



Adams County 4-H *grows here*

WELCOME TO ADAMS COUNTY 4-H!

We're so glad you joined our community! This guide is designed to help you begin your journey in 4-H. If you have questions, your club leader is available to help, as is Evy Ganfield, our County Youth and Outreach 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 box to the left, fill out your 4-H Club information so you always have it handy when questions arise.

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

Stop into or contact the Adams County Extension and Outreach office Monday, Tuesday, Thursday 8 a.m.—3:30 p.m. or Wednesday 8 a.m.—5 p.m.

Adams County Extension & Outreach is located at:

603 7th Street in Corning

Or you can contact Evy at:

ganfield@iastate.edu

641-322-3184

You can also visit:

extension.iastate.edu/adams/

Find us Facebook:

"Adams Co. 4-H"



IOWA STATE UNIVERSITY
Extension and Outreach

4-H Facts — Interesting Information to Help You

As a new 4-H member, there is lots to do and learn! Here are a few 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 and the globe who are learning leadership, citizenship, and life skills.

What are the 4-H colors?

GREEN — symbolizes life, springtime, and youth

WHITE — symbolizes purity

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.

DID YOU KNOW? THERE ARE THREE MEMBER AGE LEVELS IN 4-H!

- Grades 4 through 6 are considered Junior Level 4-H members
- Grades 7 and 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 respective 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, handiwork, 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 school’s four-square development emphasis of education, physical, moral, and fellowship. A three-leaf clover was used from 1906-1911 to stand for head, heart, and hand. The fourth leaf/”H” was added in 1981 for health.



4-H Vocabulary—Talk the Talk!

As a new 4-H member, you will hear lots of new words and phrases. Here are some of the key 4-H terms and what they mean.

4honline. This online platform provides the Extension and Outreach Office with your membership information. It includes your name, address, phone number, emergency contacts, project areas you have selected for the year, identification information for any animals you plan on showing at Fair, and other trainings and events you participate in.

Code of Ethics Forms. This form, available online, asks members to be responsible for doing their own project work in an ethical manner. Signature lines are provided for 4-H members and their parents/guardians to sign as an understanding and agreement to the expectations.

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

Exhibits. A 4-H exhibit is an item the 4-H member has chosen to bring to fair and have evaluated by a judge. Exhibits result from the member's project work. For example, a 4-H member may enroll in the woodworking project area, and then choose to construct and bring a birdhouse to the fair. The birdhouse is the exhibit.

Identification Forms. 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 separate identification records and sheets. All animals need identified in 4honline. Check with the Extension and Outreach Office, read 4-H emails, attend club meetings, and read the monthly newsletter for specific deadlines and updates.

Medical History Forms. Much like the information provided to schools and other youth organizations, 4-H needs medical information in case of an emergency with a member. All information is kept confidential.

Project. A 4-H project is an area of emphasis in which a 4-H member enrolls, studies, learns, and keeps records. Examples of project areas are: photography, horticulture, sheep, or food and nutrition.

Static Exhibits. This term is used to refer to non-animal exhibits.

Superintendent. Project areas have a volunteer from the community who works with 4-H members enrolled in the project, and this person is called a superintendent (e.g. "Goat Superintendent," "Communications Superintendent," "Poultry Superintendent.")

Weigh-In. Weigh-In events are for market animals. All market animals in each species are weighed on the same day at the beginning of the project year and again at Fair time. This way, these animals can be evaluated for rate of gain over the project time.

Youth Council. Youth Council is a group of high-school 4-H youth from all county clubs. Youth Council works together and with the County Youth and Outreach Coordinator to plan and provide special events and opportunities for all 4-H youth and positively engage with the county communities.

YQCA. Youth for the Quality Care of Animals (YQCA) is a required training for ALL 4-H members showing livestock at the fair. YQCA focuses on proper care of animals. YQCA training dates and locations and online options will be included in your monthly 4-H newsletter.

A 4-H Club elects the following officers:

President—conducts meetings and appoints committees.

Vice President — in charge of the program plans.

Secretary — keeps minutes (writes down what happens at the club meeting) and attendance records.

Treasurer — keeps track of the club's financial matters.

Historian — keeps a lasting record of the club's yearly story.

4-H Calendar Year

As a new member, you have the opportunity to participate in activities all year! The following is a list of some of the activities that will take place in a typical 4-H year. We do not always do the same activities at the same time every year, and some activities are dropped while others are added—so be sure to read your **MONTHLY NEWSLETTER** and stay up-to-date on details, deadlines, and more!

September	Club meetings begin!
October	Celebrate National 4-H Week (1st Full week of Oct.) Record Books due.
November	County 4-H Awards Program
December	Beef Weigh-In Winter Party hosted by Youth Council
January	Project workshops Brainstorm and Work on Static Exhibit Ideas
February	Project workshops Work on Static Exhibits
March	Youth Council Retreat
April	Swine, Sheep, and Goat Weigh-In
May	All animals must be identified in 4honline
June	All animals must be identified in Fair Entry Summer camps
July	Attend/Participate in Adams County Fair!
August	Attend and/or participate in Iowa State Fair

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

4-H members are expected to:

1. Attend and participate in monthly club meetings.
2. Give 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, 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 showcase project work at the county and/or state fair.

***Additionally, keeping records of project work throughout the year is strongly encouraged. Helpful forms are available from the county office and online.

4-H Clubs

What does a 4-H Club *do*?

Most clubs meet monthly and carry out 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, experts. Many clubs enjoy recreation and games, family nights, and 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, reciting the Pledge of Allegiance and the 4-H Pledge, roll call, reading of the last meeting's minutes, the treasurer's report, reports from committees, old business (following up on things the club has talked about before), new business (new ideas, activities, and plans), and then adjourning (ending) the business part of the meeting. Education presentations, fun activities, and snacks generally occur before or after the business 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 (chaperones, hosts, etc.)
- ⇒ Give encouragement and supervision, but allow the member to do his/her own work! Be positive! Praise their successes and be there to help when they struggle, without taking over.
- ⇒ 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 families, and 4-H volunteers.



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We're so glad you joined us!

Be sure to watch for our monthly 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 Facebook page and website.

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