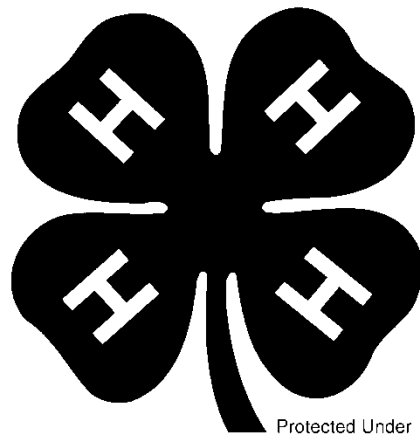


IOWA STATE UNIVERSITY
University Extension

A New Member Guide to 4-H
• *Clayton County*

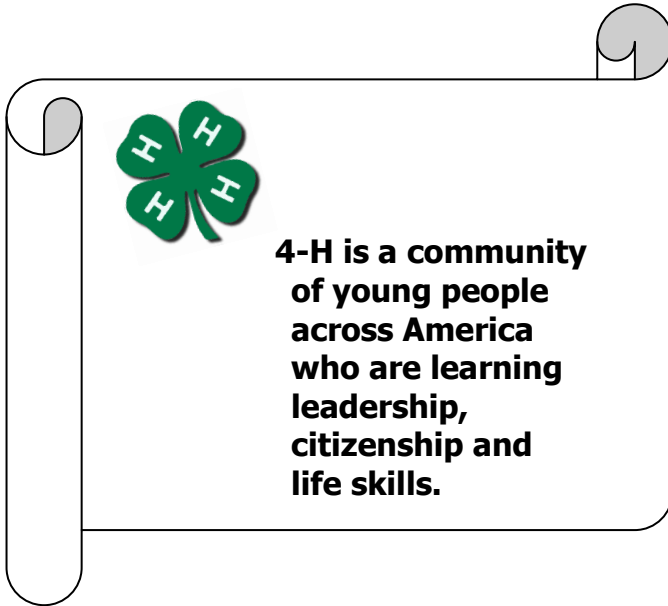


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Extension programs are available to all without regard to race, color, national origin, religion, sex, age, or disability.

Welcome To 4-H!

We are excited to welcome you as a new member in the world's largest youth organization—4-H! We invite you to join us in making new friends and having fun! Like any new adventure, there are always many questions. We hope this guide helps answer some of your questions and directs you along the way.



4-H Motto
"To make the best better"

4-H Colors

Green —Symbolizes life, springtime, & youth.

White —Symbolizes purity.

4-H Pledge

I pledge my HEAD to clearer thinking,
My HEART to greater loyalty,
My HANDS to larger service,
My HEALTH to better living,
For my club, my community, my country & my world.



Iowa 4-H Website:

<http://www.extension.iastate.edu/4H/>

Clayton County Extension Website:

<http://www.extension.iastate.edu/Clayton>

Clayton County 4-H

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Office Hours

Monday – Friday

8:00 AM - 12:00 PM

1:00 PM - 5:00 PM

4-H Clover Connection

A 4-H family newsletter, called the *Clover Connection* is sent from the Clayton County Extension Office to 4-H members, leaders and volunteers containing information about upcoming activities and events.

Member Information

What Happens When You Enroll in 4-H?

1. Youth select at least one project (interest) area in which to enroll and receive project literature to help individual learning. The literature suggests activity ideas as well as exhibit ideas for fair.
2. Youth and their families select a 4-H club in the county to join.
3. After enrolling in a club, a 4-H member (and family) attends monthly club meetings. At these meetings, members plan club events, vote on items, swap ideas and information and do fun and educational activities. Beyond local club participation, 4-H families can participate in a variety of county sponsored events, such as project workshops, camps, county fair and more! A 4-H newsletter is mailed each month to alert families of upcoming events. **Be sure to read it!**

What's Expected of You?

Most county 4-H programs have basic expectations of members, such as:

1. Attend club meetings.
2. Do an educational presentation at your club meeting.
3. Participate in a community service project.
4. Read the county 4-H newsletter "Clover Connection" each month to keep up to date on 4-H activities.
5. Exhibiting at the county fair is a highlight of the year for many 4-H members. Youth are encouraged, but not required, to showcase project work at the county fair. Additionally, keeping records of project work throughout the year is strongly encouraged. Forms are available in the county office or online through the state 4-H web-page at: www.extension.iastate.edu/4-H.

How Can Families Help?

The 4-H program encourages parents, grandparents, guardians, and family members to help the 4-Her with his/her projects. Here are some suggestions:

- Help youth select projects that relate to their interests/hobbies.
- Attend club meetings with your child.
- Give encouragement and supervision, but allow the 4-Her to do their own work.
- Help youth develop a record keeping system for their project work. (This may mean finding a special place for records and 4-H materials in the home and reviewing that information periodically with them.)
- Read the 4-H Newsletter and help them stay on top of dates, deadlines, rules, etc....
- Be willing to help whenever possible for the club as extra adult hands, hostess, driver, chaperone, etc. as the need arises.
- Be positive. Praise them when they succeed & be there to help when they struggle.
- Seek help from Extension Staff, Club Leaders, fellow 4-Hers, as well as people with specific expertise in project areas.
- HAVE FUN!**

4-H Background

Early school teachers O. H. Benson in Wright County, and Jessie Field Shambaugh in Page County, taught farm topics in schools . Both became superintendents in their counties in 1906 and vigorously promoted "club" work.

County Superintendent Cap E. Miller in Keokuk County, Iowa, also pioneered. In 1904 he urged his teachers to promote clubs and teach farm subjects. He sponsored a county organization of boys and girls with officers and educational programs. Miller's plans fostered many of the teaching tools in today's 4-H program including life skills and learning by- doing through projects, group meetings, and exhibits. Community service projects also provide active learning interaction of youth and adults and encourage youth to set and accomplish goals.

The programs for boys were called "Boys' Agricultural Clubs." They had exhibits of corn and garden products, and held livestock judging contests. The programs for girls were called "Girls' Home Culture Clubs." The girls had exhibits of sewing and cooking, and held contests in which they judged "articles of sewing, handwork, and cooking."

The emblem of the four-Leaf clover started in 1906 at a one-room country school near Clarion, Iowa. O.H. Benson observed 11 pupils looking for four-Leaf clovers. He used the four Leaves to stand for the school's 4-square Development of: Education, Physical, Moral, and Fellowship. The three-leaf clover was used in 1906- 1911 to stand for head, heart and hand. The fourth "H" for health was added in 1911.

County Extension staffing patterns established between 1914 and 1919 increased the growth and effectiveness of volunteer leadership. Over the years, 4-H has grown from a country schoolroom to an organization of over 5 1/2 million boys and girls in the United States. There are also more than 80 countries throughout the world with 4-H type programs.

4-H is a tax supported organization under the United States Department of Agriculture, Iowa State University and the County Extension Service. All 4-H programs are open to all wishing to participate regardless of race, color, sex or national origin. Club dues, wearing uniforms or any other special requirements should not prevent a youngster from joining 4-H.

4-H Clubs are led by volunteer leaders who give time and talent to help members learn.

The Iowa 4-H program remains under the direction of Iowa State University Extension.



What Does a 4-H Club Do?

- Most clubs meet monthly with a year-long plan for their programs.
- Each meeting usually includes presentations by members.
- A 4-H club elects its own officers and conducts its own business.
- Meetings might also include presentations by leaders, parents, or a resource person, recreation/games, a family night, or a field trip.
- Most 4-H clubs do a variety of community service projects. Members should decide the types of projects their club will do.

What Happens at a 4-H Club Meeting?

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

- Games or fun activities.
- Call the meeting to order.
- The 4-H pledge and the Pledge of Allegiance.
- Roll call and minutes of the last meeting.
- Treasurer report.
- Committees tell what they've planned or done.
- "Old business" or things talked about before.
- "New business" or new ideas, activities, and plans.
- Adjourn the business meeting.
- Educational Presentations are given.
- Refreshments and fun!

Did You Know?

A 4-H club usually elects the following officers:

- **President**—conducts meetings and appoints committees.
- **Vice President** — is in charge of the program plans.
- **Secretary**— keeps minutes and attendance records.
- **Treasurer**— pays club bills and deposits funds received.
- **Recreation leader**— helps plan parties and leads games.
- **Reporter**— writes newspaper stories about club events.
- **Historian**— keeps a lasting record of the club's yearly story.

There are 3 Levels in 4-H.
Youth in:
Grades 4-6 are considered Junior Level 4-H members
Grades 7-8 are considered Intermediate Level 4-H members
Grades 9-12 are considered Senior Level 4-H members

Food Safety & Quality Assurance Program

All youth exhibiting **beef, sheep, swine, dairy, poultry, rabbits or goats** at the Clayton County Fair and Iowa State Fair must be FSQA certified. Junior, Intermediate and Senior 4-H members can certify each year by attending a training class. Intermediate & senior members also have the option to take a test. Read the 4-H newsletter or contact the Extension Office for details.

4-H Vocabulary

Every organization has a vocabulary that seems familiar only to its members and 4-H is no different. Here are a few of those words:

Projects—A 4-H project is an area of emphasis in which a 4-Her enrolls, studies, learns, and keeps records. A “Pick-A-Project” paper lists all of the project areas in 4-H from A-Z.

Exhibits—A 4-H exhibit is an item resulting from project work that the 4-Her has chosen to bring to fair and have evaluated by a judge. For example: a 4-Her may enroll in the woodworking project area and choose to bring a birdhouse to the fair that he/she constructed.

Static Exhibits— This term is used to refer to non-animal exhibits. It includes photography, food & nutrition, child development, woodworking, and more!

Conference Judging— This method of judging is used for static exhibits at the fair. A 4-Her discusses their work with the judge. The judge determines the ribbon placing and the item is put on display during the fair.

Enrollment Forms— This form is what provides the Extension Office with your membership information. It includes your name, address, phone, and project areas you have selected for the year.

Code of Ethics Forms—This form asks members to be responsible for doing their own project work in an ethical manner. Signature lines are provided for 4-Hers and their parents to sign as an understanding and agreement of the expectations.

Medical History Forms—Much like the information provided to schools and other youth-serving organizations, 4-H needs medical information in case of an emergency with a member. All information is kept confidential.

Identification (ID) Forms— All animals that are part of a 4-H project must be identified. Market animals will have ID forms completed at their respective weigh-ins. Other animals have separate ID sheets. Check with your county for specific deadlines.

Entry Forms— These forms are what the 4-Her completes to enter specific exhibits into competition at the county, district, state, and interstate levels. Each contest has a rulebook and entry deadlines.

FSQA— Food Safety and Quality Assurance

What do ribbon colors mean?

Iowa 4-H uses the Danish system of judging - rather than competing against someone else, youth challenge themselves to create exhibits that represent their best. The Danish system places exhibits in groups representing standards met. Judging is intended to educate, evaluate, and encourage.

Purple means the exhibit exceeded standards. It is the highest ribbon awarded.

Blue exhibits meet all standards well.

Red exhibits meet some standards well, but could use improvement on other standards.

White exhibits need improvement on many standards or are missing information critical to evaluation,

4-H Calendar Year

The following is a year-long list of activities that take place in a typical 4-H year. Counties don't always do the same activities at the same time every year, and some activities are dropped while others are added. Be sure to read your 4-H newsletter for more details, deadlines, and additional information on camps, workshops and events.

January

- Area & state 4-H recognition applications become available
- 4-H scholarship information becomes available

February

- County Bowling Tournament
- Scholarship Apps. due Feb. 1
- Area & state recognition applications due

March

- Omelet Brunch & Silent Auction
- Intermediate Lock-in
- County Basketball Tournament
- 4-H Day at the Legislature

April

- Market Swine Weigh-in
- Food Safety Quality Assurance (FSQA) Training

May

- Market Sheep Weigh-in
- Last day to add/drop projects May 1
- Livestock ID's due May 15

June

- Practice Sessions Begin for Dog Projects
- Summer Day Camps
- State 4-H & Youth Conference in Ames
- Animal Science ROUND-UP
- Citizenship Washington Focus (every 2 years)

July

- County Fair entries due July 1
- State Fair Livestock entries due July 1
- Junior Member Fun Night

August

- Clayton County Fair
- Ak-Sar-Ben Livestock entries due
- Iowa State Fair
- Complete your Records!!

September

- Recordkeeping systems are due to leaders

October

- Recordkeeping, Project & club officer award applications are due to the Extension Office October 1
- National 4-H Week
- Member recruitment

November

- Pizzazz Night - 4-H Awards Program & Spaghetti Supper

December

- Market Beef Weigh-In

