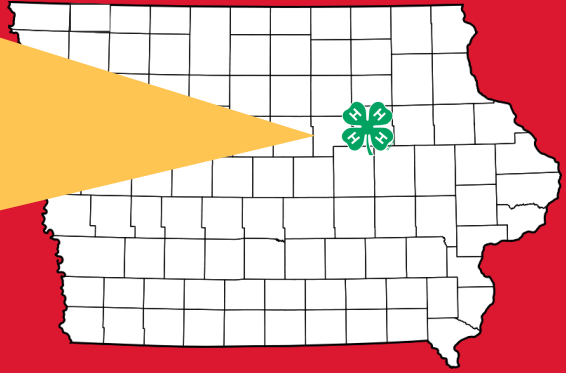


Black Hawk
County

4-H
GROWS HERE



WELCOME TO BLACK HAWK COUNTY 4-H!

We're so glad you joined! The next few pages are designed to serve as a guide for you as you begin your journey in 4-H. If you have questions, your club leader is a great resource or feel free to call the Black Hawk County Extension office at 319-234-6811.

Ready to get started? 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.

Please fill out your 4-H club's name and leader contact 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 by or contact the Iowa State University (ISU) Extension and Outreach office Monday through Friday 8:30 a.m. to 4:30 p.m. to talk with Diane or Judy.

The extension office is located at:

**3420 University Ave Suite B
Waterloo, IA 50701**

Or you can call or email us at:

**319-234-6811 or wolfejd@iastate.edu
jmuniz@iastate.edu**

You can also visit our website:

www.extension.iastate.edu/blackhawk



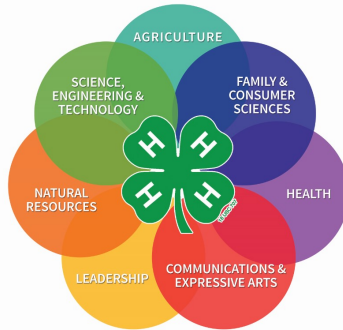
IOWA STATE UNIVERSITY
Extension and Outreach

4-H Facts — Information to Help You

As a new 4-H member, there is a lot to do and learn! Here are a few fun facts that will help you start 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 and **WHITE**

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

- **Kindergarten through grade 3** is considered **Clover Kids** and are non competitive 4-H members
- **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, and 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 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 decipher what some of the key 4-H terms mean.

4-H Online. 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.

Code of Ethics Form. This form, also 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.

Medical History Form. 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.

Conference Judging. This method of judging is used for static exhibits at the county fair. A 4-H member discusses their project 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 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 they constructed to the fair. All entries must be entered into Blackhawk.fairentry.com by **July 12th**.

Identification Forms. Market animals will have identification forms completed at their respective weigh-ins. Other animals have separate identification sheets. Check with the Extension and Outreach office for specific deadlines. All animals that are part of a 4-H project must be identified on **4honline.com by May 15th**. The only exceptions is rabbits which are due **July 1st**.

Project. A 4-H project is an area of emphasis in which a 4-H member studies, learns, and keeps records. A “Pick-A-Project” paper lists all of the project areas in 4-H from A to Z. Examples of project areas include: photography, consumer management, and horticulture. Projects become exhibits when they are brought to fair.

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



YQCA. YQCA stands for Youth for the Quality Care of Animals. It is a required training for any and all 4-H members showing livestock at the fair. YQCA focuses on proper care of animals. YQCA training dates and locations will be posted in the monthly 4-H family email and on our website or Facebook page.

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** — pays club bills and deposits funds received.
- **Recreation Leader** — helps plan parties and leads games.
- **Reporter** — writes newspaper stories about club events.

4-H Calendar Year

As a new 4-H member, you have the opportunity to participate in activities all year! The following is a year-long list of activities created for the Black Hawk County 4-Her's and their families. Counties do not always do the same activities at the same time every year, and the schedule may change as the year progresses. Be sure to read your monthly family email check our website or Facebook page to stay up-to-date on details, deadlines and more!

JANUARY	2020 Snow Shoeing/Animal Tracking at Hartman Reserve
FEBRUARY	Legislative Day/Zoo Trip/Mystery Camp Family Event at UNI-Rock Wall and Swimming
MARCH	Omelet Breakfast Cedar Valley STEM Fair
APRIL	Swine must be weighed and tagged Maker Space Woodworking Workshop
MAY	Sheep & Goat Weigh In-Identify All Animals in 4-H Online-May 15th
JUNE	Complete Fair Registrations on 4-H online & Fair Entry State Youth Conference in Ames Participate in Summer Camps & Library Programs! Hands on Vet Science Workshop
JULY	Black Hawk County Fair Participate in Summer Camps
AUGUST	Participate in and/or attend the Iowa State Fair Participate in Summer Camps!
SEPTEMBER	4-H Enrollment Begins Complete Record Books
OCTOBER	Celebrate National 4-H Week! Brainstorm Ways to Serve and Reach Our Community
NOVEMBER	Awards Banquet
DECEMBER	Beef Weigh In Child Development/Fashion Revue Workshop

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. 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. Specific forms are available from the county office.

4-H CLUBS

What does a 4-H Club do?

4-H 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 your 4-H member 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 their own work. Be positive! Praise their successes and be there to help when they struggle.
- Help your 4-H member develop a record keeping system for their project work.
- Read the 4-H family email and help your member stay up-to-date on deadlines, rules, dates, upcoming events, etc.
- Seek guidance from club leaders, ISU Extension and Outreach staff, other 4-H members and parents, industry experts, etc.

4-H 

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Be sure to watch for our monthly 4-H Family email or check us out on our website and Facebook!

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

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