

How to get involved?

Adults can be involved in 4-H as a community club leader, after-school club leader or attend camp as an adult volunteer. Training will be provided by the Extension Agent.

Organize a club in your neighborhood

Serve on the Extension Leadership Council

Volunteer on an occasional basis for events as providing assistance to agents in the office, special interest programs, or the Chesapeake Jubilee.

For more information, please contact the Chesapeake Extension Office at (757)382-6348.

We are located in the Planetarium and Agriculture Building at 310 Shea Drive, Chesapeake, VA 23322

HOURS OF OPERATION

8:00 a.m. – 5:00 p.m., Monday – Friday
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If you are a person with a disability and require any auxiliary aids, services or other accommodations for any Chesapeake Extension event, please discuss your accommodation needs with the Extension staff at (757) 382-6348 at least 1 week prior to the event.

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, religion, sex, age, veteran status, national origin, disability, or political affiliation. An equal, opportunity/affirmative action employer.

Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Dr. J. Dave Barrett, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg.; Lorenza W. Lyons, Administrator, 1890 Extension Program, Virginia State, Petersburg.

CITY OF CHESAPEAKE

4-H



SPONSORED BY:
Virginia Tech
Virginia State University

The Chesapeake Extension staff is dedicated to meeting the needs of all Chesapeake residents. Call to find out how you can become involved in the Extension program.

4-H WHAT IS IT?

4-H is an informal, practical, learn-by-doing, fun and educational program for youth. The mission of 4-H is to assist youth and adults working with those youth, to gain additional knowledge, life skills and attitudes that will further their development as self-directing, contributing and productive members of society.

HOW IS 4-H ORGANIZED?

National Leadership for 4-H is in the U.S. Department of Agriculture in Washington, D.C. State headquarters are in the land grant universities, Virginia Tech and Virginia State. Every state has a team of 4-H youth staff and subject matter specialists. Work in counties and cities are directed by the Extension Agent. Volunteer leaders assist agents by providing direct leadership and educational support to youth in local communities.

THE FOUR H's

The four H's stand for HEAD, HEART, HANDS, and HEALTH, representing the four-fold training and development the 4-H members receive. The four H's symbolize the development of the head to think, plan and reason; the heart to be concerned with the welfare of others, accept the responsibilities of citizenship and develop positive attitudes; the hands to be useful, helpful and skillful; and health to practice healthy living, enjoy life and use leisure time productively.

4-H YOUTH DEVELOPMENT

4-H is the youth development component of Virginia Cooperative Extension. Young people learn "life skills" through their involvement in 4-H programs. All 4-H youth programs provide opportunities for travel, recognition and leadership development. Adults and teen volunteers play an important role in 4-H.

COMMUNITY AND SPECIAL INTEREST CLUBS

Youth ages 9-18

These clubs are led by volunteers. Community clubs undertake projects in a variety of topics, whereas specialty clubs focus their educational activities on a specific topic. There are over 200 4-H projects in 46 different subject areas. Youth in community clubs elect officers, and they run the club meetings.

CLOVERBUDS

Youth 5-8

Volunteers use educational materials to address the developmental needs of this age group. These clubs provide a variety of experiences for the 4-H'er.

4-H IN-SCHOOL ENRICHMENT

In cooperation with the school system, we provide training and support material, programming, and resources for the students and teachers in a variety of subject matter areas.

CAMPING PROGRAM

Residential camps for youth 5-18 at the Airfield 4-H Educational Center in Wakefield, Virginia. The site consists of 220 acres of wooded land that is surrounded by a lake. For camp schedules, please call the Chesapeake Extension Office.

"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."

INFORMATION CARD

Yes, I want to know more about 4-H. Please contact me!

- I am interested in joining 4-H
- I am interested in volunteering with a 4-H club in my neighborhood
- I am interested in starting a 4-H club in my neighborhood.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone:
(H): _____

(W): _____

Mail to:
Virginia Cooperative Extension
310 Shea Drive
Chesapeake, VA 23322