



# FAMILY HANDBOOK

**Cornell Cooperative Extension** | Cayuga County



Please take a few minutes to review the information found in this Family Guide. The guide will help you to better understand the unique educational and social opportunities that 4-H can provide for your whole family.

Click on the highlighted titles to navigate to more information about that section.

*Sitting as a family and reading this guide together can help you and your children. This is the first step to achieving the full benefits of the 4-H Youth Development Program in Cayuga County.*

## YOUR 4-H STAFF

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# 4-H Annual Calendar of Events

Our Program year runs October 1st -September 30th.

## OCTOBER

### County:

- 4-H Enrollment Begins
- CCE Annual Meeting
- Cayuga County 4-H Open House
- New Volunteer Training

### State:

- Agri-Business Career Conference at SUNY Morrisville

### National:

- National 4-H Week
- Fall Paper Clover Campaign at TSC

## NOVEMBER - JUNE

### County:

- Livestock Auction Program

## WINTER/SPRING

### County:

- 4-H Animal Clinics

## JANUARY

### County:

- Produced in NY
- 4-H Public Presentations Training

## FEBRUARY

### County:

- 4-H County Public Presentation & Horse Communications

## MARCH

### Regional:

- Regional 4-H Horse Extravaganza
- Regional 4-H Dairy Bowl

### State:

- 4-H Dairy Discovery
- Ag Literacy Week

### National:

- Ignite Summit

## APRIL

### Regional:

- Regional Public Presentations

### State:

- NYS 4-H Horse Bowl
- 4-H Capital Days
- Cornell Vet School Open House

## MAY

### County:

- Youth Tractor Safety Course
- Dog Obedience Course
- 4-H Youth Fair Meeting

### Regional:

- Regional 4-H Hippology Event

### State:

- Animal Crackers
- NYS 4-H Horse Communications
- 4-H STARR Retreat

## JUNE

### County:

- 4-H Fair Paperwork Due

### State:

- 4-H Cornell Career Explorations

## JULY/AUGUST

### County:

- 4-H Youth Fair & Market Livestock Auction

## AUGUST/SEPTEMBER

### State:

- New York State Fair
- NYS Horse Judging & Hippology

## SEPTEMBER

### County:

- Project Books Due



# A MESSAGE TO THE PARENTS

When your child enrolls in 4-H, your whole family becomes part of the 4-H educational experience.

- You are very important to the success your child will have in the 4-H program.
- You are encouraged to attend monthly meetings and project meetings with your child whenever possible.
- Parents are encouraged to attend all county-wide 4-H events with their youth.

Your key role is to support your children. You can support your child in the commitment they make, help them think through decisions and see that they reach their goals. There are several ways for you to help your child get the most out of a 4-H experience. This can be accomplished by:

- Attending 4-H meetings and other special 4-H events.
- Making sure your child's/children's enrollment forms and fees are completed and submitted to the 4-H Office on schedule.
- Guiding your child's project work and encouraging completion without doing the work for the 4-H member. It's not how the project looks but what the member has learned that is important.
- Making it possible for your child to participate in a variety of 4-H activities at the club, county, regional and state levels.
- Being an example of good sportsmanship so that your child will learn to appreciate the success of others. 4-H is not about getting a blue ribbon, but about mastering the skills needed to succeed.
- Making others in your community aware of 4-H.
- Telling your child, you are PROUD of their accomplishments.



# WELCOME TO THE WORLD OF 4-H

## What is 4-H?

4-H is the largest out-of-school youth education program in the United States. 4-H can be found in every U.S. County and U.S. territory. Total youth reached by 4-H each year in the United States exceeds 6.5 million. 4-H reaches beyond the U.S. borders to some 82 countries world-wide.

4-H is the youth development component of the Cornell University Cooperative Extension System. In 4-H young people between the ages of 5 and 19 participate in individual and group learning experiences that help them learn life skills. At the National level, 4-H is under the leadership of the United States Department of Agriculture. In New York, 4-H is part of Cornell University. The State 4-H Office is located on the campus in Ithaca. 4-H leaders are considered volunteer staff members of the University. At the local level, each county has an Extension office, which administers the 4-H program.

The 4-H youth development movement began more than 100 years ago. It evolved from rural youth programs created by land-grant college and university researchers and the United States Department of Agriculture to introduce new technology to what was then a country of primarily rural communities. As our nation's economic and demographic profiles become more diverse, 4-H adapts and expands to meet the needs of all youth.



## 4-H Mission:

4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

## What the Four Hs Mean:

Head, Heart, Hands, and Health are the four Hs in 4-H, and they are the four values members work on through fun and engaging programs.

- Head – Managing, Thinking
- Heart – Relating, Caring
- Hands – Giving, Working
- Health – Being, Living

### The 4-H Pledge

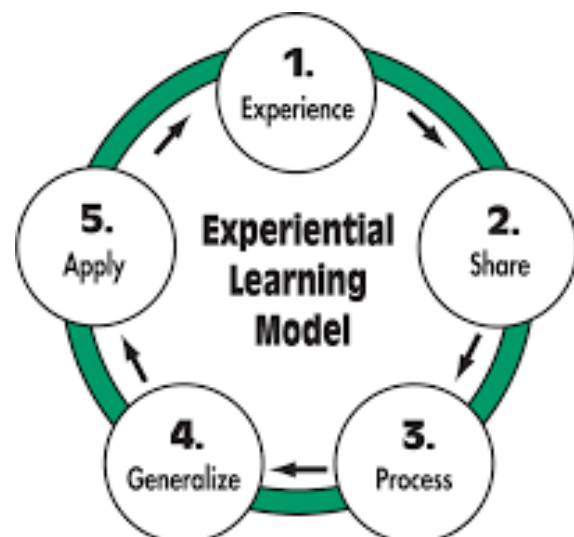
I pledge my **HEAD** to clearer thinking.  
I pledge my **HEART** to greater loyalty.  
I pledge my **HANDS** to larger service.  
I pledge my **HEALTH** to better living for my club, my community, my country, and my world.

## 4-H Mission Mandates:

- **Science, Technology, Engineering, & Math:** 4-H's approach to STEM is comprehensive and holistic—from agriculture to climate change to alternative energy—youth are learning about highly relevant complex systems and issues that will ensure their contributions to their communities today and their success as global leaders tomorrow.
- **Citizenship:** 4-H Citizenship programs empower young people to be well-informed citizens who are actively engaged in their communities and the world.
- **Healthy Living:** Healthy living has been at the core of 4-H and remains a foundation of our pledge. Although 4-H believes that healthy living habits of young people begin in the context of their families and communities, we strive to equip youth with healthy living knowledge and skills that will prepare them physically, emotionally and socially to meet the challenges of the 21st century.

## Experiential Learning:

The "experiential learning" concept occurs when youth participate in an activity, look back to reflect on the activity, draw conclusions or observations from the experience and relate that experience to future happenings in their lives. Through the experiential learning process, young people develop basic, transferable skills useful in real life experiences for the present and the future. This process is what makes 4-H different from other youth programs.



Pfeiffer, J.W., & Jones, J.E., "Reference Guide to Handbooks and Annuals"  
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## What Makes 4-H Different?

Although 4-H teaches a young person “hands-on” skills, the most important skills taught are LIFE SKILLS. Through 4-H projects and other learning activities, youth learn:

- by doing
- problem solving
- communication skills
- to nurture others
- to achieve
- to protect the environment
- goal setting/planning
- scientific inquiry
- teamwork
- about careers
- to use opportunities
- time and money management
- to value diversity
- cooperation
- evaluation skills
- respect for laws
- calculated risk taking
- group process
- decision making
- leadership
- creativity
- self-discipline
- responsibility
- community citizenship

Many youth organizations strive to promote positive youth development, but 4-H does it in a unique way. These essential elements of 4-H are described below.

1. A positive relationship with a caring adult. A caring adult acts as an advisor, guide, and mentor. The adult helps set boundaries and expectations for young people. The adult could be called supporter, friend, or advocate.
2. A safe environment - physically and emotionally. Youth should not fear physical or emotional harm while participating in a 4-H experience whether from the learning environment itself, adults, other participants, or spectators.
3. Opportunity for mastery. Mastery is the building of knowledge, skills and attitudes and then demonstrating the competent use of this knowledge and skills in the manner of a proficient practitioner. The level of mastery is dependent on the developmental ability of the individual child or youth. The development of mastery is a process over time.
4. Opportunity to value and practice service for others. Finding oneself begins with losing yourself in the service of others. Service is a way for members to gain exposure to the larger community, indeed the world itself.
5. Opportunity for self-determination. Believing that you have impact over life's events rather than passively submitting to the will and whims of others is self-determination. Youth must exercise a sense of influence over their lives, exercising their potential to become self-directing, autonomous adults.
6. An inclusive environment (encouraging, affirming, belonging). An inclusive environment is one that creates a sense of belonging, encourages, and supports its members with positive and specific feedback. Healthy groups celebrate the success of all members - taking pride in the collective efforts of all.
7. Opportunity to see oneself as an active participant in the future. The ability to see oneself in the future is to harness hope and optimism, to shape life choices and to facilitate the transition into participating in the future.
8. Engagement in learning. An engaged youth is one who is mindful of the subject area, building relationships and connections in order to develop understanding. Through self-reflection, youth have the ability to self-correct and learn from experience. The engaged learner has a higher degree of self-motivation and an inexhaustible capacity to create.



## What is a 4-H project?

Projects are the foundation used by 4-H for helping youth develop life skills. 4-H members “learn by doing.” Young people, with guidance from adults, learn useful skills and how to live with people and serve their community and country by practicing these skills in real-life situations.

You sign up for project areas that interest you when you enroll in 4-H. Then you think of what you want to learn and come up with a project that will help you meet your goals.

It’s best to choose at least project at the beginning of the 4-H year and start working towards your goals. Projects can be added throughout the year if you find a new area to explore.

### A 4-H Project is a series of educational experiences made up of 3 types of activities:

- **Hands-on Activities:** making, producing, practicing, observing, testing, interviewing, caring for, etc.
- **Organized Activities:** demonstrations, speeches, workshops, camps, county/regional/state events, project activities, exhibits, etc.
- **Leadership/Citizenship Activities:** Conducting, Planning, Teaching, Assisting, Informing, Organizing, etc.

## How do I select a project?

Members choose projects that fit into their interests, family, community, and the way they live. A project can be whatever the member decides to make, study about, or raise. Sharing projects with parents brings 4-H into the family and the family into 4-H.

One of the most important aspects of 4-H project work is that the 4-H member decides what they want to learn and do as they explore their project. This allows the project to be self-paced and gives children important skills in setting and working toward their goals.

The Cayuga County 4-H office has a ton of great project resources for you to use.

## What projects can I choose from?

- Cloverbuds – an exploratory, non-competitive program for youth in K-2
- Animal Science
- Agriculture & Plant Sciences
- Expressive & Communication Arts
- Family Living
- Engineering & Technology
- Environmental Stewardship & Natural Resources
- Healthy Living
- Personal Growth, Development & Leadership
- Create Your Own Project - Self-Determined





## **4-H Clubs**

A 4-H club consists of at least five children and one adult volunteer leader, called an organizational leader. Many clubs have additional adult assistant leaders and/or project leaders. Clubs meet on a regular basis to pursue common interests. Each club is run independently with guidance from the Cayuga County 4-H office by approved **volunteer leaders**. These adults plan activities that meet the needs and desires of its members. Each club is set up differently and the volunteer leaders have the discretion to limit membership based on geographic area, age of members, maximum number of members or project areas. Existing clubs may not be accepting new members every year. In such instances, new members may join as independent members (see below), or families can unite to join new 4-H Clubs.

### **HOW TO START A TRADITIONAL 4-H CLUB IN 10 EASY STEPS**

1. Complete a Volunteer Application Process
2. Attend an orientation session with 4-H Staff
3. Enroll 5 youth
4. Involve Parents in Club Support
5. Have members choose a club name and vote officers
6. Apply for a Club Charter
7. Plan a yearly club program with parents and youth
8. Assist members with completing project records and member report forms
9. Check out 4-H materials in the 4-H Lending Library at CCE
10. Participate in Leader Trainings/Meetings

Remember, 4-H staff are only a phone call or e-mail away

## **INDEPENDENT MEMBERS**

**Independent members** are registered 4-H members who do not have a specific club or special interest program affiliation. Youth opt to be independent members for a number of reasons. Enrolling as an independent member allows you the freedom and flexibility to set your own goals and pursuits. Parents are the primary source of instruction, guiding their children using 4-H resources and curriculum. Joining as an independent member is also an option when a suitable club cannot be found. Independent members have the same access to 4-H resources and can participate in all the same county events, activities, and workshops as club members. They are encouraged to participate in county fundraisers and the entire county sponsored activities. They must have at least one adult who can attest to the completion of yearly projects. All 4-H members are required to enroll and pay the annual fee each year.



## Membership Age Policy

- ◆ **4-H Cloverbud Members** The New York State Cloverbud Policy specifies that a child must turn five by January 1<sup>st</sup> to be eligible to participate in the 4-H club program as a Cloverbud member.
- ◆ **4-H Member** Youth who are at least eight years of age by January 1<sup>st</sup> of the current club year should enroll as a 4-H member. Youth who have reached their nineteenth birthday before January 1<sup>st</sup> of the 4-H club year may not enroll as a 4-H member. Persons considered to be mentally challenged may participate fully in 4-H programs as long as their mental age is determined to fall between five and nineteen years of age.

## About Cloverbuds

*Information adapted from the NYS 4-H Cloverbud Leader Handbook, Cornell Cooperative Extension, 6/2003*

### The Purpose of the 4-H Cloverbud Program

The overall purpose of the 4-H Cloverbud Program is to foster the development of life skills that are essential for the cognitive, social, emotional, and physical maturation of five- to seven-year-old children. Specifically, this program aims to provide participants with opportunities to:

- Develop self-understanding, social skills, decision-making skills, learning skills and physical skills
- Gain knowledge in the sciences, literature, and the arts through the experiential (hands-on) learning process
- Develop positive attitudes about learning
- Develop on-going relationships with caring adults and older youth who serve as positive role models
- Explore family and community relationships
- Develop understanding of and appreciation for social and cultural diversity

### Frequently Asked Questions

Any child with a 4-H age of 5, 6, or 7 is considered a Cloverbud. 4-H age is the child's age on January 1<sup>st</sup> of the current 4-H year.

### Can 4-H and Cloverbud age members be in the same club?

In an ideal setting, Cloverbuds would be grouped together and pursue different activities than older 4-Hers. In reality, there are often clubs of mixed ages. Each child is encouraged to learn at his/her own rate and abilities. Expectations should be different for Cloverbuds and 4-Hers. See below.



## How is the 4-H Cloverbud program different from the 4-H program?

- ***Cloverbud clubs do not conduct formal business meetings or elect officers.*** Five-to-seven-year-olds are not yet ready to fulfill the responsibilities of club officership and require much more adult guidance when making group decisions. However, a structured routine is important to this age group. Starting each meeting with the same opening ritual, roll call, and pledges to the American and 4-H flags, provides structure while introducing the children to some of the elements of a business meeting. Use of a closing ritual is also recommended. Members can be assigned an “office of the day” to help conduct these rituals. This prepares Cloverbuds for future roles as club officers when they become old enough to assume such roles.
- ***The educational component of a Cloverbud club meeting consists of activities rather than projects.*** A Cloverbud activity focuses on developing a single concept and/or skill. For example, the children might plant a simple dish garden and learn that it will need sun, water, and food to stay healthy. An activity such as this would be just one in a series of learning experiences for older children enrolled in an indoor gardening project.
- ***Cloverbud clubs do not conduct nor participate in competitive events.*** Five-to-seven-year-olds are sensitive to criticism and do not accept failure well. They cannot easily separate the “doer” from the thing that is done-so, failure in an activity is translated into personal unworthiness. Their development is uneven, making it nearly impossible to “level the playing field,” a necessity if competition is to be fair. For these reasons, when Cloverbuds participate in county wide events, there is no competition involved. Feedback is always positive and focuses on strengths. Their work should be proudly displayed, and their participation recognized. Recognition should be informal with all members being recognized equally.

## How are parents involved in the 4-H Cloverbud program?

Parents are expected to support their children’s participation in the 4-H Cloverbud program by attending meetings, participating in activities with their children, and by encouraging their children to repeat or extend their 4-H activities at home. If part of a club, parents are also expected to cooperate with the club’s organizational leader as agreed upon at the beginning of each year.

## How can I start a new 4-H Cloverbud club?

You will need to talk with the parents of at least 5 children considering participation in the 4-H Cloverbud program. You should contact the CCE Office and speak with a 4-H Educator who will help you fill out the appropriate applications and offer information to help get you started. You will be asked to give consent for a background check and schedule a time to meet with the 4-H Educator for a New Leader Orientation. You should also begin thinking of where and when your club will meet as well as what activities you will be doing.



## Volunteers

The adult leaders of 4-H clubs are volunteers. 4-H volunteers complete an application to initiate the interview, background, and orientation process. Adult volunteer leaders come from all walks of life. Some volunteer leaders may be asked to serve on the Cornell University Cooperative Extension Board of Directors, the Family, Youth & Community Development Issue Committee or other committees within the structure of the Cooperative Extension system. Volunteers also serve as evaluators for specific 4-H programs and often are asked to help chaperone 4-H youth trips. Following is a list of Volunteer Opportunities:

- **Organizational Leader**- establish and maintain a club structure that supports 4-H Youth Development activities.
- **Project Leader**—share your skills, talents and special interests in a single project area. For example: clothing, dogs, rabbits, horse, bicycling, livestock, woodworking, photography, etc.
- **Activity Leader**-Help members plan for and participate in one or more specific activities the club has included in its yearly plan.
- **Resource Leader**-Train and work with 4-H club leaders or members on a short-term basis; specialize in a specific program area.
- **Short Term Volunteer**-Teach a special interest program, and/or assist a 4-H group with a special project.
- **Teen Volunteer**-Serve as a teen leader, camp counselor, and/or as a teen assistant at the county fair. (Age requirement may apply)



## **Fees**

A \$20.00 enrollment fee is required for each enrolled member; with a maximum of \$50.00 per family. ***Fees are due at the time of enrollment.*** If there is a hardship, and a family is unable to cover the child(ren)'s fee(s), a request form to waive fees may be submitted. NO CHILD WILL BE TURNED AWAY FOR INABILITY TO PAY. New member and re-enrollment fees are both due at the time of enrollment.

## **INSURANCE**

Each 4-H member and adult volunteer, whose 4-H enrollment form is on file at the Cornell University Cooperative Extension Office, is protected automatically by liability insurance. The 4-H Office must be notified within 24 hours of an accident. The insured must be participating in an approved 4-H event/activity. Further information about insurance is available from Cornell University Cooperative Extension-Cayuga County.

## **CONTRACTS**

No club or leader may enter into any contract without prior approval of Cornell University Cooperative Extension.

## **4-H COMMITTEES**

**ADVISORY COMMITTEES:** Advisory committees may exist to provide leadership and work with 4-H staff on program/project development and implementation. These committees are comprised of volunteer leaders, parents, youth and community members. Advisory committees may include animal science, life sciences, public presentation and fundraising.



# COUNTY-WIDE PROGRAMS

## Cayuga County Livestock Auction Program

New for the 2022-2023 4-H Year!

Do you want to raise meat chickens, goats, sheep, beef or pigs and only want them for a short period of time? This is the program for you! At the Cayuga County 4-H Youth Fair we hold our annual livestock sale. Youth that ages 8 to 19 by January 1st are eligible to take part in this great program.

Youth learn not only about animal health and nutrition, but also about marketing and money management with this program. You do not necessarily need to house the animal at your home. Informational meetings are open to all members.

## Youth Tractor Safety Certification Course

The US Department of Labor's Hazardous Occupations Order for Agriculture (HOOA) dictates that youth 14 and 15 years of age who wish to work as a hired employee for someone other than a parent or legal guardian and operate a farm tractor that is 20hp or greater, must successfully pass a tractor safety training program. Additionally, to operate any powered equipment or machinery attached to the tractor, the youth must successfully pass a machinery safety training program. Through the National Safe Tractor and Machinery Operation Program (NSTMOP), these two required training programs have been combined into one curriculum.

This program is a great opportunity for all youth, 14-15 years old, who will be seeking employment on a farm, those who currently work on farms or around machinery, or anyone who would just like to learn more about farm and machinery safety.

The focus of the curriculum is the safe operation and maintenance of large equipment, personal protection, chemical, mechanical and electrical hazards as well as live-stock handling. Utilizing a newly revised workbook, guest speakers, field trips & demonstrations, videos and hands on practice, participants will complete 24 hours of training in preparation for the final written and driving exams.

## 4-H Dog Obedience

The Cayuga County 4-H Dog Obedience Program is open to youth ages 9 to 19 years. Classes usually being in May and meet once per week culminating at the July Cayuga County 4-H Youth Dog Show.

Using positive reinforcement training techniques youth will learn how to train their dogs in the basic commands of sit, heel, come, halt, stand, stay and down. 4-H volunteers will work with the youth and dogs to demonstrate and teach technique. Youth are then expected to go home and work with their animal. The most important part of this program is learning about dogs while having fun.



## **Public Presentations**

This program offers a workshop on the “what and how” of public presentations, practice sessions and a county level event to compete at. Youth are encouraged to participate in this program. Youth wishing to be eligible for trip awards MUST present a presentation. Youth may then advance to District/State/National levels of competition. Presentation categories include illustrated talks, demonstrations, dramatic interpretations, recitations or team demonstrations. There are some slightly different categories for those interested in presentations in the Horse program, as well as video tapes and impromptu speeches.

## **Produced in New York**

Produced in New York (PINY) program is designed to showcase the wide variety and use of agricultural products grown right here in New York. PINY is a marvelous opportunity for youth to demonstrate their food preparation skills while promoting a tasty recipe featuring New York State food products. During PINY program, individual 4-H members (Cloverbuds too!) do a “silent demonstration” concurrently with several of their peers. This experience helps younger 4-Hers begin to feel more comfortable presenting to a crowd, while providing older youth with the opportunity to tackle more complicated recipes, perhaps using more than one NYS food product. Overall, PINY program participation provides an opportunity for youth to further develop their skills and knowledge of food preparation and presentation skills!

## **4-H STEM**

New for the 2022-2023, Cayuga County 4-H will be offering a variety of STEM-related programs including robotics, coding and water filtration activities. Opportunities will be available at local community events, libraries, after school programs and fairs.

## **Cayuga County 4-H Youth Fair**

Fair is the culmination of weeks, months or even a year’s worth of learning, creating and discovering through 4-H experiences. Held during the last weekend in July, this is an opportunity for 4-H’ers to share and showcase all their projects. The public is invited to come see what our members having been doing from raising animals and training dogs to learning photography, designing art and preparing yummy recipes.

Through 4-H projects, youth learn leadership skills, empathy, teamwork, character building, communication skills and more. Showing their projects at fair helps to develop their social and interview skills. Youth can cultivate lifelong interests and/or careers based on their participation in 4-H.

The most impressive projects are selected to represent Cayuga County 4-H at the NYS Fair.



# 4-H AT THE FAIR

## Main Objective of the Fair

The purpose of the 4-H participating the in the fairs is to support our youth development efforts. The fair is considered a “learning laboratory”, and its lessons go far beyond the winning of a white, red, blue, or purple ribbon. The fair provides a backdrop for members to learn important life-long skills and to make life-long connections. They learn the importance of evaluation based upon a pre-described standard; communicate with an adult through conference judging to learn how to ask questions and obtain knowledge; to develop a sense of teamwork and cooperation; to learn that life is constantly changing, and to adapt to these changes; to learn to be a humble winner; to develop one’s self to the fullest potential; to use knowledge for the improvement of one’s community, home family and self; to volunteer one’s time and skills to accomplish a common goal; to feel good about one’s self and personal accomplishments; to develop a sense of personal responsibility.

## Ribbons at the Fair

Members receive ribbons and/or awards for their efforts and level of mastery at county fair. The ribbons serve as a general definition of the **quality of the learning** by the member and the quality of the final project work. Both the member’s knowledge and exhibit are important in awarding ribbons. Ribbons are given out according to the Danish System which evaluates each exhibit against a standard, not against the other exhibits. The Danish system promotes education and de-emphasizes competition. Judges are selected for their knowledge and concern for youth. Their decisions should be respected.

## NY State Fair

The New York State Fair is a fantastic opportunity for youth to go beyond the county fair with their 4-H projects. Youth that have exhibited animals at either state fair qualifying shows and/or at county fair and have received a blue ribbon have the opportunity to go on to the state fair. Horse project youth are selected on a ribbon and points based system.

Non-Animal Science 4-H projects also may be selected to go on to the state fair. Each year Cayuga County is able to select up to 80 4-H projects from the county fair to be taken to the state fair. County Fair Judges will recommend exhibits at the county fair to advance to the State Fair. Once judges have recommended projects the 4-H staff will then select the final 80 projects to participate in the New York State Fair.





# REGIONAL & STATE-WIDE PROGRAMS

## Hippology

The Hippology contest is designed to test not only a youth's knowledge of equine science, but also application of this knowledge in a competitive setting. There are four phases to this contest: Examination Phase, Station Phase, the judging phase, and the team problem phase.

The Examination phase includes a written exam, slides projected to identify horse features, and anatomy classification. During the Station phase youth walk to a series of stations where they are asked to provide identification of objects related to horses, such as tools and equipment, saddles, use of pulse rate, i.e. The Judging Phase comes next, where youth will be required to place at least four classes as if they were a judge themselves. Finally, the Team Problems component allows teams to apply their knowledge of equine to real-world situations. One example of this would be providing a farm management recommendation for a proposed horse operation.

Scoring is based off a combination of the scores from the Examination Phase, Station Phase, and Judging Phase. Youth first must participate in the regional contest and earn the chance to move up to the New York State Contest. Participation in this event is perfect for youth looking to expand their involvement in the NYS Equine Program, while also providing valuable experience to youth with futures in the animal industry. Top scorers are chosen to represent New York State at the National 4-H Horse Roundup in Kentucky.

## Horse Quiz Bowl

Horse Quiz Bowl is an exciting opportunity offered as part of the NYS 4-H Equine Program. In this event, youth showcase their horse knowledge in a competitive, jeopardy-like contest. A variety of subject areas are covered: general equine terms, the horse industry, feeding and care, and anatomy. This contest involves a series of questions that are asked either of a specific individual or a team. Participants use a buzzer system to 'buzz' in first and answer questions. These questions might be in the form of a regular question, toss-up, or bonus depending on the half of play.

Top-scoring youth are selected to represent their region at the state competition, which is held at Cornell University. Representatives from the NYS contest are then sent to the Eastern National 4-H Horse Round-up. Overall, competition offers youth a great way to showcase their horse knowledge, while also creating an opportunity to meet youth from all over the region that share a passion for equine.



## **Horse Judging**

The primary purpose of NYS 4-H Horse Judging contest is to recognize 4-H horse project members with outstanding knowledge of equine conformation and performance and also with outstanding skill in the presentation of oral explanations of their evaluation of the equines used in the contest. This contest provides a means for the selection of individuals to represent the state in regional and national competition is of secondary importance. The state judging contest is normally held on a Saturday during the month of April. For the state contest youth who are new to judging are able to participate in the Novice division, this allows them a chance to learn and not jump right into their Junior or Senior division if it is their first-time judging!

## **Horse Communications**

The NYS 4-H Horse Communications contest is an event for qualifying youth to compete at the regional contest and show off communications and public speaking skills. The event is centered around the horse world, encompassing a wide variety of topics. At the state level event, youth will be evaluated at a high level with constructive comments offered to help youth improve. The NYS 4-H Horse Communications Program is one of our most beneficial programs as it allows youth to learn and practice public speaking skills that can be used in the future. Top scorers are chosen to represent New York State at the National 4-H Horse Roundup in Kentucky.

## **Advanced Equine Program**

This program was developed in hopes to create a bridge between the 4-H youth with equine interest and the Equine Industries in NYS. Participants will be expected to join monthly zoom meeting to meet with equine professionals on a certain topic, work independently on month projects, complete 10 hours of shadowing a professional in the equine field, and attend an end-of-the-year trip.

## **Other Horse Resources:**

[NYS 4-H Horse Educational Events Rule Book](#)

[NYS 4-H Horse Program Facebook page](#)

[Riding and Driving Evaluation Guidelines](#)

[Equine Cloverbuds](#)



## **Dairy Discovery Workshop**

The statewide program for youth ages 14 to 19 years-old is held one Saturday in March. Youth learn about dairy careers by rotating through a series of hands-on stations that focus on specific aspects of the dairy industry. Dairy Discovery workshop topics changes each year but include: Dairy Herd Health and Management, Calf and Heifer Production Management, Quality Milk and Milk Production, Whole Farm Management Planning, and Maximizing the Feed Management Program.

Youth who are 14 to 19 years of age on January 1 of the program year and have an interest in dairy cattle and production management are eligible and strongly encouraged to attend (with their parents or chaperones). This program is not limited to any organization, 4-H project members, FFA youth, and others with a dairy interest or desire to learn about dairy are all welcome.

## **Dairy Challenge**

Dairy Challenge is a hands-on educational activity for 4-H Youth to test their understanding of the dairy industry, knowledge of how to properly manage a dairy farm, and evaluate top quality dairy animals. The Dairy Challenge program is designed for 4-H youth between the ages of 8 and 18 as of January 1st and culminates in a state-wide competition at the New York State Fair. The one-day competition held during the New York State Fair allows youth from across the state to showcase their skills both as a team and as individuals. Youth rotate through themed stations and answer questions on topics such as farm and food safety, meat and dairy product identification, and dairy reproduction.

## **Dairy Judging**

Dairy Judging contests teach youth to critically evaluate dairy animals based on breed standards and gain an understanding of how form affects function. Youth participating in these competitions learn anatomy and physiology of the dairy animal and gain capability in choosing the proper animal to take in the show ring or keep for breeding on farm. They also learn confidence and public speaking skills while defending the reasoning for their placements to the judges.

## **Dairy Quiz Bowl**

Dairy Quiz Bowl contests allow youth to showcase their knowledge of the dairy industry, ruminant nutrition, calf health, food safety, crops, and other relevant fields in a Jeopardy style team competition. These contests are offered at both the regional and state levels, at Beginner (8-10 years old), junior (9-14 years old), and senior (14-19 years old). Youth must qualify at the regional level to qualify for the state level competitions. The top Beginner youth from each region are invited to a state level exhibition competition held during the State Fair, while top Junior and Senior teams compete at the State Dairy Bowl Contest held every April at Cornell University. Educators will register their teams for these competitions. The winners of this competition have the opportunity to represent the state at national competitions.



## **Beginning DAIRY LEADER Program**

The Beginning DAIRY LEADER program gives high school participants the opportunity to explore post-secondary agricultural education and career opportunities in a networking environment through interaction with faculty and students, college planning, and personal development. Activities include resume writing, leadership and team building.

## **Junior DAIRY LEADER Program**

The Junior DAIRY LEADER program is intended to reach youth between the ages of 16 and 19 who have an interest in exploring careers in the dairy industry through hands-on experiential learning. The future of the dairy industry depends on young people who are well-trained and are excited about the range of opportunities that exist in the industry.

The program presents youth with a realistic view of the dairy industry as a viable, profitable, and progressive business sector, while also building personal and professional skills. Junior DAIRY LEADER participants get real world learning experiences with student and industry interaction through diverse programs.

The program consists of a series of workshops that focus on multiple facets of the dairy industry, personal development and technical skills.

## **Livestock Skillathon**

Livestock Bowl is a quiz competition where all the questions are about beef, sheep, swine, and meat goat topics and students use a buzzer in order to answer the questions. The skillathon contest is made up of a written quiz and learning stations such as breed identification, feed identification, equipment identification as well as some team activities such as demonstrating evaluation skills. The top Senior level 4-H team will represent NYS at the National 4-H Skillathon Contest, held each fall in Louisville at the North American International Livestock Exposition (NAILE).

## **Livestock Judging**

Livestock Judging contests train youth to critically evaluate production animals based on breed standards and qualities for food production. Participants learn more about anatomy and physiology of beef cattle, sheep, swine and meat goats. Youth gain skills to distinguish which animals are more likely to become future breeding stock or quality meat products. They also learn confidence and public speaking skills while defending the reasoning for their placements to the judges.



## **Animal Crackers**

The annual Animal Crackers program provides New York youth with fun, hands-on, science-oriented learning experiences on Animal Science topics. This workshop is for 4-H members interested in learning more about their favorite livestock, companion or pet animal species; emphasis on different species groupings and activities varies annually. Participants will learn about different aspects of animal care, interact and exchange information with faculty, staff, students, professional producers, industry experts, and more, utilizing the unique facilities of Cornell University. Hands-on workshops are planned for each species group.

## **Career Explorations**

A three-day event at Cornell University (late June/early July) which provides youth exposure to academic fields, career exploration, development of leadership skills, and hands-on experience in a college setting. The event is made up of 10 two grade-specific tracts: University U for youth entering grades 8 and 9 and Focus for Teens for youth entering grades 10 through 12.

## **NYS 4-H Agri-Business Career (ABC) Conference**

This career exploration conference is open to all youth ages 14 and over who wish to become more aware of opportunities with agriculture and also the academic requirements for professional positions available in the various agri-businesses. It features mini-tours to farms and business in the Cobleskill area as well as seminars, guest speakers, and guided tours of the SUNY Cobleskill agriculture facilities.

## **4-H Capital Days**

Hold annually in May, Capital Days gives youth an opportunity to meet and interact with legislators in Albany and to tell their 4-H story. This program provides teen participants with an awareness of career opportunities in New York State government, to better understand how their state government operates, and to network with delegates from other counties. Interested members must apply and the two chosen delegates will be announced during Achievement Night.



## **The State Teen Action Representative Retreat (STARR)**

A three-day, fun-filled event held in mid-April where 4-H teens participate in a variety of workshops and activities meant to challenge, excite and further develop life skills. The event is planned by teens and adults serving on the youth/adult STARR planning committee and is open to all NYS 4-H Teens.

## **International Exchange**

New York State 4-H has a long-standing relationship with States' 4-H International Exchange. Currently the program is overseen by the State 4-H Office. The State 4-H office works with counties to recruit and screen families to host a Japanese delegate for a period of 4 weeks during the summer, usually from Mid-July thru Mid-August. Every year New York requests a certain number of delegates to host and works to find Host families for those delegates within the 4-H population. Families may participate in any number of 4-H programs at any level to be eligible to host a delegate. Delegates range in age from 12-18 (most are 12-14)

## **4-H at The Great New York State Fair**

Held in Syracuse, takes place during a 13-day period prior to and including Labor Day in August-September annually. Supported by the NYS Department of Agriculture and Markets and Cornell University, the state fair provides opportunities for youth to showcase their top county-level fair projects, have leadership opportunities, and have loads of fun in the process

## **NYS 4-H Camps**

There are nine 4-H Camps throughout New York State, serving campers from every county in the state. 4-H Camps are open to all young people, whether or not they are enrolled as 4-H members. All of these camps offer traditional Resident Camp programs and some also offer Day Camps and shortened overnight programs for younger campers. In addition, several camps are offering Specialty Camps such as 4-H Science Camps, or programs for unique audiences (Autism, At-Risk Youth, and more).



# **4-H AWARDS AND RECOGNITION**

## **4-H Awards Event**

All 4-H members are honored at this annual event held in the fall. County medals and award trips are presented to 4-H members based on recommendations from leaders, staff and from volunteers conducting the interviews for the award trips, completion of the 4-H Member Report & Awards Application Form and outstanding work in a specific project area.

## **Cayuga County 4-H Award Trips**

4-H members are selected for county 4-H award trips based on achievement, personal growth and merit. Selection of youth for trips is based on age and completion of the Cayuga County 4-H Member Report and Awards Application form. Award Trips are selected and awarded according to funding allotted for trips and awards each year. Not all trips are awarded on an annual basis. Feel free to check with 4-H Staff to see what will be awarded each year.

# STAYING CONNECTED WITH 4-H

## Social Media

For all the latest, up to date information please check out Cayuga County 4-H on Facebook, Instagram and TikTok **@CCECayuga**.

### [Cayuga County Email List](#)

E-mail is the most effective way of communicating with all our volunteers and members. Standard mail is reserved for formal invites only. The County 4-H office has a countywide electronic mailing list for adult volunteers, leaders, parents and 4-H members. The purpose of this list is to increase communication between staff, the volunteers and members. Email is used to update 4-H families on a regular basis of programs and activities that are occurring in the county.

### [Cayuga County CCE Website](#)

Stay connected to all that is going on at Cornell Cooperative Extension and 4-H resources.