**4-H**

**Head, Heart, Hands, Health**

**Welcome to the Refugio County 4-H program**. 4-H is the youth development program of the Texas A&M AgriLife Extension. Our purpose is that boys and girls receive the opportunity to learn, develop life skills and form attitudes that will enable them to become self-directing, productive and contributing members of society.

The 4-H program has opportunities to offer both the rural and urban youth. 4-H education, recreation, recognition, tours, trips, club and community activities help equalize opportunities and personal development of all young people.

**4-H is a family affair.** A boy or girl selects various 4-H projects with the help of their parents, and then parents advise, counsel, and assist their child in taking care of, constructing, or being involved in the project.

We look forward to your participation in the Refugio County 4-H Program.

Refugio County Extension Office

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Office Hours: Monday – Friday

8AM-5PM

Extension Staff: Candace Moeller, CEA-AG/NR

Jonelle Whitlow, Office Manager

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| **Clubs** | **Meeting  Date, Time & Place** | **Club Managers** |
| Blanconia 4-H | 2nd Tuesday @ 7PM  Blanconia Baptist Church | Melodie Friedrichs & Katherine Harkins |
| Bonnie View 4-H | 2nd Sunday @ 5PM  Bonnie View Community Center | Melody Payne |
| Brushpoppers 4-H | 3rd Sunday @ 2PM  Refugio Presbyterian Church | Jennifer Lara & Denise Rosas |
| Livestock Judging 4-H Club | 3rd Sunday @ 5PM  Refugio Elementary School | Amy Neel |
| Mission 4-H | 1st Wednesday @ 7:30PM  Refugio City Hall | Derek Lewis |
| Roughriders 4-H | 1st Sunday @ 3PM  Austwell-Tivoli Elementary Cafeteria | Angie Ruddock & Adrianne DeNava |

**What is 4-H?**

4-H is a youth development program to develop youth through the involvement of parents, other adults and volunteers who organize and conduct learning experiences for youth in a community setting. In 4-H, your child can grow in knowledge, skills, citizenship and leadership and will experience:

1. Working with adult volunteer leaders to make new friends through 4-H meetings and activities

2. Feeling a sense of accomplishment and developing self-confidence through “learning by doing”

3. Developing leadership and the ability to speak before a group

4. Exploring projects that may lead to future careers and leisure-time skills recognizing growth and achievement in areas of interest

5. And, most importantly, having fun while being involved in 4-H.

**Who is involved in 4-H?**

4-H Members: Boys and girls that are nine years of age (or eight and in the third grade) to nineteen years of age.

Parents: Parents provide help and inspiration, financial support, and help keep their sons and daughters active.

Volunteer 4-H Leaders: Both adult and junior leaders help 4-H members with 4-H projects and activities and advise members in running the affairs of a 4-H club.

Texas AgriLife Extension: Your County Extension Staff are professionals who extend the knowledge and research findings of Texas A&M University to your local 4-H club in conducting 4-H projects and activities.

Friends of 4-H: Many adults, businesses, and organizations in your community offer support with donations, personal service, and encouragement. There are indeed “Friends of 4-H.”