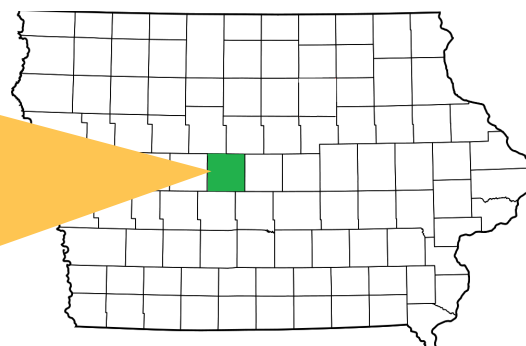


BOONE
COUNTY

4-H
GROWS HERE



WELCOME TO BOONE COUNTY 4-H!

We're so glad you joined! This guide is designed help you begin your journey in 4-H. If you have questions, your club leader is available to help, as is Natalie Hedlund, our County 4-H Coordinator.

Ready to get started? Well then, let's go!

My 4-H Club Name

My Club Leader's Name

My Club Leader's Phone Number

My Club Leader's Email Address

First off, the important stuff—contact information.

In the sticky note to the left, fill out your 4-H club's name and leader contact information so you always have it handy for when questions arise.

Need an answer now and can't get in touch with your leader(s)?

Contact or stop in and see Natalie Hedlund, Boone County 4-H Coordinator at the Iowa State University (ISU) Extension and Outreach, Boone County office anytime.

Our office is located at:
1327 SE Marshall Street, Boone

Our office hours are:
Monday through Friday from 8:00 a.m. to 4:30 p.m.

Or you can call or email Natalie at:
515-432-3882
natm@iastate.edu

You can also visit our website:
extension.iastate.edu/boone
And find us on Facebook:
facebook.com/boonecountyiowa4h/



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Extension and Outreach

4-H Facts — Information to Help You

As a new 4-H member, there is lots to do and learn! Here are a few fun facts that will help you be successful throughout your 4-H journey.

What is 4-H?

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



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.

What are the 4-H Colors?

- GREEN** — symbolizes life, springtime and youth.
- WHITE** — symbolizes purity.

DID YOU KNOW? THERE ARE 3 LEVELS IN 4-H!

- **Grades 4 through 6** are considered **Junior** Level 4-H Members
- **Grades 7 through 8** are considered **Intermediate** Level 4-H Members
- **Grades 9 through 12** are considered **Senior** Level 4-H Members

A Little Iowa 4-H History:

Early school teachers O.H. Benson in Wright County, and Jesse 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 also pioneered, and 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.

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. O.H. Benson observed 11 pupils looking for four-leaf clovers. He used the four leaves to stand for the schools four-square development of: Education, Physical, Moral, 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 1981.

4-H today is for all youth. You don’t have to live on a farm or do anything with animals unless you choose to.

4-H Motto

**To make
the BEST
BETTER!**

4-H Vocabulary—Talk the Talk!

As a new 4-H member, you will hear lots of new words and phrases. Let us help you learn what some of the key 4-H terms mean.

4honline. This online record provides the Extension and Outreach Office with your membership information. It includes your name, address, phone number and project areas you have selected for the year.

Project. A 4-H project is an area of emphasis in which a 4-H member enrolls, studies, learns and keeps records. See next page for a list of all the project areas. Examples of project areas include: photography, consumer management or horticulture.

Fairbook. This refers to a book that contains all the rules for 4-H and FFA members to exhibit at the Boone County Fair. One printed Fairbook is available for each 4-H Family mid-April.

Entry. All exhibits going to the Boone County Fair have to be entered into FairEntry before county fair. Watch the Boone County 4-H Newsletter for the specific due dates for entry. Entry is separate from identification so that we know exactly how many animals and exhibits are coming to fair.

Identification. All animals that are part of a 4-H project must be identified. Market animals will have identification forms completed at their respective weigh-ins. Other animals have to be identified in 4honline by May 15th. For Rabbits, the deadline is July 1st.

Records. The purpose of 4-H recordkeeping is to teach youth how to keep records, which is an important life skill. Records can be kept in a book that is called a Recordbook or records can be kept in a video, portfolio, audio or you can create your own way to keep records.

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

Static Exhibits. This term is used to refer to non-animal exhibits, such as exhibits in photography, food and nutrition, child development, woodworking, sewing, consumer management, clothing and fashion, and other project areas!

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

YQCA. YQCA stands for Youth for the Quality Care of Animals. It is a required training for all 4-H members showing livestock at the fair. YQCA focuses on proper care of animals. YQCA training is web based and can be found at yqca.org/

DID YOU KNOW?

*A 4-H Club generally elects **seven officers!***

Let's take a look at each office and its respective responsibilities.

- **President** — conducts meetings and appoints committees.
- **Vice President** — in charge of the program plans.
- **Secretary** — keeps minutes and attendance records.
- **Treasurer** — makes sure bills are paid 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.





CHOOSE YOUR ADVENTURE

EXTENSION.IASTATE.EDU/4H/PROJECTS

PICK WHAT INTERESTS YOU

WWW.EXTENSION.IASTATE.EDU/4H/PROJECTS

CHOOSE A CLUB

WWW.EXTENSION.IASTATE.EDU/CONTENT/COUNTY-OFFICES

LET THE ADVENTURE BEGIN!

WWW.EXTENSION.IASTATE.EDU/4H/JOIN

AGRICULTURE & NATURAL RESOURCES

- ☐ **CROP PRODUCTION** | Get your hands dirty! Find out all about soil, bugs, beetles and other stuff, and how they affect the crops we grow.
- ☐ **ENVIRONMENT & SUSTAINABILITY** | Go Green! Discover how choices you make every day affect your whole world forever.
- ☐ **HORTICULTURE** | Plant it, dig it, grow it, show it.
- ☐ **OUTDOOR ADVENTURES** | There's more to outdoor adventures than marshmallows! Go backpacking, hike a trail, build a campfire, ride a bike, or reel in the big one.
- ☐ **SAFETY & EDUCATION IN SHOOTING SPORTS** | Hit your target with a bow, rifle, or shotgun.

PERSONAL DEVELOPMENT

- ☐ **CITIZENSHIP** | Make your club, your community, your country, and your world the best they can be. Start in your neighborhood and expand your horizons.
- ☐ **COMMUNICATION** | Sing it, dance it, act it, speak it, text it.
- ☐ **DIGITAL STORYTELLING** | Zoom in on animation, video production, editing, sound production, image manipulation, and the secrets to telling a great story.
- ☐ **LEADERSHIP** | Make the best better! Leadership is building relationships, being a good role model, and helping others.
- ☐ **SELF DETERMINED** | Blaze your own trail with a Self Determined project. Set your own limits by choosing your passion, finding your information, and sharing what you learned.

CREATIVE ARTS

- ☐ **MUSIC** | Write a song, join a band, play an instrument or try out for American Idol... Even if it's just in the shower.
- ☐ **PHOTOGRAPHY** | Plan a shot, frame a picture, create a video, and jazz it up on your computer.
- ☐ **VISUAL ART** | Make a masterpiece with paint, chalk, clay, metal, wood... The possibilities are endless.

MECHANICS & DESIGN

- ☐ **MECHANICS** | Love it when things work the way they're supposed to? Restore dad's muscle car, bring grandpa's 4020 back to life, keep your clunker running, or light up your life with electricity.
- ☐ **WOODWORKING** | Build something fun with wood: birdhouse, treehouse, swingset, table. The possibilities are really endless.
- ☐ **SCIENCE, ENGINEERING, & TECHNOLOGY** | Challenge your mind by exploring the world around you with hands-on science and math experiments. The sky's the limit.
 - AEROSPACE
 - BIOLOGICAL & CHEMICAL SCIENCES
 - COMPUTERS & NETWORKING
 - EARTH & CLIMATE
 - GEOSPATIAL MAPPING (GPS/GIS)
 - ROBOTICS
 - SCIENCE IN OUR EVERYDAY LIVES

FAMILY & CONSUMER SCIENCES

- ☐ **CHILD DEVELOPMENT** | Taking care of children is more than bottles and blankets. Find out how children grow, and how you can be the BEST babysitter.
- ☐ **CLOTHING** | Now you're stylin! Put it on and make a statement about who you are.
- ☐ **CONSUMER MANAGEMENT** | Learn how to be smart with your money so you can get the things you want.
- ☐ **FOOD & NUTRITION** | You are what you eat! Have fun choosing, cooking, and eating safe and healthy foods.
- ☐ **HEALTH** | Learn how to take care of yourself and others by learning first aid and how to make healthy choices.
- ☐ **HOME IMPROVEMENT** | Room makeover! Discover simple and inexpensive ways to make your space say, "this is who I am."
- ☐ **SEWING** | Stitch This! Make clothes, pillowcases, horse blankets, or anything else you can sew.

ANIMALS

- ☐ **BEEF** | Here's the beef! Pick out a calf, then feed it, groom it and watch it grow.
- ☐ **DAIRY CATTLE** | Got milk? Take good care of your cows and make your own milk, cheese and ice cream.
- ☐ **DAIRY GOATS** | Got GOAT milk? Take good care of your dairy goats and you'll be rewarded with milk and cheese.
- ☐ **DOGS** | There's no better friend than a dog. Learn to feed and care for your furry friend, and teach it some new tricks.
- ☐ **HORSE & PONY** | Giddy-up! Jump in the saddle and run wild with a Horse & Pony project. You don't even need your own horse!
- ☐ **MEAT GOATS** | Select, feed, and care for your own goats.
- ☐ **PETS** | Is your pet a Hamster, a Hedgehog, a Hippo, or a Himalayan cat? Maybe it's not one of the four H's, but it still needs food, water, shelter, and love.
- ☐ **POULTRY** | Don't chicken out. Start a Poultry project to learn how to care for cheepers, peepers, quackers and gobblers.
- ☐ **RABBIT** | Hop on over to the Rabbit project and find out about raising bunnies.
- ☐ **SHEEP** | Lead the flock in the Sheep project by choosing, feeding, and caring for your own breeding or market sheep.
- ☐ **SWINE** | Go whole hog! Find out where a pork chop on a stick comes from while you choose, feed, and care for your own pigs.
- ☐ **VETERINARY SCIENCE** | Learn everything you need to know about keeping animals healthy, and maybe find your true calling as a veterinarian.



4-H Member, Club and Family Information

As a new 4-H member, you and your family have lots of new opportunities! Let's look at what it means to be a 4-H member, what 4-H clubs actually do, and how your family can also participate!

4-H MEMBERS

As a 4-H MEMBER, you are expected to:

1. Attend and participate in monthly club meetings.
2. Do an educational presentation at your club meeting.
3. Participate in club community service projects.
4. Explore project areas that interest you.
5. Take part in activities, camps, project workshops and more!
6. HAVE FUN!

*** Exhibiting at the county and/or state fair is a highlight each year for many 4-H members. Youth are encouraged, but not required, to exhibit project work at the county and/or state fair.

*** Additionally, keeping records of project work throughout the year is strongly encouraged. Specific forms are available from the Extension office.

4-H CLUBS

What does a **4-H Club** do?

Most clubs meet monthly with a year-long plan for their program. A 4-H Club elects its own officers and conducts its own business. Each meeting usually includes one or more presentation by club members. Meetings may also include presentations by leaders, parents and/or experts; recreation and/or games; family nights; and/or field trips. Most 4-H clubs also do a variety of community service projects which are decided upon and completed by club members.

Generally, a club meeting consists of calling the meeting to order, the Pledge of Allegiance and the 4-H pledge, roll call and minutes of the last meeting, the treasurer's report, reports from committees, old business (things talked about before), new business (new ideas, activities and plans), and then adjourning (ending) of the business meeting. Educational presentations, fun activities, and/or refreshments generally occur before or after the meeting.

4-H FAMILIES

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

- Help youth select projects that relate to their interests and hobbies.
- Attend club meetings with the 4-H member and volunteer to help as the need arises (i.e., chaperone, host, an extra set of hands)
- Give encouragement and supervision, but allow the 4-H member to do his/her own work. Be positive! Praise their successes and be there to help when they struggle.
- Help youth develop a record keeping system for their project work.
- Read the 4-H Newsletter and help youth stay up-to-date on deadlines, rules, dates, upcoming events, etc.
- Seek help from club leaders, ISU Extension and Outreach staff, other 4-H members and parents, industry experts, etc.



GROWS HERE

Be sure to watch for our monthly Boone County 4-H newsletter!

These will provide you with upcoming opportunities and deadlines, as well as let you know of any new changes.

The most recent newsletter is always available on our website: extension.iastate.edu/boone/page/4-h-newsletters



EQUATION

Empowering youth to reach their full potential through youth-adult partnerships and research-based experiences

Our Reason

Youth Needs

- Belonging
- Mastery
- Independence
- Generosity

Brendtro, L., Brokenleg, M., and Van Bockern, Steve (1992). Reclaiming Youth at Risk: Our Hope for the Future. Bloomington, IN: Solution Tree.



Our Method

Essential Elements

- Caring Adults
- Safe Environments
- Inclusive Settings
- Opportunities for
 - Mastery
 - Service
 - Self-Determination
 - Planning for the Future
 - Engaged Learning

National 4-H Headquarters (2001). Prepared and Engaged Youth: National 4-H Impact Assessment Project.

Our Mission

Program Priorities

- STEM*
- Healthy Living
- Leadership and Civic Engagement
- Communication and the Arts

* Science, Technology, Engineering, and Mathematics



Our Results

Outcomes*

- Productive Citizens
- Outstanding Communicators
- Effective Leaders
- Successful Learners



***Through long-term, sustained learning experiences that connect children with Iowa State University's knowledge and research base**

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