



DISCOVER



4-H HORSE BASICS CLUBS (PHYSICAL EXAM AND FIRST AID)



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Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

Purpose

The purpose is to create an environment for families to come together and participate in learning activities that can engage the whole family, while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), the state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Learner et al., 2005).



Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

The 4-H Motto

"To Make the Best Better!"

The 4-H Pledge

I pledge: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my Club, my Community, my Country, and my world.

4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or both.

Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club/member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form (print these from the www.utah4h.org website or get them from the county Extension office).

Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth you have in your club, you can decide how many officers you would like. Typical officers will include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for both ages. Your club may decide the duration of officers—six months, one year, etc.



A Typical Club Meeting

Follow this outline for each club meeting:

- Call to order–President
- Pledge of Allegiance and 4-H Pledge–Pledge Leader (arranges for club members to give pledges)
- Song–Song Leader (leads or arranges for club member to lead)
- Roll call–Secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- Minutes of the last meeting–Secretary
- Business/Announcements–Vice President
- Club Activity–arranged by Activity Facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- Refreshments–arranged by Refreshment Coordinator
- Clean Up–led by Clean-up Supervisor



Essential Elements of 4-H Youth Development

The essential elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

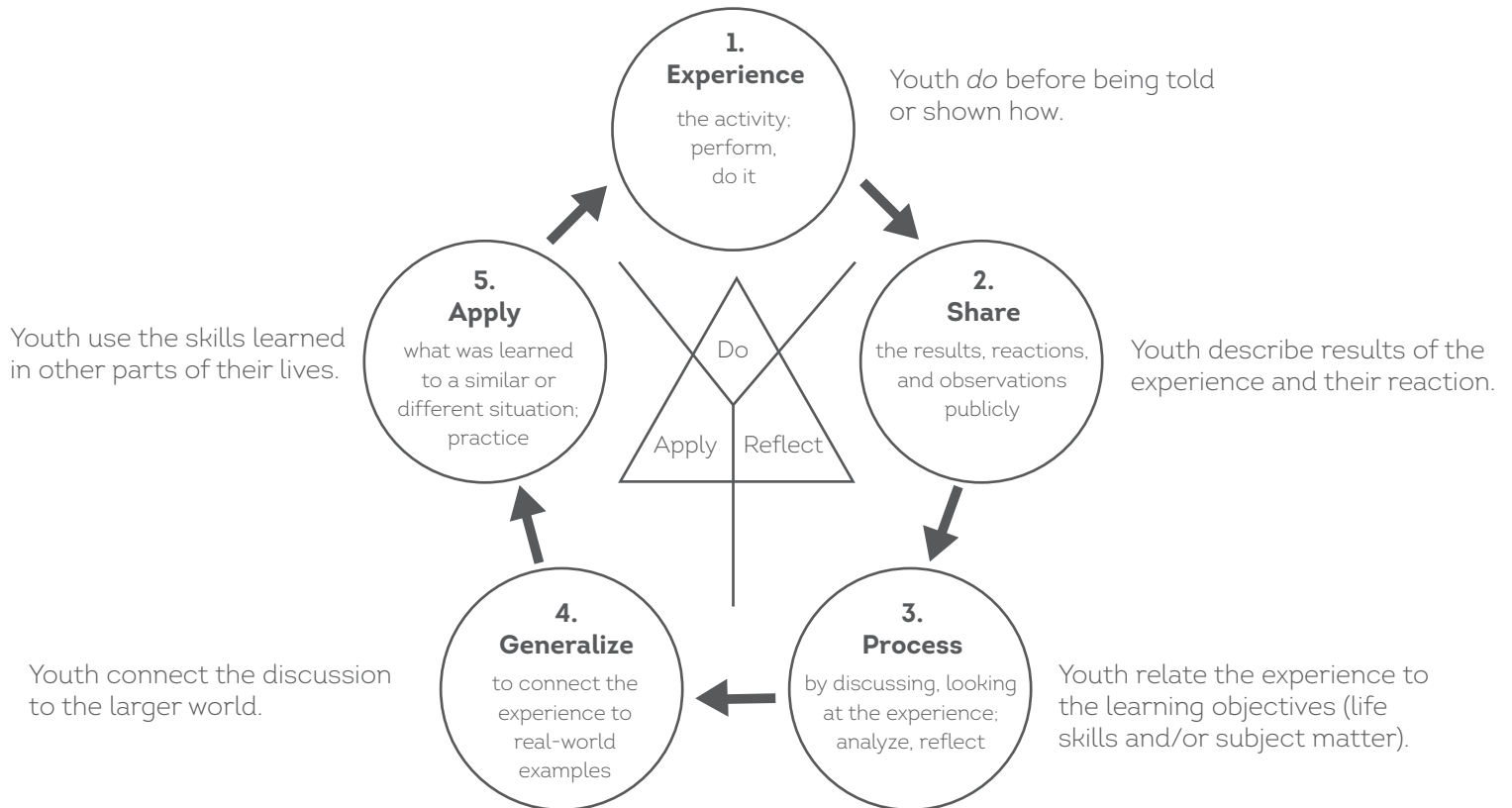
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning; opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future; opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: <http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/>)



4-H “Learning by Doing” Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates, - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (Information retrieved from: http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf)

- Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
- Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
- Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

Getting Started

1. Recruit one to three other families to form a club with you.
 - a. Send 4-H registration form and medical/photo release form to each family (available at utah4h.org)
 - b. Distribute the Discover 4-H Clubs curriculum to each family
 - c. Decide on a club name
 - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.)
2. Enroll as a 4-H volunteer at the local county Extension office (invite other parents to do the same)
3. Enroll your club at the local county Extension office
 - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H-related opportunities.
4. Identify which family/adult leader will be in charge of the first club meeting.
 - a. Set a date for your first club meeting and invite the other participants.
5. Hold the first club meeting (if this is a newly formed club).
 - a. See *A Typical Club Meeting* section above for a general outline.
 - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
 - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
6. Hold the six project-specific club meetings outlined in this guide.
7. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the County Extension Office) OR try another Discover 4-H Club project area.



Other Resources

Utah 4-H website: www.Utah4-h.org

National 4-H website: www.4-h.org

4-H volunteer training:

To set up login:

<http://utah4h.org/htm/volunteers/get-involved/new-volunteer-training>

To start modules: <http://4h.wsu.edu/volunteertraining/course.html>

(password = volunteer)

References

Information was taken from the Utah 4-H website (utah4h.org), the National 4-H Website (4h.org), the Utah Volunteer Handbook, or as otherwise noted.

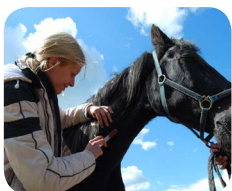
Lerner, R., M. et al., (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. *Journal of Early Adolescence*, 25(1), 17-71.

We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>

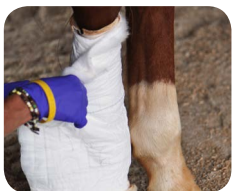
4-H HORSE BASICS CLUB *Meetings*

Physical Exam and First Aid



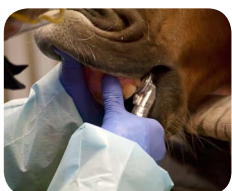
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Checking Vital Signs for Horses and Foals



Supplies

- Digital rectal or oral thermometer. Digital rectal and oral thermometers are basically the same thing. Use one that is not the least expensive as the least expensive ones take longer to display the temperature.
- Stethoscope
- Notebook or paper and a clipboard
- Pencil
- Copies for each club member of the Vitals Lab worksheet
- Laptop computer or smart television with (need internet) to watch the video clip on taking a horse's temperature found at: <http://www.extension.org/pages/22024/how-to-take-a-horses-temperature>
- A tame horse to practice on

PRIOR TO ACTIVITY

1. Find a gentle horse either from one of the club members or club leader where a group of youth would be safe in taking it's temperature and other vital signs. If a horse cannot be found within the club ask horse owners in the community.
2. Ask a local equine veterinarian to assist with showing the club members how to take the temperature.
3. Assign club members to watch the video clip on taking a horse's temperature

Activity #1



TEMPERATURE

An adult horse has a normal body temperature of **99-101.9°F**. A foal can have a baseline temperature as high as **102° F**.

Please note: If your horse is known to kick do not attempt taking a temperature. This is too dangerous and you will need a veterinarian to do this. For horses that do not kick here are the following procedures (procedure adapted from Dr. Ben Espy, 2011):

- Take a baseline reading. This should be done at meal time for example when your horse is relaxed. Be sure to always have someone holding the horse to assist you while you are taking the temperature.
- Stand next to your horse's hind leg, facing the direction of the tail, close enough for your shoulder or side to be in contact with him so you'll sense any -motion in his body if he begins to get antsy. If you are right-handed, stand on his left side, with the thermometer in your right hand; if you're left-handed, stand on his right side, with the thermometer in your left hand. Throughout the procedure, be careful not to turn your body to face his leg, as this puts you in a very vulnerable position—your knees won't be free to bend if he kicks or moves suddenly in your direction.



TEMPERATURE CONTINUED

- Next, place your arm closest to the horse across his croup and gently grasp the top of his tail in your hand. Raise it up high enough to give your other hand access to the anus. If your horse is young or you're not sure how he reacts to thermometers, gently touch the skin around the outside of the anus with the thermometer before inserting it. This will help to accustom him to the feel of it.
- Then guide the end of the thermometer into the rectum, pressing it several inches inside, leaving the digital screen outside the body so you can see it while it registers the temperature.
- Continue holding the tail and the end of the thermometer firmly until the final reading is clear. Then gently remove the thermometer and double-check the reading.
- Use this baseline temperature for comparison when your horse shows signs of stress or illness. If his temperature goes above normal, consult your veterinarian

Activity #2



PULSE

The normal pulse rate is **36 – 44 beats per minute** (bpm) for an adult horse and **80-120 bpm** for foals and ponies.

Procedure:

- There are two places where the pulse is most often taken. First place is the maxillary artery on the inside of the jawbone and the second is by listening to the heart on the left side of the chest just behind the left elbow.
- Count the beats for 15 seconds and then multiply by four to get the rate per minute
- Pulse rates are higher with excitement, nervousness, high body temperature, pain, shock, and exercise. Pulse rates are lower in cool weather and for horses in good physical condition.

Activity #3



RESPIRATION

The normal rate for horses is between **8-16 breaths per minute**.

Procedure for obtaining respiration rate:

- However, this is very hard to detect in a resting horse so the best way to determine a respiration rate is to use a stethoscope on the trachea.
- With the ear pieces in your ears and facing forward, press the bell firmly into the underside of the horse's neck about four inches below the throatlatch.
- Count the breaths for fifteen seconds and multiply by four.
- The ratio of the pulse to the respiration rate is often a more significant measure of stress than each of the actual figures are. Depending on the horse's age, his normal resting pulse to respiration ratio should range from 4:1 to 2:1 (4 parts resting pulse to 1 part respiration rate). Example if 4:1 or normal resting pulse to respiration ratio would be 48 bpm: 12 respiration rate. If the ratio become 1:1 or 1:2 the horse is suffering from oxygen deprivation which indicates serious stress.

Activity #4

CAPILLARY REFILL TIME

Normal rate is **less than 2 seconds**. Be sure not to press too hard.

- Mucus Membrane Color: The **normal color is pink**. Gums that are pale, deep red, purple, overly yellow, or streaked with the appearance of small broken blood vessels are abnormal and should be recorded. Some of the causes for abnormal appearance are listed below:
- Pale: Low perfusion of blood indicating a possible “shock” condition.
- Deep red: Congested membranes, also a shock type condition with toxicity.
- Purple or blue: Low oxygen levels or serious toxicity.
- Overly yellow: Gums are normally slightly yellow, but very yellow may be a liver problem.
- Capillary Refill Time: After pressing on the gums, the color should return within 1-2 seconds. Delayed return of color, 3 seconds or more, is an indication of poor blood perfusion, often brought on by serious dehydration, shock, or other toxicity.

Activity #5

HYDRATION STATE

The best way to determine hydration is through an assessment of the horse’s blood parameters. Using the “skin turgor test” can often be a quick field aid.

Procedure:

- The skin over the shoulder should be pinched with some elevation of the skin. If it snaps back into place very quickly, the horse may be considered to be adequately hydrated.
- Any delay should be suspect and assessed along with the other vital signs. Older horses tend to have a more relaxed skin, so this should be taken into account.
- Again, assessing this parameter when the horse can be considered healthy will help determine if this is abnormal.
- Jugular refill is another good field test. Block off the jugular vein on either side of the horse’s neck. If the vein stands up quickly and is easily seen then the horse is said to have normal jugular refill.
- Horses with low blood pressure, shock or dehydration have slow or absent jugular distension.

Activity #6

BORBORYGMUS (Gastro-intestinal tract or “GI” on Vitals Lab worksheet)

This refers to the sounds that the gut makes in digesting the feed. A horse should have a normal gurgling sound on both sides of the abdomen back near the flanks. Several horses should be assessed before making a determination of what can be considered “normal”, “none”, “low”, or “hyper motile”. During colic episodes, horses with little or no gut sounds may be in serious condition. A hyper motile gut may be indicating an irritation, and this may be coupled with a loose stool or diarrhea. Assessing the gut sounds from one moment to the next may indicate whether a horse’s condition is improving or deteriorating. Take this, and all of the vital signs, frequently.

Activity #7



DIGITAL PULSES

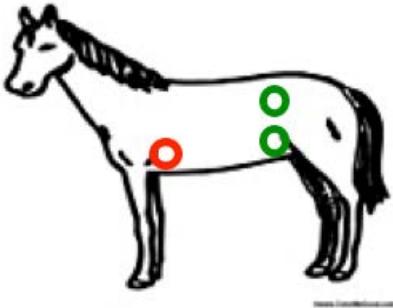
Feel along the both sides of the back of the fetlock where the digital veins cross over the joint. Digital pulses should barely be felt. If they are bounding, they may be an indication of trouble such as laminitis, which can be secondary to many different illnesses including colic.

Activity #8



Before ending the club meeting be sure to have a group discussion using the questions from Reflect and Apply.

Be sure to check vitals on your horses when they are healthy, both to know what is normal for your horse and to reduce stress from strange happenings during an emergency or illness.



*Red circle indicates where to listen for heart rate (behind the left elbow.)

*Green circles indicate where to listen for gut sounds (on both sides.)



Reflect

- What can you do at home to prepare for the next time you need to take your horse's vital signs?
- As a group go over again the vital signs that need to be taken during a physical exam.

Apply

- Take the vital signs of your horse as often as possible to become more comfortable with the procedure.
- What have you learned from this activity that you can use in your everyday life?



References

Information retrieved from:

Espey, Ben, DVM. (February 28, 2011). How to take your horse's temperature. Retrieved from:
https://extension.usu.edu/cache/files/uploads/Taking_Your_Horses_Temperature.pdf

Vitals Lab *Worksheet*



Horse Name	Temp 99-101.9°F	Pulse 36-44 BPM	Resp. 8-16 BPM	GI		MM pink	CRT 1-2 seconds	Digital Pulse	Skin/ Jugular



Supplies

- Sterile saline - Use to wash out minor wounds.
- Telfa pads - Place directly on wound. Have a few different sizes handy.
- Cling gauze - Roll on over telfa loosely in a figure eight pattern.
- Roll/sheet cotton - Roll snugly around entire distal limb, avoiding wrinkles.
- (+/-) Brown gauze - Roll on snugly over roll/sheet cotton.
- Vet wrap - Roll on over roll/sheet cotton, making sure any direct contact with skin is LOOSE.
- (+/-) Elastikon - Place around top and bottom of bandage if dirt/bedding contamination is likely.
- Quilts & Polo or Standing Wraps - Great for situations that require long term bandaging as they can be washed and reused
- A tame horse to be used to practice on or a model horse leg.

PRIOR TO ACTIVITY

1. Find a gentle horse either from one of the club members or club leader where a group of youth would be safe in practicing applying bandages on the legs of the horse. If a horse cannot be found within the club ask horse owners in the community.
2. Invite a local equine veterinarian to come and work with your club on how to properly apply bandages. Be sure to have your club write a thank you letter and send to the veterinarian.

Activity #1



BANDAGING

Learning how to apply bandages to your horse is an essential skill in being a horse owner. If your horse ever gets cuts or injuries, especially on their legs or hooves you will need to frequently apply, remove, and change bandages. For this activity invite a local equine veterinarian to work with your club in the proper techniques for applying bandages. Be sure to have the supplies below available to practice with. Each club member should have a turn at practicing. If a horse cannot be used then possibly practice on a thick tree limb or something resembling a horse leg. The veterinarian may even have a plastic model of a leg or hoof that they could bring.



BANDAGING CONTINUED

1. Bandaging Essentials

Sterile saline - Use to wash out minor wounds.

Telfa pads - Place directly on wound. Have a few different sizes handy.

Cling gauze - Roll on over telfa loosely in a figure eight pattern.

Roll/sheet cotton - Roll snugly around entire distal limb, avoiding wrinkles.

(+/-) Brown gauze - Roll on snugly over roll/sheet cotton.

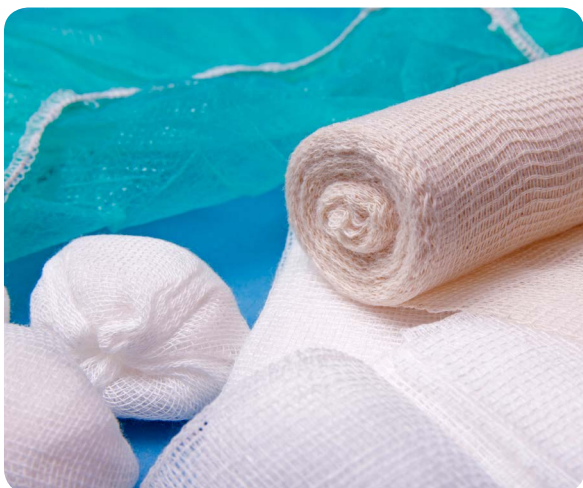
Vet wrap - Roll on over roll/sheet cotton, making sure any direct contact with skin is LOOSE.

(+/-) Elastikon - Place around top and bottom of bandage if dirt/bedding contamination is likely.

Quilts & Polo or Standing Wraps - Great for situations that require long term bandaging as they can be washed and reused

Tips:

- Be sure to incorporate heel into wrap if wound is located in pastern or heel bulb regions.
- If wound is bleeding severely, when blood soaks through bandage, DO NOT remove original bandage. Place additional absorbent materials over wrap that is already in place.



Reflect

- What can you do at home to prepare for the unfortunate event your horse gets lacerations?
- As a group go over again the steps in properly applying a bandage.

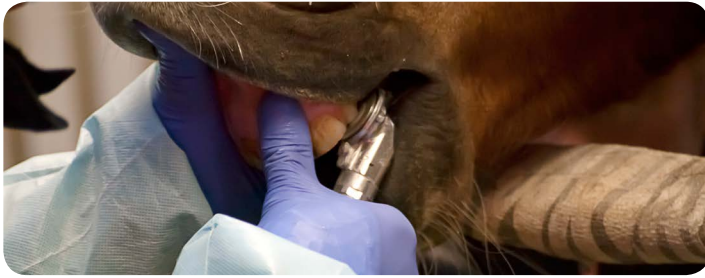
Apply

- To become proficient in learning how to bandage your horse, and if your horse is tame enough to practice on, periodically practice applying bandages to the leg of your horse.
- What have you learned from this activity that you can use in your everyday life? Did you learn skills that could help in applying bandages or first aid to a friend that is injured in an accident?



4-H Club Meeting 3

Emergencies for Horses



Supplies

- Notebook
- Pen or pencil
- Completed report on assigned topic for each club member

PRIOR TO ACTIVITY

1. Assign a club member to research at least one (if a small club members may have to research more than one) of the emergencies listed under Activity 1. Have them type up a brief description of what they found in their research and they will then present their findings to the club during the club meeting.
2. Ask a local equine veterinarian to assist with showing the club members how to take the temperature.
3. Assign club members to watch the video clip on taking a horse's temperature

Horses are prone to accidents and emergencies. Horse emergencies can be scary and emotional for the owner. Preparation before the emergency is key to saving the life of your horse or preventing further damage as the result of an accident. Be sure to have a veterinarian in mind where you can plan on transporting your horse in case of an emergency or can call them to come to your place. Discuss the best facilities for treatment with your veterinarian ahead of time. Have phone numbers and other information on hand. Know how to get to the facility you have chosen, plan how you are going to transport the horse, and keep driving directions handy. Assemble and keep a first aid kit on hand to deal with immediate needs and transport in case your horse requires emergency treatment.

The most common types of equine emergencies are abdominal pain (colic), trauma and lacerations, and ill foals.

Activity #1



WHAT CONSTITUTES AN "EMERGENCY?"

Below is a list of the most common types of emergencies in horses. For this activity have each club member stand up in front of the club and present on their research findings on the common emergencies as found below. Each club member should arrive to the meeting prepared to discuss the definition of the emergency, what can cause the type of emergency, and what should be done if the emergency occurs.

Common horse related emergencies

- Difficult breathing
- Hemorrhaging
- Lacerations (especially near joint or tendon areas)
- Colic
- Dystocia (mare foaling)
- Broken Bone
- High Fever (over 104+)
- Diarrhea/dehydration
- Choking
- Ocular (eye)





SIGNS OF DISTRESS

For this activity the club leader will lead a discussion with the club members on each of the signs of distress listed below. Go through each one and discuss if any of the club members have seen their horse or a horse with these signs of distress and have them explain. Also go through the procedures that should be done if they see a horse with these signs of distress. If any of these signs below are unclear assign the club homework to research the ones they don't understand so that during the next club meeting they can come back and discuss what they learned. Recognizing signs of distress can be the difference between life and death for a horse.

Common signs of distress in horses

- Laying down for prolonged time or up and down
- Anorexia (not eating)
- Standing off & alone
- Squinting / tears
- Rolling, Pawing, Stretching
- Unable to walk or move
- Profuse Sweating
- Labored breathing
- Lameness severe / non weight bearing
- Diarrhea / dehydration
- Choke
- Nail in hoof (leave until vet can x-ray)
- Yellow / green discharge
- Bleeding Severe
- Ataxia
- Red, purple, white, yellow gum color
- Fever 101.5+



Reflect

- What can you do at home to prepare for a possible emergency with your horse?
- As a group assign topics under the "signs of distress" list that are not understood clearly as homework. Club members should go home, research this topic, and come back to the next club meeting prepared to discuss.

Apply

- Take the time to study more on emergencies for horses. As often as possible when coming in contact with other horse owners, talk to them about emergencies they've faced with their horses and how they handled the situation.
- What have you learned from this activity that you can use in your everyday life?

4-H Club Meeting 4

Emergency First Aid Kit Preparation



PRIOR TO ACTIVITY

1. All of the above listed supplies should be purchased before the club meeting and be present at the club meeting so that the time spent focuses on assembling the kits.

First aid kits are essential for every horse owner. First aid supplies should be put in a bag or hard case that is durable and one that can easily be transported. For example when you travel with your horse you should be able to take your first aid kit and put it in your truck or trailer to have it with you in case there is an emergency on the road or at the event you are participating in (4-H horse show, trail ride, etc.)

Supplies

- Scarlet oil
- Nitrofuracin
- Neosporin=eyes
- DMSO salve
- Cotton roll
- Stretch roll gauze
- Vet wrap
- Elastikon
- Duct tape
- Telfa pads various sizes = place directly on clean wound
- Betadine solution: dilute betadine in clean water/saline until it resembles iced tea - for flushing wounds, soaking feet, etc.)
- 16 oz betadine scrub
- Sterile saline
- Bute: 1-2 grams or banamine (both must be prescribed by your veterinarian)
- Stethoscope
- 6 second digital thermometer
- Non-sterile gauze pads
- 1 lb Epsom salt
- Gloves
- Scissors
- Wire cutters
- Clippers
- Heavy duty plastic bag
- Chart with normal equine vitals and your horses normal vitals (can use chart used in Club meeting 1)
- Emergency contact information for your veterinarian
- Medium size heavy duty duffle bag or hard case to put all the first aid kit supplies in (should be a bag or case that is durable and one that can be easily transported)



Activity #1



WOUND CARE

Put together the following items for Wound Care:

- Scarlet oil
- Nitrofuracin
- Neosporin=eyes
- DMSO salve

Activity #2



WRAP MATERIAL

Put together the following items for Wrap Material:

- Cotton roll
- Stretch roll gauze
- Vet wrap
- Elastikon
- Duct tape
- Telfa pads various sizes = place directly on clean wound

Activity #3



SURGICAL SCRUB

Put together the following items for Surgical Scrub:

- Betadine solution: dilute betadine in clean water/saline until it resembles iced tea - for flushing wounds, soaking feet, etc.)
- 16 oz betadine scrub
- Sterile saline

Activity #4



ANALGESIA/NSAID

Must be prescribed by your vet

- Bute: 1-2 grams
- or banamine

MISCELLANEOUS SUPPLIES

- Stethoscope
- 6 second digital thermometer
- Non-sterile gauze pads
- 1 lb Epsom salt
- Gloves
- Scissors
- Wire cutters
- Clippers
- Heavy duty plastic bag
- Chart with normal equine vitals and your horses normal vitals
- Emergency contact information for your veterinarian



Reflect

- Now that you have assembled your first aid kit you could assemble a second one so that you have one at your house/barn and a second one in your truck or trailer.
- As a group discuss the items in your kit that might need to be replaced periodically such as medication and solution.

Apply

- Each year do an inventory of your first aid kit and replace items that have been used or are out dated.
- Prepare a small first aid kit that can fit in a saddle bag that can be taken when you are on trail rides.
- What have you learned from this activity that you can use in your everyday life?
- Can you assemble a first aid kit for yourself now based on what you've learned?



More to *Discover*

Congratulations on completing your Discover 4-H club meetings! Continue with additional curriculum in your current project area, or discover other 4-H project areas. Check out the following links for additional 4-H curriculum.

1. <http://utah4h.org/htm/discover4hclubs>
2. <http://www.4-h.org/resource-library/curriculum/>
3. <http://utah4h.org/htm/resource-library/view-all-curriculum>

Become a 4-H Member or Volunteer

To **register** your Utah club or individuals in your club visit:

<http://www.utah-4.org/htm/staff-resources/4-h-online-support>

<http://utah4h.org/htm/about-4-h/newto4h/>

Non-Utah residents please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Stay *Connected*

Visit Your County Extension Office

Stay connected with 4-H activities and news through your county Extension office. Ask about volunteer opportunities and don't forget to register for your county newsletter. Find contact information for counties in Utah here:

<http://extension.usu.edu/htm/counties>

Enjoy the Fair!

Enter your project or create a new project for the county fair. Learn about your county fair and fair judging here:

<http://utah4h.org/htm/events-registration/county-fairs>



Participate in Local or State 4-H Activities, Programs, Contests or Camps

For Utah state events and programs visit:

<http://utah4h.org/htm/events-registration>

<http://www.utah4h.org/htm/featured-programs>

For local Utah 4-H events and programs, visit your county Extension office.

<http://extension.usu.edu/htm/counties>

Non-Utah residents, please contact your local 4-H office.

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Discover *Service*

Become a 4-H Volunteer!

 <http://www.youtube.com/watch?v=UBemO5VSyK0>

 <http://www.youtube.com/watch?v=U8n4o9gHvAA>

To become a 4-H volunteer in Utah, visit us at:

<http://utah4h.org/htm/about-4-h/newto4h/>

Serve Together as a 4-H Club or as an Individual 4-H Member

Use your skills, passions, and 4-H to better your community and world. You are needed! Look for opportunities to help in your area or participate in service programs that reach places throughout the world (religious groups, Red Cross, etc.).

Hold a Club Service Project

USU Collegiate 4-H Club hosted "The Gift of Giving" as a club activity. Club members assembled Christmas stockings filled with needed items for CAPSA (Community Abuse Prevention Services Agency).

<http://tinyurl.com/lu5n2nc>



Donate 4-H Projects

Look for hospitals, nursing homes, or other nonprofit organizations that will benefit from 4-H projects. Such projects include making quilts for CAPSA or Primary Children's Hospital, or making beanies for newborns. During Utah 4-H State Contests, 40 "smile bags" were sewn and donated to Operation Smile.

Partner with Local Businesses

92,000 pounds of processed lamb, beef, and pork were donated to the Utah Food Bank in 2013 by multiple companies.

<http://tinyurl.com/pu7lxyw>

Donate Money

Clubs or individuals can donate money gained from a 4-H project to a worthy cause. A nine-year-old 4-H member from Davis County donated her project money to help a three-year-old battle cancer.

<http://tinyurl.com/mqtfwxo>



Give Us Your *Feedback*

Help us improve Discover 4-H curriculum. We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>