

Contact your [Oregon State University County Extension Office](#) for more information.

To join or volunteer, your local [county 4-H office](#) is your key to getting started in 4-H. They can tell you what clubs exist in your county, what projects are offered, how to start a new club, or other ways to participate. Your county office can help you order publications and other learning resources.

Please see the list of [County 4-H Staff](#) inside.



Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. This publication will be made available in an

## 4-H Military Partnerships & Oregon State University Extension Service College of Public Health and Human Sciences 4-H Youth Development Makes A Difference For Military Youth



**GROW TRUE LEADERS**  
In 4-H, we believe in the power of young people. We engage young people and rally the nation to provide more youth with hands-on experiences so they grow into true leaders.



## County 4-H Staff

To get involved with 4-H, join or volunteer, your local county 4-H office is your key to getting started in 4-H. They can tell you what clubs exist in your county, what projects are offered, how to start a new club, or other ways to participate. Your county office can help you order publications and other learning resources.

Below is a list of links to the staff directories for each of the county websites, as well as the names and phone numbers of the county 4-H agent. You can click on the agents name to send an email message.

Co. Website	Contact phone
<a href="#">Baker County</a>	541-523-6418
<a href="#">Benton County</a>	541-766-6750
<a href="#">Clackamas County</a>	503-655-8631
<a href="#">Clatsop County</a>	503-325-8573
<a href="#">Columbia County</a>	503-397-3462
<a href="#">Coos County</a>	541-572-5263
<a href="#">Crook County</a>	541-447-6228
<a href="#">Curry County</a>	541-247-6672
<a href="#">Deschutes County</a>	541-548-6088
<a href="#">Douglas County</a>	541-672-4461
<a href="#">Gilliam County</a>	541-384-2271
<a href="#">Grant County</a>	541-575-1911
<a href="#">Harney County</a>	541-573-2506
<a href="#">Hood River County</a>	541-386-3343
<a href="#">Jackson County</a>	541-776-7371
<a href="#">Jefferson County</a>	541-475-3808
<a href="#">Josephine County</a>	541-476-6613
<a href="#">Klamath County</a>	541-883-7131
<a href="#">Lake County</a>	541-947-6054
<a href="#">Lane County</a>	541-344-5859
<a href="#">Lincoln County</a>	541-574-6534
<a href="#">Linn County</a>	541-967-3871
<a href="#">Malheur County</a>	541-881-1417
<a href="#">Marion County</a>	503-588-5301
<a href="#">Morrow County</a>	541-676-9642
<a href="#">Multnomah County</a>	971-361-9629
<a href="#">Polk County</a>	503-623-8395
<a href="#">Sherman County</a>	541-565-3230
<a href="#">Tillamook County</a>	503-842-3433
<a href="#">Umatilla County</a>	541-278-5403
<a href="#">Union County</a>	541-963-1010
<a href="#">Wallowa County</a>	541-426-3143
<a href="#">Wasco County</a>	541-296-5494
<a href="#">Washington County</a>	503-821-1119
<a href="#">Wheeler County</a>	541-763-4115
<a href="#">Yamhill County</a>	503-434-7517



# OSU Extension | Oregon 4-H Youth Development

## Oregon 4-H Projects

- ◆ **Animal Science:** Dog, Horse, Livestock, Small Animal, Veterinary Science
- ◆ **Cloverbuds :** An informal education program designed for children ages 5-8.
- ◆ **Communications:** Presentations, Educational Displays, Videography
- ◆ **Expressive Arts:** Art, Cake Decorating, Ceramics, Fiber Arts, Leathercraft, Performing Arts, Photography. Some counties may also have opportunities in: Cultural Arts - cultural heritage, art appreciation, music appreciation, cake decorating; Performing Arts - clowning, drama, mime, music performance, puppetry, dance
- ◆ **Family & Consumer Science:** Child Development, Clothing, Crocheting, Designing Spaces, Foods and Nutrition, Food Preservation, Home Environment, Knitting
- ◆ **Healthy Living:** Fitness, Sports, First Aid, Babysitting, Tractor Safety Bicycle Safety. The core areas of Healthy living are: Nutrition, Fitness, Social-Emotional Health, Prevention of Injuries, and Prevention of Tobacco, Alcohol, and other Drug Use.
- ◆ **Horticulture:** Container Gardening, Flowers and Ornamentals, Herbs, Vegetables
- ◆ **Leadership, Citizenship & Civic Engagement:** Global Citizenship, Community Service & Civic Engagement. Members of all ages will enjoy learning about the dynamic process of leadership.
- ◆ **Mechanical Science:** Bicycles, Tractors, Woodworking, Small Engines
- ◆ **Natural Science:** Aquatic Ecology, Entomology, Environmental Stewardship, Forestry, Geology, Honeybee, Marine Science, Outdoor Science
- ◆ **Outdoor Education and Recreation:** Shooting Sports, Sport Fishing, ATV, Challenge and Adventure, Archery
- ◆ **Science, Technology, Engineering:** Aerospace, Rocketry, Computer, Electricity, Energy, GPS/GIS, Robotics
- ◆ **YA4-H! Youth Advocates for Health:** The 4-H Youth Advocates for Health (YA4-H!) program engages 4-H teens in health-related learning, with the ultimate goal of supporting youth to lead health-related change in their communities.



4-H is in all counties across Oregon and both young people and adults are stepping up to meet the challenges of a rapidly changing world. They are focusing their energy and skills on real-world issues and opportunities.

4-H members are accepting responsibility for making sure they have the skills they need to live productive lives and contribute to their communities. 4-H volunteers are accepting the responsibility to mentor and guide youth on their journey to adulthood. Together, youth and adults are working as partners to create a healthy planet, a healthy economy, and a healthy population. That is what Oregon 4-H is all about.

4-H is the youth development program of America's land-grant university system. In Oregon, leadership to 4-H is provided by the faculty of Oregon State University who live and work in the communities they serve. Because of this tie to higher education, 4-H professionals know how to design effective youth programs. This professional leadership has resulted in 4-H becoming the nations' most effective youth program in terms of its ability to produce positive youth development outcomes. These skills help



Oregon State University  
Extension Service

There are several ways that school age youth can become involved in 4-H. By providing various options for participation, members can choose the one that best fits their needs.

Youth ages 5-8 are invited to become Cloverbuds. **Cloverbud programs** introduce young people to cooperative learning and the many things they can do in 4-H. The Cloverbud program is tailored to the developmental level of youth of this age. Cloverbuds do not participate in competitive events or elect officers.

**4-H clubs** may be organized in communities or schools. They may meet during school, after school, or on days that school is not in session. In some clubs, all of the members focus on the same subject or activity. In other clubs, each member can study whatever subject they choose. Clubs strive to enroll at least five youth from at least three different families and plan to meet at least six times per year. Clubs typically elect officers to help lead the club. Young people who are currently 9 years old or older may participate in organized 4-H clubs.

**4-H camps** promote positive youth development by engaging youth in group living experiences out-of-doors. Overnight camps involve at least one overnight stay away from home. Day camps are multiple-day positive youth development experiences where youth return home each evening.

School enrichment programs engage young people in a series of learning experiences designed and conducted in collaboration with school officials to support or enhance an approved school curriculum. Teaching may be done by Extension faculty, staff, and trained volunteers, including teachers.

## Responsibility Grows Here.



## 4-H Military Partnerships

The U.S. Department of Agriculture (USDA), National Institute of Food and Agriculture, 4-H National Headquarters partners with U.S. Army Child, Youth & School Services, U.S. Air Force Child and Youth Programs, U.S. Navy Child and Youth Programs, and National Guard and Reserve to support 4-H clubs and programming for military connected youth.

### Partnership programs

- 4-H Military Partnership Grants support 4-H clubs and programming for all military connected youth on installations and in Overseas Military 4-H clubs receive support from four state 4-H programs
- Professional development opportunities are available for military youth programs staff and Extension staff
- Curriculum Development –4-H 101, 4-H 201, Tech Discovery, and Up For the Challenge: Lifetime Fitness, Healthy Decisions
- Youth and Family camps – day and residential camp opportunities

### Extension 4-H Military Liaisons

The Extension 4-H Military Liaison is a Land Grant University Extension professional who serves as a link between the State Cooperative Extension System, Military Service Branches in the state, and 4-H National Headquarters. Liaisons coordinate, network, and facilitate programs and resources working with partners at the university, military partners, and partners across their states in support of programming for military connected children, youth, and families.

### Partnership Benefits

- Mission Readiness — With their children in quality programs, Military personnel can focus on their mission
- Transition — Military youth can find 4-H in every county/parish in the U.S. and on overseas installations
- 4-H Study of Positive Youth Development — Research shows 4-H youth excel beyond their peers: 4-H youth are more likely to be civically active, make contributions to their communities, participate in science programs during out-of-school time, and make healthier choices. (Tufts University, 2012)
- Use of Public Resources—tax dollars are used wisely