project and exhibit at the Fremont County Fair, members must have attended at least 50% of the regularly scheduled club meetings prior to July 1.
5. 4-H Club Secretary – You must fill out both the attendance page in the 4-H Club Secretary Book and the "Official Attendance Roll Sheet" by the club leader. Attendance should be marked as follows: P for present or X for absent on both forms.
6. 4-H Club Organizational Leader - Attendance is very important and it is the responsibility of the 4-H Club Organizational Leader to check the Secretary's Book and the Official Attendance Roster Sheet each meeting and verify that club attendance has been done correctly. The 4-H Club Organizational Leader MUST initial each month and sign the attendance page verifying attendance for county fair eligibility. An Official Attendance Roster Sheet MUST be turned in to the Extension Office before 5:00 p.m., July 1.
7. Attendance is very important and it is the responsibility of the 4-H Club Organizational Leader to check the Secretary's Book each meeting and verifying that club attendance has been done correctly. 4-H Club Organizational Leader MUST sign the attendance page verifying attendance before 5:00 p.m., July 1 for county fair eligibility.

- Members who are not officially enrolled may not vote on club business and may not hold office.
- The 4-H enrollment year runs from October 1 through September 30 of each year.

Fund Raising Policy

Although clubs are responsible for raising any money needed for special group activities or projects, all fund raising must be conducted in approved manners. First of all, there should be a definite purpose for the funds which are raised. That purpose must comply with the goals and guidelines of 4-H in general (educational, project related or community service). All money raised in the name of 4-H belongs to the club or group in its entirety. Money may not be divided up among those members who participate. Contributions to 4-H Clubs may be tax deductible in whole or in part. Donors should confirm with their tax advisor regarding questions. Clubs, leaders, or members who have questions regarding approved fund raising should contact the Extension Office prior to the event.



Structure of the 4-H System **Clubs, Councils, Boards, Committees**

Colorado's 4-H program is guided by Colorado State University Extension in cooperation with the counties and the United States Department of Agriculture. County programs are directed by Extension agents. Local 4-H work is advised by volunteer leaders in cooperation with the members, their parents and interested citizens in the community. When a young person enrolls in 4-H in Fremont County, he or she chooses a 4-H club to join. That club is lead by volunteers called organizational leaders. There may be other volunteers who assist this leader with a variety of tasks within the club. In addition, there are a great many people throughout our community who help in numerous ways.

The Board of County Commissioners works with the USDA and Colorado State University in providing Extension Agents for the residents of Fremont County. They not only provide a substantial budget for extension work in Fremont County, but the commissioners, both as a group and as individuals, support the youth of Fremont County through the educational 4-H program.

Fremont County Extension Advisory Committee is a group of adults and youth who advise the staff of the CSU Extension Office about community needs and demographics. Membership is recruited from across program areas and experiences. They meet quarterly at the 4-H Building.

Fremont County 4-H Council is made up of youth representatives from every 4-H club in Fremont County. Its purpose is to provide leadership opportunities, learning of life skills, and coordinate countywide 4-H activities. They organize county functions, concessions and fund raisers, as the Council provides funding for many 4-H activities. It is governed by its own Constitution and By-Laws. Membership is open to all 4-H members. The Council meets monthly, except August, on the first Wednesday at 7:00 PM at the 4-H Building. Parents and leaders are welcome and encouraged to attend, although they are not allowed to vote or make decisions. Two adults serve as 4-H Council Advisors. They serve two-year terms, with one being replaced every year. Adults who wish to apply fill out a one-page application. Current officers of 4-H Council select the advisor. Advisors attend Council meetings, planning sessions, and activities. They act in an advisory role and do not have voting privileges.

The Fremont County Fair Board is made up of volunteers who are appointed by the Fremont County Commissioners. Membership is open to any resident of Fremont County. It is their responsibility to advertise, promote, and manage activities and projects relating to the Fremont County Fair. They meet monthly on the second Tuesday of each month, except December at the 4-H Building at 7:00 PM. Visitors are welcome at any time. There are a variety of sub-committees who work with the Fair Board, including but not limited to: Livestock Committee, Small Animal Committee, Building Committee, Livestock Sale Committee and the Horse Council.

Fremont County Horse Council is a working board of adult volunteers who are responsible for conducting up to three Gymkhanas each summer. They also conduct the horse shows for the Fremont County Fair, under the guidance of the Fair Board. Any changes in rules or amendments to horse project policy go through the Horse Council. All rules must comply with rules established by Colorado State University's Horse Program Guidelines.

There may be up to two non-voting youth members appointed to the Horse Council. Individuals who are interested in serving on the Horse Council must submit a letter of interest to the current Horse Council. New members are then selected by current Horse Council membership. Meetings are held on the third Thursday of most months at the 4-H Building or at Pathfinder Park, beginning at 7:00 PM.

Fremont County 4-H Foundation is a non-profit 501c-3 which was established in 1962 to support 4-H in Fremont County. Membership is open to individuals, families, businesses, and 4-H clubs. Most members pay a yearly fee. Green Clover members pay \$35; Gold Clover members pay \$75. Lifetime Members pay a one-time fee of \$750. The 4-H Foundation holds ownership of the 4-H Building located on the Royal Gorge Rodeo Grounds in Canon City. They are responsible for building maintenance and utilities. They also support all 4-H activities financially and participatorily. Foundation Board members are selected by current members.

Fremont County Fair Livestock Sale Committee is a committee of the Fair Board whose responsibility it is to managing the Market Stock Sale. Members of this association are adult volunteers from within Fremont County. Anyone who is interested may apply to serve by writing a letter of interest to the Fremont County Commissioners. Meetings are held as needed throughout the year. Call the Extension Office for time and place if you would like to attend.



Activities & Opportunities **Camps, Conferences, Trips, Contests**

There are a number of educational activities and opportunities available to youth and adult volunteers. Many of these take place outside of Fremont County.

Western Regional 4-H Roundup

Site: Denver, Colorado
Time: January
Selection: Members, through applications submitted, and selection at state competitions
Leaders, one man and one woman by application (statewide)

National Western Stock Show: 4-H Catch-A-Calf Contest

Site: Denver, CO
Time: January
Selection: By application in fall
Event: 4-H members compete to win calves. Members who catch a calf, receive a beef steer. They feed them out and return to show them at the next National Western Stock Show. Winners are determined according to rate of gain, records, and communications with sponsors.

Leadership Development Conference

Site: Denver, CO
Time: January
Selection: Senators, Alternate Senators, other 4-H members, ages 14 & up, Leaders, open to all who wish to attend
Event: With an emphasis on citizenship and current events, workshops are offered for members and leaders. Leaders receive additional training on new project areas and materials. Recognition event includes banquet and dance. State 4-H Senate meets. Event ends with participants visiting the State Capitol, as Colorado 4-H Day is recognized by the Legislature.

Youth Fest

Site: Larkspur, CO
Time: February
Selection: Members, ages 9-13 as camp participants; Members, ages 14 & up as camp counselors; Leaders & volunteers, camp chaperones; Statewide
Event: Sponsored by the Colorado 4-H Senate; leadership activities, workshops, games, fun!

South Central District Retreat

- Site: Divide, CO
Time: March
Selection: Members, ages 13 & up; Leaders & Volunteers, camp chaperones
Event: Sponsored by the South Central 4-H District; Attendees come from Southern and Central part of Colorado; Leadership activities, workshops, games, recreation, fun!

Colorado State 4-H Conference

- Site: Colorado State University Campus, Fort Collins, CO
Time: June
Selection: Senators, Alternate Senators, Members, ages 14 & up, Leaders & Volunteers
Event: 4-H Senate meets, workshops, contests (Judging, Public Speaking, Consumer Choices), recognition events

Citizenship-Washington Focus

- Site: Washington, DC
Time: June or July
Selection: Members, one member selected from each county by special application
Leaders, selected by state application

Colorado Leadership Camp

- Site: Glenwood Springs, CO
Time: October or November
Selection: Members, grades 6-9; Leaders as camp chaperones
Event: Sponsored by the Colorado 4-H Senate; Leadership, challenge activities & workshops, recreation

Dare to be You Camp

- Site: Pueblo
Time: October or November
Selection: Members, ages 11-13 as camp participants; Members, ages 14 & up as camp counselors; Leaders, as camp chaperones;
Usually attended by people from Southern and Central counties
Event: Leadership, citizenship, recreation activities & workshops.
Planned & organized by older youth for younger members.

Contests

Public Speaking and Demonstration Contest

- Site: Local contest, then state competition
Time: May for local and then during state fair
Selection: Open to all 4-H members, competition according to ages
Event: Contact the Extension Office for specific contest rules.
There are fees associated for state contest.

Creative Cooks Contest

- Site: Local contest, then state competition
Time: Late Spring or Early summer for local and then during state fair
Selection: Open to all 4-H members, competition according to ages & divisions
Event: Contact the Extension Office for specific contest rules
There are fees associated for state contest.

Cake Decorating Contest

- Site: Local contest, then state competition
Time: Late Spring or Early summer
Selection: Open to 4-H members who are enrolled in the Cake Decorating Project, competition according to ages & units
Event: Contact the Extension Office for specific contest rules
There are fees associated for state contest.

Shooting Sports Competition

- Site: Local contest, then state competition
Time: Before County Fair, During State Fair
Selection: Open to 4-H members who are enrolled in the Shooting Sports Project, competition according to ages & units
Event: Contact the Extension Office for specific contest rules
There are fees associated for local and state contest.

Gymkhanas

- Site: Pathfinder Park located at 20205 HWY 115, Florence, CO
Time: TBA each year by Horse Council
Selection: Open to all 4-H members who are enrolled in the Horse Project
Event: Horse Speed Events; Halter & Showmanship Classes
Contact the Extension Office or Horse Council for specific rules. There are fees associated with these contests.

Fashion Revue

- Site: Local contest, then state competition
Time: During County Fair, During State Fair
Selection: Open to all 4-H members who are enrolled in all Clothing Projects; competition according to ages & units; Two senior members go on to State Fair
Event: 4-H members model clothing items they have completed in their projects. Contact the Extension Office for specific contest rules. There are fees associated for state contest.

International Programs

These programs provide a chance to learn, appreciate, understand and evaluate one's culture and that of another individual. These programs instill positive, cross-cultural attitudes and skills that enhance mutual understanding and acceptance. They expand the opportunities for young people to experience global citizenship responsibilities in today's independent world. For more information about any of these, contact the Extension Office.

- Labo/Utrek Japanese Exchange (4-5 weeks)
- Labo/Utrek Japanese Exchange (year long)
- Japanese Intern Program (year long)
- International 4-H Youth Exchange [IFYE] (6 months)
- International 4-H Youth Exchange Ambassador [IFYE] (4-6 weeks)

Awards

Projects which are exhibited at the Fremont County Fair are judged and awarded ribbons. Under the Danish System, projects are judged according to a standard of quality and are awarded blue, red or white ribbons

Blue--Exhibit meets project requirements and is of above average quality (well done)

Red--Exhibit meets project requirements and is of average quality

White--Exhibit does not meet all project requirements and/or is below average quality (needs improvement)

Only blue-ribbon exhibits qualify for champion (1st place) and reserve champion (2nd place) designation. Trophies and plaques may also be awarded.

Under the American System, ribbons are awarded by placings 1st through 10th. The American System is used in Rabbit and Horse Shows, as well as in Livestock Showmanship.

County Fair Thank You Notes

If a trophy or plaque is received, the member must write a thank you note to the award sponsor or sponsors. Thank you notes should also be written to the Fremont County Commissioners and Fair Board for their support of the program. Members must supply thank you notes and postage stamps. Mailing addresses will be available. Stamps are not required for the Fair Board or County Commissioners.

Recognition Events

Fremont County Fair recognizes its Champions and Reserve Champions at a Parade of Champions, held during the fair.

Youth and adults are recognized at a countywide Achievement Program. Usually held in October or November. Guests are welcome. Information is published in the 4-H newsletter.

Individual 4-H clubs recognize their members for completions, attendance, and honors received at a variety of activities.

Camps & Conferences Scholarships

If funding is available, the Fremont County 4-H Council pays 50% of the cost to attend certain camps and conferences. Camps and conferences must be approved and listed in Council's budget for the current year. In addition, the Fremont County 4-H Foundation pays 25% of the cost for each camp or conference. These scholarships are not based on need. To be eligible for a scholarship, the member or leader must fill out a one-page application and turn it in along with the camp registration materials. The member or leader must have attended one meeting of 4-H Council that 4-H year, prior to the registration deadline. In addition, they must include two thank you notes. One thank you note is to be written to 4-H Council. The second thank you note is to be written to 4-H Foundation. The remaining 25% is the cost to the member to attend the camp or conference and must be included with the application. If a family does not wish to accept a camp scholarship, they need only to fill out the rest of the registration materials and pay all necessary fees.

Member and Leader Pins

Fremont County 4-H Council purchases pins to recognize 4-H completion milestones. Each member and leader will receive pins at the end of their first year, fifth year and tenth year. Leaders will then also receive pins upon completion of years in five-year increments. (15th, 20th, 25th, 30th, etc.)

Outstanding Leader Award

At the end of each 4-H year, nominations are accepted for the Outstanding Leader Award. Nominees are voted on by 4-H Council officers and are recognized with a plaque which is purchased by 4-H Council. One or two awards are given each year.

Academic Scholarships

There are a variety of scholarships available to 4-H members who are seniors in high school and planning to attend college. For a list of local and statewide scholarships, contact the Extension Office.

Fremont County Fair

Most, but not all, 4-H members will finish their 4-H projects by exhibiting at the Fremont County Fair. The fair dates vary from year to year, but are usually the last week of July and the first weekend of August. The Fremont County Fair produces a Fair Book which is available online at the beginning of each summer. Project requirements, registration dates, and special events are all listed in the Fair Book. The Fair Book is based on the Colorado State Fair Exhibit Requirements. The Open Fair classes and rules are also listed. For more information, go to www.fremontcountyfair.com.



Rules, rules, rules

Although it may seem there are an abundance of rules involved with 4-H, we have a philosophy regarding rules in Fremont County.

1. There must be a reason for a rule.
2. The rule must be enforceable.
3. The rule must be clearly stated and easily understood.
4. The rule must be applied equally and fairly to everyone.

Did you know . . .

*Youth may join only one club in Fremont County, but may do project work with a variety of clubs and leaders throughout Fremont County.

*The cost of project manuals and record books is included in the member's enrollment fee. Because some manuals are used for multiple years or units, books should be kept from year to year. Records should also be kept as references for projects completed. The cost of replacements will be the responsibility of the member.

*Members must attend at least 50% of their club meetings from the time they enroll in 4-H in order to exhibit at the Fremont County Fair.

* A deadline isn't the only day to do something. . . it's just the last day to do it!

*The 4-H Building is available only for Extension-related activities. Clubs can schedule usage of the building at no cost by contacting the Extension Office.

*Deadlines will be adhered to.

*Members and leaders will sign and follow a Code of Conduct.

*Clubs who travel out of county for 4-H activities must complete travel forms and file them with the Extension Office prior to the event.

*4-H Council has made a strong financial commitment to Fremont County. To maintain this commitment, a variety of fund-raising activities are necessary. Every club is expected to support each of these activities.

*Every 4-H member is expected to do a demonstration for every 4-H project. This is how they share what they have learned!

*Community service is a valuable part of your 4-H experience. Clubs do a variety of community service activities and report about them at the end of the year.

*Members may not drive themselves to out-of-county events.

*Families who do not live in Fremont County must apply each year to join 4-H in Fremont County. Applications can be found at the Extension Office.

*Members who do not complete a project may not repeat that project the following year.

*Clubs may choose to close their membership when they reach a defined number of members or by a specific date as long as the Extension Office has been notified in writing what the club policy is. What the Extension Office has in writing will be enforced. Once a club closes its membership for that 4-H year, it may not reopen until the following 4-H year.

Fremont County 4-H Code of Conduct

Fremont County 4-H members, leaders, parents and other adults participating in 4-H activities will:

1. Adhere to program rules, curfews, dress codes, policies and rules of the facility being used.
2. Conduct themselves in a courteous, respectful manner, use appropriate language, exhibit good sportsmanship and provide positive role models.
3. Abstain from illegal behaviors, use of alcohol, illegal or illicit drugs, tobacco, e-cig, and vaping during 4-H events and activities.
4. Fully participate in scheduled activities.
5. Respect other's property and privacy rights.
6. Abstain from child abuse (physical and/or verbal) and harassment.
7. Accept personal and group responsibility for behavior including any financial damages.
8. Adhere to rules of safety.
9. For 4-H travel, it is expected that 4-Hers will be driven by parents, officially enrolled volunteers or extension agents if they are not of driving age. Volunteers transporting 4-H members out of county must receive a travel folder that includes health forms from the office before traveling. If a 4-H'er will be transporting themselves to an event, parents need to notify the extension office in writing (via e-mail or note).

Consequences for violating any of these codes may include removal, at the individuals' expense and without refund, from participation in the event in which the code of conduct has been violated; restitution or repayment of damages; sanctions on participation in future 4-H events; forfeiture of financial support for the event; removal from offices, held, etc. Age, offices held in the 4-H organization, presence of an adult or other perceived status are not grounds for behavior outside of established guidelines.

It is the responsibility of ALL program participants to reinforce the code of conduct and intervene when necessary to enforce the rules. You will achieve greater success in resolving problems and conflicts by focusing on the issue or behavior and not on the person.

FREMONT COUNTY

4-H Completion Requirements

1. A 4-H member must complete a project this year to re-enroll in that project next year.
2. Completion of a **Home Economics or General Project** requires:
 - A. Be enrolled in the project by the appropriate date.
 - B. Complete the specific requirements for the project as listed in the Fremont County Fair Book for the current year, this includes a completed record book.
 - C. Do a demonstration approved by your Main 4-H Club Leader.
 - D. Exhibit the project. The project should be exhibited at the Fremont County Fair; however, if it is not possible to exhibit at the fair, the member can still complete this requirement by making arrangements with the Extension Office to exhibit at another time and place. The exhibit would have the same requirements as listed for exhibition at the Fremont County Fair.
3. Completion of a **Livestock Project** requires:
 - A. Be enrolled in the project by the appropriate date.
 - B. Own the animal and have it in your possession by the appropriate date.
 - C. Complete the specific requirements for the project as listed in the Fremont County Fair Book.
 - D. Do a demonstration approved by your Main 4-H Club Leader.
 - E. Exhibit the project. The project should be exhibited at the Fremont County Fair; however, if it is not possible to exhibit at the fair, the member can still complete this requirement by making arrangements with the Extension Office to exhibit at another time and place. The exhibit would have the same requirements as listed for exhibition at the Fremont County Fair.
 - F. Your completed project record book must be turned into the Extension Office by the official deadline date and be certified as complete (minimum score of 70).
 - G. In the event your animal should die or become injured and is unable to exhibit, a completed project record, which **MUST** include a complete explanation of the situation, must be turned in to the Extension Office by the official deadline date and be certified as complete.
4. Officially Dropping a Project.
 - A. The 4-H member has until ****June 1**** to officially drop a project that they are unlikely to finish, thus allowing them to repeat that project next year if desired.
 - B. Any project dropped after ****June 1**** (for any reason) is an incomplete.

****Deadlines may vary from year to year, depending on how they fall according to days of the week.** If you have any questions about project requirements or dates - Please call the Extension Office for clarification!

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.

4-H Motto

To make the best better.

4-H Emblem

The 4-H emblem is a four-leaf clover with the letter "H" on each leaf.
The four "H's" stand for Head, Heart, Hands, and Health.
The leaves of the clover are green, nature's most common color and
the symbol of youth, life and growth.

Web sites for information about 4-H

Fremont County Extension Office
<http://fremont.extension.colostate.edu>
CSU Extension
www.colorado4h.org

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

4-H Mall
<https://shop4-h.org>

Facebook
<https://www.facebook.com/Fremont-County-Extension-368339004760/>

Shooting Sports State and County
www.co4hshooting.org
www.fremont4-hshootingsports.com

Facebook
<https://www.facebook.com/freco4hss/>