Join 4-H

Every child has the potential to be a true leader. However, kids today say they are missing experiences that grow the life skills they need—like confidence, responsibility, independence and compassion. 4-H is the nation’s largest positive youth development and youth mentoring organization and provides these experiences while empowering six million young people in the U.S.

The 4-H experience grows young people who are four times more likely to contribute to their communities; two times more likely to make healthier choices; two times more likely to be civically active; and two times more likely to participate in science programs.

In partnership with the University of Idaho, 4-H life changing programs are research-based and available through 4-H clubs, camps, after school and/or school enrichment programs in every county in Idaho. 4-H membership is open to all youth ages 5-18. 4-H programs are available in urban, suburban and rural communities. There are several ways to participate.

- **Community 4-H Clubs** have a planned program that runs throughout the year and focuses on a variety of self-chosen learning experiences and activities.

- **Project 4-H Clubs** also provide planned programs that run throughout the year and focus on one project area.

- **4-H School Programs** are offered during school hours and after school. 4-H in-school programs and clubs typically run in conjunction with the school year and meet during school hours.

4-H has a long history of helping youth “learn by doing” by focusing on teaching new topics and life skills development with trained 4-H volunteers who facilitate learning in non-formal settings like 4-H club meetings and activities. 4-H is a fun and fulfilling learning experience.

- **4-H Science Programs** provide 4-H youth the opportunity to learn about Science, Technology, Engineering and Math (STEM) through fun, hands-on activities and projects. For kids who are curious about science-oriented jobs, 4-H offers the STEM Career Pathway, an easy to follow, 4-step framework for exploring, learning, practicing and experiencing STEM careers.

- **4-H Citizenship Programs** empower young people to be well-informed citizens who are actively engaged in their communities and the world. By providing them with opportunities to connect to their communities and adult leaders, youth gain a clear understanding of their role in civic affairs and are able to build their decision-making ability.

- **4-H Healthy Living Programs** help 4-H youth learn how to lead lives that balance physical, mental and emotional health. 4-H healthy living programs are available through local 4-H clubs and through grant-funded programs. Focus areas for 4-H healthy living programs include nutrition, childhood obesity, drug awareness, bullying prevention, health and fitness, safety, stress management and food science.

To learn more, check out our website at [www.uidaho.edu/4h](http://www.uidaho.edu/4h) or call your local UI Extension county office.
THIS GUIDE LISTS ALL PROJECTS that are offered on a statewide basis to youth enrolling in 4-H clubs in Idaho. State projects are divided into eight major curriculum categories:

- Citizenship and Civic Education
- Communication and Expressive Arts
- Family and Consumer Sciences
- Environmental Education and Earth Sciences
- Healthy Living
- Personal Development and Leadership
- Plants and Animals
- Science and Technology

4-H Project Requirements

1. Attend the majority of scheduled regular club meetings.
2. Attend the majority of the project meetings scheduled by the project leader.
3. Give an oral presentation (speech, demonstration or illustrated talk) related to your project to your regular club, project group or other group approved by your leader and UI Extension county educator.
4. Complete a project record book including a 4-H story.
5. Exhibit the project at a public place.
6. Project specifics are available online at www.uidaho.edu/4h.

4-H Membership and Age Requirements

- 4-H age is the age of the individual on Jan. 1 of the current 4-H year (which runs from Oct. 1 to Sept. 30).
- Cloverbuds in a noncompetitive educational program for youth ages 5 to 7 years.
- 4-H members age 8 to 18 years are eligible to participate in all programs offered by 4-H, including competitive activities and events.
- Youth must be at least 8 years of age to participate in the competitive 4-H program.
- Individuals older than 18 years of age who have special needs are eligible to participate in 4-H, provided they are still enrolled in high school.
- 4-H membership is open to all eligible youth. However, the maximum number of club members and types of projects offered will be established by individual club leaders.
- Enrollment in 4-H or any 4-H program is subject to approval by the University of Idaho.
- Marriage and/or parenthood shall not disqualify individuals from 4-H membership and participation, provided they meet other requirements.

4-H Member Classifications

In recognition of the educational and developmental needs of youth, members are grouped for program management purposes (based on age as of January 1) as follows:

- Cloverbuds: 5 to 7 years old
- Junior: 8 to 10 years old
- Intermediate: 11 to 13 years old
- Senior: 14 to 18 years old

(Youth who turn 19 before January 1 of the 4-H year are no longer eligible to participate, unless they are still enrolled in high school.)
4-H COULD NOT EXIST WITHOUT ITS VOLUNTEERS. Serving in a wide variety of areas, volunteers generously give of their time and talents in club, robotics, after-school and summer programs.

They serve as event and camp chaperones, county fair supervisors and judges. They act as nurses, resource contacts and mentors. The possibilities are endless.

Volunteers coach 4-H members to smile at the judge. They critique speeches. They watch their members struggle, always offering encouraging words that let members know it’s possible to do better the next time.

They come from all walks of life; they are moms, dads, grandmas and grandpas. They are ranchers, executives, homemakers, engineers, hunters, bankers, cowboys, geologists, farmers and teachers.

Volunteers are people who want to see Idaho’s youth become productive, well-educated citizens who care about and contribute to their communities.

You can volunteer for a day, a week, a month or a year. Just call the University of Idaho Extension office in your county and let them know that you would like more information about 4-H or that you would like to become a 4-H volunteer. They will be happy to provide information and/or assist you in completing the application process.

Join the 4-H family—enjoy the experience of providing positive youth development opportunities to youth in your area. Bilingual volunteers are needed in many communities.

Tips to help you choose a 4-H project

Here are some things for you and your parents to think about as you choose 4-H projects:

What interests you?

Does your county 4-H program already have a leader for this project?

How much will the project cost?
Some livestock projects, for instance, can cost a lot of money in feed and supplies.

Do you have enough space to complete the project and can you get the equipment you'll need?

Can your parents or another adult help you with the project? (for example, drive you to meetings)

Will the project help you grow as an individual?

How much time will the project take? Some projects take a full year to complete, while others take just a few days or weeks. You may want to do only one or two projects in your first year of 4-H.

Does the project sound like it's fun and worth your effort?
Are your younger children chomping at the bit to join 4-H?

THE 4-H CLOVERBUDS PROGRAM is especially designed for youth ages 5 to 7 because their learning characteristics and developmental needs are different from those of older 4-H members.

Rather than enroll in specific 4-H projects, Cloverbuds participate in a series of short-term, structured experiences to help them gain self-understanding, practice social interaction skills and develop positive attitudes.

The Cloverbuds program focuses on age-appropriate skills, abilities and involvement.

It does not duplicate 4-H member experiences designed for members 8 and up.

The program appeals to a child's natural curiosity, enthusiasm for learning and high energy level by providing opportunities for exploration and active learning in a noncompetitive environment.

Cloverbuds may exhibit a memory book or something they have made at the fair, but they are not required to do so.

Cloverbuds members may be involved in lap animal projects such as rabbits, cavies, cats, small dogs that weigh less than the member, chickens and mini-goats.

For more information about working with this unique age group, please contact your local UI Extension office.

Lesson Ideas for Cloverbuds

Bicycling for Fun Learn about safety, gear, road rules and more.

Exploring the Treasures of 4-H Explore the joys of 4-H by discovering your interests, learning about 4-H projects and finding 4-H where you live.

Growing on My Own Make your home safe while exploring how we are different, yet the same.

Palette of Fun Explore the basic elements and principles of design through sculpting, cutting, painting, printing, fiber arts and 3-D construction.

Pre-Flight, Stage 1 Start exploring the principles of flight and aerospace careers.

WeDo Robotics Improve your knowledge and skills in mathematics, literacy, science and social studies in this LEGO® Education program. Get better at solving problems, communicating, working with others and being creative and innovative.

Ask your UI Extension county office about additional Cloverbuds opportunities and lesson ideas.
Projects

The projects described in Idaho 4-H Today include those selected and supported by the 4-H Youth Development program based on the University of Idaho campus in Moscow. These projects, and many more, are offered through the University of Idaho Extension office in your county. For more details visit www.uidaho.edu/4h or contact your UI Extension county office.

Citizenship and Civic Education

Citizenship

Know Your Government
At the 4-H Know Your Government Conference in Boise, teens in grades 8 or 9 taking the Exploring Citizenship project learn about state government, the judicial system and the rights and responsibilities of citizens in a democratic society. They participate in a mock legislation session or trial.

Conference reporters in the Power of the Press project produce a news video, social media and newsletter while learning to appreciate the role of news media in state government and how a newspaper and TV station operate.

The second- or third-year Know Your Government project, Advanced Citizenship, enables delegates to help plan the conference as a member of the conference planning committee. Members are selected at the Know Your Government Conference by application and interview.

Citizenship Washington Focus
Delegates to Citizenship Washington Focus (ages 15-19) complete project requirements after attending the national conference in Washington D.C.

Communication and Expressive Arts

Performing Arts
Theatre Arts
See your imagination in action. Start out with Play the Role: warm up your body and your voice, develop focus and concentration, work as part of an ensemble, practice articulation and breath control, learn voice tone, create physical characters through movement, improvise, become a clown, write and perform a monolog and create music.

In level 2, Becoming a Puppeteer, make sock, rod and found-object puppets; explore light and shadow puppetry; build a theater or stage; and write and perform a puppet show.

The final level, Setting the Stage, uses costume pieces to create a character. Design costumes, build sets and set models, design and apply makeup, collect hand and set props, create sound effects and musical sounds, light a model set, select a script and determine sound and lighting cues.

Spurrin’ the Words
Cowboy poetry originally made use of long hours in the saddle and lots of time for thinking to provide evening entertainment around the campfire. Be part of the rich tradition of oral storytelling using rhyme by learning to write and recite cowboy poems.

Visual Arts

Handwork from our Heritage
Project focus areas include embroidery, crewel, needlepoint, applique, rug making, macramé, tole painting, ceramics, beadwork, wheat weaving, origami and dried flower art.

Latino Cultural Arts
Discover the Latino culture while developing an understanding of the Latino people and traditional art forms—instrument and jewelry making, weaving, muraling and mask making.

Leathercraft
Create beautiful and useful articles from leather. Beginners learn to use six basic leatherworking tools,
prepare leather for tooling and learn about transferring designs, edging and finishing and protective finishes. Intermediates use additional tools and stamps, including a swivel knife, and learn about lacing. Advanced learners dye leather, carve figures and filigree and use advanced lacing techniques.

**Portfolio Pathways**
Middle and high school students paint, print and learn about graphic design. Paint with acrylics, watercolors, sand and oil; print with the sun by etching and with melted wax resists, inner tube tires and linoleum blocks; print photos; and learn about positive vs. negative color expressions, typefaces, doodling and drawing.

**Photography**
In *Focus on Photography*, learn equipment basics and about focus, lighting and flash, photo composition, sequencing and evaluating photos.

The second photography project, *Controlling the Image*, explores depth of field, aperture, shutter speeds, hard and soft lighting, silhouettes and flash techniques. Learn to evaluate composition. Use different viewpoints and understand positive and negative space. Learn about panning techniques and taking close-ups and panoramas.

In the final level, *Mastering Photography*, use lenses and filters creatively. Use meter exposure, light sources and flash to add lighting effects. Practice using framing, harmony, discord and other elements of design in your compositions. Build your skills in using color, capturing details and telling a story.

**Sketchbook Crossroads**
Work independently or with assistance while drawing, sculpting or creating fiber arts. Make local connections with the artistic community through service learning opportunities and explore cultural and historical art experiences.

**Environmental Education and Earth Sciences**

**Earth, Water, Air Ecology**
See for yourself how plants, animals and the environment interact in amazing ways. Discover what plants and animals need to live and grow. Measure pollution in the water or air and find out its causes and effects. Look into your own impact on the environment and design and test your own methods for cleaning up pollution.

**Forestry**
Get to know forest trees and measure their ages and sizes. Follow a map into the forest, or make a map of your own. Learn what forests need to grow and thrive, how people use and manage forests and about the products and benefits you get from trees and forests near home and around the world.
National opportunities abound for 4-H teens

IDAHO 4-H TEENS MAY JOIN DELEGATIONS ATTENDING NATIONAL 4-H CONFERENCES in Washington, D.C., Atlanta, Georgia and Madison, Wisconsin. Scholarship assistance is provided by Idaho Friends of 4-H and commodity-group sponsors. Read on to see whether one of these might be right for you:

National 4-H Conference. More than 300 delegates gather annually in April for this conference in Washington, D.C., to plan for the future of 4-H. Idaho’s delegates meet with our state’s elected representatives at the Capitol.

National 4-H Congress. This Atlanta, Georgia, conference recognizes and promotes excellence in the 4-H program through workshops, cultural events, community service projects and sightseeing for 10 to 15 Idaho delegates. It is held the week after Thanksgiving.

Citizenship Washington Focus. Using our nation's capital as a classroom to promote appreciation, understanding and involvement in civic responsibility, government operations and current issues, this event helps you understand how your actions can make a difference.

National 4-H Dairy Conference. Held in Madison, Wisconsin, this conference allows Idaho 4-H members who have shown outstanding achievement in dairy science foods or animal projects to share their enthusiasm for the dairy industry with young people from across the U.S. and Canada.

To learn more, visit the 4-H website.

Geology
Collect rocks, fossils and minerals and test their properties, learn about the important roles of minerals in everyday products, make your own jewelry and look back into geologic time. Think about striking gold with your own career in geology.

Wildlife
Discover Idaho wildlife, from cougars, bears and moose to hawks, frogs and snakes. Learn about habitats, migration, the food web, species loss and the adaptation that allow wildlife to survive in different environments. Learn ways to create wildlife habitat wherever you live and about having a career in wildlife management.

Shooting Sports
Archery
Learn how to use a bow and arrow for hunting or competition. Find out how to shoot with proper form, be safe, care for bows and arrows, select the right equipment and score targets.

Hunting
Explore the relationships between hunting and wildlife management, understand the role of humans as natural predators, form personal understandings of your reasons for hunting and have fun while learning about the outdoors.

Muzzleloader/Black Powder
Experience shooting as it was in the days of Daniel Boon and Davy Crockett. Learn to use muzzleloader guns for target shooting, hunting or re-enacting historical events. Learn shooting safety; different shooting positions; how to care for, transport and store your firearm; and more.

Pistol
Learn to shoot in different positions, keep yourself and others safe and
care for your handgun. As you advance, learn how to adjust sights, coach others and score targets. In time you might compete in a shooting event and serve as pistol team leader.

**Rifle**
Learn how to shoot a rifle straight and safely. Learn different firing positions; range rules and commands; target scoring; and how to care for, transport, and store your rifle. In time you could make a gun case, build a rifle from a kit or become a rifle teen leader.

**Shotgun**
Whether you want to shoot trap, skeet or ducks from a blind, job one is learning to shoot your firearm safely and accurately. In this project, you will practice 10 basic shotgun safety rules, learn range etiquette and commands, learn to care for your shotgun, improve your shot, shoot competitively, score shooting events and more.

**Outdoor Education/Recreation**

**Cross-Country Skiing**
Kick, glide and skate over the snow. In year one of this three-year project, you will learn basic technique and cover safety, nutrition and the environment. In year two, learn advanced skiing techniques, basic first aid and orienteering. In year three, work on physical conditioning leading up to a full-day ski trip.

**Outdoor Adventures (Hiking, Camping, Backpacking)**
Hike for a day, overnight or on a backpacking expedition. Learn how to dress for the weather, pack what you will need, eat well, find your location, set up camp and seek shelter in a storm. Learn to care for an injured hiker and to care for the land using leave-no-trace outdoor skills.

**Sport fishing**
From stocked mountain lakes to blue-ribbon wild trout streams, Idaho’s got lots of catchable fish. Learn to find and identify fish, tie knots, rig lines, select baits and lures and cast to a target. Experiment with different kinds of rods and reels, research fishing regulations and eventually conduct your own sport fishing skillathon.

**Family and Consumer Sciences**

**Cake Decorating**
Dazzle your friends and relatives with beautifully decorated cakes. Make stars, flowers, shells, piping and floral sprays. Explore the effects of color and mix your own hues. Learn advanced skills such as borders, tiered cakes, fondant and fancy flowers.

**Child Development**

**Growing on My Own**
What is growing up all about? Learn about how you grow and develop as an individual and about how to care for yourself, your siblings and your community. This project has levels appropriate for Cloverbuds, older youth and teens.

**Clothing and Textiles**

**Crochet**
Whether beginning or advanced, you will develop new skills and create your own products using just a hook and yarn. Start by making simple items in single or double crochet. Move on to working in color, using multiple stitch patterns and making edging, lace and fitted clothing.

**Knitting**
Learn about knitting tools, yarns, stitches and techniques. Learn how to follow knitting directions and care for knitted articles. Beginners create easy knitted articles like potholders or scarves. Advance knitters might knit with four needles, knit fitted garments or learn Fair Isle or other regional knitting techniques.
Sewing
Express your fashion style through sewing. With four different levels to learn and grow from, you are sure to be strutting your stuff before long.

Level 1: Fundamentals
Level 2: Simply Sewing
Level 3: A Stitch Further
Level 4: Beyond the Needle

Expressions
In Level 1, Under Construction, select a pattern, press a garment and develop basic sewing skills. In Level 2, Fashion Forward, progress to skills like making buttonholes, darts and sleeves. In Level 3, Refine Design, sewers might make a prom dress, tailored jacket or a one-of-a-kind outfit you design and pattern yourself.

Consumer Education
Consumer Savvy
Become a smart shopper whether you are spending on snacks or buying your first car. Understand your own shopping style and consumer values, track spending and meet a savings goal and do comparison shopping. Look into the influence of peer pressure, the power of advertising and the rise of online shopping. Learn how to resolve a complaint—from writing letters to taking legal action.

Managing Choice
Are you a little overwhelmed with clothing labels, advertisements and too many choices? Are you interested in organizing a community service project around clothing? If so, this project is for you. You will figure out how to take charge of your own clothing decisions and define your own style.

Healthy Living

Food and Nutrition
Baking
Bake your way to golden-brown pancakes, cookies and breads; sponge and butter cakes; and tender, flaky pastries. Learn how to read and follow recipes. Explore baking ingredients, equipment and techniques. Become a good judge of the quality of baked goods and learn to identify the causes of imperfect products.

Dutch Oven Cooking
Anything that can be fried, stewed, boiled, baked, steamed or poached can be cooked in a Dutch oven—even pizza! Learn how to select, care for, use and stay safe around a Dutch oven. Cook up a variety of tasty foods outdoors, including foods you cook on the lid.

Fantastic Foods
Have fun in the kitchen as you prepare different foods, do experiments with food and go on fact-finding missions. Learn to make healthy food choices, make smart food purchases, keep foods safe to eat, prepare and preserve different foods and discover food-related careers.

Food, Culture and Reading
Read about food in children's stories from around the world—tamales in Mexico, vegetable latke in Russia, meat and beans in Japan, fruits in Kenya and milk in ancient Greece. Taste and prepare foods from other cultures and develop an understanding and appreciation of other cultures.

Frozen Bread Dough
In Creative Ideas Using Frozen Bread Dough, discover dozens of ways to shape and cook frozen bread dough. Create bread sculptures; bake, fry or steam your dough; do experiments with flour and grain; and learn kitchen safety.

In Outdoor Fun with Frozen Bread Dough, take your bread dough outdoors to cook over a fire, on a flat rock, in a Dutch oven, in clay pots, in foil and in a sun oven. Learn how to build a fire and prepare favorite campfire foods using frozen dough.

Let's Begin Cooking
Make milk and fruit drinks, fruit kabobs, cookies and fancy-cut vegetables with dip. Learn to measure, cook and clean up. Serve your snacks to family and friends.

Microwave Cooking
Find out how the microwave oven works, how to use it safely and how to microwave a wide variety of foods such as scrambled eggs, vegetables, popcorn treats, fudge and even desserts like upside down cake. As you progress, gain more-advanced techniques such as shielding, defrosting and browning.

Pathways to Culinary Success
Explore the culinary arts. Learn techniques used by chefs, the use of basic cooking equipment and the art
of meal presentation. Prepare meats, stocks and sauces, pies and pastries and garnishes.

**Teens Entertain**
Planning a birthday party or victory party? Inviting a few friends to watch a movie? Learn to plan, prepare and serve a variety of party foods for groups large and small. Explore the relationships among food, exercise and physical fitness.

**Tricks for Treats**
You can be a kitchen magician! Learn the tricks for turning a few basic ingredients into foods that are a treat to eat and good for you, too. Tricks you’ll master include reading recipes; measuring ingredients; and using kitchen utensils, a range and microwave oven.

**Food Science**

**Science Fun with Dairy Foods**
Experiment with making yogurt, growing molds and ripening cheeses to explore the science behind the production of dairy foods.

**Food Preservation**

**Boiling Water Canning**
Everyone loves homemade jelly and jam. Learn how to preserve your own jellies, jams, fruits, tomatoes, pickles and other high-acid foods in a boiling water bath canner.

**Drying**
Spoilage bacteria can’t grow without water, which makes drying a great way to preserve food. Learn how to dry fruits, vegetables and herbs. Make your own dried food mixes.

**Freezing**
Freezing food is quick, easy and convenient. Learn the best ways to prepare and package food for the freezer. Start off by freezing fruits, vegetables and jams and using your frozen foods in recipes or menu plans. Next, freeze meats, main dishes, casseroles and pies.

**Pressure Canning**
Pressure canning takes place at higher temperatures than boiling-water bath canning, killing the bacteria that cause botulism in low-acid foods. Learn how to process vegetables, soups, stews and other low-acid foods in a pressure canner.

**Keeping Healthy**

**Keeping Fit and Healthy**
Plan and create a first aid kit for your family in level 1, *First Aid in Action*. Learn to treat cuts, scrapes, nose-bleeds and bee stings and to help someone who is choking or has a broken bone. Learn to interview an injured person and determine their needs.

In level 2, *Staying Healthy*, have fun sharing what you know about making healthy choices related to good hygiene, healthy eating and being active. Whether you like working with numbers, playing sports, drawing, singing, writing stories or being funny, share your commitment to staying healthy in the way you enjoy.

In level 3, *Keeping Fit*, you’ll design and manage your own fitness plans.

**Jump into Foods and Fitness**
This group project gets you and your friends out of your seats and onto your feet as you learn about healthy living through foods and fitness. You can Power Up the Day, High Five for Health and be Up for the Challenge. Designed specifically for groups of children ages 8 to 11, who are working with adult and youth leaders. The curriculum may also be adapted for middle school youths.
Personal Development and Leadership

Economics, Business and Marketing

Elementary Financial Management
Designed for grade school children in afterschool programs, Reading Makes Cents uses children's library books as a springboard for financial literacy activities. Learn about the history of money, managing money, earning and spending money, saving and investing money and borrowing and lending money. Includes family-time activities in English and Spanish.

Entrepreneurship
Entrepreneurs don't settle for things as they are—they look for ways to make them better. Learn how to develop an idea into a business plan and a plan into reality in this three-level project.

Get in the Act
Discover your learning style and identify your personality type; practice self-awareness, critical thinking and ethical decision making; learn how to work with others and how to connect school with potential careers.

High School Financial Planning Program
This six-unit course acquaints you with financial planning concepts and helps you apply this knowledge to everyday life. Learn to effectively use all financial resources.

Financial Champions
No matter what you choose to do with your life, financial success means learning to manage your money.

Discover and apply sound money management principles while taking responsibility for your own behaviors and actions.

Leadership

Leadership
In this three-level project you build leadership skills by learning about relationship building, communications, group process, planning and organization. Optional focus areas include project or club teen leader, officer, ambassador, camp counselor, event planning/facilitation, service learning and teaching/facilitation.

Animal Science
Although animal projects are designed to be completed while you own an animal, you can also do most of them as non-animal projects. In a non-animal project, you can benefit from many aspects of an animal project without actually having the animal. In all projects, you develop integrity, sportsmanship, decision-making capabilities and public speaking skills by participating in demonstrations, tours and exhibits.

Small Animals
Cats
More cats live in U.S. homes than any other pet. You can join this contented group of pet owners by completing a cat project and learning more about our feline friends.

Dogs
All those doggie kisses can be yours when you care for and train a dog, either your own or the family pet. Learn obedience training and/or showing. You will keep complete records on the costs of feeding and caring for a dog.

Pocket Pets
Pocket pets include small animals of many types. In level 1, learn to select a pet, identify its parts, handle it safely, provide the right kinds of food and housing and enjoy pet art.

Level 2 helps you improve your planning and decision-making skills by feeding and caring for your pet, observing its behavior, exhibiting it and creating a story.

Level 3 takes you into pet genetics, reproduction, care of newborns and pocket pet businesses and careers.

Birds and Poultry
Family Flock
Enjoy learning about our feathered friends including domestic poultry, game birds, pigeons and waterfowl. Own your birds and provide primary care, proper housing and feed for at least 90 days.

Market Broilers/Fryers
Capitalize on the growing popularity of domestic chickens by owning and providing primary care, proper housing and feed for at least 10 chicks for at least 8 weeks or until they are sold as fryers. Gain skills in financial management by raising and selling poultry.

Pullets/Laying Hens
Few small animal projects are as satisfying as raising pullets and collecting the eggs they lay. In this multi-level project, own and provide primary care, proper housing and feed for 5 to 10 pullets for at least 90 days.

Rabbits/Cavies
Cavies
Also known as guinea pigs, cavies have a fascinating history. Originating in South America, cavies are friendly and lovable pets.

Rabbits
Rabbits are favorites of 4-Hers around the world. They can live inside or outside, take up little space and are easy to care for. In rabbit projects, you learn sound breeding, feeding and management practices and develop integrity, sportsmanship,
decision-making capabilities and public speaking skills by participating in demonstrations, tours and exhibits.

In Market Rabbit, raise at least one litter for market and show at least one animal at the fair. In Breeding Rabbit, own and care for one or more does for at least 90 days before exhibiting and raise at least one litter. Show at least one animal at the fair. In Pet Rabbit, care for and show at least one doe or buck at the fair.

Goats

Dairy Goats
Learn how to select a goat and to feed, house and care for it. Become familiar with and apply the principles of dairy animal science in breeding, feeding and management practices.

Meat Goats
Learn about breeds, health care, grooming, production, reproduction, management, showmanship, marketing and careers.

Pack Goats
Feed and care for one or more pack goats before exhibiting. Select a goat suitable for use in harness or as a pack animal, keep records and practice responsible animal ownership.

Pet/Pygmy Goats
Learn about the selection, breeding, nutrition, management, showmanship and health requirements of a pygmy goat, an increasingly popular pet. Care for one or more pygmy goats.

Breeding Beef
Own and care for one or more purebred or commercial heifers, cows or bulls.

Stock-Foo  
Manage and care for one or more beef animals during the winter and/or summer grazing periods.

Dairy Cattle
Learn about feeding, nutrition and dairy cattle management; the principles of producing quality milk; and milking procedures. Develop a record-keeping system for milk production, health and feeding.

Horses and Ponies
Learn about horse breeds and their characteristics. Experience the pride of owning, managing and caring for a horse or pony. Appreciate horseback riding as a healthy and fun form of recreation. Develop skills in horsemanship and an understanding of the business of breeding, raising and training horses. Increase your knowledge of safety precautions.

Llamas/Alpacas
These unique mammals were domesticated in South America centuries before being brought to North America. In this project, you provide complete care for a llama or alpaca for at least 120 days. Among other topics, learn about equipment safety, raising and training llamas and their uses in recreation.

Sheep
The world’s most dependable source of meat and fiber, sheep are raised on all continents except Antarctica.

Market Sheep
Raise one or more wethers or ewes for market, exhibiting and selling them at the fair.

Junior Master Gardeners
Junior Master Gardeners is an award-winning project for elementary school kids with dozens of fun, dirty-hands projects that promote a love of gardening, develop an appreciation for the environment and cultivate the mind.
Potatoes
Grow at least 3 acres of potatoes under written contract, delivering approximately 1,000 hundredweight to your contractor. This real-world project includes fertilization, insect control, irrigation, disease control, weed control, harvesting and marketing.

Small Grains
Grow 5 acres of small grains under written contract. Learn about land selection, seedbed preparation, planting, soil testing, fertilizing, cultivating, irrigating and pest control. Prepare an operating budget and keep accurate records of all labor, materials and practices.

Sugarbeets
Grow at least 1 acre of sugarbeets under written contract. Topics include fertilizing, insect control, irrigation, disease control, weed control, harvesting and marketing.

Science and Technology

Biological Sciences

Entomology
Tens of thousands of kinds of insects live in Idaho. Start your own insect collection. Learn where to find insects and how to identify them. Find out amazing facts about how insects eat, conduct experiments and make works of art.

Project Butterfly WINGS
Become a citizen scientist by collecting data on butterflies in your area. You’ll be part of a long-term monitoring project to determine the kinds of butterflies and their abundance in every county in the United States. Your work will help scientists to better understand and conserve butterfly populations.

Veterinary Science
Do you have dreams of becoming a veterinarian? Would you like to know more about your animals’ bodies and how to keep them healthy? In this project, you’ll learn about the normal and abnormal animal, animal anatomy and the body’s organ systems. Find out about veterinary careers.

Technology and Engineering

Aerospace
Fly kites of your own design, build and launch rockets, experience disorientation and discover gravity. In hands-on activities you’ll discover the science behind airplanes, rockets and flight. Find out what it takes to become a pilot and the variety of careers in aerospace.

Bicycle
Whether you’re into road racing, mountain biking, commuting, freestyling or just learning to ride—this project is for you. Learn bike handling, bike safety and the rules of the road. Learn how to choose a bike that’s right for you and to care for your bike.

Computer Power Unlimited
Inside the Box helps you learn about computer hardware and software, diagnose and fix problems and make your computer run smoother and faster.

Peer to Peer focuses on networking computers and making decisions about ethics and networking safety issues.

Teens Teaching Tech is full of information and activities for planning community partnerships, teaching diverse audiences and supporting community technology centers.

Electric Power
Demystify the “magic” of electric circuits, magnetism, motors and electronics. From making and testing your own educated guesses to building burglar alarms, replacing switches and assembling your own electrical tool kit, you’ll experience technology firsthand.

Geospatial Technologies
Where in the world are you? Geospatial technologies (like GPS in cars and cell phones) make it easier than ever to find out! Learn about geospatial organization; navigate using GPS, compasses and maps; identify locations; measure distances; make maps; and more. Options include geocaching and GIS (geographic information systems) mapping.

Small Engines
Lawn mowers, snow blowers, personal watercraft, model airplanes and ATVs are just a few of the machines powered by small engines. Learn how small engines work and how to keep them running. Use your hearing to identify problems, tear down and rebuild an engine, sharpen mower blades, select a replacement engine and more.

Wind Power
Middle-school-aged youth work in a team to design, create, build and test a wind-powered device that solves a problem. You may examine national, state and local issues surrounding wind power or explore wind as a potential energy source in your community.

Woodworking
Learn the basics of measuring, sawing, sanding and hammering, then move on to advanced equipment like routers and table saws. Beginners might make a wooden airplane, picture frame or wooden box, while the more experienced might use plans to make a chair, tabletop hockey game or other items requiring more skills.
**Robotics**

**FIRST® LEGO® League (FLL)**
Try your hand at real-world engineering challenges by building LEGO-based robots to complete tasks on a thematic playing surface. Guided by your imagination and adult coaches, work in teams of 3 to 10 youth. Discover exciting career possibilities and learn to make positive contributions to society.

**FIRST® Tech Challenge (FTC)**
This exciting sports-type robotics event delivers an authentic engineering experience. Teams design, build and program robots to compete in an alliance format against other teams. Teams, including their coaches, mentors and volunteers, develop strategy and build robots based on sound engineering principles.

**Junk Drawer Robotics**
Start with a “trunk of junk” (clothespins, paper clips, paper, cardboard, scraps of wood and assorted nuts and bolts). Add imagination and elbow grease. Stir. Have fun! Three project levels introduce you to robotic arms, hands and grippers. Move on to power transfer and locomotion, and end by connecting mechanical and electronic elements.

**Self-Determined**
Self-determined projects enable youth 14 to 18 to further explore appropriate educational interests in subjects where either no Idaho-approved 4-H curriculum exists, or after members have completed all levels of existing curriculum. Additional parameters are set forth within the Self-Determined Section of the Idaho 4-H Project Requirements Handbook.

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NATIONALWIDE RESEARCH CONDUCTED BY TUFTS UNIVERSITY documents that American youth in grades 5 to 12 who are involved in out-of-school 4-H programs excel in many areas, including academic achievement, interest in STEM programs (science, technology, engineering, math), civic engagement and healthy living choices, when compared to peers involved in other out-of-school activities.

“Clearly, 4-H youth are contributing more to their world than youth in similar out-of-school-time activities,” according to the 2013 research report. “The consistency across adolescence of greater contributions by 4-H youth is arguably among the most important findings of the 4-H study.”

The nine-year study provides evidence that youth involved in out-of-school 4-H programs excel in these areas:

**Civic engagement**—grades 7 to 12. 4-Hers are nearly four times more likely to make contributions to their communities than are youth involved in non-4-H out-of-school activities, such as sports.

**Academic achievement**—grades 10 to 12. 4-H members are nearly two times more likely to participate in science, engineering and computer technology programs during out-of-school time. Grades 10 and 12 4-H girls are two and three times more likely, respectively, to be involved in science programs.

**Healthy living**—grade 7. 4-Hers are nearly two times more likely to make healthier choices, including eating more balanced diets, being more physically active and avoiding tobacco products, alcoholic beverages or illicit drugs.

Download the 52-page Tufts report, The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development at 4-h.org/about/research/.
Discover yourself, discover the world

Strengthen Your Global Citizenship with States’ 4-H International Exchange Programs

Since 1972 States’ 4-H International Exchange (States’ 4-H) has been expanding global citizenship through a variety of cultural exchange programs. Nearly 60,000 youth and their families, in 24 countries on 6 continents, have been impacted by States’ 4-H Exchange.

Yoko Kawaguchi, States’ 4-H President, says “States’ 4-H Exchange has recognized the importance of building cross cultural understanding and competency as not only a mechanism of good but as a tangible, sought-after skill. As the world has become smaller, and as vast distances are now easily bridged by technology, States’ 4-H mission is more relevant than ever.”

Idaho is helping carry out the States’ 4-H mission by inspiring hundreds of teens to host exchange students and travel as outbound exchange students to countries such as Argentina, Norway, Finland, Japan and South Korea. When you host or travel with States’ 4-H, you join an organization committed to positive youth development through learning hands-on, practical life skills.

Which program is a good fit for your family?

The Summer Inbound Program

This program gives Idaho families the opportunity to open their homes for one month to a youth aged 12 to 18, or to an adult chaperone, who want to take part in American family life. Host families are encouraged to share every-day experiences with their exchange students; examples include church, chores, grocery shopping, camping, ball games, barbeques and county fairs. Youths are matched by age, gender and interests with children in the host family.

The Summer Outbound Program

This program is open to Idaho teens, ages 14 to 18, interested in learning about other cultures. Participants may travel to Japan, Korea or Norway for 4 weeks; delegates live with host families, are accompanied by chaperones while traveling and are provided with meals, medical insurance and accommodations. There are costs associated with the outbound program.

The Academic Year Program

American families are given the opportunity to host a high school student for one academic year (August thru June). Students are enrolled in public high school and participate in school activities as members of their host families. States’ 4-H places students from Japan, Korea and Eurasia with warm, welcoming people who are proud to share their American culture and lifestyle.

For more information about Idaho 4-H International programs visit the 4-H website at www.uidaho.edu/extension/4h/programs/international, or contact Judith McShane at 208-454-7655 or jmcshane@uidaho.edu.
<table>
<thead>
<tr>
<th>Contest</th>
<th>Age Group</th>
<th>Highlights</th>
<th>Awards</th>
<th>Application Due Date or Contest Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Idaho Wool Contest* Idaho Wool Growers</td>
<td>4-H members 12 to 18 years (as of January 1)</td>
<td>Must be enrolled in a 4-H clothing, knitting or crochet project.</td>
<td>District awards of $100 and $25. State awards of $100, $150, $300 and $600.</td>
<td>District and state judging—October, rotating by district.</td>
</tr>
<tr>
<td>State Youth Horse Judging Contests</td>
<td>Enrolled in 4-H or other youth horse group</td>
<td>Includes individual demonstrations, public speaking, horse bowl, hippology and judging. Individuals and teams are selected at the district level.</td>
<td>Top teams and/or individuals may attend regional or national contests.</td>
<td>State contest: July, different locations rotating by district.</td>
</tr>
<tr>
<td>Livestock Skill-A-Thon</td>
<td>4-H members ages 8 to 18</td>
<td>Written quiz, identification stations and team activity. Potential topics include animal nutrition, health, breeding, genetics, showmanship, retail meat cut identification, breed identification, quality assurance and feed and nutrition.</td>
<td>Top senior team may attend a national contest. Top junior and senior individuals and teams receive awards.</td>
<td>State contest: January. Check with county for county and district contests.</td>
</tr>
<tr>
<td>Livestock Judging</td>
<td>4-H members ages 8 to 18</td>
<td>Two to three classes of beef, goats, sheep and swine and oral reasons.</td>
<td>Top team in the A division will qualify to attend the Western National Roundup in Denver. Awards go to the top three teams in each of the three divisions.</td>
<td>State contest: September at Eastern Idaho State Fair. Check with county for county and district contests.</td>
</tr>
<tr>
<td>Consumer Decision Making</td>
<td>4-H members ages 14 to 18</td>
<td>Practice marketplace knowledge and skills. Contestants assume roles as consumers and determine which items best fit a scenario based on needs, wants and other criteria.</td>
<td>Top individuals qualify to attend the Western National Roundup in Denver.</td>
<td>State contest: September at Eastern Idaho State Fair. Check with county for county and district contests.</td>
</tr>
<tr>
<td>Public Speaking</td>
<td>4-H members ages 14 to 18</td>
<td>County and district winners may advance to state contest in Impromptu and Prepared Speech categories.</td>
<td>Top individuals will qualify to attend the Western National Roundup in Denver.</td>
<td>Applicants must attend Teen Conference; applications due mid-May.</td>
</tr>
<tr>
<td>Shotgun</td>
<td>4-H members ages 12 to 18</td>
<td>Two divisions: 12 to 13 years and 14 to 18 years.</td>
<td>Top four senior scores qualify to represent Idaho at the National 4-H Shooting Sports Invitational.</td>
<td>Contest date to come.</td>
</tr>
<tr>
<td>Archery</td>
<td>4-H members ages 8 to 18</td>
<td>Three divisions: Junior (8–10 years), Intermediate (11–13), Senior (14–18) in compound and recurve divisions.</td>
<td>Top four senior scores in compound and recurve qualify to represent Idaho at the National 4-H Shooting Sports Invitational in June.</td>
<td>Contest date to come.</td>
</tr>
<tr>
<td>Idaho FIRST® LEGO® League (FLL)</td>
<td>All youth ages 9 to 14</td>
<td>Build LEGO-based robots to complete tasks on a thematic playing surface in this introduction to real-world engineering challenges.</td>
<td>5-7 award categories per event. Teams in qualifying tournaments may advance to state championships and from there to national or international competitions.</td>
<td>Team registration opens May; kickoff August; team registration closes September; tournament application closes October.</td>
</tr>
<tr>
<td>Idaho FIRST® Tech Challenge (FTC)</td>
<td>All youth ages 12 to 18 (grades 7 to 12)</td>
<td>Teams design, build and program robots to compete in an alliance format against other teams. Teams develop strategy and build robots based on sound engineering principles.</td>
<td>5-7 award categories per event. Teams in qualifying tournaments may advance to state championships and from there to national or international competitions.</td>
<td>Team registration opens September; tournament application opens October; tournament application closes January.</td>
</tr>
</tbody>
</table>

**Note:** Check with your local county UI Extension office, the UI Extension 4-H Youth Development Office, or www.uidaho.edu/4h for application information. When applying for state, regional and national events and awards, 4-H members and county offices need to meet established deadlines. To be eligible for consideration, all applications and award requests must be received by the designated office by the deadline, or postmarked on or before the deadline. In addition, all applications and award requests must be complete and contain all the information requested.

*Continuation of award based on availability of donor support.*
Scholarships

**Idaho Friends of 4-H Scholarship**

Eligibility Qualifications: Incoming college freshmen and upperclassmen.

Application Due Date: Dec. 1, in UI Extension 4-H Youth Development office. Find application instructions at uidaho.edu/4h.

**Roy and Mamie Jones Memorial Scholarship**

Eligibility Qualifications: Incoming college freshmen from Northern District counties.

Application Due Date: Dec. 1, in UI Extension 4-H Youth Development office. Find application instructions at uidaho.edu/4h.

**Cooper “Whitey” and Leona Fletcher Memorial Scholarship**

Eligibility Qualifications: Incoming college freshmen from Eastern District counties who have been involved with a horse project.

Application Due Date: Dec. 1, in UI Extension 4-H Youth Development office. Find application instructions at uidaho.edu/4h.

**Johannesen Memorial Leadership Scholarship**

Eligibility Qualifications: Incoming freshmen who have been in 4-H at least 5 years. Overall leadership and 4-H achievement shall be the primary consideration.

Application Due Date: Dec. 1, in UI Extension 4-H Youth Development office. Find application instructions at uidaho.edu/4h.

**Ruth Shane Memorial Scholarship**

Eligibility Qualifications: Idaho graduating high school senior who has been in 4-H at least 4 years, is currently enrolled and plans to attend the University of Idaho. Primary consideration to members based upon family and consumer science projects.

Application Due Date: Dec. 1, in UI Extension 4-H Youth Development office. Find application instructions at uidaho.edu/4h.

**Lillian Jeanette Craig Memorial Scholarship**

Eligibility Qualifications: Idaho 4-H member who is a childhood cancer survivor or sibling of someone who had childhood cancer.

Application Due Date: Dec. 1, in UI Extension 4-H Youth Development office. Find application instructions at uidaho.edu/4h.

**O.M. Plummer Scholarship**

Eligibility Qualifications: High school seniors who have participated in market animal projects and related activities beyond the county level.

Application Due Date: Dec. 1, in UI Extension 4-H Youth Development office. Find application instructions at uidaho.edu/4h.

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**Show Your 4-H Pride!**

The University of Idaho Extension 4-H Youth Development program is dedicated to supporting volunteers and helping our youth to gain essential citizenship, leadership and communication skills that will benefit them for a lifetime. We trust that you are finding your 4-H experience to be a highly rewarding and fun opportunity. To help broaden the visibility of 4-H and help benefit your county 4-H programs, we want to share a fun and unique way for you to get involved in sharing your 4-H pride.

Idaho recently gained legislative approval for a specialty 4-H license plate. As with any of the other specialty plates, there is an initial fee of $35 above regular registration to secure the 4-H plate (of which $22 goes to support Idaho 4-H programs); renewals are $25 above standard registration, with $12 going to Idaho 4-H. Wouldn’t it be great if everywhere we turned, we saw Idaho 4-H license plates?

For that to occur, we need each member of our 4-H Family statewide to consider purchasing and encouraging friends, co-workers and business contacts to buy their own Idaho 4-H license plate. In addition to promoting 4-H, 50% of the proceeds from each initial plate purchase or renewal will go back to the county 4-H program.

While the UI Extension 4-H program underwrote the entire cost to make this program possible, we want to share back 50% of the benefits to help your county 4-H program thrive. It is up to each county to determine how they wish to spend the income generated. However, that only becomes a possibility if each of us takes that important step in actively purchasing and promoting Idaho 4-H specialty plate sales within our communities. Can we count on your support “To Make the Best Better” in Idaho 4-H?
## Special Opportunities

<table>
<thead>
<tr>
<th>Opportunity</th>
<th>Highlights</th>
<th>Dates of Events</th>
<th>Age/Grade Requirements</th>
<th>Application Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Idaho 4-H Know Your Government Conference</td>
<td>Held in Boise while the legislature is in session. Delegates can participate in a legislative or judicial track. KYG conference combines hands-on learning in the form of mock committee meetings and mock trials with the opportunity to meet real legislators and observe them in action.</td>
<td>President’s Day weekend</td>
<td>Grades 8 or 9</td>
<td>Applications available at county offices in November; due December or early January</td>
</tr>
<tr>
<td>State 4-H Teen Conference</td>
<td>Held at the University of Idaho Moscow campus. Delegates participate in numerous educational workshops. Delegates may run for state and district offices at this conference.</td>
<td>June</td>
<td>8th through the 12th grade</td>
<td>Applications online or at county offices; due April and May</td>
</tr>
<tr>
<td>National 4-H Conference</td>
<td>Held in Washington, D.C., at the National 4-H Center. Delegates work in consulting groups to make recommendations for the direction of programming for 4-H and youth programs. Delegates meet with Idaho’s members of Congress and tour the capital.</td>
<td>March or April</td>
<td>15 to 19 years</td>
<td>Applications due December 1</td>
</tr>
<tr>
<td>National 4-H Congress</td>
<td>Held in Atlanta, Georgia. Recognizes outstanding achievement in 4-H projects, activities, citizenship and leadership.</td>
<td>Week after Thanksgiving</td>
<td>14 to 19 years</td>
<td>Applications due July 1</td>
</tr>
<tr>
<td>National 4-H Dairy Conference</td>
<td>Held in Madison, Wisconsin, for members who have shown outstanding achievement in 4-H dairy or dairy foods projects.</td>
<td>Late September– Early October</td>
<td>15 to 19 years</td>
<td>Applications due May 1</td>
</tr>
<tr>
<td>Citizenship Washington Focus</td>
<td>Held in Washington, D.C., at the National 4-H Center. Participants learn about government at the national level, visit historical sites and tour the nation’s capital.</td>
<td>One week during June or July</td>
<td>14 to 19 years</td>
<td>Contact UI Extension county office</td>
</tr>
<tr>
<td>4-H Ambassador Program</td>
<td>An ambassador's mission is to encourage support and involvement in 4-H from youth, parents, other 4-Hers, volunteers and the general public.</td>
<td>Training: Annually in November</td>
<td>9th to 12th grades</td>
<td>Application due to UI Extension county office mid October</td>
</tr>
<tr>
<td>Collegiate 4-H Club</td>
<td>Participate in community service, life skills and leadership development activities and assist local 4-H clubs.</td>
<td>Year-round</td>
<td>College age</td>
<td>Contact UI Extension 4-H office</td>
</tr>
<tr>
<td>Outreach to Military Kids</td>
<td>Activities for military youth and families to build resilience: Hero Packs; leadership and team-building workshops; STEM (science, technology, engineering and mathematics) days including robotics, GPS training and echo workshops; public speaking training (Speak Out for Military Kids); babysitting classes; camp, sports and fitness days that include fishing, archery and shooting sports.</td>
<td>Visit <a href="http://www.uidaho.edu/4h">www.uidaho.edu/4h</a></td>
<td>7 to 17 years</td>
<td>Deadlines specific to each activity. Check website for details.</td>
</tr>
<tr>
<td>International Programs</td>
<td>Host a student from another country for a month in the summer. Travel abroad to Japan, Australia, Norway, Argentina or Finland.</td>
<td>June–August</td>
<td>12 to 19 years</td>
<td>December 1 for travel abroad; April 15 to host a student</td>
</tr>
<tr>
<td>IYFE Adult</td>
<td>Young adults travel abroad for work experience.</td>
<td>5 weeks (summer) – 6 months</td>
<td>18 to 30 years</td>
<td>February 28</td>
</tr>
</tbody>
</table>

**Note:** Applications and forms can be found on the UI Extension 4-H Youth Development website.
State Staff

Jim Lindstrom
4-H Youth Development Director
jlindstrom@uidaho.edu
Statewide leadership for 4-H
Program development and funding
Liaison to Idaho Friends of 4-H

Jim Wilson
Regional Extension Educator
jwilson@uidaho.edu
Northern District | Shooting sports
4-H horse projects

Tim Ewers
Extension 4-H Youth Development Specialist
tewers@uidaho.edu
4-H science | Idaho 4-H robotics
STEM programming and evaluations

Nancy Melville
Extension Associate
nmelville@uidaho.edu
Volunteer management | Idaho State 4-H Leaders’ Association liaison
Adult leadership development

Scott Nash
Regional Extension Educator
snash@uidaho.edu
Eastern District | Animal science | 4-H science

Linda Gerber
Extension Associate
lgerber@uidaho.edu
Outreach to Military Kids | 4-H military liaison

Maureen Toomey
Extension Associate
mtoomey@uidaho.edu
CYFAR project | Idaho 4-H Afterschool
Healthy living | Expressive arts

Erika Thiel
Extension Associate
ethiel@uidaho.edu
4-H Online
Curriculum management

Judith McShane
Extension Associate
jmcshane@uidaho.edu
CYFAR project | Afterschool programs and network | International programs

Donna Gillespie
Regional Extension Educator
donna@uidaho.edu
Southern District I
Citizen and leadership

Shana Codr
Program Specialist
scodr@uidaho.edu
Teen Conference | Programs and events
Scholarships and awards | Contracts

Nancy Shelstad
Regional Extension Educator
shelstad@uidaho.edu
Southern District II
Positive Youth Development
Professional Development | Contracts

Robin Baumgartner
Program Specialist
rbaumgartner@uidaho.edu
Idaho 4-H robotics training | FIRST LEGO League | FIRST Tech Challenge | 4-H science

Samantha States
Administrative Coordinator
sstates@uidaho.edu
To join 4-H, contact your local UI Extension county office. They will provide the enrollment form and project materials and answer any questions you have about deadlines, costs or other matters.

<table>
<thead>
<tr>
<th>County</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ada</td>
<td>208-287-5900</td>
<td><a href="mailto:ada@uidaho.edu">ada@uidaho.edu</a></td>
</tr>
<tr>
<td>Adams</td>
<td>208-253-4279</td>
<td><a href="mailto:adams@uidaho.edu">adams@uidaho.edu</a></td>
</tr>
<tr>
<td>Bannock</td>
<td>208-236-7310</td>
<td><a href="mailto:bannock@uidaho.edu">bannock@uidaho.edu</a></td>
</tr>
<tr>
<td>Bear Lake</td>
<td>208-847-0345</td>
<td><a href="mailto:bearlake@uidaho.edu">bearlake@uidaho.edu</a></td>
</tr>
<tr>
<td>Benewah</td>
<td>208-245-2422</td>
<td><a href="mailto:benewah@uidaho.edu">benewah@uidaho.edu</a></td>
</tr>
<tr>
<td>Bingham</td>
<td>208-785-8060</td>
<td><a href="mailto:bingham@uidaho.edu">bingham@uidaho.edu</a></td>
</tr>
<tr>
<td>Blaine</td>
<td>208-788-5585</td>
<td><a href="mailto:blaine@uidaho.edu">blaine@uidaho.edu</a></td>
</tr>
<tr>
<td>Bonner</td>
<td>208-263-8511</td>
<td><a href="mailto:bonner@uidaho.edu">bonner@uidaho.edu</a></td>
</tr>
<tr>
<td>Bonneville</td>
<td>208-529-1390</td>
<td><a href="mailto:bonneville@uidaho.edu">bonneville@uidaho.edu</a></td>
</tr>
<tr>
<td>Boundary</td>
<td>208-267-3235</td>
<td><a href="mailto:boundary@uidaho.edu">boundary@uidaho.edu</a></td>
</tr>
<tr>
<td>Butte</td>
<td>208-527-8587</td>
<td><a href="mailto:butte@uidaho.edu">butte@uidaho.edu</a></td>
</tr>
<tr>
<td>Camas</td>
<td>208-764-2230</td>
<td><a href="mailto:camas@uidaho.edu">camas@uidaho.edu</a></td>
</tr>
<tr>
<td>Canyon</td>
<td>208-459-6003</td>
<td><a href="mailto:canyon@uidaho.edu">canyon@uidaho.edu</a></td>
</tr>
<tr>
<td>Caribou</td>
<td>208-547-3205</td>
<td><a href="mailto:caribou@uidaho.edu">caribou@uidaho.edu</a></td>
</tr>
<tr>
<td>Cassia</td>
<td>208-878-9461</td>
<td><a href="mailto:cassia@uidaho.edu">cassia@uidaho.edu</a></td>
</tr>
<tr>
<td>Clark</td>
<td>208-374-5405</td>
<td><a href="mailto:clark@uidaho.edu">clark@uidaho.edu</a></td>
</tr>
<tr>
<td>Clearwater</td>
<td>208-476-4434</td>
<td><a href="mailto:clearwater@uidaho.edu">clearwater@uidaho.edu</a></td>
</tr>
<tr>
<td>Coeur d'Alene Reservation</td>
<td>208-686-1716</td>
<td><a href="mailto:ybone@uidaho.edu">ybone@uidaho.edu</a></td>
</tr>
<tr>
<td>Custer</td>
<td>208-879-2344</td>
<td><a href="mailto:custer@uidaho.edu">custer@uidaho.edu</a></td>
</tr>
<tr>
<td>Elmore</td>
<td>208-587-2136</td>
<td><a href="mailto:elmore@uidaho.edu">elmore@uidaho.edu</a></td>
</tr>
<tr>
<td>Fort Hall Reservation</td>
<td>208-236-1044</td>
<td><a href="mailto:forthall@uidaho.edu">forthall@uidaho.edu</a></td>
</tr>
<tr>
<td>Franklin</td>
<td>208-852-1097</td>
<td><a href="mailto:franklin@uidaho.edu">franklin@uidaho.edu</a></td>
</tr>
<tr>
<td>Fremont</td>
<td>208-624-3102</td>
<td><a href="mailto:fremont@uidaho.edu">fremont@uidaho.edu</a></td>
</tr>
<tr>
<td>Gem/Boise</td>
<td>208-365-6363</td>
<td><a href="mailto:gem@uidaho.edu">gem@uidaho.edu</a></td>
</tr>
<tr>
<td>Gooding</td>
<td>208-934-4417</td>
<td><a href="mailto:gooding@uidaho.edu">gooding@uidaho.edu</a></td>
</tr>
<tr>
<td>Idaho</td>
<td>208-983-2667</td>
<td><a href="mailto:idaho@idahocounty.org">idaho@idahocounty.org</a></td>
</tr>
<tr>
<td>Jefferson</td>
<td>208-745-6685</td>
<td><a href="mailto:jefferson@uidaho.edu">jefferson@uidaho.edu</a></td>
</tr>
<tr>
<td>Jerome</td>
<td>208-324-7578</td>
<td><a href="mailto:jerome@uidaho.edu">jerome@uidaho.edu</a></td>
</tr>
<tr>
<td>Kootenai</td>
<td>208-446-1680</td>
<td><a href="mailto:kootenai@uidaho.edu">kootenai@uidaho.edu</a></td>
</tr>
<tr>
<td>Latah</td>
<td>208-883-2267</td>
<td><a href="mailto:latah@uidaho.edu">latah@uidaho.edu</a></td>
</tr>
<tr>
<td>Lemhi</td>
<td>208-756-2815</td>
<td><a href="mailto:lemshi@uidaho.edu">lemshi@uidaho.edu</a></td>
</tr>
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<td>Lewis</td>
<td>208-937-2311</td>
<td><a href="mailto:lewis@uidaho.edu">lewis@uidaho.edu</a></td>
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<tr>
<td>Lincoln</td>
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<td>Madison</td>
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<td>Minidoka</td>
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<td>Nez Perce</td>
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<td>Nez Perce Reservation</td>
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<td>Oneida</td>
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<td>208-354-2961</td>
<td><a href="mailto:teton@uidaho.edu">teton@uidaho.edu</a></td>
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<td>Twin Falls</td>
<td>208-734-9590</td>
<td><a href="mailto:twinfalls@uidaho.edu">twinfalls@uidaho.edu</a></td>
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<td>Valley</td>
<td>208-382-7190</td>
<td><a href="mailto:valley@uidaho.edu">valley@uidaho.edu</a></td>
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<tr>
<td>Washington</td>
<td>208-414-0415</td>
<td><a href="mailto:washington@uidaho.edu">washington@uidaho.edu</a></td>
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</tbody>
</table>

**County staff:**

Your direct link to 4-H

The University of Idaho Extension office in your county has one or more staff members who coordinate 4-H programs. They’ll answer your questions, help members or volunteers get started in 4-H and introduce you to the world of 4-H opportunities.

They help newcomers find a club that fits their interests, point you to day camps and special events and help 4-Hers take part in district, state, national and even international opportunities. They also coordinate 4-H activities at the county fair.
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.