

Discover 4-H!



for
youth

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And justice for all . . .

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IOWA STATE UNIVERSITY
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Welcome to 4-H

We're glad you've discovered us! We hope you will like meeting with your group and will enjoy many fun events.

4-H can give you the chance to learn and grow. In your club you will have an adult leader and some older 4-H members to help you. Your parents can help, too. Don't hesitate to ask them for help. They like having you join 4-H and hope you'll like it, too.

Here are the words of 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.

Ask an older 4-H'er to show you the hand motions that go with the pledge.



One of the first things you may want to know about is the 4-H emblem. It looks like a lucky 4-leaf clover, with an H in each leaf. The H's stand for:



Head



Heart



Hands

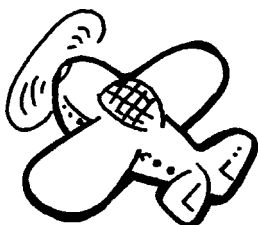


Health



What can 4-H members do?

**4-H members
have fun and
learn a lot, too!**



Attend club meetings and activities

Get involved

Go to camps, workshops, and field trips

Share the things they learn with other members

Care about other members and try to make them feel good, too

Take exhibits to the county fair

Learn about new ideas and new projects

Plan special club events and community service projects

Help the 4-H leader with activities and meetings

Help other members with their projects

Keep their parents informed of the 4-H club plans

Read the 4-H newsletter for fun ideas

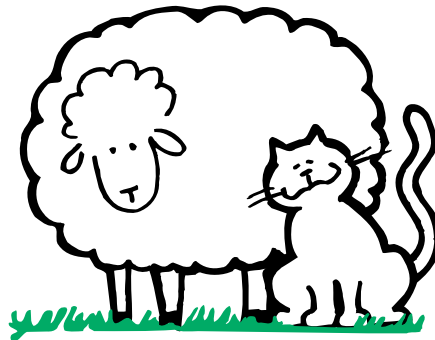


4-H Projects



You can choose one or more projects that will be interesting and fun! 4-H projects cover many topics.

Projects are fun to do alone and with your friends. Here are some of the projects you might like to do in 4-H. It's best to enroll in only a few projects and do them well.



Animal Science

Projects in this group help you learn to select, feed, and care for an animal. Explore . . .

Dog
Horse
Sheep
Rabbit

Pets
Swine
Dairy Cattle
Dairy Goats
Beef

4-H members can:



Grow gardens and plants



Make snacks or create wall hangings



Collect butterflies or rocks



Care for pets or other animals

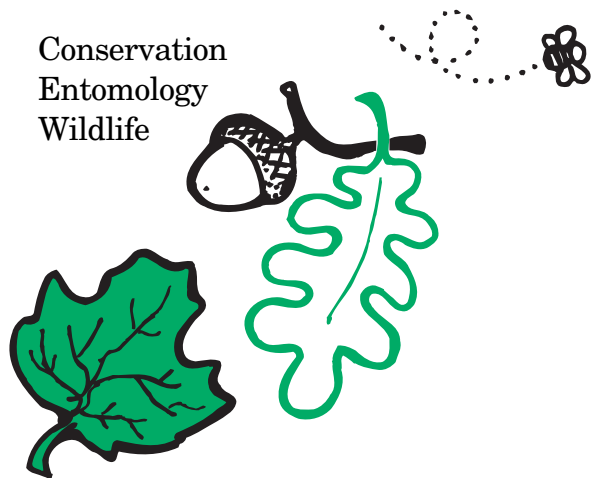


Practice bicycle safety and photography

Environment

Would you like to learn about the land, water, and air as well as other creatures around you? Try . . .

Conservation
Entomology
Wildlife





Engineering and Mechanics

If you like to work with tools, make or build things, try one of these.

Bicycle Care and Safety
Electricity/Electronics
Woodworking
Aerospace

Small Engine
Automotive



Family and Consumer Science

Here's a chance for you to learn how to make good things to eat and how to be a better consumer.

Food and Nutrition
Home Improvement
Child Development
Consumer and Management
Clothing



Plant Science

Learning about plants and watching things grow is great fun.
Discover . . .

Flower Gardening
Crop Production
Home Garden
Plant Science
Forestry



Personal Development

Want a chance to be creative? Like taking pictures or having fun? Try . . .

Visual Art
Recreation
Health and Safety
Photography
Leadership
Citizenship
Communications
Music



4-H clubs

Your club will be a good one when everyone works together.

All members are important to the club. Whether you are an officer or not, you have ideas to share. And remember, leaders and parents are important, too.

A local 4-H club usually elects officers.

The **president** conducts meetings and appoints committees.

The **vice president** is in charge of the program plans.

The **secretary** keeps minutes and attendance records.

The **treasurer** pays club bills and deposits funds received.

The **recreation leader** helps plan parties and leads songs and games at meetings.

The **reporter** writes newspaper stories about club meetings and events.

The **historian** keeps a lasting record of the club's yearly story.



4-H meetings



Here are some things that might happen at a 4-H meeting.

- The recreation leader leads games while everyone arrives.
- The president calls the meeting to order.
- Everyone says the 4-H pledge and Pledge of Allegiance.
- The secretary calls the roll and reads the minutes of the last meeting.
- The treasurer reports on club expenses and income.
- Committees tell what they've planned.
- Members talk about "old business" or things they've talked about before.
- Members talk about "new business" or new ideas, activities, and plans.
- The president adjourns the business meeting.
- Members share something they do or know about or what they've learned in their projects.
 - Sometimes everyone gets to try something new.

You have an idea for an activity—how do you get the club to do it? First, bring up your idea in the "new business" part of the meeting. After everyone talks about it, you can make a motion. You say, "I move that we," and give your idea. Then the president will ask for a "second" and will have the club vote. If your motion passes, the club may begin making plans.

Remember, you can help make the meetings fun by being courteous to other members. And if you don't goof around, the business meetings will be even better!



Record It!

Keeping track of what you have done and what you have learned is an important part of 4-H. It is also an important skill you will use in school and in life.

Keeping track is called "record keeping."

You can ORGANIZE your record-keeping system however it works best for you!

Keeping track of your 4-H experience might include;

- ☘ what worked well,
- ☘ what didn't work,
- ☘ what you might do in the future, and
- ☘ what you enjoyed the most!

You can use:

- paper record-keeping systems (start with *Basic 4-H Project Record*, 4H 96A)
- computer
- portfolios
- audiotape or even videotape

Just record honestly what you did and what you learned. Be creative and have fun!

