

Welcome to Clinton County 4-H



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Dictionary of 4-H Terms

Clubs

This group is at least four or five boys and/or girls who meet together with a leader. They elect officers—President, Vice President, Secretary, Treasurer, Etc... Clover Kids Clubs are for youth in grades K-3rd. Clinton County has what are called Community Clubs and Clover Kids. This means that anyone can join the club, but work on projects by themselves. Other counties have Project Clubs, which means all the young people work on the same project at the same time. A third type of club that Clinton County and other counties have is Special Interest Club. These groups focus is on one area, like horses or fishing.

Enrollment Forms:

Every 4-H'er must fill out an Enrollment Form. It contains necessary information needed to enroll you as a 4-H member so you receive all the important information through out the year. These are usually handed out at the September or October meeting, along with a medical and an ethics form and turned back in to your club leader. They are due to the Extension Office on January 31st. This form has you list the all of projects you are interested in. Listing multiple project areas does not mean that you have to take a project from each area to the club show. You can add projects to your list up to May 15th.

Enrollment Fee:

To be in 4-H you must pay a \$22 enrollment fee when you turn in your enrollment form to your Leader. This is due January 31st.

Club Show Entry Forms

This form is used to enter your projects for the fair. This is different from an enrollment form and the Livestock ID form. You will use the fair book to decide which class you would like to enroll in. There is also a small fee to pay when you turn these in. Livestock Club Show Entry Forms are due June 26th. Rabbits, Pets, Swine, Cattle, Sheep, Horses, Dogs, and Bucket Bottle Calf all need to turn in a Livestock Entry form. Non-Livestock entry forms are due on Conference Judging Day.

Livestock ID Forms

These forms are used to identify which animals you might bring to the County and or State Fair. They must be filled out and turned into the Extension Office by May 15th. No late entries will be accepted. These will be handed out by leaders at your March or April meeting.

What is an Exhibit

A 4-H exhibit is something that results from a 4-H'ers project. Exhibits may be animals, pets, posters, displays, models, collections, scrapbooks, or actual objects or products such as photograph, bookends, a dress, or a cake. The Clinton County Fairbook will give you a good idea of what specific requirements for size, age of animal, number of items, and so forth. The fairbook can be found on the Clinton County Extension Website.

Meetings

Any time the group comes together could be called a meeting. Generally, the club decides ahead of time how often, where, and what time they will meet. Usually it is for two hours or less a month. Community centers, churches, schools, and parks are some places meetings are held.

Meetings can have several parts:

Old Business: Discuss anything from past meetings

New Business: Anything new that your club will be doing

Presentations: Where members or leaders show or tell how to do something in particular

Recreation: Fun time

Leaders:

A4-H club leaders are adults who work voluntarily with a group of 4-H members. "Project Leaders have a special interest or skill such as photography, clothing, dog, or gardening that they are willing to teach to youngsters. "Organizational Leaders help get the club together and assist the members in running the meetings. "Youth Leaders" are teenagers who have had experience in clubs and can help leaders by giving special attention to each member. Leaders are not all knowing. They cannot help all members with their vast variety of projects. If 4-H'ers have questions about a specific project area, they can contact the Extension office as ask for the name and number of a project mentor in that area.

Youth Committee

The Youth Committee is made up of 10-12 adults members who are active volunteers that work in cooperation with the Extension Office to provide leadership to the total county 4-H program.

- They plan and develop a total county 4-H program based on the needs of youth and the county.
- They identify needs, interests, and issues of youth in the county.
- Identify characteristics of youth living in the county (age, race, and ethnicity).
- Are aware of state and national issues, needs, and interests that affect and relate to youth in the local community or county.
- Identify youth-serving programs and organizations in the county.

County Council

This is a group of Senior Division 4-H members who plan and carry-out events for the Clinton County 4-H Program. They plan and organize many of the fun events. They meet once a month for an hour or so. Any 4-H'er can apply to be on the County Council if you are a junior or senior in high school.

Projects

These are the “learning by doing” activities done by 4-H’ers over the course of the 4-H year. Over 100 projects have been developed and are available to members. Kids from both town and country find no shortage of ideas. Members can even design their own project, and set their own judging through “self-determined projects.”

Clinton County Connection

The Clinton County Connection is the name of the Clinton County 4-H Newsletter. This newsletter will be sent out once a month. It will include a calendar of events and notices of activities and deadlines that will be taking place during the next month or two. It is VERY important for 4-H’ers to read this newsletter thoroughly and to share it with family members. If there is a due date for a certain activity, that is the due date. NO EXCEPTIONS.

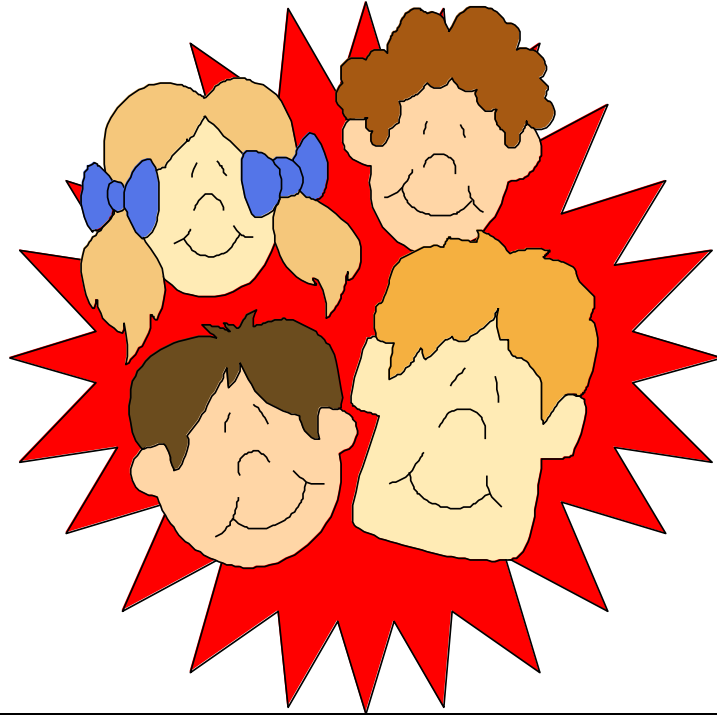
Extension Office

This is where you call or stop in if you have any questions on county or state 4-H activities or items in the newsletter. The address is 331 E 8th St De Witt, Iowa 52742. The phone number is 563-659-5125. You can email questions to Wendy at

wproctor@iastate.edu .

Clinton County Extension Staff:

Bill Petsche	County Extension Education Director
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What Do The 4 H's Stand For?

Head

Through exciting hands-on learning experiences, 4-H'ers learn about new project areas, try new skills and participate in various activities. 4-H'ers have fun learning from volunteer adults and older youth, who are interested in sharing their knowledge and experiences.



Heart

Throughout club, county, area and state events and activities, members are continually developing their sense of identity, particular project skills and characteristics that result in a statement of "Who I am and what I stand for."



Hands

A goal is for 4-H members to arrive at tentative occupational choice. Three essential factors are:

1. Learning about one's self.
2. Learning about work and occupational opportunities.
3. Learning knowledge of self and occupational opportunities.



Health

4-H continually strives to teach 4-H members to accept responsibility for their lifestyle choices and to create a personal environment, which encourages choices with positive impact on their well-being.



What Does a 4-H Club Do?

A 4-H club elects its own officers and conducts its own business. Most clubs meet monthly with an annual plan for their programs. Each meeting usually includes presentations by members. Meetings might also include presentations by leaders, parents, or a resource person, recreation or indoor games, a family sharing night, or a field trip.

Many 4-H clubs also get involved in a variety of community service, social and fundraising projects. The youth in each club should decide the types of projects their club will do. Most clubs hold moneymaking activities to raise money for their club's events. 4-H members and their families are responsible for the cost of materials needed to complete their projects.

How Does the 4-H Program Work?

Youth and their families join a local 4-H club in your county. A 4-H member attends monthly club meetings. At these club meetings, members plan other club events, vote on agenda items, swap ideas and information and do fun, educational activities.

Beyond local club participation, 4-H families can participate in a variety of county sponsored events, such as skating party, basketball tournament, workshops, camps, etc... Your monthly newsletter keeps you posted on these upcoming activities. Be sure to read it!

The County Youth Coordinator, Youth Committee, and County Council plan many of these county events and contests. The two councils direct their energy into promoting 4-H, evaluating new and existing programs, planning miscellaneous events and raising money to help pay for their activities.

The 4-H program also has a state headquarters along with other ISU Extension programs on Iowa State University's campus

in Ames. This is where most of your project literature will come. State level 4-H activities include State Youth and 4-H Conference, Animal Science Round-Up, State Fair, 4-H Conference, 4-H Congress, Youth Technology Team, State Project Awards, Scholarships, Wilderness Camps, Citizen For Washington Focus Trip, and many more exciting and fun events.

There is also a National 4-H program headquartered in Washington D.C., where national competitions are planned and other literature is produced for use throughout the United States. They also work strongly with State 4-H Program Directors to help make 4-H the best it can be in all 50 states. Some 4-H families only utilize the local and county levels, which is great, while other go as far as Japan on an international 4-H Exchange Program.

You can take 4-H wherever you want to go. You just need to set your goals and determine how you are going to get there!

If You Join a Clinton County 4-H Club

What's Expected of You?

1. Select a project suited to your interests, abilities and age.
2. Do project work according to the best information available.
3. Attend and share in the meetings of the club.
4. Participate in club activities.
5. Serve on committees, which you choose to be on.
6. Keep and turn in a record book of what you do in a 4-H year.
7. Give a club presentation.
8. Make a public exhibit at the county fair.
9. Find out what membership requirements are for your club and county program and work to achieve them!

What Will 4-H Do for Me?

The basic idea behind the 4-H program is to teach youth and adults life skills. Life skills involve the use of knowledge and experience to meet everyday needs in a variety of situations.

When an individual learns specific information or techniques for completing a task, those techniques may only be useful in one situation.

When he or she has discovered the basic principles, techniques, and attitudes that will apply to other situations, that person has learned a life skill. For example, Jimmy learns to apply nitrogen in the right amount to produce big cabbages in a gardening project, thus he has learned a skill. On the other hand, when he understands that all living things need specific and different

levels of nutrients to thrive and he knows how to find this information, he has learned a life skill.

Leadership and living skills develop more with every year of 4-H involvement. Leadership life skills include understanding self, getting along with others, communicating, learning to learn, managing, making decisions, and teamwork.



Things to Remember

Projects I have signed up for:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Presentations I have to give:

Date:

Topic:

Date:

Topic:

Important Due Dates:

Enrollment forms and fee Due January 31

Last Day to Add a Project May 15

Livestock ID Forms Due May 15

Club Show Entry Forms Due June 26

State Fair Entry Forms Due July 1

Clinton County Fair July 15 - 19

State Fair August 13 - 23

Other Important Dates and Events:

Service Projects Ideas and Activities:

Calendar Of Events

The following is a yearlong list of activities that take place in Clinton County. We do not always do the same activities at the same time every year, and some activities are dropped while others are added. Hopefully, this will give you an idea of how the 4-H year runs.

September

- Record Book Evaluation and
- Awards Selection
- Leader Training

October

- National 4-H Week
- Member Recruitment

November

- County Awards Program

December

- Beef Weigh-In
- Happy Holidays

January

- Set Project Goals
- Scholarship Information
- State Awards Application
- Enrollment Forms and Fees Due

February

- Area Award Interviews

March

- FSQA Training
- Leaders Training
- Basketball Tournament

April

- State Fair Swine Weigh-In
- Explore 4-H Again
- FSQA Training

May

- Livestock ID Forms Due on the 15th
- Sheep Weigh-In
- New Enrollment Forms Due on the 15th

June

- State Youth & 4-H Conference
- Communications Day
- Club Show Livestock Entry Forms Due on the 26th
- Bucket Bottle Calf Written Records
- Due on the 26th

July

- Fashion Revue/Clothing Selection
- Bucket Bottle Calf Interviews
- Clinton County Club Show

August

- Iowa State Fair
- Complete Record Books

Descriptions, dates, times, and locations of these events will be published in the newsletter as we come across them. SO PLEASE READ THE NEWSLETTER CAREFULLY!!!!

Clinton County 4-H Program Guidelines

4-H Membership

4-H Membership is open to any young person in fourth through twelve grade. Membership may be in any club, regardless of sex, place or residence. A member may belong to more than one club, but only may belong to 4-H in one county. Members may enroll any time during the year; however, they must be enrolled by May 15th to participate in the Club Show and certain events. Membership may continue through the end of the year in which the individual graduates from high school.

For ease of reference, membership is divided into three categories; Junior (4-6th grade) Intermediate (7-8th grade), and Senior (9-12th grade) The membership year is considered to be from September 1st through the following August 31st.

Projects

All members in traditional 4-H clubs must enroll in at least one project, and then must complete and evaluate the project with adequate records at the end of the program year. Record Books should be turned into club leaders for evaluation in September. Members are expected to do their own project work, including care of livestock projects.

Exhibiting

4-H'ers are encouraged to exhibit their projects at the County Fair, but it is not required. Members who wish to exhibit their project must meet certain requirements, which are in the Club Show Premium Book. Members can only exhibit projects in which they are enrolled by May 15th. Exhibits must be the result of the member's own 4-H project work and goals (set at the beginning of the year), not done by other persons, including other family members. Livestock must be properly enrolled, weighed, and identified by May 15th. A separate fair entry has to be made by June 26th.

Parental Involvement

The involvement of parents in 4-H is not required but is highly desirable. Their attendance at club meetings and many county events is encouraged. Parents should give guidance, support and help (when needed) with member's projects and participation in other phases of the 4-H program is welcomed. They are expected NOT to do the member's project work for them. Parental suggestions for improvement of the county 4-H program are welcome.

4-H Facts

4-H Colors-

Green and White. Green symbolizes nature's most common color and represents life, springtime, and youth. White symbolizes purity.

4-H Emblem-

The green four-leaf clover has a white "H" on each leaf to represent on the four H's.

4-H Mission

ISU Extension 4-H Youth Development creates supportive environments for culturally diverse youth and adults to reach their full potential.

4-H Motto-

To Make the Best Better

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, and my world

Brief 4-H History

Early schoolteachers, O.H Benson in Wright County, and Jessie Field Shambaugh in Page County, taught farm topic in schools. Both became superintendents in their counties in 1906 and vigorously promoted "club" work. County superintendent Cap E. Miller in Keokuk County, Iowa was also a pioneer. 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 of 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.

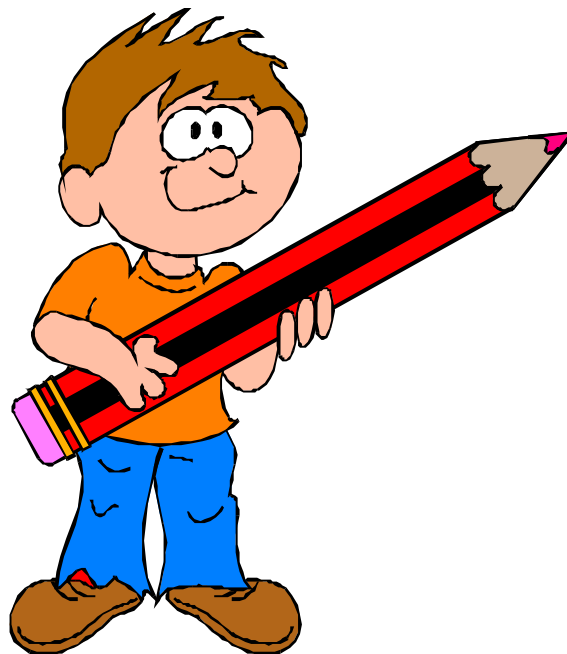
The programs for boys were called "Boys Agricultural Clubs." They had exhibits of corn and garden products, and held livestock judging contests. The programs for girls were called "Girls Home Culture Clubs." The girls had exhibits of sewing and cooking, and held contests in which they judged "articles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

The emblem of the four-leaf clover started out in 1906 at a one-room country school near Clarion, Iowa. O.H. Benson observed the 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 and increased the growth and effectiveness of volunteer leadership. The programs gradually became part of the Extension Service and not the public school system.

4-H Enrollment Forms

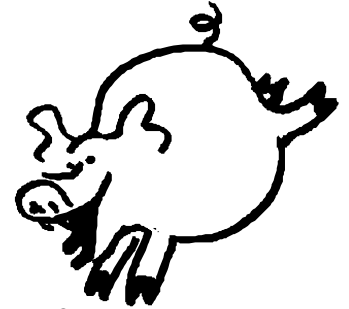
The enrollment forms will be given to the 4-H Leaders in September. This form contains very important information used to help enroll youth in 4-H. Please be sure to fill it out completely. You will need to attach the Enrollment fee along with the form and give it to your leaders by January 31st. Medical and Ethics forms are also due at the same time.

This form allows you to sign up for project areas in which you are interested. 4-H'ers will use a paper called "Pick a Project" to help complete the enrollment form. Project areas can still be added until May 15th. Not only does the enrollment form list what project areas that you may be interested in doing, we also use this as our 4-H mailing list so you can receive any important information and dates that we need to pass to you.



LIVESTOCK SECTION

Livestock Identification Forms



All 4-H'ers having livestock projects need to fill out a Livestock ID form. The Leaders will receive these at the March Leaders Meeting and will hand them out to you at your April meeting. Areas include Breeding Beef, Breeding Swine, Market Swine, Breeding Sheep, Market Sheep, Dog, Horses, Dairy Cattle, Bucket/Bottle Calves, Meat Goats, Llamas, Rabbits, and Dairy Goats.

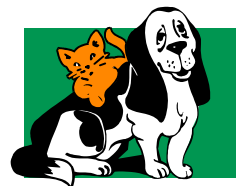
These forms are due May 15th - NO LATER!

(Market Beef, Market Sheep, and Derby Swine identification reports will be filled out on the day of weigh-ins).

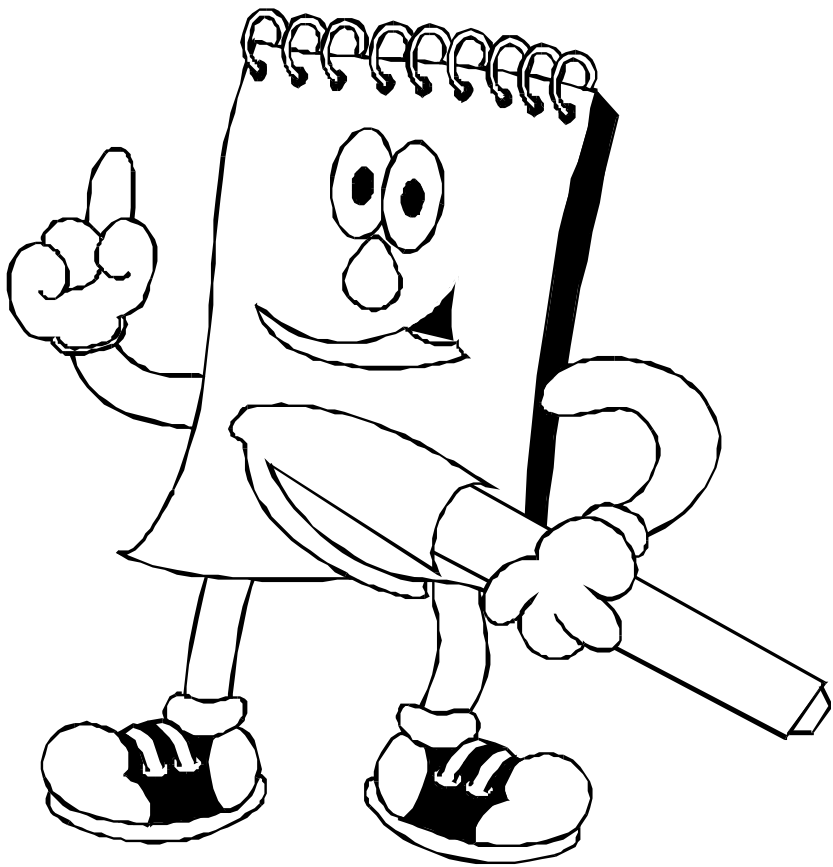


Livestock and Non Livestock Club Show Entry Form

Each year 4-H'ers will receive a Livestock Club Show Entry Form and a Non Livestock Entry Form. Club Show Entry Forms will be given out by club leaders in April. Non-livestock entry forms can be picked up June 1st at the Extension Office.



4-H Record Books



Record Books

Planning your activities in 4-H is important. Setting goals, recording what you do, and evaluating or reacting to what you accomplished are all essential parts of good record keeping. Good records help point out where progress has been made. They help us to know whether you were successful in achieving what you hoped and to identify where to go from here.

Learning to keep good records in 4-H will teach you skills you can use throughout your life, and they will keep track of information you may need later for other purposes, like applying for college scholarships, applying for a job, or just looking back to see how much you've accomplished over the years.

To purchase a record book, contact the Extension Office.

Tips for a Better Record Book



Be neat. Use the same colored ink throughout the record book. Typing or the use of computer is acceptable, but not required.

Start early. Write your goals at the beginning of the year (fall or winter) not at the end of the year (fall time or after.) Put down information as you go along throughout the year. You may want to keep a separate notebook for your week-by-week or month-by-month notes to make later entry in your record book easier. The 4-H record book is intended to be a continuous record of the member's involvement and accomplishments in the 4-H program. Other things may be included as appropriate, such as a letter relating to a specific project or activity. It **SHOULD NOT** be used as a scrapbook....keep a scrapbook, bulletin board, or other places for ribbons, club programs, awards, letters, and other items you want to keep as mementos.

Be sure to include information on goals you did not achieve mistakes you made, etc...

Finally, enjoy what you have done. Use your record book to reflect on what you have accomplished and to help give you direction on where you would like to go next. Use it to help continue growing and learn new things each year. Not just the same things over and over again, even if you carry the same project for a number of years in a row.

Keep Records Throughout The Year

January – March

- Enroll in 4-H
- Write out goals for the year
- Talk to leaders, parents and senior 4-H'ers for ideas.
- Get project materials from your leader
- Keep notes on activities, events, and meeting attended.

April – May

- May 15th all project enrollment changes are due to the Extension Office.
- Remember you must be enrolled in a project to exhibit in it at the Club Show.
- Work on your records.
- Keep records on what you do as you work; sources, ideas, materials, costs and take pictures whenever possible.
- You may keep a calendar just for 4-H project progress and record what you have done and transfer it to your record book later.

June – July

- Finish your projects for the fair.
- Start evaluating what you have learned
- Take pictures at the fair and of your individual projects, if possible.

All Year

- Collect news articles that concern you. Include pictures from meetings, presentations, club activities, fair, trips, etc... Take pictures while working on projects, maybe a series to go with the project (this could be with your notes for the Club Show). After the Club Show, take pictures with your ribbons. It will help you and others to know what the project looked like later.
- Keep a special notebook to put notes in so you have them when you need them.

August – September

- Now is the time to put all your information together
- Write out individual sheets for your projects and worksheets that go with them, if your projects require them.
- For each project tell:
 - Project goals and accomplishments
 - Materials used
 - Steps in completing projects
 - Financial summary
 - New skills or ideas learned
 - If it was for the Club Show, what ribbon did it receive?
 - Don't limit to just fair projects, are there others that you have worked on?
 - Add pictures
- Write up a paragraph about each club presentation you gave
- Put together news articles and other pictures. Add captions when needed and underline or highlight your name in articles.
- Write 4-H Story (Optional) Include: overall accomplishments of your goals, your satisfaction or dissatisfaction with them, other special events you attended, and other information, changes, new ideas.

Keeping a good record book is not easy, but if you work on it, you will be rewarded!

Communications

Communication events are designed to help 4-H'ers develop interpersonal communication skills and then incorporate that knowledge into their personal lives.



Educational Presentations

One or more 4-H'ers giving a talk to an audience. Research a topic of interest and organize information into a format with an introduction, a body and a conclusion.

Use appropriate resources to help teach the audience. These may include posters, supplies, and examples of a product.

Discuss the presentation in a conference judging experience with a judge.

Working Exhibit

Similar to educational presentation, however, 4-H'ers are involved in a hands-on activity. Research the topic of interest and organize information in a logical sequence.

Plan ways to attract and encourage audience participation, demonstrating and interacting with one or more persons.

Discuss the presentation of the working exhibit with a judge.

The opportunities are endless. Topics for communication events should center on the interests of the youth and areas in which they would like to explore.

Share-the-Fun

Organize and present a fun and entertaining skit, dance, musical recital, or song to a large audience. Provide an opportunity for youth to explore working individually or in a group to prepare and perform a Share-the-Fun presentation.

Extemporaneous Speaking

The 4-H'er is given a topic in which they have specific amount of time to plan, organize and present presentation. Youth learn how to speak effectively with a minimum of preparation. Discuss the presentation of the extemporaneous speech with a judge.

Communicating 4-H Through Poster Exhibits

Research a topic of interest; a theme will be provided.

Design a poster to communicate a message.

Organize information on a poster to attract an audience and to send a message.

Posters are judged at your local county fair.

Ideas to Get you Started

- ◆ Look through your 4-H project materials for ideas.
- ◆ Brainstorm on paper! Make a list of things you:
 - Collect
 - Do after school
 - Read or learn more about
 - Do for fun
 - Hobbies

- ◆ Ask a parent, leader, or older 4-H member for ideas.
- ◆ Take a look at your list. Write the topic you would like to "present."

Resources for Communications

Events:

Putting Together the Pieces of the 4-H
Presentation Puzzle, 4H-850A
See You Did It, 4H-850LDR

