

4-H

New Family Orientation



FREMONT COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

6655 State Hwy 115
Florence, Co, 81226

Office Hours: Monday-Thursday 7:00-5:00

719-276-7390

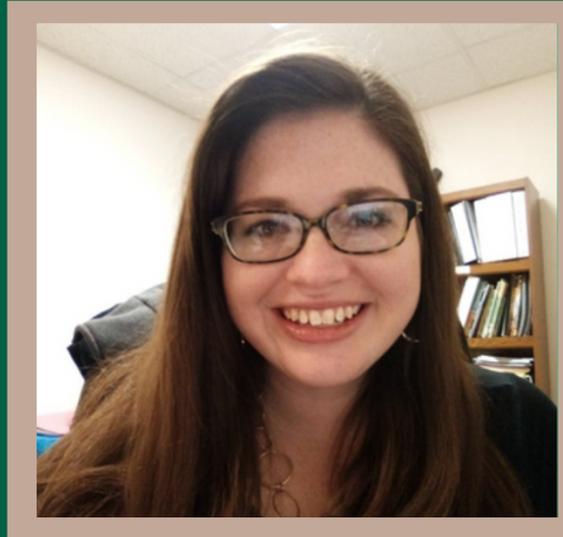
Who does what in the office?

Julianne

.....
Extension Director

4-H Youth Development/ Family and Consumer Sciences

- **Director Responsibilities**
 - Team Management
 - Budget
 - Program Reporting
- **FCS**
 - ServSafe
 - Dinner with Diabetes
 - Living on My Own Financial Simulation
 - Health/Nutrition/Cooking. Financial Classes by Request
 - Food Preservation
 - Canner Lid Testing
- **Health Rocks Management**
- **4-H**
 - Program Management & oversight
 - Volunteer training
 - Club/Project Visits
 - 4-H Council
 - New Family Orientation
 - General Projects & Shooting Sports
 - Camps
 - Fremont County Fair



Kelsey

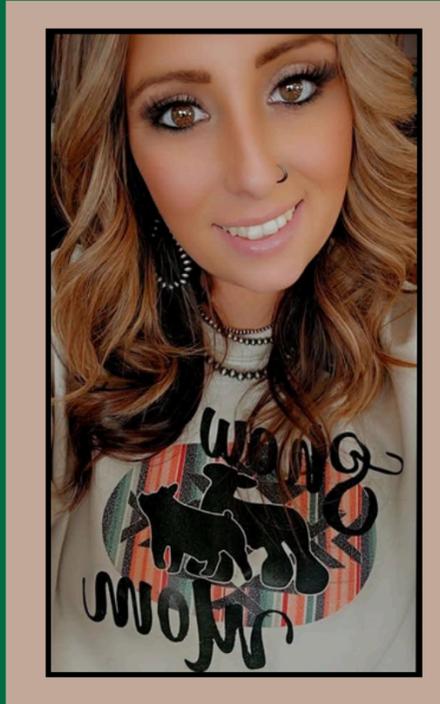
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Ag/Natural Resources/ 4-H Extension Agent

- **Agriculture**
 - Livestock
 - Land Management
 - Horticulture
- **4-H Livestock**
 - Horse Council
 - Market Tests
 - MQA
 - State Fair Nominations
 - 4-H Communication
 - Livestock Judging
- **ESF-11 Emergency Management Plan**
- **Master Gardeners Coordination**
 - Recruitment
 - Monthly Meetings
 - Volunteer Processing & Training
 - Annual Planning
 - Event Advertising & Facilitation
- **County Committee Commitments**
 - UACWAA, Weed Board, FFA Advisory, ETC.
- **4-H Club/Project Visits**
- **4-H Council**
- **Fremont County Fair**

Kassy

4-H Program Coordinator

- 4-H Recruitment & Advertising
- 4-H Retainment & New Family Support
- Volunteer Management
 - Volunteer Processing
 - Club/Project Visits
 - Leader Newsletters
- Shooting Sports Administration
- Cloverbud Management & Oversight
- Discovery Day & Enrollment Event Coordination
- 4-H & Extension Newsletter
 - Regional & State Camp Coordination
 - Senior Scholarship Coordination
 - AgFest
 - 4-H County Contest Management
 - 4-H E-Mail Communications
 - Summer Camps
 - Fremont County Fair



Theresa (Tressa)

Office Manager

- Front Office Management & Administration
- Front Office Customer Service
- Assists in School Programing as needed
- Finances
 - Data Entry
 - Invoicing
 - Payment Processing
- 4-H Enrollments
 - 4-H Online Management
- CSU Website Management
- 4-H Club Chartering & Annual Paperwork
- Achievement Program Organization
 - Awards Committee
- Fair Book
- Fremont County Fair

Jenn

**Extension Program Assistant
(.75 FTE-Part Time)**

- **Extension Outreach, Enrichment, and Recruitment**
 - Implements educational programs and outreach such as day camps, school enrichment (Ex: Embryology, Living on My Own Financial Simulations)
- Assist Extension staff in the office with educational programming and outreach as needed and complete other duties as assigned.
- Seeks funds to support programming
- Works with community partners for outreach and recruitment events
- **4-H Health Rocks Program**
 - 4-H Health Rocks! Teaches social, emotional, and relational skills and serves as substance abuse prevention programming.
 - Plans, coordinates and delivers Health Rocks! classes
 - Organizes lesson plans, purchases supplies, delivers lessons, collects evaluations, compiles surveys for reporting, and submits reports
 - Works with Partner Organizations



Where can you find us?

The Fremont County Extension Office is located in Pathfinder Park Event Center, 6655 State Hwy 115, Florence, CO 81226

Our office hours are

7am-5pm Monday-Thursday.

There is a drop off box to the left of the front doors if you can't make it during business hours.

4-H is what you make it!

Learning By Doing

**Leadership &
Citizenship**

Learning Life Skills

**Leadership &
Citizenship**

**Positive
Relationships with
Caring Adults**

**Community &
Family**

**Confidence
Building**

Builds Character

**Teaches
Responsibility**

Explore Interests

**Life long friends &
connections**

Fun

4-H To-Do List

1. Pick a Club-

Your club is like your 4-H Family. You will attend one meeting a month. This is where you will do your project demonstrations, community service and other club activities.

Clubs are not project specific; you pick your club based on what fits your schedule and location.

Your child will have to attend 50% of their club meetings from the time of enrollment to July 1st! This means your kids have to attend the meetings, you cannot attend for them. Your club leader will be your most important point of contact aside from the Extension Office.

If you don't know what club, you picked you can call the Extension Office, and we can help you figure that out.

2. Pick your projects-

4-H has a ton of projects to choose from. Some of our projects have leaders while some of them are self-led, meaning you will work on their projects at home with them. Your child can choose to do a single project or as many as you would like. We have add and drop dates.

If your child wants to **add projects** they can do so **until April 30th**.

If they want to **drop projects**, they can do that **until July 1st**.

Any projects they are enrolled in after July 1st have to be completed to be able to do them the following year.

Animal projects have different deadlines to be able to enroll in them.

Last day to enroll in Beef-January 28th

Last day to enroll in poultry, rabbit, sheep, goat and swine- April 1st

Last day to enroll in dog, cat & horse-April 30th

There are project books and depending on the project you can purchase them or may be able to download them. Kassy will be sending out emails with project book information in December/January and again at the end of February.

ENROLL NOW

Step 3: Get enrolled & pay fees

Encouraged Enrollment Date: December 15th

Re-Enrollment Deadline: February 2nd

New Members can enroll anytime without a late fee

Enrollment Fee- \$40.00

Horse Project Insurance Fee-\$1.00

Cloverbuds Fee-\$5.00

Shooting Sports Project Fee-\$15.00, plus \$5.00 for each additional discipline

Payment for enrollment can be made with cash, check or debit/credit card.

Welcome to 4-H!

Once your enrollment has been processed, you will have a 4-H Online account.

- To get started, go to: <https://v2.4honline.com>
- Click on Reset Password
- Put in the family email address you used to register for 4-H

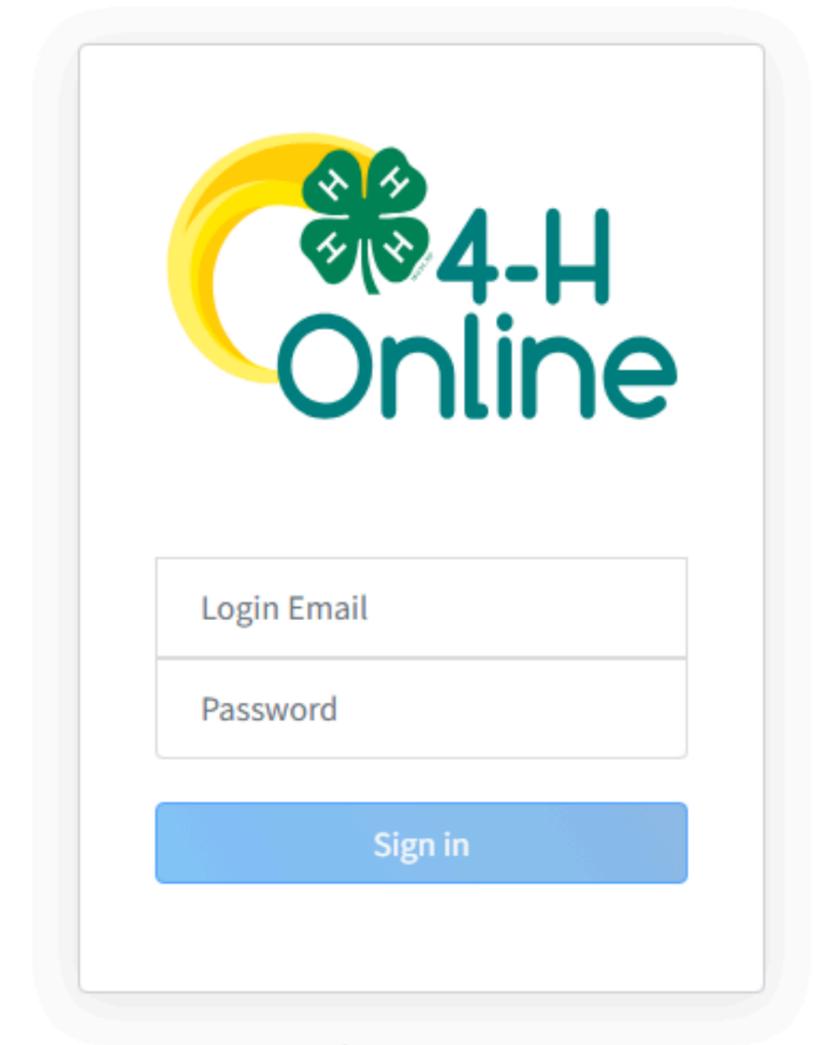
Please review your personal information in 4-H Online. This information is what we will use to contact you.

You can use this account to

- Register for Camps
- Register for Special Events
- Enroll in the future

If you are having problems accessing your new account, please contact the office at 719-276-7390

Sign in

A screenshot of the 4-H Online login interface. At the top is the 4-H Online logo, which features a green four-leaf clover with 'H' on each leaf, a yellow arc to its left, and the text '4-H Online' in green. Below the logo are two input fields: 'Login Email' and 'Password'. A blue 'Sign in' button is positioned below the password field. The entire form is enclosed in a light gray rounded rectangle.

[Don't have an account?](#)

[Reset password?](#)

What does a 4-H Club meeting look like?

- Pledge of Allegiance & 4-H Pledge
- Business Meeting-Kids make decisions in 4-H
- Secretary Minutes & Treasurer's Report
- Demonstrations
- Recreation
- Snacks
- Community Service
- Friends & Fun

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 Business Meetings

Most 4-H Clubs have a business meeting to decide on club activities, set goals, discuss ideas, or plan. Those decisions are made using parliamentary procedure. Parliamentary procedure is a set of guidelines to help conduct a business meeting and gives each member a voice in their club. Listed below are the five steps of a motion—one of the basic things to know about parliamentary procedure.



Five Steps of a Motion

#1- Make a motion: Raise your hand and wait for the club president to call on you. Stand and say, "I move _____." (Fill in the blank with what you want the club to do.)

"Second"

#2-Second the motion: When a motion is made, the president will ask for a second. A second is another member who agrees with the motion. The second person says, "I second the motion" or "I second."

#3-Discussion: The president will restate the motion and asks the other club members for discussion. Discussion allows members to give their comments or thoughts about the motion that was made.

"Aye"

#4-Vote: Members vote on the motion. If they agree with the motion the members say, "aye." If they don't agree, or are opposed to the motion, they say, "nay."

"Nay"

#5-Results are stated: The president announces the result of the vote.

If the majority of members voted, "aye," the motion carries and the club follows through with the motion. If the majority of the members voted, "nay," the motion fails and the club does not follow through with the motion. In the case of a tie vote, the president votes to break the tie.



4-H Project Demonstration Tips and Tricks

Demonstrations are a learning process and nothing to stress about! Take it one step at a time and don't be afraid to ask for help!

A demonstration is simply telling and showing people how to do something and gives you the opportunity for you to share information on your project/projects.

Demonstrations help build confidence, poise, creativity, and the ability to think, speak, and act in the presence of others.

Select a Subject:

The topic should fit the member's age, ability, and interests with a specific topic. For example-shooting sports- different shooting positions, parts of your bow or gun, equipment you use for your discipline.

Learn all you can:

Use 4-H Project Manuals, leaders, Extension Agents and don't forget your PEERS! Don't be afraid to ask other kids who are also participating in the same project.

Plan the Demonstration:

- List the steps and processes
- Arrange the steps in order
- Plan what you need to say to explain each step
- List the materials and equipment needed
- Plan posters that add clearness

Poster Pointers:

- Brief, catchy title
- Clear message
- Use letters that are at least 3/4"
- Be neat
- Use contrasting, easy to read colors
- Boldness makes a difference
- Plain lettering is easier to read than fancy lettering
- Use guidelines
- Remember that space allows easier reading



4-H GROWS HERE

4-H Demonstration Worksheet

Recommended Time: 3 – 15 Minutes

(Cloverbuds: 3 – 5, Juniors: 3 – 8, Intermediates: 5 – 15, Seniors: 8 – 15 minutes)

I. Introduction

My name is _____, and I am _____ years old.

I am a member of the _____ 4-H Club.

My 4-H projects this year are: _____

Today, the subject of my demonstration is: _____

I have selected this topic because _____

For this demonstration, I will need the following items:

(If you are doing a food demonstration, tell the ingredients needed and quantities. For other kinds of demonstrations, list the supplies, materials, or special tools you will use. You may want to use a poster to list the ingredients or materials needed.)

II. Steps (or Body) – Explain what you are doing as you show how to do it.

1. _____

2. _____

3. _____

4. _____

III. Summary – Say, "To summarize my demonstration..." Tell briefly what you have demonstrated.

You may want to use another poster that lists the main steps.

1. _____

2. _____

3. _____

4. _____

IV. Questions – Ask, "Are there any questions?"

Answering questions – Restate the question first by saying, "The question asked was..." Then answer it.

V. Conclusion – After the questions, say, "If there are no more questions, this concludes my demonstration. Thank you."

Step 4: Work on and complete your projects-

In order to complete your project(s) you must complete the following:

- Attend 50% of your Club Meetings from the time of your enrollment with a minimum of 2 meetings.
- Give a demonstration on each of your projects
- Complete Community Service
- Complete and turn in your record book for each of your projects -Minimum Score of 70%
- Show your project!

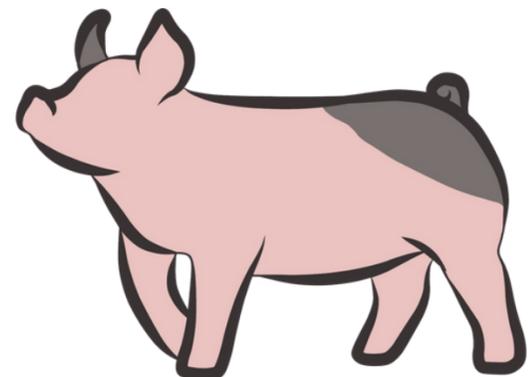


Additional Shooting Sports Requirements

- All individuals who will be on the Florence PD Range must sign and turn in waiver to attend practice.
- Shooting Sports is a project not a club. Practices do not count as club meetings. You must join a club and attend 50% of your monthly meetings from date of enrollment.
- Must have a Colorado Hunters Education Card
 - we offer a class in February. If you do not attend this course, you are responsible for taking a separate class and bringing your hunters safety card to the office for our records. All 8-9 year olds must take the course offered by 4-H as DOW does not allow children under the age of 10 to test.
- Must attend discipline safety training
 - (first time participating in a discipline and first year Shooting Sports members)
- Must attend a minimum of 4 shooting sports practices on the range with an authorized shooting sports coach prior to County Fair Entry deadline.

Additional Livestock Requirements

- Exhibitors showing both large and small animals will be required to complete separate record books.
- MQA-Meat Quality Assurance- You will take this class in the spring (first time livestock members & first time Senior 4-H age members).
- Livestock Animal Test -The office provides a study guide for you. Tests are required for those enrolled in horse and those enrolled in market livestock. If you are enrolled in multiple species, you are required to take a test for each species.
- Must attend weigh-ins/tag-ins (Beef, Goats, Sheep, and Swine)



Record Books

Record books are required for each project that you complete. Use this QR Code to access 4-H Projects and get record books online.



How to find your record book!

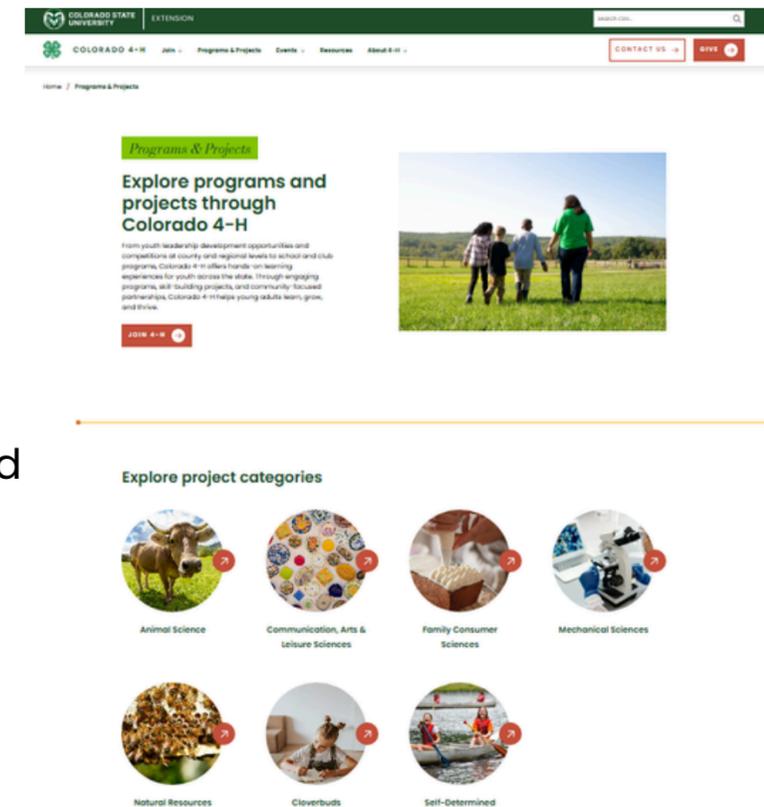
You will click on the category of your project and it will take you to a list where you can pick your project.

Each project category will look different.

The project that you are in will determine what record book you will complete.

You will click on the version that works best for you and either print or download it so that you can complete your record book.

You have to get a 70% on your record book to complete your project. If after your record book is scored you did not achieve 70% or better you have an opportunity to fix it.



Due Dates

General Project Record Books are required to be in a 3-prong folder or binder.

General Projects- July 26th 3:00-6:00 p.m.

Shooting Sports and Animal Record Books are required to be in a 3-prong folder. Please do not put pages in plastic sleeves!

Shooting Sports- July 21st by 5:00 p.m.

Animal Record Books- August 20th by 5:00 p.m.

Show your Project/Enter County Fair!



All of your hard work on your project has paid off and we are so excited to get to see your projects at the Fremont County Fair!

Important Reminders

- You are not automatically entered in the County Fair because you are enrolled in 4-H.
- Fair Entry forms are available at the office, in the Fremont County Fair Book and on the Fremont County 4-H Website June 9th
 - Fair Entry Opens June 9, 2026, all entries will be done on paper and MUST be turned into the Extension Office by June 30th at 5:00 p.m.
 - Late Fair Entries will be accepted until 5:00 p.m. June 2nd, \$25.00 per project. No entries accepted after July 3.
 - To access forms online go to <https://fremont.extension.colostate.edu/>
 - Click on Fremont County Fair
 - Click on Fair Entry Forms and Information
 - Attention 4-H'ers participating in Shotgun-there is an entry fee per event (Trap, Sporting Clays, Skeet) due when you turn in your Fair Entry Form to the Extension Office.
- If you have questions on how to complete your form or what classes you are in, we highly encourage you to reach out to your Club Leaders, Project Leaders, Shooting Sports Coaches and the Extension Office.
 - We completely understand that it can be confusing and we are all more than happy to help you!

It is our goal for you to show your project at County Fair however, we understand that life happens, if you are not able to participate at County Fair, we encourage you to reach out to us at the office as soon as possible so we can discuss alternative options



Camps, Leadership Opportunities, and Contests!

- Camps
 - Leadership Opportunities
 - Club Officers – Officer Training!
 - President, Vice President, Secretary, Treasurer, Reporter, Recreation Leader, 4-H Council Representative
 - Junior Leaders
 - Camp Counselor
 - Fair Superintendent
 - Demonstration and Speech Contest
 - Creative Cooks
 - Cake Decorating Contest

Try something new!!!



If you aren't seeing emails from us please check your junk folder or give the office a call

Communication Information

Our main source of communication is Email!



Be on the lookout for emails from...

Julianne Dinkel-julianne.dinkel@colostate.edu

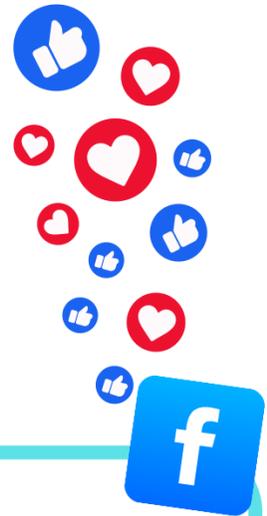
Kelsey Story- kelsey.story@colostate.edu

Kassy Tracy-kassundra.tracy@fremontcountyco.gov

Theresa Clubb-Theresa.clubb@fremontcountyco.gov

4HOnline - Colorado 4-H Youth Development

Club and Project Leaders will communicate via email as well!



Like and Follow us on Facebook!
Fremont County Extension & 4-H



Fremont County 4-H Shooting Sports



Fremont County 4-H and Extension Website



FREMONT COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

6655 State Hwy 115

Florence, Co, 81226

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719-276-7390

Be sure and read the monthly newsletter!

It is full of important dates and information!

You can find the newsletter on the Fremont County Extension Website.

We also email out the newsletter to 4-H families and post the link on the Fremont County 4-H Facebook Page!



NOVEMBER 2025 Extension Newsletter

What's Inside?

- Upcoming Events
- Holiday Craft Fair
- Soups needed for Craft Fair
- Enrollment Open
- Save the Dates
- Project Meetings
- Achievement Spotlight
- Cornerstone Corner
- Master Gardener Workshop
- Catch a Calf Info
- Nutrition Webinar Info
- 2025-2026 Calendar

Read the whole thing! There's something for everyone!

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6655 State Hwy 115
Florence, CO 81226
719-276-7390
Monday-Thursday 7:00 am - 5:00 pm



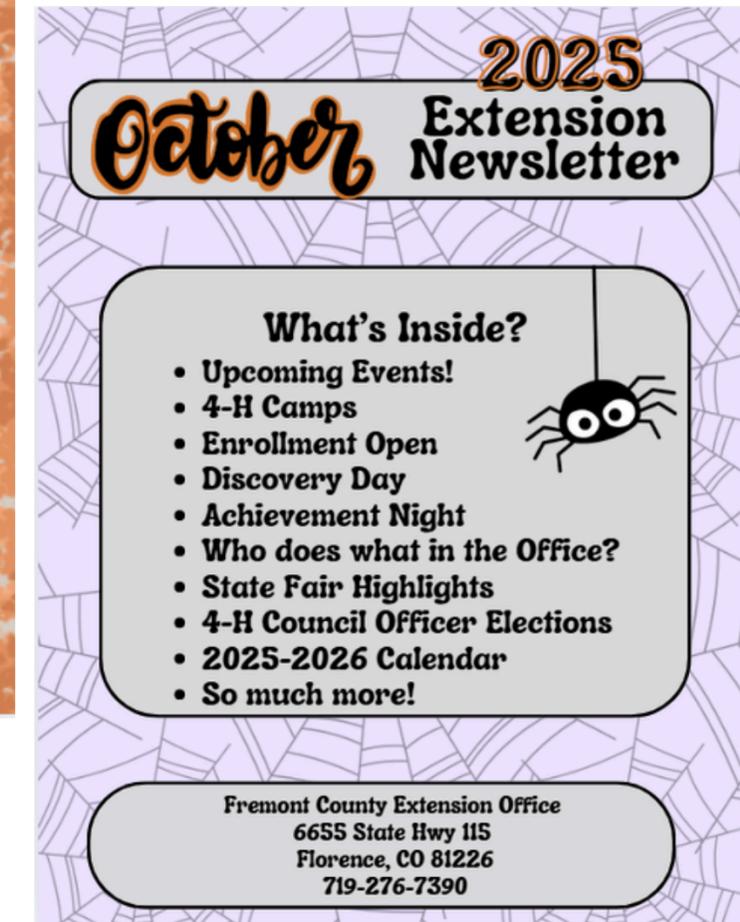
September 2025 Extension Newsletter

What's Inside?

- Fair!
- Get Ready for 2025-2026 enrollment!
- Achievement night!
- Upcoming events!

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6655 State Hwy 115
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October 2025 Extension Newsletter

What's Inside?

- Upcoming Events!
- 4-H Camps
- Enrollment Open
- Discovery Day
- Achievement Night
- Who does what in the Office?
- State Fair Highlights
- 4-H Council Officer Elections
- 2025-2026 Calendar
- So much more!

Fremont County Extension Office
6655 State Hwy 115
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719-276-7390

Questions?

We are so excited that you have decided to join 4-H! We know that it is a lot of information up front but we want to reassure you that we are here and happy to help you!

Please, don't be afraid to ask questions, there is always something new to learn!

You are welcome to call, email or stop by the office!

We are here to support you and help you have a positive experience!

You can also ask...

Club Leaders

Project Leaders

Peers

Read the Newsletter

If you would like to schedule a one-on-one meeting to go over any questions you have throughout the year, please reach out to Kassy at anytime

kassundra.tracy@fremontcountyco.gov

719-276-7390

**We are very excited that
you joined Fremont County
4-H and look forward to a
wonderful year with you!**

Fremont County 4-H Extension Office

6655 State Hwy 115

Florence, Co, 81226

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719-276-7390

4-H Building

1595 South 9th Street

Canon City, Co 81212



FREMONT COUNTY

**COLORADO STATE UNIVERSITY
EXTENSION**