JOIN 4-H TODAY!!!
Join 4-H

What’s 4-H? 4-H is a community of young people across America who are learning leadership, citizenship and life skills. Iowa 4-H is a part of Iowa State University Extension and Outreach. The ISU Extension and Outreach Tama County manages Tama County 4-H programming.

What can be in 4-H? In Tama County, students K-3rd grade can join Clover Kids. Tama County has 2 Clover Kid Clubs. Youth 4th-12th grade can join 4-H.

When can I join? The 4-H year runs from September 1 to August 31. Enrollment starts in October but you can join anytime during the year. We would like to have everyone signed up by Dec. 1st.

Cost to enroll is $30.00. Each club has their own guidelines as to how much each member pays. Contact the club you are interested to find out more.

How do I join? Contact the Tama County Extension Office. Or find the page in this booklet that includes the clubs. Contact a leader directly. They will help you with sign up.

Once I join, then what? You will receive more information at your clubs meetings. We will also let you know when things are happening by mail or email. If you have any questions, please call the Extension Office at 641-484-2703.

The official colors of 4-H are green and white. Green is nature’s most common color and stands for springtime, life, youth, and growth. White symbolizes purity and high ideals.

Return this form to the Tama County Extension Office
203 West High Street, Toledo, IA 52342.
Record Books

Record keeping is a process that can be used throughout your life in many ways. You can learn how to set goals; plan and do things to meet your goals, collect and organize information; accept and complete responsibility; tell what you really liked to do; get a better understanding of financial costs for projects (especially livestock), and tell what you learned throughout your project.

Your record books can go a long way in helping pay for your future college education. Record books are a great place to document what you’ve done in your years in 4-H, school and the community. There are a lot of scholarships awarded through 4-H and record books are the main source of information to fill out those scholarship applications.

What needs to be in a record book?

The cover of your record book can be a 4-H cover or a 3-ring binder. Every record book will need an awards sheet, a completion checklist, and a picture page, compete with your name, address, age and picture. The book should include a Yearly Summary Sheet, and a Basic, Experienced or Advanced Project Goal Record for each project area. These forms are available from your leader or the Extension Office of online at www.extension.iastate.edu/4h/page/record-keeping

Clover Kids

Clover Kids is a FUN 4-H program for children in kindergarten through third grade. Children participate in hands-on activities designed to build lots of different life skills!

What do Clover Kids do?

- Explore science with simple science experiments
- Strengthen motor skills through a variety of art and craft experiences
- Have fun learning and playing cooperative games
- Make friends and learn to work together with others in a group setting

And much, much more!!

No enrollment fee, but each club may ask you to cover some expenses.

Gladbrook Clover Kids and Tama/Toledo Clover Kids would love to have you be a part of their group. Clover Kids can also join the other 4-H Clubs, but these two clubs are just for Clover Kids.

Gladbrook Clover Kids
Cheryl Bruene 641-473-2436

Tama/Toledo Clover Kids
Tina Cibula 319-479-2105
Other Tama County Events

Winter Carnival
This is a fun event for 4-H members, families and the community. Usually held in January or February at a location either in Traer, Gladbrook or Tama/Toledo. Each club is invited to bring 1-2 carnival games. A meal is served and clubs take turns serving the meal. The funds from the meal go towards the Tama County Awards program. Clubs receive the profit from their games to use as they determine.

County Council 10-12th grade
4-H youth must apply for the County Council each year. Selected members help plan and carry out county wide events and serve as a liaison between the local clubs and the county program.

Awards Program
In November, a Tama County Awards Program is held. Awards are based on completion of record books, years in 4-H and more.

Junior Lock-in
Be “locked in” with other 4-6th graders overnight and have fun playing games, completing projects, eating and maybe getting a little bit of sleep. Usually held in March.
Fashion & Clothing

Sign up for these fair entries by June 15th. All entries will be judged prior to the fair (watch for the date) and then all will participate in a fashion show at the Tama County Fair.

**Clothing Selection** (Shopping)
Selecting and purchasing clothing items that represent an intended use.

**Fashion Revue** (Sewing)
Constructing a garment—has been constructed, hand-knitted, machine knitted, or crocheted during the current 4-H year.

**$15 Challenge** (Smart Shopping)
Choosing and buying an outfit at a garage sale or thrift store for $15.00 or less.

What does a 4-H Club do?

- Most clubs meet monthly with a year long plan for their programs.
- A 4-H club elects its own officers and conducts its own business.
- Each meeting usually includes presentations by its members.
- 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 that their club will do.

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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.
Pick Project Areas

Project areas are subjects that you’re interested in. You can pick several in 4-H online. That way, your leaders and the staff will know what you like. These project areas can get you ready for your 4-H exhibits for the fair!

When you are thinking about giving your presentation at your club, think of areas that interest you. Such as: give a presentation about hunting, do a working exhibit to show how to make jewelry. Go one step further and enter one of these areas. You will give this presentation before the fair and be judged.

Educational Presentations (Presenting)

A presentation explaining something about yourself or a topic you know well. You can use: An article, charts, sounds, samples, videos, posters, slide shows, props and more!

Working Exhibits (Demonstrating)

Teach a skill or craft step by step to an audience up close. You’ll need materials and instructions for your audience to make a project of their own, and a poster marketing your activity. Sample topic: teach the audience how to make a beaded bracelet.

Share the Fun (Performing)

Perform any sort of performance as a share the fun activity. Sample topics: a dance, comedy, singing, playing an instrument, poetry reading, monologues.

Extemporaneous Speaking

Give a speech on a topic that is given to you a short amount of time prior to the event. You’ll be given time and resources to prepare a speech.
Leadership

Iowa 4-H Youth Conference

Every June, over 1000 teenagers converge on the campus of Iowa State University for 3 days full of speakers, workshops, mixers, dances, a banquet, and community service activities.

If you’ve completed 8th grade, you’re eligible to attend.

You don’t even have to be in 4-H to attend this conference! You will get to experience campus life and meet new people from across the state! You will be having fun while learning by doing, dancing the nights away, and serving the community. You will get to learn new things to take back to your community and school, and in the process you might even discover something new about yourself! There are opportunities for you to share your talents with the rest of the delegation through small group discussion, the Conference Chorus, and a Talent Show!

If you have a specific interest in animal science, you might want to look into becoming part of the ROUND-UP track! We’ll also have a special track devoted to agronomy, called CSI: Crops.

Showing Livestock

To exhibit at Tama County Fair in 4-H shows or any other fair:

- You must be signed up in that project area on 4-H Online.
- You must weigh/tag all market animals in December and weigh/tag/tattoo all other animals in early spring. Weigh-ins are held at different times and different locations. Watch the newsletters for these dates.
- Must identify ALL animals by May 15th (even small animals such as pets, rabbits, poultry must be identified).
- Must turn in fair entry form to the extension office by June 15th.
- Must register Iowa State Fair animals by July 1st.
- Must follow guidelines for each specific species (found in the fairbook).
- If showing animals that could enter food source (meat goat, poultry, rabbit, beef, swine, lamb) you must take FSQA training. Dates will be posted in newsletters and on the website.

You can find more information about 4-H activities on our website http://www.extension.iastate.edu/tama

The Tama County 4-H Fair Book is the guide for all things related to showing 4-H livestock and other 4-H projects at the fair. Every 4-H family will receive one. They usually arrive in May and will be handed by club leaders.
Workshops

Workshops are held monthly. These workshops cover various project areas, so come have fun with other 4-H members and get working on fair exhibits together. Watch the newsletter for date/time/events.

For many workshops, there is a small fee to cover the costs of the materials. RSVP is requested so that enough materials are purchased for our attendees.

Here’s an example of workshops held in 2015: Rabbit workshop, beef showmanship workshop, record book workshop, Babysitting Clinic. If you have an interest, contact the Extension Office.

If you have ideas of a project you would like to do and need help, contact the Extension Office.

Camps and Trips

Day Camps

Held in June in parks in Tama, Gladbrook and Traer. This is for K-3rd graders (Clover Kids and area youth). This helps introduce our youth to the 4-H program. Registration forms are found on the website and also distributed through the Tama County Schools in April.

Junior 4-H Camp (4-6th grade)

Held in June. This camp goes from 5 p.m. on a Friday night to 5 p.m. on a Saturday night.

Youth from Bremer, Butler, Black Hawk, Grundy, Buchanan and Tama County are invited to experience games, camp fire, night hike, canoeing, archery, swimming, projects, and more.

4-H Summer Camps

Iowa 4-H camp offers a wide variety of camps including photography, creativity, horse, and outdoor adventure camps, at the camp near Madrid, Iowa. Camps are held through the year and are open to every age level.

Fishing Seminar

For kids 9-13 years of age. Event is free! Focus on fishing safety and ethics, fish biology and behavior, different lures and baits, general knot tying and casting techniques. Plus an hour of fishing!