

## Cornell Cooperative Extension offices and phone numbers

|                                    |                                   |                                     |
|------------------------------------|-----------------------------------|-------------------------------------|
| Albany County<br>518-765-3500      | Herkimer County<br>615-866-7920   | St. Lawrence County<br>315-379-9192 |
| Allegany County<br>585-268-7644    | Jefferson County<br>315-788-8450  | Saratoga County<br>518-885-8995     |
| Broome County<br>607-772-8953      | Lewis County<br>315-376-5270      | Schenectady County<br>518-372-1622  |
| Cattaraugus County<br>716-669-2377 | Livingston County<br>585-658-3250 | Schoharie County<br>518-234-4303    |
| Cayuga County<br>315-255-1183      | Madison County<br>315-684-3001    | Schuyler County<br>607-535-7161     |
| Chautauqua County<br>716-664-9502  | Monroe County<br>585-461-1000     | Seneca County<br>315-539-9252       |
| Chemung County<br>607-734-4453     | Montgomery County<br>518-762-3909 | Steuben County<br>607-664-2300      |
| Chenango County<br>607-334-5841    | Nassau County<br>516-292-7990     | Suffolk County<br>631-727-7850      |
| Clinton County<br>518-561-7450     | Niagara County<br>716-433-8839    | Sullivan County<br>845-292-6180     |
| Columbia County<br>518-828-3346    | New York City<br>212-340-2900     | Tioga County<br>607-687-4020        |
| Cortland County<br>607-753-5077    | Oneida County<br>315-736-3394     | Tompkins County<br>607-272-2292     |
| Delaware County<br>607-865-6531    | Onondaga County<br>315-424-9485   | Ulster County<br>845-340-3990       |
| Dutchess County<br>845-677-8223    | Ontario County<br>585-394-3977    | Warren County<br>518-623-3291       |
| Erie County<br>716-652-5400        | Orange County<br>845-344-1234     | Washington County<br>518-746-2560   |
| Essex County<br>518-962-4810       | Orleans County<br>585-589-5561    | Wayne County<br>315-331-8415        |
| Franklin County<br>518-483-7403    | Oswego County<br>315-963-7286     | Westchester County<br>914-285-4620  |
| Fulton County<br>518-762-3909      | Otsego County<br>607-547-2536     | Wyoming County<br>585-786-2251      |
| Genesee County<br>585-343-3040     | Putnam County<br>845-278-6738     | Yates County<br>315-536-5123        |
| Greene County<br>518-622-9820      | Rensselaer County<br>518-272-4210 |                                     |
| Hamilton County<br>518-548-6191    | Rockland County<br>845-429-7085   |                                     |

[www.cce.cornell.edu/4h/](http://www.cce.cornell.edu/4h/)



**How do you join 4-H?**  
Contact your local Cornell Cooperative Extension office. An extension educator working with the 4-H Youth Development Program will be able to guide you and your child to 4-H opportunities in your area.

**How old do girls and boys have to be to join 4-H?**  
The traditional 4-H club program is open to all youth, ages 9 to 19. Many counties, however, have Cloverbud programs available to youth ages 5 to 8.

**What will my child do in 4-H?**  
4-H members choose projects that interest them. New York State has more than 150 4-H projects to choose from. These projects are educational and practical. Your child may attend regular meetings, be involved in public speaking and community service activities, or serve as a club officer. Your child also may want to participate in county events such as 4-H camp or the county fair. Also, opportunities are available for trips to other states and countries.

**How much does it cost to join 4-H?**  
Joining 4-H clubs costs very little. Counties may charge a small enrollment fee. Individual clubs may charge dues to cover expenses, and some project areas, such as photography and livestock, may require a small investment for supplies and equipment.



**We live in the city. Can my children still join 4-H?**  
4-H programs are open to all young people, no matter where they live. There are programs in every county in New York State, including New York City. Activities available for urban groups include exploring plants, drama, food and nutrition, entrepreneurship, photography, woodworking, leadership, and more.

**When my child joins 4-H, do I have to become a leader?**  
Parents don't have to become 4-H leaders when their child joins 4-H, but most leaders appreciate the assistance of parents or other adults. This help can range from being a project leader, to driving members to activities, to supplying refreshments for a meeting.

**Will my child be safe while in 4-H?**  
4-H Youth Development has a volunteer screening policy in place. Check with your local extension association for more details about this process.

**Who sponsors 4-H in New York State?**  
4-H is an educational program provided by Cornell Cooperative Extension in each of the state's 57 counties and New York City. Funding for this program comes from the United States Department of Agriculture, New York State, county government, grants and contracts, fees for service, and the New York State 4-H Foundation.

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A free catalog of Cornell Cooperative Extension publications and audiovisuals is available from the same address, or from any Cornell Cooperative Extension office. The catalog also can be accessed at [www.cce.cornell.edu/publications/catalog.html](http://www.cce.cornell.edu/publications/catalog.html)

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**Take a Look!**



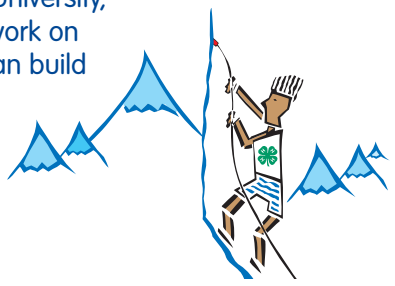


Nationally, 4-H Youth Development creates opportunities for youth to develop skills, practical knowledge, and wisdom through observing, doing, and reflecting on experiences. We call this "learning by doing"—a learning model that has been active and successful for 100 years.

4-H is the youth development program of Cornell Cooperative Extension, linking the resources of Cornell University to young people. We create supportive learning environments in which diverse youth and adults reach their fullest potential as capable, competent, and caring citizens.

The four Hs (head, heart, hands, and health) represent four basic human needs: **independence**, **belonging**, **generosity**, and **mastery**. Research indicates that youth whose basic needs are met in positive ways are likely to grow into active citizens and contributing members of their families and communities. 4-H can help you to help your child meet these needs.

By combining project activities with opportunities to go to camp, publicly show their work, travel, host international youth, and attend meetings and events at Cornell University, 4-H provides a framework on which young people can build self-confidence, responsibility, and generosity.



## head

I pledge my HEAD to clearer thinking.

Youth need to know that they are able to influence people and events through decision making and action. By exercising **independence** through 4-H leadership and project opportunities, youth mature in self-discipline and responsibility and learn to understand themselves better.



## heart

I pledge my HEART to greater loyalty.

Youth need to know they are cared about by others and feel a sense of connection and **belonging** to others in the group. 4-H gives youth the opportunity to feel safe physically and emotionally while actively participating in a group.



## hands

I pledge my HANDS to larger service.

Youth need to feel their lives have meaning and purpose. By exploring 4-H community service and citizenship activities, youth can connect to communities and learn to value **generosity** and give back to others.



## health

I pledge my HEALTH to better living for my club, my community, my country, and my world.

Youth need to feel and believe that they are capable of solving problems and meeting challenges to develop their self-confidence. By exploring 4-H projects and activities, youth develop a sense of **mastery**, gain life skills, and are more equipped to make positive career and life choices.