

DESCHUTES COUNTY 4-H YOUTH DEVELOPMENT PROGRAM



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OREGON STATE UNIVERSITY
DESCHUTES COUNTY EXTENSION SERVICE

OREGON STATE UNIVERSITY/DESCHUTES COUNTY EXTENSION SERVICE 4-H YOUTH DEVELOPMENT PROGRAM

4-H is the youth education program of the Oregon State University Extension Service. 4-H membership is available to all Oregon youth in grades 4-12.

The mission of 4-H is to assist youth in acquiring knowledge, developing life skills, and forming attitudes that will enable them to become self-directing, productive and contributing members of society. This mission is not reached through one activity or event, but rather through a number of activities that relate to the total concept of youth development.

4-H participation nationally is about 7 million per year. It's estimated that nearly 60 million American adults are former 4-H members.

PROGRAM DESCRIPTION

Professionals, volunteers, and members together provide educational activities/projects for youth in 4-H Adventures, plant science, animal science, home economics, natural science, engineering, expressive arts, citizenship, leadership, cross-cultural programming and other areas.

Youth in grades 4-12 enroll in 4-H by selecting projects or activities from the large number available to them. The following information provides a more detailed description of the 4-H program for youth in grades 4-12.

SELECTING A 4-H PROJECT(S)

While youth are in the process of selecting a 4-H project (s), careful consideration needs to be given to the following:

- **Time** - the member needs to be sure he/she has adequate time to devote to the project.
- **Help** - adequate leadership from volunteers, community resource people and parents needs to be available.
- **Space** - the 4-H member needs to have the space available to successfully complete the project.
- **Interest** - 4-H projects need to be enjoyable, meaningful, challenging and satisfying.
- **Funds** - some 4-H projects cost nothing, while others can be quite costly.

WHAT IS 4-H ABOUT?

Every 4-H member selects at least one project. A project is what the member decides to study, make, or raise. Members choose projects that fit into their families, communities, and their way of life.

Members should take only one or two projects the first year.

Basically, 4-H members "learn by doing." Young people, with guidance from volunteer leaders, learn essential life and technical skills and how to live with people and serve their community and country by practicing these skills in real-life situations.

4-H members learn by taking part in:

- **Project Work:** Project work helps members gain knowledge and skills, and learn to accept responsibility. By doing project work at home, members can develop a feeling of partnership with their parents.
- **Presentations:** 4-H members show and tell others how to do things they learn. This is called giving a presentation, and it is a member's first step to helping others and developing leadership, and communication skills.
- **Record Keeping:** 4-H members write a record and story of what they have done in each project. Keeping records helps members evaluate their 4-H learning and develop business sense. Records should be completed and signed by a member's parents and leader at the end of the 4-H year.
- **Recreation:** 4-H'ers learn to enjoy life, themselves, and their association with others in social activities.
- **County Contests:** 4-H members are evaluated on a standard set of criteria and receive ribbons for their efforts. This process is a proven skill builder.
- **Exhibits:** Members may exhibit their project results at club meetings, local fairs, or the county and state fair. Exhibiting 4-H projects shows others what 4-H'ers are doing, helps members improve their work, and gives members a sense of pride and accomplishment.
- **4-H Camp:** Many 4-H members attend camp. They take part in educational and recreational experiences as they learn more about nature and living with people.
- **Tri County Activities:**
 - Idea Fair ~ A day where 4-H members, leaders, and families participate in hour-long workshops relevant to 4-H project areas.
 - High Desert Leadership Retreat ~ An annual youth conference for 7th - 12th graders held at Eagle Crest Resort. It is a four-day weekend filled with hands-on activities, workshops, and seminars designed to enhance their capabilities in school, at home, on the job, and in life.

- **State Activities:**

- Know Your State Government ~ Designed to give high school age 4-H youth the opportunity to become knowledgeable about Oregon's legislative process. It entails a trip to the state capitol.
- OSU Summer Conference ~ Oregon State University hosts the event. It is designed specifically for 7-12 grade youth who wish to see the campus and learn from OSU faculty, gain leadership skills, and pursue career development.
- Spring Horse Classic ~ Provides an educational forum in which youth enrolled in 4-H demonstrate their knowledge of equine-related subject matter through participation in the following events: judging, hippology, individual presentations, team presentations, and public speaking.
- State Fair ~ For those 4-H members who did exceptionally well at county fair, there is counterpart activity at state fair in most project areas.

... and **Additional Opportunities** as they are developed at the local, county and state levels.

WHO HELPS 4-H MEMBERS?

4-H members are helped by volunteer leaders. Every 4-H group needs one or more adult leaders. These leaders:

- Help teach youth.
- Help organize the club.
- Help officers and help at meetings.
- Tell parents about 4-H.



BECOMING A VOLUNTEER 4-H LEADER

The orientation and training process to be officially enrolled as a leader in the Deschutes County 4-H Youth Development Program involves the following:

- Completion of a "4-H Volunteer Service Application".
- Attendance at "New Leader Orientation" sessions.
- Completion of an enrollment form.

Adults and teens interested in becoming volunteer 4-H leaders need to contact the 4-H Office at 548-6088 and visit with the 4-H agent. In addition to the orientation sessions, leader training in subject-matter related to the various 4-H projects is held throughout the year.

As a leader, you will have the satisfaction of knowing that you have contributed significantly to the personal development of tomorrow's leaders.

DELIVERY METHODS

The structure of an individual 4-H group can take on one of many forms:

- **Community or Project Clubs:** 4-H curriculum is taught to youth organized into groups (clubs) that function for several months or throughout the year. This method is the "traditional" 4-H delivery method.
- **School Enrichment:** 4-H curriculum is utilized in the classroom during the regular school hours. The classroom teacher or another adult teaches the subject matter.
- **Short Term:** 4-H curriculum is taught over a specified amount of time (e.g., 2 months, 8 weeks, 1 week) and outside of the regular school hours. After-school programs, community school programs, special interest group programs, cooperative programs with other agencies and organizations and school age child care settings are all examples of this delivery method.



4-H YOUTH DEVELOPMENT PROGRAM AREAS

Home Economics

Child Development: The Child Development Project focuses on skills needed to be a successful baby-sitter. Topics include business management, sitter responsibilities, safety, appropriate activities for children at different ages, and guiding children's behavior.

Clothing and Textiles: This project consists of nine progressive skill levels incorporating activities in five areas (planning and evaluation; individual development and outreach; management, consumerism and wardrobe-building; textiles; and construction).

Crocheting: This project teaches crochet skills. The project has a sequence of six phases.

Foods and Nutrition: In this project, members can learn to select and prepare foods and to plan and prepare nutritious, attractive, and well-balanced meals. The major focus of the project includes food preparation, food safety and storage, nutrition/fitness, management and consumerism.

Food Preservation: This project provides opportunities for members to learn principles of safe food preservation; practice techniques in canning, freezing and drying, and making use of these foods in meals.

Home Environment: The Home Environment project is for youth of all ages. It is designed to teach basic principles of design through a variety of hands-on activities. Project activities focus on understanding and improving the near environment.

Knitting: In this project, members can learn knitting skills for making useful articles for themselves and others.



Expressive Arts

Art: This project teaches basic sketching and art painting, water colors and the color spectrum, still-life painting, and oil painting.

Ceramics: This is a cast ceramics project. It is limited to clay projects that are cast or made in plaster of paris molds.

Decorative/Tole Painting Techniques: This project deals with basic tole painting techniques.

Fiber Arts: The fiber arts program includes learning about weaving, basketry, macrame, embroidery, smocking, needlepoint, and quilting.

Leathercraft: In this project, members learn to make hand tooled leather articles.

Photography: Members learn how to use their cameras and take quality pictures.

Horticulture

Container Gardening: Members learn and practice the fundamentals of growing plants and vegetables in containers.

Flower and Ornamental Gardening: Members learn the fundamentals of growing flowers from seeds, bulbs, and plants.

Vegetable Gardening: Members learn and practice the fundamentals of raising vegetables.

Natural Sciences

Angler Education Track: This track may include types of fishing gear and methods, when and where to fish, safe handling of the catch, and preparing fish for consumption. Additional lessons introduce the water cycle, watershed functions, food chains, fishing ethics, fish biology, fish identification and environmental stewardship.



Environmental Stewardship Projects

4-H Outdoor Track: This track combines biology, entomology, forestry, geology, and ecology - the study of animals and plants in their natural habitat. The track is a good general outdoor project.

4-H Outdoor Discovery: Adults leading youth in grades 4-8 will use the 4-H Discovery: Learning Outdoors publications to introduce youth to outdoor manners and safety, forestry, energy, marine, soil, water, air, range and wildlife. The publications can also be used to provide a holistic experience for youth in the other tracks.

Entomology Track: This track provides opportunities to learn about insects and their value, to collect and identify insects, and to learn how to control harmful insects.

Forestry Track: Members have the opportunity to learn about Oregon's number one industry and natural resource.

Geology Track: This track includes the study of rocks, minerals, land forms, and fossils.

Marine Science Track: This track includes the study of the ocean, its shores and bays, and the plant and animal life found in and around it.

Shooting Sports Projects

Archery Track: Members learn how to select, care for, and use a bow and arrow; how to shoot safely and accurately; and about wildlife and the out-of-doors.

Gun Safety Track: This track provides the opportunity to develop safe habits with firearms, improve shooting skills, and learn about wildlife conservation. Youth can also participate in a BB Gun club.

Engineering

Electricity and Electronics: Members learn the basics about electric energy.

Tractor: The tractor project teaches the service and safe operation of tractors and farm machinery.

Woodworking: Members learn how to use woodworking tools and construct articles of wood.

Animal Science

Dairy Cattle: Members will learn how to raise and care for their project animals.

Dog: This project emphasizes the care and training of the family dog or puppy.

Stock Dog: This program teaches the basics of training your dog to work with sheep and cattle.

Goats (Dairy, Pygmy): Members will learn how to raise and care for their project animals.

Guide Dog Puppy Program: Youth apply for the privilege of raising and training (basic obedience and socialization) guide dog puppies. Puppies are returned to Guide Dogs for the Blind at 18 months of age.

Horse and Pony: This project provides an opportunity for members to develop their horsemanship skills while enjoying horses.

Ranch Horse: This program is designed to teach 4-H members how to safely handle horses and cattle. Members will learn about health and feeding of horses and cattle and handling these animals in work situations.

Llama: Members learn the care and handling of these animals as well as obstacle and packing skills.

Livestock (Beef, Sheep, Swine): The member can become involved in either a breeding or a market project.

Small Animals (Poultry, Pigeon & Dove, Rabbits, Guinea Pigs): Members can become involved in any one or more of these projects. They will learn how to raise and care for them.

Herptiles: Members learn how to care for snakes, lizards, turtles, frogs, etc.

Veterinary Science: This project offers an opportunity to explore the field of animal science.

Other Areas

The 4-H Youth Development Program also has projects in the following areas:

- Citizenship
- International Programs
- Leadership
- Career Exploration



Program Size

More than 1,600 youth and 250 adults in Deschutes County participate in the 4-H program. Some of the more popular project areas are:

Natural Science Projects
Citizenship
Foods and Nutrition
Horse
Plant and Soil/Gardening
Rabbit
Goats



Swine
Expressive Arts
Poultry
Leadership
Llama
Beef
Sheep

How much does it cost to join 4-H?

The basic fees are: \$7 per project, maximum \$28
 \$5 per member for administrative fee
 \$10 per family for the required newsletter *Over the Clover*

Scholarships are available upon request.

For Further Information:

Deschutes County 4-H Office
3893 SW Airport Way
Redmond OR 97756-8697

Phone #: 541/548-6088

Fax #: 541/548-8919

E-mail: (firstname).(lastname)@oregonstate.edu

Web Address: <http://extension.oregonstate.edu/deschutes>

4-H Youth Development Agent..... David White (ext. 7953)
4-H Program Coordinator..... Candi Bothum (ext. 7954)
4-H Program Assistant..... Tina Hohman (ext. 7952)
4-H Program Assistant..... Houston Chatham (ext 7965)
4-H Secretary Reaza Mansur (ext. 7966)
4-H Business Information Technology..... Sarah Cofer (ext. 7958)
4-H Student Exchange Coordinators Annette Perry & Joy Maxwell

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