

# **Fremont County Colorado**



Protected Under  
18 U.S.C. 707

# **Family Handbook**

*Revised, September 2020*



**FREMONT COUNTY**  
**COLORADO STATE UNIVERSITY**  
**EXTENSION**

615 Macon Ave., LL10  
Cañon City, CO 81212-3390  
Phone (719) 276-7390 Fax: (719) 276-7470  
csuext@fremontco.com  
Website: <http://fremont.extension.colostate.edu>

**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!

Handwritten signature of Jeremy McNeely in cursive.

Jeremy McNeely  
County Director

Handwritten signature of Julianne Dinkel in cursive.

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, & 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 MS 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 county clientele. 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](mailto:jeramy.mcneely@colostate.edu).

**Julianne Dinkel**, Extension Agent, 4-H Youth Development and Family & Consumer Sciences. Julianne was born in FL but 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 MS in Adult Education from Kansas State University. She is responsible for 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](mailto: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](mailto: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](mailto:pam.carl@fremontco.com).



## **4-H is easy!**

1. Pick out a 4-H club and choose at least 1 project.
2. Join 4-H! (By Feb. 1 to participate in Fair).
3. Attend club meetings (At least 50% attendance from the time you enroll is required for Fair and to complete your project).
4. Read your monthly newsletter for deadlines and activities.
5. Go to project meetings (if available) and work on your project at home.
6. Learn as much as you can!
7. Do the best you can!
8. Ask for help if you need it.
9. Complete Animal ID forms, tag your animals, and weigh in!
10. Complete your project record books.
11. Take your project to the County Fair.
12. Reflect on your experience and ask yourself:

*"Did I have fun?!"*

*Did I learn anything?*

*Did I help others?*

*Would I do anything different?*

*What do I want to do next year in 4-H?"*

## **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.

## **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

## **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.

## **Enrollment Fees**

Enrollment Fee \$25

Shooting Sports Range Fee \$5  
(to be paid with enrollment)

Horse Project Insurance Fee \$1  
(to be paid with enrollment)

Horse Rule Book whatever current cost is.

Families will purchase their own project manuals through the office. There may be additional fees such as you are responsible for purchasing supplies for your own projects, additional fees for Shotgun rounds, if a club has dues, etc.



## **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 called 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!

### **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](http://www.coopext.colostate.edu/fremont)

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

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

## **Ask for help if you have questions!**

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.

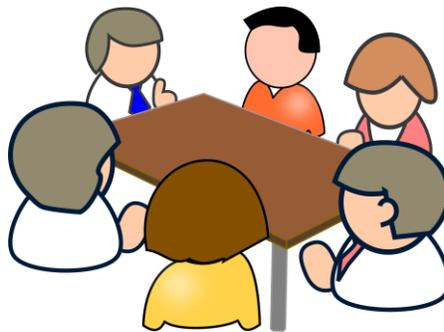
## **Becoming** **lunteer**

In Fremont County, we screen everyone before they are accepted as an official 4-H volunteer. The process 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.



## **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. Either the 4-H member is 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. Absences can be excused at the discretion of the club leader for sickness, family emergencies, or major school event conflicts (this does not include regular school/sports practices). There is a limit of 1 excused absence per year. You can visit another club to meet attendance. To do this you must contact the club leader and receive permission to attend as a visitor. As a visitor you cannot vote. You need to request that the other club leader let your club leader know you visited.
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 A for absent, E for excused (limit 1 per year) and V for visited, N/A for 4-Her not enrolled yet and NM for no meeting.
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.
8. Members who are not officially enrolled may not vote on club business and may not hold office.
9. 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 1<sup>st</sup> through 10<sup>th</sup>. 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. (15<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 30<sup>th</sup>, 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](http://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 not included in the member's enrollment fee. When you enroll you will be given information on where to order your project manuals. 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.

\*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.

\*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 drive themselves to out of county events, but they must have permission from a parent and a parent must notify the office in writing (via e-mail or note) that the member has permission to drive themselves. 4-H'ers driving themselves may not drive other passengers without written permission from the parents of the driver and passengers. Youth who drive to an event must receive permission from the 4-H agent or adult in charge to continue use of the vehicle during the event. All drivers must follow State of Colorado laws, including but not limited to: a valid driver's license, adequate insurance and seat belt use. It is expected that any vehicle used to transport 4-H members is maintained so that it is "safe and reliable" for the conditions, weather and distance in which it is to be driven.

\*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 act as positive role models.
3. Abstain from illegal behaviors, use of alcohol, marijuana, illegal or illicit drugs, and tobacco including e-cig, and vaping device during 4-H events and activities.
4. Fully participate in scheduled activities.
5. Respect other's property and privacy rights.
6. Respect the rights and authority of parents, leaders and Extension Agents.
7. Abstain from abuse (physical and/or verbal) and harassment
8. Accept personal responsibility for behavior including any financial damage.
9. Be responsible for any financial damage caused by inappropriate behavior.
10. Adhere to principles and rules of safety.

Consequences for violating any of this code of conduct may include, but are not limited to: removal from participation in the event in which the code of conduct has been violated (at the individual's expense); sanctions on participating in future 4-H events; forfeiture of financial support for the event; removal from offices held, etc.

Behavior outside of 4-H activities can affect "member in good standing" or "volunteer in good standing" status.

It is the responsibility of all program participants to reinforce the code of conduct and intervene when necessary to enforce the rules.

## **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 **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](http://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](http://www.co4hshooting.org)

[www.fremont4-hshootingsports.com](http://www.fremont4-hshootingsports.com)

#### **Facebook**

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