

# Appanoose County 4-H

## Member Guide



### **4-H CLUBS**

Appanoose County  
Cooking Club

Blue Ribbon Bandits

B.V. Sodbusters

Dandy Doers

Exline Ramblers

Franklin Farmhands

M & M Pioneers

Moravia Farmhands

Pleasants Workers

Rustic Roots

Stall Stompers

Wells Rustlers

### **CLOVER KID CLUBS**

Blue Ribbon Buddies

Clover Buddies

Lil' Sprouts

Little Ramblers

Mini M & M's

Mini Workers

Moravia Barnyard  
Buddies

Stall Stompers Clover  
Kids

Wells Rustlers Clover  
Kids

### ***Greetings! Welcome to Appanoose County 4-H!***

We're so glad you are a part of Appanoose County 4-H! This guide is designed to help you navigate through your journey in 4-H. If you have any questions, your club leader is available to help as well as the staff at the Appanoose County Extension and Outreach.

#### WHAT IS 4-H?

4-H is an educational program that involves youth in 4th-12th grade. It is the largest youth organization in the world! 4-H members choose a 4-H club to join and attend their monthly meetings. Together, as a club, members learn about project areas, go on field trips, listen to guest speakers, participate in community service projects and county-wide 4-H activities, and have lots of fun!

#### WHAT IS CLOVER KIDS?

Clover Kids is an exciting 4-H program for youth in Kindergarten through 3rd grade. Clover Kids is designed to bring life skills building and experiential learning benefits of traditional 4-H programs to youth who are not yet old enough to be in 4-H. Its goal is to promote children's positive development through cooperative learning and developmentally appropriate activities.



### **ISU Extension and Outreach Appanoose County**

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[www.extension.iastate.edu/appanoose](http://www.extension.iastate.edu/appanoose)

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**IOWA STATE UNIVERSITY**  
Extension and Outreach

# Welcome to Appanoose County 4-H!



**We're so glad you've joined us!** This booklet is designed to serve as a guide for you as you begin your journey in 4-H. If you have questions, your club leader is always available to help, as well as the county 4-H staff!

**Ready to get started? Let's go!**

**First things first, the important stuff — contact information.** In the below sticky note, fill out your 4-H club information so you always have it handy for when questions arise.

My 4-H Club Name

My Club Leader's Name

My Club Leader's Phone Number

My Club Leader's Email Address

Club Meeting Time & Location

**Can't get in touch with your leader(s), but need an answer right away?**

Stop in or contact the Iowa State University Extension and Outreach: Appanoose County office anytime Monday through Friday, from 8:00 a.m. to Noon and 1:00 p.m. to 5:00 p.m. and talk with one of the staff members.

Our office is located at: **501 N. 12th Street, Suite #4, Centerville, IA 52544**. Contact us at **(641)856-3885**, **appanoose4h@iastate.edu**, or visit our website at **www.extension.iastate.edu/appanoose/4h**.



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# 4-H Facts: What You Need to Know

As a new 4-H member, there is lots to do and learn!

Here are a few fast facts that will guide you 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 Motto

To make  
the  
**BEST**  
**BETTER!**

## 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.

## 4-H Emblem

The green four-leaf clover has a white “H” on each leaf that represent:



**HEAD**



**HEART**



**HANDS**



**HEALTH**



## DID YOU KNOW? *There are 4 levels in 4-H!*

**Clover Kids:** Kindergarten through 3rd.

**Juniors:** 4th through 6th Grades .

**Intermediates:** 7th through 8th Grades .

**Seniors:** 9th through 12th Grades.

## 4-H MISSION

4-H empowers youth to reach their full potential through youth-adult partnerships and research-based experiences.

The **HEAD** signifies that 4-H builds skills such as: problem solving, communication, decision-making, independence and offers opportunities to see ones self as an active participant in the future and opportunities for self-determination.

The **HEART** represents that 4-H builds confidence, relationships, character, respect for self and others, generosity, and offers opportunities to value and serve others.

The **HANDS** show that 4-H offers opportunities for serving others, career preparation, hands-on learning & mastery, along with offering engagement in learning opportunities to excel.

**HEALTH** represents the well-being that provides—how to form healthy habits, manage stress, manage change and a sense of belonging. 4-H offers positive relationships with caring adults in an inclusive and safe environment.

## MAKE NOTE!

Be sure to watch for and read our monthly Appanoose County 4-H Newsletter!

These will provide you with upcoming deadlines and opportunities, as well as alert you of any changes, upcoming events or other information.



## DID YOU KNOW?

*Each 4-H Club elects club officers to serve as youth leaders to the club members!*

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

→ **President** — conducts meetings and appoints committees

→ **Vice President** — in charge of program plans & committees

→ **Secretary** — keeps minutes and attendance records

→ **Treasurer** — pays club bills and deposits funds received

→ **Recreation Leader** — helps plan parties and leads games

→ **Reporter** — take photos & writes newspaper stories of the club

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

# 4-H Member, Club, and Family Information

## Okay, you're joining 4-H. Now what?

1) Select one or more project (interest) area(s) in which to enroll. There are a variety of different project areas to choose from which all fall under one of these six categories:

- Agriculture and Natural Resources
- Animals
- Creative Arts
- Family and Consumer Science
- Personal Development
- Science, Engineering and Technology



2) If you haven't already, select a 4-H club in the county to join.

**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 at least 50% of the monthly club meetings throughout the year.
2. Present 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 showcase project work at the county and/or state fair.

\*\*\* Additionally, keeping records of project work throughout the year is strongly encouraged. Record keeping forms are available from the county office or can be downloaded online at <https://www.extension.iastate.edu/appanoose/news/appanoose-county-4-h-and-cloverkids-record-book-information>

## 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 CLUBS

## 4-H FAMILIES

The 4-H program encourages parents, grandparents and other family members to help 4-H members with their 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, hostess, 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, experts, etc.



# IGNITES ADVENTURE

#INSPIREKIDSTODO

EXTENSION.IASTATE.EDU/4H/PROJECTS



PICK WHAT INTERESTS YOU

CHOOSE A CLUB!

LET THE ADVENTURE BEGIN!

## AG & NATURAL RESOURCES

### → Agronomy

Get your hands dirty! Find out all about soil, bugs 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 a big one.

### → Shooting Sports

Hit your target with a bow, rifle, or shotgun

### → Entomology

Studying insects can be a fun way to get outside and see what there is.

### → Wildlife

Mother Nature's Greatest Treasure!

## 4-H PROJECT AREAS

### 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.

#### → 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 chickens, ducks, and turkeys.

#### → 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.

## FAMILY CONSUMER SCIENCE

### → 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 your styling! 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 & how to make healthy choices.

### → Home Improvement

Room makeover! Discover simple & inexpensive ways to make your space say, "this is who I am".

### → Sewing & Needle Arts

Stitch this! Make clothes, pillowcases, horse blankets, or anything else you can sew.

## PERSONAL DEVELOPMENT

### → Civic Engagement

Make your club, community, country, and 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.

### → Leadership

Make the best better! Leadership is building relationships, being a good role model, and helping others.

### → Digital Storytelling

Zoom in on animation, video production, editing, sound production, image manipulation, and the secrets to telling a great story.

## CREATIVE ARTS

### → Self Determined

Blaze your own trail with a Self Determined project. Set your own limits by choosing your passion, finding your information, and share what you learned.

### → 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 Arts

Make a master piece with paint, chalk, clay, metal, wood... The possibilities are endless!

## STEM

### → 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, swing set, table.

### → 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\* \*ROBOTICS\*

\*EARTH & CLIMATE\* \*GEOSPATIAL MAPPING\*

\*SCIENCE IN OUR DAILY LIVES\*



# 4-H Lingo: Talk the Talk

**As a new 4-H member, you will learn lots of new words, phrases and acronyms.** Let's start deciphering what some key 4-H terms mean, and soon you will be talking the talk!

## 4-H Online

This online database provides the Iowa State University Extension and Outreach office with your membership information. This is also where you identify and verify livestock and other project information. You can also utilize this website to register for state and regional 4-H events.

<https://v2.4honline.com/#/user/sign-in>

## 4-H Enrollment

Annually in the fall, members must re-enroll into 4-H Online. This includes your name, address, phone, health information, parent contacts, and project areas you have chosen for this year.

## Medical Information/Release

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.

## Code of Ethics Forms

This form asks members to be responsible for doing their own project work in an ethical manner. This form is completed electronically at the time your 4-H enrollment is submitted. Signature lines are provided for 4-H members and their parents to sign as an understanding and agreement of the expectations.

## 4-H Newsletter

Monthly newsletter sent to all Appanoose County 4-H members and Clover Kids with information regarding upcoming deadlines, events and opportunities happening in the county, region, and state. Be sure read the newsletter monthly to stay informed about 4-H!

## Livestock Identification (Id)

All 4-H animals must be identified in 4-H Online by May 15th (date is set by the state). Market animals will have ID forms completed at their respective weigh-ins with the information needed to enter them into 4-H Online. Check with the office for specific rules, identification requirements & deadlines.

## Fair Entry

This is an online entry website where the 4-H member registers their specific exhibits to compete/participate in at county and/or state fair. Each contest has a rulebook and entry deadlines.

<http://appanoosecounty.fairentry.com/>

## Pre-Entry Help Days

Held at the end of June, where staff members are available to help assist families with online entries in Fair Entry and collect stall fees for all livestock entries. Stall fees must be paid in-person to the Extension Office by cash or check by the deadline for your livestock entries in FairEntry to be approved. **Pre-Entry is not the same thing as livestock identification, both livestock id (due May 15th) and pre-entries (due July 1st) must be completed for your livestock to be eligible to exhibit at the county and/or state fair.**

## Fairbook

The Fairbook is a booklet containing the rules and classes for specific species and project areas for the Appanoose County Fair. If you are looking for guidelines or wondering what can be brought to Fair, the Fairbook is the place to turn to. **Please make it a priority to read the section(s) of the Fairbook that pertain to your exhibits prior to exhibiting at county fair.**

## YQCA

YQCA stands for Youth Quality Care of Animals. It's a training that is required to be completed annually by 4-H/FFA members showing livestock at the county and/or state fair. Completion of the course can be done online or at in-person trainings hosted by the county office. Training dates and locations will be posted in the monthly 4-H newsletter.

## Record Keeping

As a 4-H'er makes progress in creating goals, finishing projects, "Making the Best Better", it is very beneficial to accumulate all of that information to make a 4-H Record Book. This can be submitted for judging annually in September to potentially receive an award at the county 4-H Awards Banquet. Record Book forms can be picked up from the Appanoose County Extension Office or accessed on our county website.

## Projects

A 4-H project is an areas of emphasis in which a 4-H member enrolls, studies, learns, and keep records. Projects are grouped into one of six clusters: Agriculture and Natural Resources, Animals, Creative Arts, Family and Consumer Sciences, Personal Development and STEM.

## 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. Examples: A 4-H'er may enroll in the woodworking project area and choose to bring a birdhouse to the fair that they have constructed. A 4-H'er is enrolled in the swine project area and brings a breeding gilt to the fair to showcase and be judged on that exhibit.

## Static Exhibits

This term is used to refer to non-animal exhibits that result from project work that the 4-H'er has chosen to bring to the fair and have evaluated by a judge. It includes photography, food, child development, robotics, woodworking and so much more!

## Conference Judging

This method of judging is used during fair to encourage, educate, and evaluate the 4-H member's exhibit and learning process. The 4-H member brings an exhibit to the fair and a judge visits with the youth to determine a ribbon placing and the item is left on display during county fair.

## Write-Up/Goal Sheet

Document created to go along with your exhibit at county fair. This document will include step-by-step instructions on how you completed your exhibit, materials list, cost of the project, and photos of you completing the project. The write-up can be typed or hand written.

## Communications

**Educational Presentations** are talks or demonstrations, given in front of an audience, about some topic that interests the 4-H'er. **Working Exhibits** are less formal. They involve a one-on-one type of demonstration technique. **Share-the-Fun** includes entertainment acts, like music, dance, interpretive speech, or skits. They can involve any number of youth—from one 4-H'er to the whole club.

**Extemporaneous Speaking** is another project area where 4-H'ers have the opportunity to practice speaking.

## 4-H Year

The 4-H year runs from September 1st to August 31st. All 4-H record keeping and club books follow these dates.



# The 4-H Calendar: **What Happens When?**

As a new 4-H member, you have the opportunity to participate in activities all year!

Below is a year-long list of activities that take place in a typical 4-H year. Counties do not always do the same activities at the same time every year, and some activities are dropped while others are added.

This is why it is especially **IMPORTANT** that you read the monthly 4-H newsletter, to stay up-to-date on details, deadlines and more!



## SEPTEMBER

September 1st — First Day of New 4-H Year (4-H Enrollments open)

September 15th — Intermediate (7th-8th) and Senior (9th-12th) Records Books **DUE**

September 30th — Intermediate (7th-8th) and Senior (9th-12th) Records Books **DUE**

## OCTOBER

National 4-H Week (the first week of October)

New Member Recruitment

Beef Carcass Contest Sign Up

## NOVEMBER

Iowa 4-H Foundation Scholarship Info Available

## DECEMBER

Market Beef Weigh-Ins at the Fairgrounds (first Saturday in December)

4-H Online Livestock Identification Opens

## JANUARY

Brainstorm Project Ideas

4-H Awards Banquet

## FEBRUARY

February 1st — 4HOnline Re-Enrollments and FFA Enrollments **DUE**  
(must be completed to be eligible to exhibit at the Appanoose County Fair)

February 1st — All Market Beef Animals must be identified in 4-H Online



## MARCH

In-Person YQCA Training Sessions

Equine Extravaganza

## APRIL

In-Person YQCA Training Sessions

## MAY

Sheep and Meat Goat Weigh-Ins at the Fairgrounds (first Saturday in May)

May 15th — 4-H Livestock Identification **DUE** in 4HOnline

Must be completed to be eligible to exhibit the animal at the county and/or state fair

May 15th — FFA Livestock Identification Forms **DUE**

Appanoose County Fair Book Released

## JUNE

June 15 — County Fair Livestock Pre-Entries open in FairEntry

State 4-H Youth Conference

Animal Science Round Up

June 28th, 29th and 30th — Pre-Entry/Stall Fee Help Days

## JULY

July 1st — Appanoose County Fair Livestock Pre-Entries **DUE** in FairEntry

— Appanoose County Fair Stall Fees **DUE**

July 1st — Iowa State Fair Entries **DUE** in FairEntry

July 11th — Appanoose County 4-H Communications Judging Day

July 13th — Appanoose County 4-H Clothing Event Judging Day

July 15th — Appanoose County 4-H Static Judging Day

July 17th-22nd — Appanoose County Fair

## AUGUST

Iowa State Fair

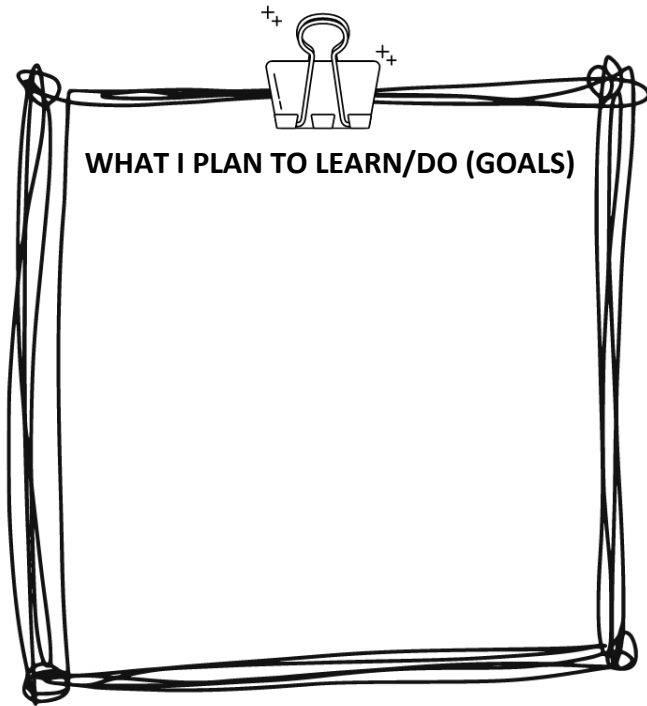
End of the 4-H Program Year



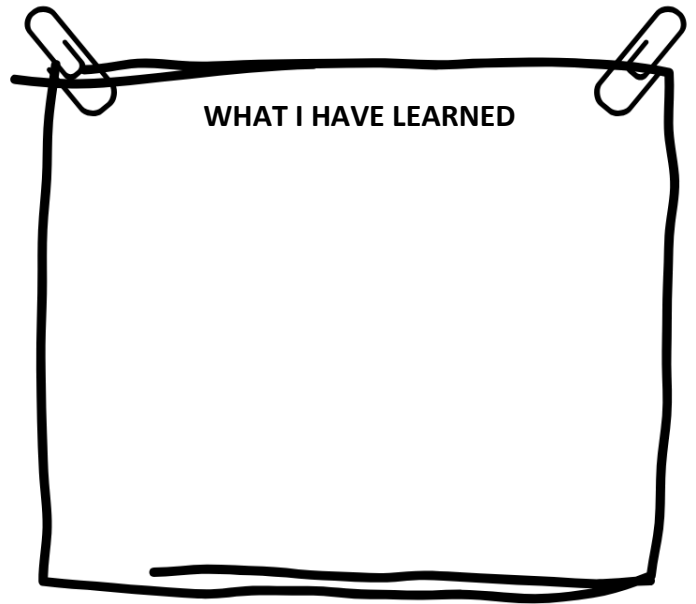
# PROJECT AREA CHECK-IN



Project Area:

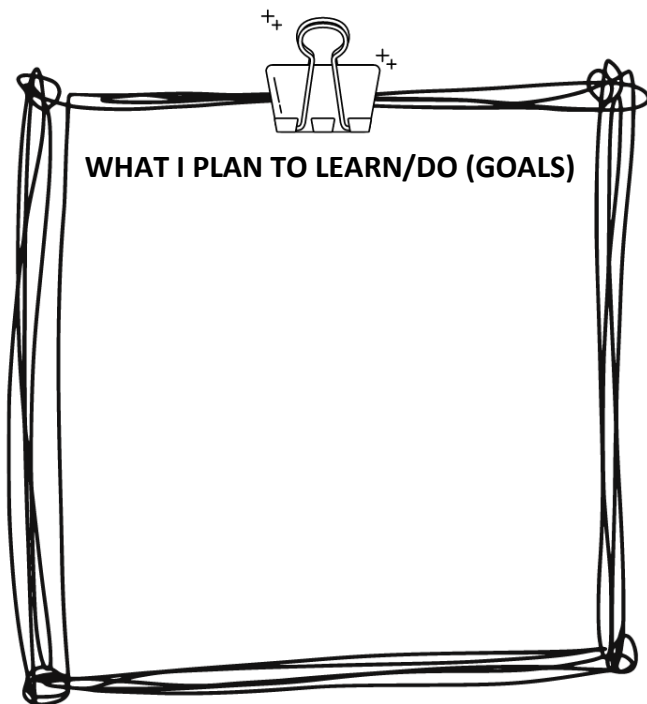


WHAT I PLAN TO LEARN/DO (GOALS)

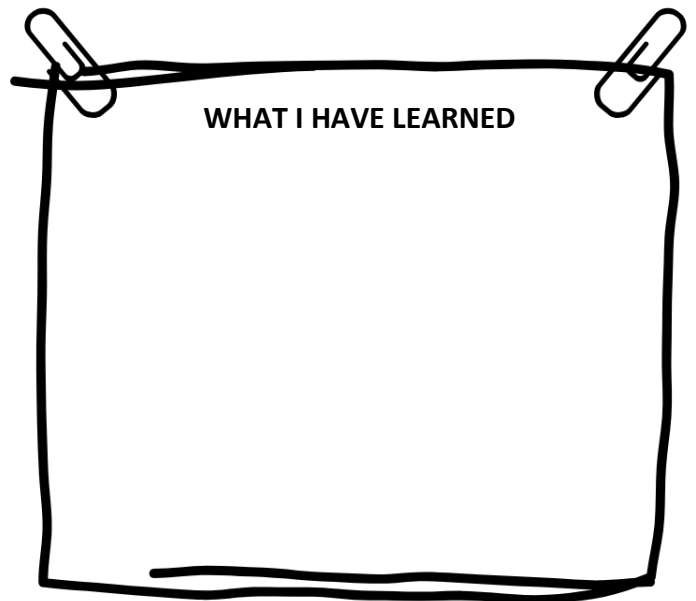


WHAT I HAVE LEARNED

Project Area:



WHAT I PLAN TO LEARN/DO (GOALS)



WHAT I HAVE LEARNED

In 4-H, you set your own goals for a project area learning. Set your goals for the full year in advance or one month at a time. For each of your project areas that you chose to explore this year, write up to three goals. This could include learning something new, participating in an event, trying a new skill, or sharing what you learned with someone. Later make note of what you did & learned while working on that project area. Don't be afraid to try new things, you are welcome to take on as many projects that you are comfortable with!

**Project Area:**

WHAT I PLAN TO LEARN/DO (GOALS)

WHAT I HAVE LEARNED

**Project Area:**

WHAT I PLAN TO LEARN/DO (GOALS)

WHAT I HAVE LEARNED

## IMPORTANT 4-H WEBSITES



<https://v2.4honline.com/#/user/sign-in>

**Enroll for the 4-H year.** This provides us with all 4-H'ers contact information and project interest. — due Feb. 1st

**Animal Identification** — due May 15th

**4-H Event Registrations**

[appanoosecounty.fairentry.com](http://appanoosecounty.fairentry.com)

**Livestock Fair Entries** — due July 1st. This is where you will enter the specific livestock exhibits and classes you plan to show at the Appanoose County Fair.

\*There is no pre-entry required for static exhibits.\*

[www.extension.iastate.edu/appanoose/4h](http://www.extension.iastate.edu/appanoose/4h)

**County Specific 4-H Information.** This is where you can find the Appanoose County 4-H Newsletter, upcoming county events, Appanoose County Fair info, goal sheets, record book forms, etc.

[www.facebook.com/appanoose4h](https://www.facebook.com/appanoose4h)

**Appanoose County 4-H Facebook Page.** Stay up-to-date on upcoming events and 4-H opportunities.

[www.extension.iastate.edu/4h/](http://www.extension.iastate.edu/4h/)

**All Iowa 4-H Information.** This is where you can find project area resources, state events, Iowa State Fair info, 4-H leader resources, member resources, etc.

## 4-H CLUB MEETINGS

All Appanoose County 4-H Members are required to **attend 50% of their 4-H club meetings** and meet all club specific requirements to be eligible to exhibit at the Appanoose County Fair.

Appanoose County Extension and Outreach

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IOWA STATE UNIVERSITY  
Extension and Outreach