



4-H TODAY

YOUR GUIDE TO IDAHO 4-H



**EDITORS—Erika Jeffries, IT and Curriculum Specialist; Holli Uhlorn,
4-H Administrative and AmeriCorps Program Assistant**

IDAHO 4-H TODAY is published by University of Idaho
Extension 4-H Youth Development and National 4-H Council.

FOR MORE COPIES of Idaho 4-H Today, contact
University of Idaho Extension 4-H Youth Development:

Phone: 208-885-6321

Email: fourh@uidaho.edu



Issued in furtherance of cooperative extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Barbara Petty, Director of University of Idaho Extension, University of Idaho, Moscow, Idaho 83844. The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity/expression, age, disability or status as a Vietnam-era veteran.

Contents

Welcome to 4-H.....	1
Who Administers the Local 4-H Program?.....	3
Clubs—Gateway to Engagement	3
4-H Projects Spark Adventure.....	4
Cloverbuds.....	5
Juntos 4-H.....	6
Building Futures Through 4-H.....	6
Discover the World through States' 4-H International Programs.....	7
A 4-H Experience Leads to Success in Life	8
State Contests	9
College Scholarships.....	11
State and National Opportunities.....	13
Contact Us	15

Welcome to 4-H

4-H empowers young people to be true leaders. However, kids today are missing experiences that grow the life skills they need—confidence, responsibility, independence and compassion. 4-H is the nation's largest positive youth development and youth mentoring organization. 4-H has a long history of helping youth learn by doing, by focusing on life skill development with trained 4-H volunteers who facilitate learning in non-formal settings. 4-H is a fun and fulfilling learning experience.

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 STEM programs.



Isn't 4-H for kids who live on farms? No! 4-H is for all youth, wherever they live—farms, suburbs and cities. 4-H serves youth from all backgrounds and interests. 4-H programs are research-based and delivered through a variety of delivery modes such as 4-H clubs, camps, after school and school enrichment programs in every county in Idaho. 4-H is open to all youth aged 5–18 and available in urban, suburban and rural communities. There are several ways to participate including:

- **Community 4-H Clubs** are organized groups of youth that elect officers and are led by a trained volunteer. They offer planned programs that run throughout the year and focus on a variety of self-chosen project areas and activities.
- **Project 4-H Clubs** 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.
- **Overnight Camps** include educational experiences in groups that include an overnight stay.
- **Day Camps** are theme-based programs that may consist of multi-day programs. Youth return home each evening.
- **Short-term Programs** include a variety of youth development activities and events.

To learn more, check out our website at www.uidaho.edu/4h or call your local UI Extension county office (contact information at www.uidaho.edu/extension/directory).



Who Administers the Local 4-H Program?

The University of Idaho Extension educator and staff in your county are responsible for overseeing the 4-H program, which includes making decisions related to local policies and procedures. The UI Extension office in your county is a great resource, and you will want to be in contact with the office staff when you have questions.

UI Extension is part of the Cooperative Extension System, an undertaking by the United States Department of Agriculture, state land-grant universities and local county governments. The Cooperative Extension System carries up-to-date information from land-grant university classrooms and laboratories to the people in every state and devotes careful study and research to the problems they face. UI Extension specialists support the work of county Extension personnel.

Clubs—Gateway to Engagement

4-H Clubs are the most common way youth engage in programs in Idaho. Clubs consist of a group of boys and girls, 4-H officers and one or more certified volunteer supervisors. Clubs are frequently organized within a neighborhood, a school, a business, or other location. The club size should be suitable to the age of the members, meeting place and leadership available. Clubs are encouraged to



conduct at least one community outreach (service-learning) project annually to benefit underprivileged individuals or other groups within their community. The 4-H year begins October 1 and runs through September 30 of the following year.

4-H club meetings enable members to learn and practice decision making and leadership skills in a group setting by using knowledge and skills acquired through 4-H. Each member is expected to attend all club meetings. Parents are strongly encouraged to attend meetings with their children. Your involvement demonstrates support for 4-H members, keeps members informed on club activities and enables you to assist volunteers as requested. Remember, 4-H is a family affair!

4-H Projects Spark Adventure

Projects spark a passion for learning. Projects are a series of hands-on experiences where members are actively involved in learning both subject matter and personal development skills, such as decision making, communication, problem solving, teamwork, etc. And of course, they are designed to be FUN.

Projects are divided into eight major curriculum categories:

- Civic Engagement
- 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

Youth can follow their interests, gain new skills and show off their achievements. Idaho 4-H offers over 170 projects for youth.

**Explore Idaho 4-H project offerings at
www.uidaho.edu/extension/4h/projects**



Tips to Help you Choose a 4-H Project

Here are some important things to consider:

- What interests you?
- Does the club have a volunteer(s) to help with the project?
- How much time do you have in your schedule?
- How much time does the project require? Some projects take a full year to complete, others may take just a few days or weeks. You may want to complete only one or two projects in your first year of 4-H.
- How much will the project cost? Some large livestock projects may be costly; a small animal or non-animal project is less expensive.
- Is there adequate space and equipment available at home?

Cloverbuds

The **4-H Cloverbuds program** is specifically designed for youth aged 5 to 7 to match their learning characteristics and developmental needs. 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 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. For more information about working with this age group, please contact your local UI Extension office.

Juntos 4-H

Juntos 4-H is a program that helps Latino youth (grades 8–12) and their families gain the knowledge and skills they need to bridge the gap between high school and higher education.

Juntos 4-H, which translates to “together,” provides students and families with:

- Family engagement: high school and middle school workshops, family nights and events.
- Juntos 4-H Clubs: focused on academics, tutoring, life-skill activities and community service.
- Juntos One-On-One Success Coaching/Mentoring: adults help youth achieve their goals.
- Summer Programs: Summer Academy, local 4-H summer programs and other local events.

Programs are available to English and Spanish-speaking students and their families in numerous communities across the US.

Building Futures Through 4-H

Build Your Future: Choices...Connections...Careers helps youth develop skills and knowledge in career exploration while experiencing a variety of learning methods. Youth in grades 9–12 develop skills and knowledge in career exploration. Participants experience a variety of learning methods such as developing a business plan, creating a portfolio, analyzing case studies and discussing questions that reflect on their experiences.

Discover the World through States' 4-H International Programs

Since 1972, Idaho's 4-H families have enjoyed learning about cultural differences while hosting delegates from Japan. 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 six continents, have been impacted by States' 4-H Exchange. 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.

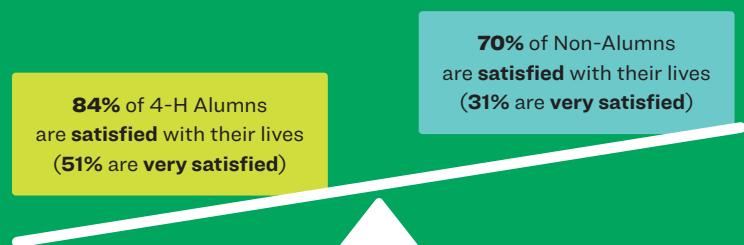
Which program is a good fit for your family?

- **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.
- **Summer Outbound Program:** this program is open to Idaho teens, aged 14 to 18, interested in learning about other cultures. Participants may travel to Japan, South Korea or Norway for four 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.
- **Academic Year Program:** American families may host a high school student for one academic year (August through 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, South 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 Natasha Tienhaara at 208-454-7614 or ntienhaara@uidaho.edu.

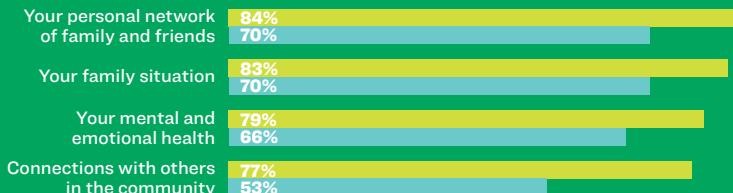
A 4-H Experience Leads to Success in Life

Nationwide research conducted by Edge Research and National 4-H Council reports 4-H alumni benefit significantly from their 4-H experience over the course of their lives—socially, physically, emotionally and economically.

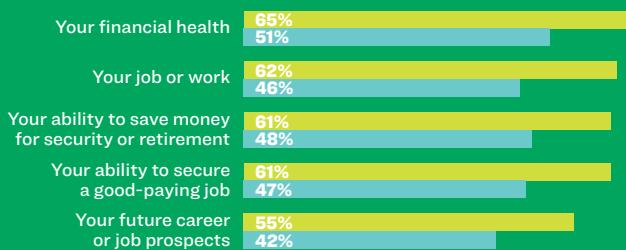


Satisfaction increases with 4-H involvement: 10+ years—61% very satisfied; 5–10 years—54% very satisfied; 1–4 years—37% very satisfied.

4-H'ers are More Satisfied Socially and Emotionally



4-H'ers are More Fulfilled by their Jobs and Financially Secure



Percent Satisfied ■ 4-H Alumns ■ Non-Alums

You can download the full 2019 Alumni Study at <https://4-h.org/about/research/#alumni>.

State Contests

Contest	Ages	Highlights
Make it With Wool Contest sponsored by Idaho Wool Growers	4-H members 12–18 years (as of Jan. 1)	The purpose of the Make it with Wool Contest is to focus attention on the beauty and versatility of wool in fabric, yarn knitting and crochet.
State Horse Contests	4-H Members ages 8–18	Includes individual demonstrations, public speaking, horse bowl, hippology and judging. Individuals and teams are selected at the district level.
Livestock Skill-A-Thon	4-H members ages 8–18	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.
Livestock Judging	4-H members ages 8–18	Two to three classes of beef, goats, sheep and swine and oral reasons.
Rangeland Skill-A-Thon	4-H members ages 14–18	Provides opportunities through competition, educational speakers and activities for youth and adults to gain skills and knowledge that focuses on rangeland principles.
LifeSmarts	4-H members grades 6–12	Develops consumer and marketplace skills of teenagers. LifeSmarts competitions are fun in a game show format. Teams compete online and in state matches.
Shooting Sports	4-H members ages 12–18	Participants must be approved on the official entry form by their respective UI Extension county 4-H personnel. Participants will compete as individuals only—currently no teams.
Idaho FIRST® LEGO® League	All youth ages 9–14	Build LEGO-based robots to complete tasks on a thematic playing surface in this introduction to real-world engineering challenges.
Idaho FIRST® Tech Challenge (FTC)	All youth ages 12–18 (grades 7–12)	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.

Note: Check with your local UI Extension county 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.

Awards	Application Due Date or Contest Date
Scholarship awards \$1,000-\$2,000 and special awards are available*	October 1. Visit https://idahowoolgrowers.org for more information
Top teams and/or individuals may attend regional or national contests.	State contest: July , different locations rotating by district.
Top senior team may attend a national contest. Top junior and senior individuals and teams receive awards.	State contest: January . Check with county for county and district contests.
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.	State contest: September at Eastern Idaho State Fair. Check with county for county and district contests.
Top individuals qualify to attend the Western National Roundup in Denver.	June at Alpine 4-H Camp, Alpine, WY
State winners move forward to the national competition.	September
Top four senior scores qualify to represent Idaho at the National 4-H Shooting Sports Invitational.	June
Teams in qualifying tournaments may advance to state championships and from there to FIRST World Festival	May ; kickoff August ; team registration closes September . Competitions Dec.–Jan.
State Championship in February. One to two teams may advance to FIRST World Championship in April each year.	Team registration opens May ; tournament application opens December . Event in February

*Continuation of award based on availability of donor support.

College Scholarships

Scholarship	Eligibility Qualifications
Idaho Friends of 4-H Scholarship	The Idaho Friends of 4-H offers \$1,000 college scholarships to Idaho 4-H members attending post-secondary schools in Idaho. Scholarships will be offered for first year students at Idaho universities, colleges, technology or trade schools. Applicants must be between the ages of 16 and 20 and have been a 4-H member for four years, with at least two of those years during high school.
Roy and Mamie Jones Memorial Scholarship	A \$1,000 college scholarship is available to graduating 4-H members from the Northern District, formerly District I (Benewah, Bonner, Boundary, Clearwater, Idaho, Kootenai/ Shoshone, Latah, Lewis and Nez Perce counties), who have been in 4-H at least five years. Leadership and 4-H achievement in projects other than livestock shall be the primary consideration. Community involvement and academic achievement are secondary considerations. The award is not based on financial need.
Cooper "Whitey" and Leona Fletcher Memorial Scholarship	A \$1,000 college scholarship is available to graduating 4-H members who meet the following requirements: from the Eastern 4-H District, in 4-H at least five years, leadership and 4-H achievement in horse projects, with secondary considerations of community involvement, academic achievement and financial need. High school GPA of 3.0 or higher. Attending an Idaho sponsored college or university.
Johannessen Memorial Leadership Scholarship	A \$1,000 college scholarship is available to graduating Idaho 4-H members who have been in 4-H at least four years and are currently enrolled in 4-H. Overall leadership and 4-H achievement shall be the primary considerations. Community involvement, academic achievement and financial need are secondary considerations. Applicants must have a high school GPA of 2.8 or higher. Preference will be given to students attending the University of Idaho.
Ruth Johannessen Shane Scholarship	Applicant(s) must have participated in 4-H with preference given to those participating a minimum of four years. Award(s) are given to undergraduate students with a junior or senior standing enrolled full time in the College of Agricultural and Life Sciences at the University of Idaho, preference given to those majoring in family and consumer sciences. First preference given to those who are from Emmett, Idaho and second consideration given to those who are from the surrounding areas. Applicant(s) must indicate leadership achievements as well as maintain a 3.0 GPA or better in their second year to be eligible.

Applications: All scholarship applications must be applied for through the 4-H Scholarship Application by the **December 15** deadline.

Scholarship	Eligibility Qualifications
Lillian Jeanette Craig Memorial Scholarship	A \$1,000 college scholarship is available to a graduating high school senior, or someone currently enrolled in an institution of higher education, who has been involved in 4-H in Idaho and is a childhood cancer survivor or the sibling of someone who has or has had childhood cancer. If a sibling, the applicant must have lived in the same household and been between the ages of 4 and 18 when their sibling was diagnosed and treated. The scholarship may be used at any college, university or vocational institution. Preference will be given to applicants attending academic institutions in Idaho.
O.M. Plummer Scholarship	The Oregon Community Foundation offers an annual scholarship to an Idaho 4-H member who has participated in livestock showing or judging beyond the county level. Applicants must be a senior in high school, a member of a 4-H livestock club and have taken livestock projects for at least three years. The amount of the scholarship has varied from \$300–\$570 in recent years.
Ruth Shane Memorial Scholarship	A \$1,000 scholarship is available to any Idaho graduating high school senior, who has been in 4-H at least four years and is currently enrolled in 4-H. Applicant must attend the University of Idaho and have a minimum cumulative GPA of 2.5. Primary consideration will be given to applicants based on their family and consumer sciences project achievement and leadership experience in 4-H and their community.
Avista North Idaho 4-H Scholarship	The Avista Foundation established an annual scholarship for 4-H members who are attending the University of Idaho. There are nine \$500 scholarships each year. The scholarship shall be available to students enrolled full-time at the University of Idaho with preference to first-year students. Recipients must be former members of a 4-H club from one of the north Idaho counties (Kootenai, Benewah, Bonner, Boundary, Clearwater, Idaho, Latah, Lewis and Nez Perce). Demonstrating leadership and civic engagement is a key consideration.
Murdoch Ranch and Home Supply 4-H Scholarship	The Murdoch's Ranch & Home Supply Scholarship offers \$1,000 college scholarships to Idaho 4-H members attending post-secondary schools. This is not limited to Idaho only. Scholarships will be offered for first year students at any university, college, technology or trade school. Applicants must be between the ages of 16-20 and have been a 4-H member for four years, with at least two of those years during high school.

Please visit www.uidaho.edu/extension/4h/programs/scholarships for application instructions and the application portal.

State and National Opportunities

Contest	Highlights
Idaho 4-H Know Your Government Conference (KYG)	Held in Boise while the legislature is in session. Delegates can participate in a legislative or judicial track. KYG conference combines hands-on learning for the project during the mock committee meetings and mock trials with the opportunity to meet real legislators and observe them in action.
Idaho 4-H State Teen Association Convention (STAC)	Held on the University of Idaho Moscow campus. Delegates participate in numerous educational workshops. Delegates may run for state and district offices at this conference.
National 4-H Conference	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.
National 4-H Congress	Held in Atlanta, Georgia. Recognizes outstanding achievement in 4-H projects, activities, citizenship and leadership.
National 4-H Dairy Conference	Held in Madison, Wisconsin, for members who have shown outstanding achievement in 4-H dairy or dairy foods projects.
Citizenship Washington Focus	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.
4-H Ambassador Program	An ambassador's mission is to encourage support and involvement in 4-H from youth, parents, other 4-Hers, volunteers and the general public.
Collegiate 4-H Club	Participate in community service, life skills and leadership development activities and assist local 4-H clubs.
Outreach to Military Kids	Activities for military youth and families to build resilience: Hero Packs; leadership and team-building workshops; and programming in a wide variety of topics.
International Programs	Host a student from another country for the summer or the school year. Travel abroad programs offer several opportunities to experience countries in Asia and Europe.
National Youth Summit on Healthy Living	This event is held each February at the National 4-H Center. Teen health advocates learn through workshops, presentation and off-site tours about health, well-being and physical fitness from peers and health experts. Idaho's delegates are selected from current teen health advocates.

Applications and additional information can be found on the UI Extension 4-H Youth Development website: www.uidaho.edu/extension/4h/events.

Dates	Age/Grade Requirements	Application Deadline
President's Day weekend	Grades 8–9	Applications available at county offices in November ; due December or early January
June	Grades 8–12	Register online April 1
March or April	15–19 years	This event is exclusively for elected Idaho 4-H State Teen Association Officers.
Week after Thanksgiving	14–19 years	Applications due July 1
Late September– Early October	15–19 years	Applications due May 1
One week during June or July	14–19 years	Contact UI Extension county office.
Training: Annually in November	Grades 9–12	Application due to UI Extension county office mid-October .
Year-round	College age	Contact UI Extension 4-H office.
Visit www.uidaho.edu/4h	7–17 years	Deadlines specific to each activity. Check website for details.
June–August	12–19 years	December 1 for travel abroad; April 15 to host a student.
Mid-February	Teen health advocates, 14–18 years	Teen health applications accepted in the fall each year.

Contact Us

County	Phone	Email
Ada.....	208-287-5900	ada@uidaho.edu
Adams.....	208-253-4279	adams@uidaho.edu
Bannock	208-236-7310	bannock@uidaho.edu
Bear Lake.....	208-847-0345	bearlake@uidaho.edu
Benewah	208-245-2422	benewah@uidaho.edu
Bingham	208-785-8060	bingham@uidaho.edu
Blaine	208-788-5585	blaine@uidaho.edu
Bonner	208-263-8511	bonner@uidaho.edu
Bonneville	208-529-1390	bonneville@uidaho.edu
Boundary.....	208-267-3235	boundary@uidaho.edu
Butte.....	208-527-8587	butte@uidaho.edu
Camas.....	208-764-2230	camas@uidaho.edu
Canyon.....	208-459-6003	canyon@uidaho.edu
Caribou	208-547-3205	caribou@uidaho.edu
Cassia.....	208-878-9461	cassia@uidaho.edu
Clark	208-374-5405	clark@uidaho.edu
Clearwater.....	208-476-4434	clearwater@uidaho.edu
Coeur d'Alene Reservation	208-686-1716	snomée@uidaho.edu
Custer	208-879-2344	custer@uidaho.edu
Elmore.....	208-587-2136	elmore@uidaho.edu
Fort Hall Reservation	208-236-1044	forthall@uidaho.edu
Franklin.....	208-852-1097	franklin@uidaho.edu
Fremont.....	208-624-3102	fremont@uidaho.edu
Gem/Boise.....	208-365-6363	gem@uidaho.edu
Gooding	208-934-4417	gooding@uidaho.edu
Idaho.....	208-983-2667	idaho@idahocounty.org
Jefferson.....	208-745-6685	jefferson@uidaho.edu
Jerome.....	208-324-7578	jerome@uidaho.edu
Kootenai	208-446-1680	kootenai@uidaho.edu
Latah	208-883-2267	latah@uidaho.edu
Lemhi	208-756-2815	lembhi@uidaho.edu
Lewis	208-937-2311	lewis@uidaho.edu
Lincoln	208-886-2406	lincoln@uidaho.edu
Madison.....	208-356-3191	madison@uidaho.edu
Minidoka	208-436-7184	minidoka@uidaho.edu

County	Phone	Email
Nez Perce.....	208-799-3096	nezperce@uidaho.edu
Nez Perce Reservation	208-621-3514	dncott@uidaho.edu
Oneida.....	208-766-2243	oneida@uidaho.edu
Owyhee.....	208-896-4104	owyhee@uidaho.edu
Payette.....	208-642-6022	payette@uidaho.edu
Power	208-226-7621	power@uidaho.edu
Teton	208-354-2961	teton@uidaho.edu
Twin Falls	208-734-9590	twinfalls@uidaho.edu
Valley.....	208-382-7190	valley@uidaho.edu
Washington	208-414-0415	washington@uidaho.edu





University of Idaho
Extension



University of Idaho Extension
4-H Youth Development

208-885-6321 • fourh@uidaho.edu