

COUNTY 4-H CLUBS

4-H clubs across Columbia County provide opportunities for youth to explore their interests, develop leadership skills, and build lifelong friendships. For information about specific clubs, including meeting times and locations, contact Columbia County Extension at (608) 742-9680.

Club	Area
Arlington Prairie Producers	Arlington, Hampden, Leeds, Lowville, Otsego, Poynette
Cornerstone Badgers	Cambria, Courtland, Friesland, Randolph, Springvale
Durwards Glen	Caledonia, Durwards Glen
Lodi Challengers	Dekorra, Lodi, West Point
New Directions	Caledonia, Fort Winnebago, Lewiston, Newport, Pacific, Pardeeville, Portage
North Scott	Marcellon, Pacific, Pardeeville, Scott, Wyocena
Rio Go-Getters	Columbus, Otsego, Pardeeville, Rio, Springvale, Wyocena
Rocky Run Boosters	Poynette, Dekorra, Arlington
South Columbus Willing Workers	Columbus, Fall River, Fountain Prairie, Otsego
Welsh Prairie Livewires	Cambria, Courtland, Friesland, Randolph, Springvale



4-H IMPACT

4-H learning experiences are based on the principles and practices of positive youth development. By fostering leadership, responsibility, and critical thinking, 4-H helps youth become confident and capable leaders. Compared to peers, **youth involved in 4-H programs are...**

4x	2x	2x	2x
more likely to contribute to their communities.	more likely to be civically active.	more likely to make healthier lifestyle choices.	more likely to participate in out-of-school programs.

Source: Lerner, R. M., et. al. (2005). 4-H Study of Positive Youth Development.



JOIN 4-H TODAY

4-H offers something for everyone! To get started, scan the QR code to complete a form or contact Columbia County Extension at (608) 742-9680 to learn more.



**112 E. Edgewater Street, Room 212
Portage, WI 53901**

(608) 742-9680

columbia.uwex.edu/4-h-youth-development

Columbia County 4-H

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**Empowering youth.
Building leaders.
Growing community.**



WHAT IS 4-H?

As the nation's largest youth development organization, 4-H empowers young people with the skills to lead and succeed for a lifetime. Guided by adult mentors, youth explore their interests (known as "sparks") through project-based learning in areas such as science, health, agriculture, creative arts, citizenship, and more. Mentors provide a positive environment where youth learn by doing. Through hands-on activities and experiences, 4-H grows leaders and helps young people build confidence, independence, resilience, and compassion.

WHO CAN JOIN 4-H?

4-H is for all, not just for youth in farm or rural areas!

Youth from kindergarten (age 5) through grade 13 (age 19) are welcome to join. 4-H does not divide activities by gender and offers graduated experiences to youth in different "ages and stages" of development.

Adult volunteers help make 4-H possible. To volunteer, previous experience working with youth is not needed. Volunteers provide youth with positive experiences in a safe and welcoming environment.



WHY JOIN 4-H?

A Pathway to Success



Joining 4-H empowers young people to grow into true leaders by building confidence, independence, resilience, and compassion. Through hands-on, youth-led projects in art, science, health, agriculture, and civic engagement, participants learn by doing, overcome challenges, and create positive outcomes. Supported by adult mentors and backed by a network of public universities, 4-H provides a proven environment where young people gain the skills and experiences needed to lead and succeed for a lifetime.

ENROLLMENT

The 4-H year begins October 1 and ends September 30. There is a \$5 per person enrollment fee, though most clubs cover this cost for their members. Additional project-specific expenses may apply.

Re-Enrollment: Returning members must enroll online by November 30 to exhibit in the Junior Class at the Columbia County Fair. Enrollment forms are accepted year-round, but this deadline is firm for fair eligibility.

New Enrollment: New members are welcome to join 4-H at any time during the year. However, to exhibit at the Columbia County Fair, new members must enroll by March 1. No exceptions will be made to these deadlines.

THE 4-Hs

 HEAD	- Decision-making - Planning - Organizing	- Problem solving - Lifelong learning - Science, technology
 HEART	- Leadership - Communication - Teamwork	- Concern for others - Positive self-concept - Personal values
 HANDS	- Volunteering - Inclusivity, equity - Discovering self	- Community service - Relating to others - Hands-on learning
 HEALTH	- Lifestyle choices - Character, ethics - Mental health	- Stress management - Disease prevention - Relating to change

4-H OPPORTUNITIES

Adventure	Growth	Rewards
- Travel experiences - State and national events - County and state fairs - Camps and workshops - Meet new friends - Explore new projects	- Youth make decisions - Leadership roles and skills - Time management - Public speaking - Become a better citizen - Teamwork - Confidence	- Awards - Scholarships - Giving back to communities - Lasting friendships and memories - Network with professionals and alumni - Personal satisfaction

4-H PROJECTS

A 4-H project is a hands-on learning experience where youth explore topics of interest, from animals and science to the arts and beyond. With over 60 project areas, youth spark curiosity, gain knowledge, and develop life skills.

Project area learning opportunities include...

Agriculture and Animal Science:

- Beef
- Cats
- Cavies and pocket pets
- Dairy
- Dogs
- Exotic animals
- Goats
- Horse
- Llamas and alpacas
- Poultry
- Rabbits
- Sheep
- Swine
- Veterinary science



Expressive Arts:

- Art appreciation
- Computer graphic design
- Creative writing
- Fiber and textile arts
- Folk arts and crafts
- Performing arts
- Photography
- Upcycling
- Videography
- Visual arts

Family, Home, and Health:

- Candy making
- Child development
- Consumer savvy
- Entrepreneurship
- Food decorating
- Food preservation
- Foods and nutrition
- Health
- Home environment
- Personal finance
- Sewing
- Sports and fitness

Environmental and Outdoor Education:

- Astronomy
- Birds
- Conservation
- Entomology (insects)
- Geology
- Maple syrup
- Outdoor recreation
- Safety
- Shooting sports
- Taxidermy
- Wildflowers
- Wildlife and habitat

Plant and Soil Science:

- Crops
- Horticulture and gardening
- Indoor plants
- Landscaping and design
- Plant crafts
- Soil science

Science, Technology, Engineering, Math (STEM):

- Aerospace
- Computer science
- Energy and electricity
- GPS and mapping
- LEGO®
- Mechanical science
- Model building
- Robotics
- Welding
- Woodworking

Leadership and Community:

- Civic engagement
- Cloverbud (grades 5K-2)
- Communications
- Community service
- Cultural education
- History and heritage
- Leadership
- Workforce readiness