Enrolling in 4HOnline

New families enrolling in Missouri 4-H

Your local University of Missouri Extension center and 4-H staff can help you find a club, discuss project selection and begin the enrollment process. To enroll in Missouri 4HOnline, you need a computer, Internet access, a valid email address and a Web browser (like Google Chrome or Firefox). Go to http://mo.4honline.com (notice there is no "www" in that address).

1. Select "I need to set up a profile," and set up your login information. Email addresses must be valid in order for you to have access to your information. This is your account login, as well as how you will receive information.

2. Next, complete the information for your family profile. All youths and adult members in your family will be managed under this family profile.

3. Add members to the family (adult or youth) by selecting from the “Add A New Family Member” drop-down menu and completing the profile for each member.

4. Complete the profile for each member, including contact and demographic information, authorizations, health form, club and project selection.

5. Submit your enrollment, and pay the required dues reflected on member invoices. **

Returning families re-enrolling in Missouri 4-H

1. Log in to your family profile with your log-in email address. (If you can’t remember your password, select "I forgot my password") Continue to your Family Member list.

2. Select "Edit" next to the member you are re-enrolling.

3. Select "Enroll for 2015-2016" at the bottom of the first page.

4. Review all content in the member profile, update any health form changes and change any projects (if you aren’t enrolling in a project, delete it for this year).

5. Submit your enrollment, and pay required dues reflected on member invoices. **

**Note this year all state event registrations will require a member to be in “Active” status in 4HOnline. Members will remain in “Pending” status until the county review of membership and state/county (if any) membership dues are processed. Adult volunteer applicants remain in "Pending" status until all steps of the volunteer process are completed.
Important membership info

4-H is open to all
4-H is the youth development program of University of Missouri Extension, a partnership with Lincoln University, the U.S. Department of Agriculture/Cooperative State Research, Education and Extension Service and local governments. 4-H and University of Missouri Extension programs are open to all persons. The 4-H name and emblem (clover) are protected by law. Individuals, clubs and groups who wish to use the 4-H name or emblem must follow the usage policies established by the U.S. Congress and the U.S. Department of Agriculture/Cooperative State Research, Education and Extension Service.

http://www.4-h.org

Where to join 4-H
You should participate in the 4-H program in the community where you live, whenever possible. If this is not possible, your local 4-H faculty will work with you to develop a plan for 4-H membership. A list of local University of Missouri Extension centers is on the inside back cover of this magazine.

4-H membership can be moved to another county or state any time of the year. Local policies for membership in good standing might affect eligibility for participation in county events. A member must choose one club or group for their primary participation and eligibility determination for county events. He or she may participate in multiple 4-H groups or programs. Ask your local 4-H faculty if you have questions.

4-H membership
Age and requirements are listed within the explanation of each type of membership. Age requirements may be adapted to meet special needs of the young person or group. For example, accommodations will be made for persons with developmental or physical disabilities.

Minimum membership
There must be at least three members from two families for a project or special interest club, or five members from three different families for community clubs.

4-H Clover Kids club
The 4-H Clover Kids program is designed to introduce 5- to 7-year-olds to a variety of 4-H experiences. Age requirement: ages 5–7 on Dec. 31 of the program year.

4-H community club
Young people enroll in project(s) and participate in group activities and meetings. A recognized volunteer club leader and team of recognized volunteers organize and support the group. The club elects officers and plans an educational program of business, community service and learning together. Age requirement: ages 8–18 on Dec. 31 of the program year.

4-H single project clubs
Where available, membership in a single project club is an option. In a single project club, all members are enrolled in one specific project, for example, Photography. A recognized volunteer club leader and/or team of recognized volunteers organize and support the group. The club is similar to a community club; it elects officers, conducts educational programs, practices community service, fulfills county club expectations, etc. The only difference is that a single project is the focus. Age requirement: ages 8–18 on Dec. 31 of the program year.

4-H independent or individual membership
This option is for young people living some distance from a 4-H club, who have conflicts with school, work or other obligations, attending a college or university away from home, or who have a highly specialized interest. Individual members complete a plan and file it with the local University of Missouri Extension center. Age requirement: ages 8–18 on Dec. 31 of the program year. A copy of Y639, Individual 4-H Member Comprehensive Plan (fillable PDF) can be found under membership on the Missouri 4-H website:

http://4h.missouri.edu/join-4h.aspx

Discover eXtension
eXtension is unlike any other search engine or information-based website. It’s a space where university content providers can gather and share new educational and information resources on wide-ranging topics. Because it’s available to students, researchers, clinicians, professors, as well as the general public, at any time from any Internet connection, eXtension helps solve real-life problems in real time. http://about.extension.org/
4-H Colors
White in the 4-H flag symbolizes purity.
Green, nature’s most common color, represents life, springtime and youth.

4-H After School
These 4-H clubs meet during or after school and often focus on a single subject, such as computers or arts. The amount of time the groups meet varies from a short period of time to a full 4-H program year. The club may also elect officers. The club plans an educational program of business, community service and learning. Age requirement: grades K–12 or equivalent.

4-H School Enrichment Groups
These groups meet during school time and use curricula supplied through 4-H. The groups are coordinated by partnerships of 4-H, University of Missouri Extension and school personnel. Most of the groups meet for a limited number of classroom hours rather than yearlong. Age requirement: grades K–12 or equivalent.

4-H Special Interest Groups
These groups are usually partnerships of 4-H/University of Missouri Extension with other community organizations. Most groups meet for a limited number of hours (at least six hours) and focus on a special topic of interest. Age requirement: grades K–12 or equivalent.

Enrollment
Enrollment Times
Young people may enroll in county 4-H programs at any time during the program year. However, there may be some state or local deadlines for participation in certain activities or programs. These might include registration deadlines for camps or trips, award and scholarship application due dates, and due dates for participating in special opportunities such as fairs or contests. Consult your local 4-H youth faculty for current information.

Choosing 4-H Projects
Picking your 4-H project is a hard decision. Why? Because you can choose from so many projects. You should pick a project that interests you and will teach you something new. Once you have selected a project, you can order project materials. The materials are easy-to-read books that explain your project and suggest ideas to do. You will spend many months working in your project area. Your parents, volunteer leaders and others will help you learn and have fun.

If you follow the recommended project sequences, the Missouri 4-H program can help you develop life skills. You should enroll in one project number at a time for each project area and spend two to three years working on that project number until you have mastered the skills from that area. Mastery will be reflected in your completion of the curriculum of each unit for that project. For example, you should NOT enroll in Photography 351 AND Photography 352. You should enroll in 351 and spend two to three years mastering the skill development as outlined in the curriculum. Then you should move onto 352. This sequence also applies to other project areas.

Project Meetings
A minimum of six hours of instruction is the goal. As a general guideline, you should plan eight meetings to allow for scheduling conflicts. Each meeting should be 1 to 1 1/2 hours long.

Exhibiting 4-H Project Items
Exhibits are one way for young people to show what they have learned and accomplished through 4-H. County fairs, achievement days, festivals and the Missouri State Fair provide places for 4-H members to showcase their work. Some guidelines for exhibits:

- Exhibits should be 4-H member’s own work.
- Exhibits should demonstrate the knowledge and skills gained by the 4-H member for the specific project in which they are enrolled.
- Exhibits should be made or completed in the current program year.

Being in Good Standing
Participation in certain state and county events is limited to those members who are in “good standing” with their local 4-H club or group. This includes meeting deadlines, attending a majority of project and club meetings prior to the event, and meeting other requirements established by the club, county and state. In all cases, these requirements must provide equal access for all young people and must not create barriers to participation.

4-H Project Enrollment Guidelines

<table>
<thead>
<tr>
<th>If the member is...</th>
<th>Clover Kids (ages 5 to 7)</th>
<th>Ages 8 to 10 (Dec. 31 age)</th>
<th>Age 11 or older (Dec. 31 age)</th>
</tr>
</thead>
<tbody>
<tr>
<td>first year of 4-H</td>
<td>Clover Kids 1</td>
<td>3 projects*</td>
<td>3 projects*</td>
</tr>
<tr>
<td>second year or higher</td>
<td>Clover Kids 2 and 3*</td>
<td>3 projects*</td>
<td>6 projects*</td>
</tr>
</tbody>
</table>

* Exploring, Leadership, Entrepreneurship and Shooting Sports Safety projects can be carried in addition to these totals. Clover Kids can enroll in Exploring 4-H only.

Written requests by young people to enroll in an additional project above the guideline need to be submitted to regional 4-H specialists for approval.
Completing goals in 4-H

4-H club members are recognized for setting and completing goals each year. At a minimum, a 4-H member should:

- Attend a majority of club or group meetings.
- Enroll in at least one project and finish it. This includes attending a majority of project meetings, working on project goals and keeping records on the project.
- Demonstrate a skill learned or knowledge gained by making a handmade item, exhibiting a project or project animal at a show or fair, or presenting a speech, report or demonstration in a group setting such as a club or project meeting.

When a 4-H club member meets these requirements, they are recognized for “completing a year of 4-H membership.” Most county 4-H programs award a yearly membership pin to all 4-H Club Members who “complete the year.” County 4-H councils may establish additional standards for 4-H clubs within a county. In all cases, these requirements must provide equal access for all young people and must not create barriers to participation.

In the event that a member cannot meet the minimum requirements due to college enrollment, family situation, employment or other factors, the club leader might agree with the member to create options for completion. When possible, this agreement should be planned in advance by the volunteer club leader and the member. A written copy of the Y639, Individual 4-H Member Comprehensive Plan (fillable PDF) should be filed at the extension center. For a copy of the plan, go online to http://4h.missouri.edu/join-4h.aspx.

4-H animal projects

Some 4-H members will own or manage an animal for a 4-H project. For many of these projects, there are special requirements for competition, including deadlines for owning or managing the animal. Consult your local 4-H youth faculty for current deadlines. In addition, local fair boards or other partners might establish guidelines for participation.

Beef cattle | Steers/market heifers | 3/1
Breeding animals | 6/1
Sheep | Breeding animals | 7/1
Market lambs | 6/1
Swine | Breeding animals | 90 days
Breeding boars | Since farrowing
Market hogs | 90 days
Dairy cattle | All dairy cattle | 6/1
Dairy goats | 6/1
Meat goats | 6/1
Dogs | 4/1
Horses | 5/1
Rabbits | 6/1
Poultry | Meat pen | 5-10 weeks prior to show
Roasters | 8-10 weeks prior to show
Broilers | 6-8 weeks prior to show
Fryers | 5-10 weeks prior to show

Participation and guidelines

Goal setting

Every youth should be involved in a meaningful experience at the beginning of the year on what they individually and collectively want to accomplish.

Consider these strategies:

- Clearly identify and write your goal.
- Set the deadline for achieving your goal, and write the date down.
- Identify obstacles (persons or things) that you must overcome to successfully accomplish your goal.
- Who (people, groups, etc.) can help you successfully accomplish your goal?

4-H Food Quality Assurance Policy

All 4-H members enrolled in food animal projects (including beef, sheep, swine, dairy cattle, meat and dairy goats, rabbits and poultry) must complete the appropriate level of Missouri Show Me Quality Assurance (MSMQA) certification to be considered a 4-H member in good standing in that project. Other county good standing guidelines might also apply. Check with your local 4-H youth specialist for current local guidelines. The online tutorial is available at http://agebb.missouri.edu/smqa/.
• What do you need to learn to successfully accomplish your goal?
• How will you reach your goal? What are the steps to move you to where you want to be?
• Why do I want to accomplish this goal? List the benefits.

**Learning experiences in 4-H**

Missouri 4-H offers opportunities to all young people to learn and grow. This catalog lists many 4-H programs that might be of interest to you, such as:

- **Learning opportunities** are activities specifically designed for groups of 10 or more young people, in classrooms, clubs, camps and afterschool programs. All of the activities are labeled with an “LO” and can be found in the Learning opportunities section on page 51.

- **Show-Me Nutrition** programs are specifically designed for young people in a classroom setting. Classes are taught by trained nutrition educators working in cooperation with classroom teachers. All the programs are labeled with an “S.” See the Show-Me Nutrition section beginning on page 49 of this catalog for details.

- **4-H projects** are topics that might interest a young person. Most 4-H members in a club or group will select and work on at least one project. They usually work in a group with a recognized volunteer leader. (Older teens may also work independently with adult guidance.) The volunteer can buy literature to help them plan project activities. Volunteers are asked to hold project meetings with the enrolled 4-H members, helping them set and accomplish goals for learning.

**“Learning by doing”**

“Learning by doing” through 4-H reinforces the skills and content that young people are learning in school. See the following website for information on content skills of the Show-Me Standards: [http://dese.mo.gov/show-me-standards/](http://dese.mo.gov/show-me-standards/)

**Leadership for 4-H**

The 4-H faculty (4-H youth development specialist and/or 4-H youth program assistant) lead county program development and work with volunteers to coordinate the 4-H program. Most counties have a 4-H council or advisory group that provides direction for programs. Local 4-H faculty serve as in ex-officio roles with the 4-H council, but are employees of University of Missouri Extension. The 4-H council is accountable to the county’s University of Missouri Extension council and is responsible for guiding, promoting and implementing the total 4-H youth development program in the county. The 4-H council should include representatives from 4-H clubs in the county, 4-H school enrichment programs, 4-H special interest groups and other youth development partners in the county.

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**What is this?**

This funny-looking box is called a “QR code” — a barcode that you can scan with your smartphone. The QR code contains a hyperlink that your phone will be able to translate into text or a link to a Web page.

For instance, this particular QR code above contains the link to the Missouri 4-H website home page: [http://4h.missouri.edu](http://4h.missouri.edu)

QR codes can be handy when you are in a hurry and don’t want to type out a long hyperlink. Just scan the code with your smartphone and it automatically opens up the website in your phone’s browser. Or, if you see a QR code on a sign or poster, you can scan it and find out more information about a product or event.

We have placed QR codes throughout this issue of the 4-H Clover to help you quickly locate further information. Download one of the free QR code apps for your phone, and you’ll be ready to start scanning!
4-H program areas

The mission of 4-H is to provide meaningful opportunities for youths and adults to work together to create sustainable community change. This is accomplished within three primary program areas — citizenship, healthy living and science. The educational foundation of 4-H lies in these three areas. They reiterate the founding purposes of extension (community leadership, quality of life and technology transfer) in the context of 21st century challenges and opportunities.

Each community and state faces diverse needs in these initiative areas. Each 4-H program brings unique resources and priorities to this work. In the spirit of the Cooperative Extension Service, collaboration among state 4-H programs on curriculum, training and evaluation strengthens each program and enhances outcomes.

Citizenship

Since its inception, 4-H has emphasized the importance of young people being engaged, well-informed citizens. By connecting to their communities and community leaders, youths understand their role in civic affairs and expand their role in decision-making processes. It’s clear that civic engagement provides the foundation that helps youth understand the “big picture” of life and find purpose and meaning. The core areas of citizenship are

- civic engagement (voice, advocacy, activism),
- service (community service, service-learning, community youth development),
- civic education (government principles, processes and structure; personal roles and responsibilities, history and cultural heritage), and
- leadership (leadership, respect, understanding, character development).

Citizenship is learned by engaging with the community and by building relationships with both youth, and adults from diverse backgrounds.

Healthy living

Healthy food and nutrition has been addressed by the program since its inception in 1902. Having a long history of promoting healthy living among youth and their families, 4-H has become a national leader in health-related education. The 4-H Healthy Living Mission Mandate engages youth and families through access and opportunities to achieve optimal physical, social and emotional well-being. The core areas of healthy living are

- nutrition,
- fitness,
- social-emotional health,
- prevention of injuries, and
- prevention of tobacco, alcohol and other drug use.

Healthy living is learned through opportunities to make decisions that lead to positive well-being for the individual and the community in which they live.

Science

The need for science, engineering and technology education is essential for today’s young people. 4-H programs prepare youth for the challenges of the 21st century by engaging them in a process of discovery and exploration. The core areas of science are

- animal science and agriculture,
- applied mathematics,
- consumer science,
- engineering,
- environmental science and natural resources life science, and
- technology.

Science is learned through inquiry-based opportunities that connect knowledge, skills and resources to practical application across multiple settings. These three program areas — citizenship, healthy living and science — intertwine and integrate across project areas and activities. The content development is closely tied to the research and teaching of the land-grant university system and provides the educational foundation of 4-H.

(Adapted from Mission Mandates, a 4-H National Headquarters Fact Sheet, April 2011)
The 4-H Clover Kids Program is designed to introduce 5- to 7-year-olds to a variety of 4-H experiences. 4-H Clover Kids are involved in activities led by an adult that will help them learn how to get along and share with others, explore many different interests, learn basic living skills, build self-confidence, learn to communicate effectively and learn how to be a part of a group. The ultimate goal is to make this age group so excited about 4-H that they’ll continue their enrollment beyond the 4-H Clover Kids experience.

The adult to child ratio for these clubs is five to eight children to one adult leader. Weekly meetings are recommended. Clover Kids do not participate in competitive events, contests or shows. 4-H Clover Kids do not raise project animals or enroll in projects other than CK481, CK482, CK483 or EX261.

One copy of the Clover Buds curriculum from The Ohio State University is available in your local University of Missouri Extension center. Find additional resources at http://www.ag.ndsu.edu/casscountyextension/4h/cloverbud-activity-books.

Leader materials
LG4811 4-H Clover Kids, $3
LG4812 Explore the World of Small Animals, $5

Clover Kids opportunity
Clover Kids Day at Missouri State Fair — Aug. 16, 2015

Small animal safety policies
- No wildlife allowed — follow Department of Conservation rules as specified in the Wildlife Code of Missouri.
- All animals must be caged, leashed or contained as appropriate and manageable by the child during 4-H Clover Kids meetings and events.
- Parent or guardian must be present with his or her child(ren) when animals are involved.

For more information: http://4h.missouri.edu/clover-kids.aspx

4-H Clover Kids small animal policy
4-H Clover Kids are encouraged to experience a wide range of activities. Learning about and enjoying small animals is one of the many opportunities children can have in a 4-H Clover Kids program. 4-H Youth Development programs developed the following list of approved small animals and policies to help ensure that children and volunteers have safe and meaningful experiences with these animals.

Approved small animals:
- Amphibians: frogs, toads
- Birds
- Cavies: guinea pigs, gerbils, hamsters
- Cats
- Chinchillas
- Dogs
- Fish
- Hedgehogs
- Lizards
- Mice
- Rabbits
- Rats
- Snakes

Order form for project literature is on page 57, or download from the 4-H website at 4h.missouri.edu/programsprojects.aspx.