

4-H

GROWS FRIENDSHIPS

Washington County Extension & Outreach
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4-H

INSPIRES LEADERSHIP



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A New Member Guide to 4-H



4-H

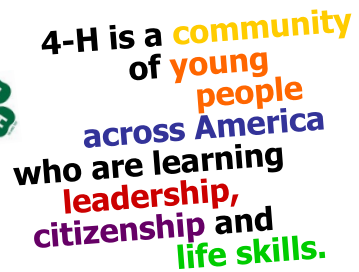
BUILDS COMMUNITY



IOWA STATE UNIVERSITY
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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. Please contact the Extension Office anytime you have questions and use your club leader as a resource too!

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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.

[illegible]

Your 4-H Club Information

My 4-H Club Name _____

My 4-H Co-Leader's Name _____

My 4-H Co-Leader's Phone Number _____

My 4-H Co-Leader's Name _____

My 4-H Co-Leader's Phone Number _____

Your Extension Office Team

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Washington





Member Information

What Happens When You Enroll in 4-H?

1. Youth and their families select a 4-H club in the county to join based on home community, school district, family schedule, friends, leaders etc.

2. Members must create a profile in our 4hOnline database at <http://iowa.4honline.com>. This system organizes all 4-H families with a family email.

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 on project areas and do fun and educational activities.

4. Youth select at least one project (interest) area in which focus on in the year. Resources available at <https://www.extension.iastate.edu/4h/> on each project area. This will provide educational resource and ideas for projects to exhibit at the fair.

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!

"This Week in Washington 4-H" email is sent each Monday with current events and deadlines.

Be sure to read it!

What's Expected of You?

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

1. Attend monthly club meetings.
2. Do an educational presentation at your club meeting.
3. Participate in a community service project.
4. Keeping records of project work throughout the year is strongly encouraged. Forms are available in the county office or on-line through the state 4-H web-page at: www.extension.iastate.edu/4-H.
5. Read 4-H communication from the Extension Office.

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.

Did You Know?

There are 3 Divisions in 4-H.

Youth in:

Grades 4-6 are considered Juniors

Grades 7-9 are considered Intermediates

Grades 10-12 are considered Seniors



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 interest/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/4-H emails 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 program 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 ex-

hibits of sewing and cooking, and held contests in which they judged "articles of sewing, hand-work, 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, 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. The programs gradually became part of the Extension service and not the public school system.

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 will 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, learning 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.



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.

Online Enrollment — 4hOnline provides the Extension Office with your membership information. It includes your name, address, phone, emergency contacts, health information and project areas you have selected for the year.

Code of Ethics Agreement This is completed through 4hOnline and 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 through 4hOnline.

Animal Identification— All animals that are part of a 4-H project must be identified by a certain deadline. Market animals will have ID forms completed at their respective weigh-ins. Other animals must be enrolled through 4hOnline by May 15.

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.



4-H Calendar Year

The following is a year-long list of traditional activities that take place in a typical Washington County 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

- County skating party

February

- Area & state recognition applications due Feb. 1
- Scholarship Apps. due Feb 1
- Special project meetings start

March

- Derby Swine Weigh-in
- Single Source Class deadline
- Leader meeting & training
- County Dodgeball Tournament

April

- Food Safety Quality Assurance (FSQA) Training
- Open Cattle Show
- Pancake Breakfast Fundraiser
- Intermediate Trip

May

- Leader meeting & training
- Market Sheep & Goat Weigh-in
- Livestock ID's due May 15
- Practice Sessions Begin for Horse & Dog Projects

June

- State 4-H & Youth Conference in Ames
- Jr. 4-H Camp

July

- County Fair entries due
- County Fair
- State Fair Livestock entries due—July 1

August

- Iowa State Fair
- Complete your Records!!

September

- Record Books are due to leaders

October

- Record book results due to the office from leaders
- Leader meeting & training
- National 4-H Week
- Member recruitment

November

- Re-enrollment due Nov 1
- 4-H Awards Program
- Fall Recruitment Events

December

- Market Beef Weigh-In