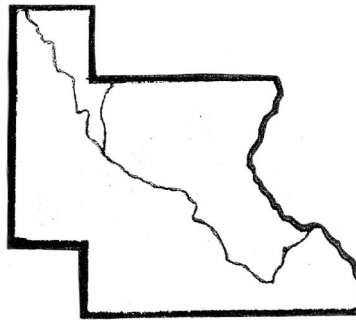


2011-2012

Louisa County



4-H Handbook



Louisa County Extension Office

317 Van Buren St.
Wapello, IA 52653

Phone: 319-523-2371 FAX: 319-523-2375

www.extension.iastate.edu/louisa

H E A D H E A R T H A N D S H E A L T H

Things to Remember:

My 4-H Club:

My 4-H Leader's Name & #:

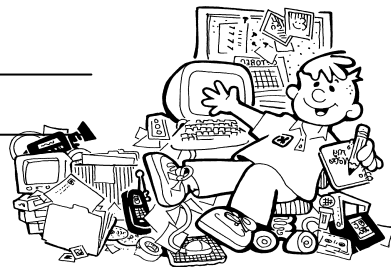
Projects I have signed up for:

Presentation I have to give:

Date: _____

Topic: _____

Committees I'm on:



Important 4-H Due dates

January 1

Re-enrollment, medical info/release and fee due to the Extension Office in order for returning families to continue to receive mail/email from the Extension Office.

May 15

- **ANIMAL IDENTIFICATION (ID)** forms due in to the Extension Office in order to show at fair. Breeding beef, breeding sheep, dog, horse, and rabbit (rabbit id due by 7/1) must be turned in by the 4-H'er. Market beef, swine, sheep and goat are completed at weigh-ins. LATE ANIMAL ID's will be penalized.
- Last day member enrollment may be turned in to the Extension Office in order to be eligible to exhibit at fair. Youth may join 4-H at any time but they must be enrolled by May 15 to exhibit at county fair.

July 1

- County Fair: **ANIMAL ENTRY** plus fee due in to the Extension Office (required for all animals.) LATE FAIR ENTRIES will be penalized.
- County Fair Communications and Clothing Event Entry due
- Rabbit ID due
- Iowa State Fair Livestock and Horticulture Entries due in to the Extension Office (no late entries accepted).

4-H Clubs

A 4-H club is a continuing group of enrolled youth and adult volunteers, chartered by the state 4-H Office, with youth and adult leadership and a planned youth development learning experience throughout all or several months of the year.

4-H Club membership is open to all youth 4th - 12th grade.

Many 4-H clubs meet 10-12 times a year and must consist of a least 5 members and 1 adult leader.

To become a 4-H club member a boy or girl should find a club they like and submit their enrollment (including Medical information/Release) and annual fee to the Louisa County Extension office.

Louisa County 4-H Clubs

COLUMBUS CITY WILDCATS, CJ

Shooting Stars, Col. Jct/Pleasant Grove

Elm Grove Comets, Winfield

Lego Dynamite, Col. Jct.

Go-Getters, Col. Jct.

GREEN TEAM, Wapello

Guys 'n Gals, L-M

Cloverleaf, Col. Jct.

J.C.A.B., Col. Jct

Wamacos, Wapello

LETTS GO, Letts

BLG, Wapello

4-H Participation

A 4-H Club and its members are expected to:

- ✿ Build youth and adult partnerships.
- ✿ Set goals and evaluate progress toward those goals.
- ✿ Plan a fun experiential-based program where youth learn skills in leadership, citizenship, communications, personal life management and project work.

A 4-H club member is expected to:

- ✓ Attend meetings.
- ✓ Complete a service project.
- ✓ Demonstrate learning by giving a presentation or demonstration before a group. Most clubs have members give an educational presentation during a meeting.
- ✓ Keep records of activities and evaluate experiences. Suggestions on how to do this as well as record-keeping templates are online www.extension.iastate.edu/4h/projects/recordkeeping and available at the Extension Office.

4-H grade categories are:

Juniors—grades 4, 5, and 6

Intermediates—grades 7 and 8

Seniors—grades 9, 10, 11, and 12

Please note that there may be age limitations on some activities and events.

Enrollment

Members must enroll in 4-H each year and September 15th marks the beginning of the 4-H year.

Enrollment consists of completing and submitting the 4-H enrollment (either online or paper form), the Medical Information/Release Form (online or paper) and the enrollment fee.

The state fee for 4-H membership is \$30 per year. The Louisa County Extension Council and Louisa County 4-H Foundation contribute monies to offset this membership cost to make the **annual fee for 4-H membership less (ask your leader or Extension Office to find out what it is)**. Membership fee is payable to the Louisa County Extension Office. Additionally, some clubs fundraise to further reduce the fee.

Online enrollment is available through 4HOnline: <https://iowa.4honline.com> The system is not yet capable of accepting payment. This must be submitted to the Louisa County Extension Office.



Websites:

County 4-H Page

**[www.extension.iastate.edu/
louisa/kidsteens](http://www.extension.iastate.edu/louisa/kidsteens)**

State 4-H Page:

www.extension.iastate.edu/4-H

4HOnline:

<https://iowa.4honline.com>

Recording & Evaluating

The 4-H participation policy requires members to keep records of activities and evaluate experiences.

Why record keeping?

- To learn how to set goals, how to make plans for action, and how to decide how well you did (evaluation).
- To learn the skills of record keeping and organization to use now and in the future.
- To learn to communicate and summarize.
- To learn responsibility by completing a task.
- To evaluate information that will market personal skills through future resumes and application forms.

Suggestions on record-keeping and templates are online www.extension.iastate.edu/4h/projects/recordkeeping and available at the Extension Office.

It is recommended that members turn in their records to their leader for evaluation by September 15. Club leaders should then evaluate the record keeping which ideally would include a face to face meeting with the 4-H'er.

Service

The 4-H participation policy requires members to



complete a service project and clubs are encouraged to conduct one community service project per year.

To assist financially with projects, money is available from the Louisa County 4-H Foundation who offers \$50.00 grants to clubs wanting to conduct community service projects in the county.

Applications are available online and at the LCEO.

Presentations & Demonstrations

The 4-H participation policy requires members to demonstrate learning by giving a presentation or demonstration before a group.

CLUB LEVEL - Club members take turns giving presentations at club meetings. These activities help members gain experience in organizing and presenting ideas, skill in speaking and confidence in themselves. Topics should be something of interest to the member - perhaps dealing with a favorite project. Sometimes topics are assigned by leaders.

COUNTY LEVEL – Several opportunities exist for 4-H members to participate in a communication activity at the county level. All of these opportunities are held at the county fair. See the county fair book for rules and requirements for each of these events.

Extemporaneous Speaking is a contest for 4-H'ers in 9-12th grade where participants are given a topic and have 30 minutes to prepare a speech on the topic. Two participants at the county level can be selected to advance to the Iowa State Fair

Educational presentations are a formal way of speaking. Educational presentations are well rehearsed with questions held until end of presentation. Winners at county level may advance to the Iowa State Fair.

Working exhibits aim to get the audience involved by asking questions, or by offering the audience hands on activities and thus are less formal. Winners at county level may advance to the Iowa State Fair.

Share the Fun provides a chance for members to gain confidence in front of an audience through entertainment. Skits, music, dances, etc. are presented at the County Fair and are acceptable if they are 8 minutes or less in length. Winners at county level may advance to the Iowa State Fair.



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 - This 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 Information/Release Form (MIRF)—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 rules and entry deadlines.

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

- 4-H re-enrollments due
- Market Beef Weigh-In

February

- Scholarship Apps. due Feb 1

March

- 4-H Lock-in
- State recognition applications due March 1
- Food Safety Quality Assurance (FSQA) Training
- Late March/early April: Market Swine ID day

April

- Late April/early May: Market Sheep & Goat Weigh-in

May

- Livestock ID's due May 15
- Practice Sessions Begin for Horse & Dog Projects

June

- State 4-H & Youth Conference & Animal Science ROUND-UP in Ames
- Citizenship Washington Focus

July

- County Fair entries due
- State Fair Livestock entries due
- County Fair begins

August

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

September

- Recordkeeping due to leaders

October

- National 4-H Week
- New Member recruitment

November

December

- State 4-H recognition applications become available
- 4-H scholarship information becomes available

Vibrant 4-H Clubs—Best Practices

It's all about Fun, Friends, Voice and Choice

Club meetings should provide youth opportunities to:

- have fun with friends and make new friends
- learn new things and have a voice in club activities
- make decisions as a group
- provide service to others

Below is a suggested outline for club meetings:

Pre-Meeting Activity 15-20 minutes	Bridges the gap between the time members begin to arrive and the time.
Business Meeting 15-20 minutes	Call to Order Pledge of Allegiance/ 4-H Pledge Roll Call Secretary's minutes Treasurer's report Committee reports Old or unfinished business New business Announcements Adjournment
Education 20-30 minutes	Educational Presentations Working Exhibits Share the fun or other creative speaking Project Workshops Guest Speakers Tours Training of Youth & Parents
Recreation 20-30 minutes	Fun Food Fellowship Friends

Club Offices

President - Conducts meetings according to approved parliamentary procedure. Appoints committees. Represents the club at meetings and events. Works with the club leaders and members to make club activities educational and fun.

Vice-President - In the absence of the president, presides at meetings and represents the club. Serves as chairperson of the program committees.

Secretary - Records and reads the minutes. Calls the roll and keeps the attendance record. Writes letters for the club.

Treasurer - Keeps accurate records of all money transactions in the Treasurer's book. Pays all bills promptly. Prepares a summary of income and expenses to present at each meeting.

Historian - Keeps record of club's 4-H year by keeping Historian's book of pictures, newspaper clippings and story of club activities.

Reporter - Writes news stories and sends them in to local newspapers each month.

Recreation Chairman - Leads games and helps plan parties and events with other members of the club.

Photographer - Takes pictures of club meetings and activities and gives them to Historian.

Projects

A 4-H **project** is an area of study in which a 4-H'er learns, keeps records, and perhaps exhibits. A project may be done individually or by a group.

Carrying out a project helps 4-H'ers “learn by doing” and provides opportunities to learn life skills such as:

- How to make decisions
- How to get organized
- To accept responsibility for completing project work
- The value & techniques of keeping records
- How to work with others

Selecting Projects: Part of the 4-H experience is selecting projects that the 4-H'er wants to learn more about during the year. To choose some project areas think about an interest you'd like to explore, a hobby you'd like to learn more about, an interest shared by you and your family, or something that is fun for you.

A listing and brief description of projects can be found in the “Pick Your Adventure” (4-H 200), available online, from your leader or from the Extension Office.

Project “Hot Sheets” are available to guide youth in their chosen project areas at www.extension/iastate/edu/4h/projects

As 4-H'ers gain knowledge and experience they are encouraged to increase the size, scope and number of projects.



JOIN | THE REVOLUTION OF RESPONSIBILITY

4-H is more than an organization, it is people. *The Revolution of Responsibility* campaign tells stories of real 4-H'er's making a real impact in their communities. Below is one Iowa 4-H'er's project.

My fire hydrants started a revolution

After a local barn was destroyed because firefighters were unable to locate the nearest fire hydrant near his small town in Iowa, 4-H'er Austin Ehlers decided it was time to take action. Sioux Rapids, a small town located in Buena Vista County in northwestern Iowa, is very rural, making it a challenge to see and locate fire hydrants on the sides of country roads. In addition, the town had no current maps of local hydrants after they were lost in a flood.

Inspired by his high school teacher and mentor, Keith Stober, an information technology technician at Sioux Rapids High School and local volunteer firefighter, Austin decided to use the GIS skills he learned in 4-H to help his community.

Austin, a former member of the Northwest Iowa Area Tech Team, researched the different types of hydrants, including the various forms of outlets and hose hook-ups, in order to provide comprehensive information about each hydrant he mapped.

Using GPS units on loan from Iowa State University, Austin worked in partnership with the local fire department to research, locate, and create a map of all of the hydrants in the Sioux Falls fire department district.

Not only is Sioux Rapids safer, the town is also sharing the information and software Austin helped provide with neighboring counties to support similar hydrant mapping projects.

Austin, who received a scholarship for his community service project, will be attending Iowa State University in fall 2011. "4-H opened doors for me to see it's possible to do things and that people are there to help," said Austin.

Exhibit Opportunities

An **exhibit** is an item for display that was created as a result of participation in a project area. For example, a plate of cookies would be an exhibit that could be displayed at the fair as a result of participation in the Food & Nutrition project area. All exhibits must be made by the 4-H'er during the current year.

Club Achievement Show - (Optional - This is a club decision.) The club achievement show is a mini-fair held by each club a few weeks before the County Fair. It provides a chance for members to share what they have learned and have their work evaluated by a judge in preparation for the County Fair. Some clubs have a club tour. Larger exhibits, such as livestock, are more easily viewed at the 4-H'ers home. A club may want to take a tour to its member's homes to view these larger projects.

County Fair

Although not a requirement, 4-H'ers are encouraged to exhibit at the County Fair. A fair book with a complete list of classes and rules is published each year and provided for every 4-H family. **Livestock exhibits as well as Communications and Clothing Selection/Fashion Revue exhibits must be entered on the fair entry form and submitted to the Louisa County Extension Office by July 1.** Fair entry forms may be obtained from 4-H club leaders, the LCEO, or at www.extension.iastate.edu/louisa/kidsteens

Exhibitor Attendance at county fair: All 4-H and FFA exhibitors (in all departments) must be present for judging. Excusing a member from personally exhibiting his/her project defeats one of the important objectives of the fair. Exceptions would be in case of injury, serious illness or death in the family.



Livestock Project Identification

All livestock projects shall be identified in accordance with state rules for eligibility to show at fair. For more details regarding livestock identification refer to the Iowa 4-H Animal and Poultry Identification, Weighing, and Exhibiting Requirements for County, State, and Interstate Shows (4-H 202).

All **market beef** must be weighed and identified at the county weigh-in, typically held the first or second Saturday in December or January. The date is posted in the *4-H Extension Cord*.

All **swine** must be identified at the spring county check-in -date is posted in the 4-H Extension Cord.

Market sheep and **goats** must be weighed and ID'ed at the spring (late April or early May) county weigh-in -date is posted in the 4-H Extension Cord.

All other animals (**breeding beef, breeding sheep, dog & horse****) must be identified on the appropriate form and on file at the LCEO ON OR BEFORE MAY 15 OF EACH YEAR with the exception of **rabbit** which is due July 1 with the fair entry form. Late postmarks will be penalized.

Identifying an animal(s) by May 15 on the livestock ID form does not enter your animal in the fair. **Fair entries for livestock are due July 1** at the Louisa County Extension Office. Fair entry forms may be obtained from 4-H club leaders, the LCEO, and the 4-H webpage at www.extension.iastate.edu/louisa

LATE COUNTY FAIR ENTRY OR LATE LIVESTOCK IDENTIFICATION FORM will be penalized.

**These animals may be ID'ed in 4HOnline.

Checklist of Requirements to Exhibit Animals at Fair

ALL ANIMAL EXHIBITORS:

- Animal Entry for county fair - form due by July 1
- Signed Code of Ethics by July 1 (can be done in 4HOnline)
- Class Entry Card –complete & bring to fair weigh-in except horse which is due July 1.
- Animal care & management disclosure statement-complete & bring to fair if animal will be sold at fair auction
- Read the appropriate sections of the fair book

Market Beef:

Weigh-in in December or January
FSQA certification (by July 1)

Breeding Beef:

Identification form due by May 15
FSQA certification (by July 1)

Swine:

Check-in—April
FSQA certification (by July 1)

Sheep:

Weigh-in - May
Breeding sheep –ID due by May 15 (Not required to attend weigh-in
Scrapie Tag required at weigh-in for sheep capable of reproducing
FSQA certification (by July 1)

Goat:

Weigh-in—May
Scrapie Tag required at weigh-in for goats capable of reproducing
FSQA certification (by July 1)

Bucket Bottle Calf:

Identification form due by May 15
FSQA certification (by July 1)
BB Calf records – bring to fair interview

Dog:

Identification form due by May 15
Must attend at least the final 2 training sessions before fair

Horse:

Identification form due by May 15
Class Entry Card due by July 1

Rabbit:

Identification form due by July 1
State Fair exhibitors must obtain FSQA certification

Poultry:

No Identification form required
State Fair exhibitors must obtain FSQA certification

State Fair

4-H members who are in 5th-12th grades by September 15th of the previous year are eligible to exhibit in 4-H events at the Iowa State Fair. This includes all livestock shows, communication events, and exhibits in the 4-H building. 4th grade members are not eligible to exhibit at the State Fair. Other age restrictions are Livestock Judging Team - must be senior 4-H members (9-12 grades) and Clothing Event - must be senior 4-H members (9-12 grades).

4-H Building Exhibits – Each year, exhibits are selected from the county fair to go on to the Iowa State Fair. Exhibits selected are based on a county quota system determined by the State 4-H Office. Help is needed to transport these exhibits to and from the Iowa State Fair. Contact the Extension Office if you would like to volunteer.

Livestock Exhibits – Animals must be properly identified and entered (2 separate steps.) July 1 is the deadline for livestock entries. Entries must be made at the Extension Office (4HOnline entry may be an option in 2012)

Horticulture Entries – Actual vegetable specimens can be entered at the Iowa State Fair without being selected at the county fair. Entries need to be made at the Extension Office by July 1. Contact the Extension Office for class listings or see the fairbook.

Regional Livestock Shows

Ak-Sar-Ben (it's Nebraska spelled backwards!) is a regional 4-H livestock show held in Omaha, Nebraska during the third full week of September. It includes the states of Nebraska, Iowa, Kansas, Minnesota, Colorado, Missouri, South Dakota, and Wyoming. Animals that can be exhibited are beef, sheep, swine, horse, market broilers and meat goats.

County 4-H Activities

In addition to the county fair, several county-wide activities are held each year to promote friendship and learning.

Lock-In

The 4-H Lock-In is a 4-H County wide fun event for all 4-H'ers. It is held in February or March at the Community Y in Muscatine. The *4-H Extension Cord* will have dates and other information.

Workshops

Workshops are held to provide members with the opportunity to explore projects and gain further information. These will be announced in the 'Cord .

Camps

County camps are usually held at Langwood during the summer. These are announced in the 'Cord.

National 4-H Week

The first full week in October (Sunday through Saturday) is National 4-H Week. Clubs are asked to promote 4-H and invite new members to get involved.



County Council

The Louisa County 4-H Council is comprised of youth in grades 9-12 with an interest in planning county-wide activities for Louisa County 4-H'ers. Council members must be willing to take time for Council business and assume responsibility of planning coordinating, or assisting at events for 1 year. Activities may include an Awards Event, 4-H Promotion via media & presentations, Fair responsibilities, Officer Training and Installation, Community Service activities, and other activities planned by the County 4-H Council.

State, & National Opportunities

State 4-H Conference - An excellent educational experience held annually in June on the Iowa State University Campus. Delegates must have completed 8th grade or above during the preceding school year. www.extension.iastate.edu/4H/StateConference

Iowa 4-H Center - This camp is located near Madrid, Iowa and is supported by the Iowa 4-H Foundation. A wide variety of overnight camps are available to people of all ages and campers do not need to be a 4-H member to attend. A brochure on the camps is available in the spring from the LCEO. Their website is: www.extension.iastate.edu/4hcenter/

Citizenship Washington Focus – Every other year senior members are eligible to travel to the National 4-H Center and participate in citizenship programs and tours of historic sites in Washington, D. C. They should be enrolled in the citizenship project and should plan on attending training meetings.



Volunteer Opportunities

The Iowa 4-H program relies on volunteers to be the caring adults that guide youth programming for 4-H club members and Clover Kids.

Child Protection and Safety Policy

All adult volunteers who are working in direct contact with youth are required to have a background check through our Child Protection and Safety Policy.

Volunteer Leader

Volunteer leaders are required to participate in 4-H leader trainings and are expected to guide 4-H'ers in the planning of their club program as well as provide appropriate supervision of club activities.

New leaders are required to attend a one day training program on positive youth development and club management.

Opportunities for leader training beyond the county level:
State 4-H Leader Retreat – This event is usually held in February
North Central Regional Leaders Forum – a leader forum designed to supplement the local 4-H adult leader training program. Different states host this event each year.

Information regarding opportunities and information for 4-H volunteers may also be obtained from the Iowa State 4-H web site at www.extension.iastate.edu/4H/

Chaperones

Chaperones for club or county events should have first passed through the Child Protection and Safety check before chaperoning an activity. Volunteers are always needed to chaperone various 4-H activities. Contact the Extension Office if you are interested in volunteering as a chaperone.

Extension Council

The Louisa County Extension Council is the local governing body with nine members. They are responsible for all Extension programs in our county. Elections take place in November and every two years half of the council is elected from the general election.

4-H Fair Committee and Fair Sub Committees

Members of the fair committee are fair superintendents. Sub committees assist with fair activities, and along with fair committee members set and interpret rules. Both youth and adults may serve on the committees. Those interested in serving should contact the Extension Staff.



4-H Bits & Pieces

*Learning how to do a project
is more important than the project itself.*

4-H boys and girls are more important than 4-H projects.

*To “learn by doing” through a useful work project
is fundamental in any sound educational program,
and is characteristic of the 4-H program.*

*Generally speaking, there is more than one good way of
doing most things.*

4-H teaches members how to think, not what to think.

*Competition is a natural human trait,
and should be recognized as such in 4-H work.
It should be given no more emphasis than other 4-H
fundamentals.*

*Every 4-H member needs to be noticed,
to feel important, and to be praised.*

*No 4-H award is worth sacrificing the
reputation of a 4-H member or leader.*

*Successful 4-H members are evidence of interest from
family members.*

*4-H is not trying to replace the home,
church, or school--only to supplement them.*

4-H'ers should be their own best exhibit.

*A blue ribbon 4-H member with a red ribbon project
is more desirable than
a red ribbon member with a blue ribbon project.*

*Good examples and attitudes are the best help members
can receive!*

4-H Colors

GREEN- Nature's most common color, is emblematic of springtime, life & youth.

WHITE -Symbolizes purity & high ideals

4-H Motto "To make the best better"

4-H Slogan:

"To win without bragging, To lose without squealing."

4-H Creed:

I believe in Boys' and Girls' 4-H Club Work for the opportunity it gives me to become a useful citizen.

I believe in the training for my HEAD for the power it will give me to THINK, PLAN, and REASON.

I believe in the training for my HEART for the nobleness it will give me to be KIND, SYMPATHETIC, and TRUE.

I believe in the training of my HANDS for the ability it will give me to be HELPFUL, SKILLFUL, and USEFUL.

I believe in the training for my HEALTH for the strength it will give me to ENJOY LIFE, RESIST DISEASE, and MAKE FOR EFFICIENCY.

I believe in the United States of American, in the State of Iowa and in my responsibility for their development.

I am therefore, willing to devote my efforts for the fulfillment of these things which I believe.

4-H Emblem

The 4-leaf clover is the emblem used to represent 4-H. Often each leaf has an H in it. They stand for head, heart, hands and health. 4-H aims to develop the whole person.



4-H is a **community** of **young people** across **America** who are learning **leadership**, **citizenship** and **life skills**.

Background

4-H was started back in 1900 by a country school teacher who decided that the 3 R's weren't enough, so she added the 3 H's (Head-Heart-Hands). The 4th H, Health wasn't added until 1913. Thus began the organization of Homemaking Clubs for girls and Corn Clubs for the boys. 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 U. S. Department of Agriculture, Iowa State University and the County Extension Service. regardless of race, color, sex or national origin.

Iowa State University Extension programs (4-H included) are available to all without regard to race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran.

Club dues or any other special requirements should not prevent youth from joining 4-H.

4-H is a volunteer led, youth development program for grades 4-12. Clover Kids is a 4-H program for youth in grades K-3. In Iowa, 4-H is the youth portion of Iowa State University Extension. Each county has an ISU Extension office that administers the 4-H program. At the national level, 4-H is under the leadership of the U.S. Department of Agriculture.

By being in 4-H, it is the aim that youth will...

- Feel a sense of **belonging** by being part of 4-H
- Develop **mastery** while learning skills in project areas
- Become **independent** as they are given choices
- Have a spirit of **generosity** as they give back to their community through service

4-H is a Family Affair

4-H is a family affair and youth often need the involvement and support of their family. How can you help?

- Help youth identify & select projects that relate to their interests/hobbies.
- Attend club meetings & events with your child.
- Arrange transportation to meetings and activities
- Give encouragement and support, but allow the 4-H'er to do their own work.
- Make sure that the club leader is notified if your 4-H'er cannot attend a meeting
- Help youth develop a record keeping system for their project work.
- 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.
- Share your skills & knowledge & volunteer.
- Be positive. Praise them when they succeed & be there to help when they struggle.
- Seek help from Extension Staff, Club Leaders, fellow 4-Hers, and people with specific expertise in project areas.
 - Enjoy learning together & **HAVE FUN!**



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.



4-H Extension Cord

The county 4-H newsletter is the *4-H Extension Cord* and is emailed from the Louisa County Extension to 4-H families (unless families request postal delivery.) It contains information about upcoming activities and events. Be sure to read it each month and share any important information with your family members. This is the way the Extension Office communicates with 4-H families. The 'Cord can also be found on the county 4-H webpage:

www.extension.iastate.edu/louisa/kidsteens

Iowa State University Extension programs (4-H included) are available to all without regard to race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran.



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