

# IOWA STATE UNIVERSITY

Extension and Outreach  
**Black Hawk County**

## Share your time, skills and expertise as a Volunteer!

**Become a 4-H Leader!** 4-H leaders provide overall leadership of club activities, as well as help members plan and conduct projects and group activities. Leaders inform and encourage members, parents and other volunteers to actively participate in 4-H opportunities.

<http://www.extension.iastate.edu/4h/volunteer>

**Experts Wanted...be a 4-H project leader!** Throughout the year, we offer project workshops to our 4-H'ers – share your passion by teaching our young people a skill. We are particularly interested in creating more Lego Leagues.

<http://www.extension.iastate.edu/4h/volunteer>

**Are You a Former 4-H'er?** Lend your expertise to Record Book Judging, be a volunteer at the Black Hawk County Fair or help with other 4-H events throughout the year.

**Become a Master Gardener!** Master Gardeners are a dedicated group of trained volunteers willing to share their horticulture knowledge, a love of gardening, an enthusiasm for learning, and a commitment to helping others. Classes are offered in the fall.

<http://www.extension.iastate.edu/blackhawk/news/master-gardener-club-information>

**Be a Community Outreach Volunteer.** Provide nutrition and wellness information to the community through static displays or presentations to groups. This information can make a real difference in the lives of individuals or families that can benefit from learning how to budget wisely, find avenues for food assistance, and how to make healthy food choices.

<http://www.extension.iastate.edu/blackhawk/food-nutrition-and-health>

**Lend a Hand at the Dick Young Greenhouse!** Green thumbs or not, volunteers can help with short-term projects which may involve small construction projects or moving equipment, soil and/or plants. Volunteers may also assist with greenhouse tours, horticultural education, routine plant care and greenhouse cleaning, or work with students in 6<sup>th</sup>- 8<sup>th</sup> grade in their afterschool program called, "Green Thumb Garden Club," which helps them learn how to grow plants, discover how they develop, and become plant problem solvers.

**Assist in the Extension Office.** Answer the phone, greet walk-in traffic and help the county staff with light administrative duties or preparation for upcoming events.

### Contact

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