



4-H New Family Newsletter

January 2012

Keokuk Co. Extension

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Mission of 4-H

4-H empowers youth to reach their full potential working & learning in partnership with caring adults.

Welcome to 4-H!

We are excited to have you as a new member of Keokuk Co. 4-H. We hope you enjoy your years as a 4-H'er! 4-H has so many opportunities to offer. We look forward to seeing you soon in the upcoming year.

Things to keep in mind:

- Have you set your goals?
- Check the dates you need to own your livestock or when they need to be born.
- Work on your record books as you go through the year.
- Parent - attend meetings to know what's happening.
- Talk with your leader about club presentations.
- Read the monthly newsletter to keep up to date on current 4-H happenings!
- Have fun, make friends, learn, & grow!

How Do I Set Project Goals?

Now that you've decided on a project(s), it's time to set some goals. What do you want to do and learn in the project? Make your goals challenging, but don't make them so hard you cannot reach them. A goal is like a roadmap — it helps you decide how to get where you want to go. Start by asking yourself these questions:

What do I want to learn or do?

When am I going to do it?



Who will help me?

Where do I want this project to take me in the future?

Examples of 4-H project goals:

| PROJECT | ACTION | RESULT | TIMETABLE |
|------------------|---------------------|----------------------|-----------------------------|
| Beef | I will train | my 4-H steer to lead | before the fair. |
| Photography | I will learn how to | use my new camera | before our family vacation. |
| Food & Nutrition | I will make | a nutritious snack | at my club's May meeting. |

Goals Have 3 Parts:

1. **The Action**—How will you reach your goal?
2. **The Result**—What will you accomplish?
3. **The Timetable**—When are you going to do it?

Check Your Goal:

1. Does it have 3 basic parts?
2. Do you have control over the goal?
3. Is it measurable?

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.

How Can Families Be Involved in 4-H?

As a family, you will learn more about the 4-H program and the opportunities it has for youth and adults throughout the year. Here are some things you can do together:

- Read the 4-H newsletters and project materials with your child.
- Help your 4-Header select projects related to his/her interests, abilities, and maturity.
- Ask your child to think about what they want to learn and how they want to go about it — goal setting.
- Encourage record keeping by helping them find a place to keep this information and reviewing it throughout the year.
- Attend and participate in club meetings and events.
- Share your ideas and knowledge with your child and his/her club members.
- Provide support and encouragement — but let your child do the work!
- Have Fun!

Dates to Remember..

There are lots of important events that are offered to 4-H members throughout the year! The next event will be the **New Member's Night on January 18 at 6:30 PM at the Extension Office**...personal invitations were sent out last week.

You may think that since Expo is in July that you don't have to do much until summer, but for livestock exhibitors there are a few trainings and deadlines that you need to be aware of that happen in the spring time.

Bucket/Bottle Calves & Lambs: Must be in the Exhibitor's possession within 2 weeks of birth and must be born between January 1 & April 30th, 2012.

Horses: Throughout May, June, & July the horse project members meet at the Expo horse arena for practices. Exhibitors are **REQUIRED** to attend 2 practices to show at Expo. Also, make sure to have your Helmets!

Swine: Weigh in is March 31 from 8-10 am at Expo. Make sure to have your Premise Id numbers. Call the Extension Office for more information!

Sheep/Meat Goats: Weigh in is May 5 from 8-9 am at Expo.

Dog Obedience: If you are interested in showing your dog at Expo there's a special interest club that meets during the spring & summer months focused on training. Exhibitors must attend practices to show. Watch the newsletter for upcoming practice dates & times.

FSQA: Anyone interested in showing hogs must be certified. The training date will be March 17 from 10-12 at the Extension Office.