

# A Guide For 4-H Families in Buchanan County



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# General Information

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# What will 4-H do for me?



**4-H** 

**EQUATION**

*Empowering youth to reach their full potential through youth-adult partnerships and research-based experiences*



\* Through long-term, sustained learning experiences that connect children with Iowa State University's knowledge and research base

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## TUFTS UNIVERSITY RESEARCH SHOWS:

### 4-H MEMBERS....

- " Are competent, confident, caring, & connected.
- " Show strong character.
- " Contribute more to their families & communities.
- " Achieve higher grades in school
- " Are more likely to go to college than youth who are not in 4-H, or even youth who participate in other out-of-school programs.
- " Lead healthier, more productive lives, are less likely to suffer from depression
- " Are less likely to participate in risky behaviors like drinking and smoking.

## 4-H'ers are...

**4X**

**More likely to give back to their communities**

**2X**

**More likely to make healthier choices**

**2X**

**More likely to participate in STEM activities**

# 4-H Facts



## 4-H Colors

**Green** and White. **Green** symbolizes nature's most common color and represents life, springtime, and youth. White symbolizes purity.

## 4-H Emblem



The green four-leaf clover has a white “H” on each leaf to represent the Four Hs –  Head,  Heart,  Hands, or  health.

## 4-H Motto

To make the best better

## 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, and my world.

The 4-H Pledge is recited by members at each meeting.

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 and generosity and offers opportunities to value and offer service to others.

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

**HEALTH** represents the well-being that 4-H 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.



# How does the 4-H Program Work?



Youth and their families join a local 4-H club in Buchanan County. A 4-H member attends monthly club meetings. At these club meetings, members give input to plan club events, vote on agenda items, swap ideas and information, participate in fun educational activities and perform community service projects. Members are classified into 3 levels, Junior, Intermediate and Senior. Youth in grades 4, 5 & 6 are junior members. 7 & 8<sup>th</sup> graders are Intermediate members and 9-12<sup>th</sup> graders make up the Senior member division for the state of Iowa and Johnson County.

Beyond local club participation, 4-H families can participate in a variety of county-sponsored events, such as camps, project meetings, workshops, citizenship trips, and more. The monthly Buchanan County 4-H newsletter keeps you informed on upcoming events. Be sure to read it! These are delivered via email through a MailChimp program. Please refer to <https://www.extension.iastate.edu/buchanan/content/4-h-newsletters-2020-2021> for previous newsletters.

Buchanan County has a committee called the Youth Advisory Council whose members serve to help direct the overall programming efforts of the 4-H program. They assist the county youth coordinator and staff make decisions regarding the 4-H program.

A group of youth leaders called the 4-H Youth County Council are 9-12<sup>th</sup> graders who also help guide events, lead program and workshops, and assist at county fair.

You can take 4-H wherever you want to go. You just need to set your goals and determine how you're going to get there!

## What does a 4-H club do?



A 4-H club conducts its own business. Most clubs meet monthly with a yearly plan for their programs. Each meeting usually includes presentations by members. Meetings might also include presentations by leaders, parents, or a resource person, recreation or indoor games, a family sharing night, or a field trip.

A local 4-H club usually elects officers.

- The **president** conducts meetings and appoints committees.

- The **vice president** is in charge of the program plans.

- The **secretary** keeps minutes and attendance records.

- The **treasurer** maintains financial records for the club

- The **recreation leader** helps plan parties and leads songs and games at meetings.











- The **reporter** writes newspaper stories about club meetings and events.

- The **historian** keeps a lasting record of the club's yearly story.

Your club will be successful when everyone works together. All members are important to the club.


# If you join a Buchanan County 4-H Club, what is expected of you?









-  Select a project suited to your interests, abilities, and age and possibly exhibit at the county fair.
-  Do project work according to the best information available.
-  Attend and share in the meetings of the club.
-  Participate in club activities.
-  Serve on committees which you choose to be on.
-  Keep and turn in a record book of what you do in 4-H each year.
-  Give at least one club presentation each year.
-  Find out what membership requirements are for your club and the county program and work to achieve them.
-  Participation in Community Service
-  Help raise and support the funds needed to support the local and state 4-H programs.

# Buchanan County 4-H Program Guidelines









 Youth grades 4-12 (as of September 15 of the enrolling year) are eligible to select ONE primary club. Members/parents may choose from any club throughout the county as their official club. It is the members/parents responsibility to know the name of that club and the organizational leader.

## Expectations for Club members

-  To be eligible for community club membership, youth must:
-  Complete enrollment using <https://v2.4honline.com/>
-  It is suggested that you enroll by December 1 to receive a discounted enrollment fee.
-  Youth must be enrolled as a member by May 15 to exhibit in the county fair.
-  Attend monthly club meetings, participate actively in club activities.
-  Give an educational presentation at a club meeting.

## Buchanan County Fair Requirements

-  Youth must do the following to exhibit at the Buchanan County Fair:
-  Complete 4honline 2.0 enrollment and indicate projects as suggested above by May 15.
-  To bring an exhibit to the fair, youth must be enrolled in that project area by May 15.
-  Complete livestock identification in 4honline 2.0 for all animals by May 15 of each year.
-  Complete entries for all livestock/animals, Clothing Event, Communications Events to the Extension Office by May 15<sup>th</sup>. 1. Static Exhibit entry deadline is May 15<sup>th</sup>.
-  Weigh in: Market Beef, Single Source Swine, Sheep, and Meat Goats at the county fair weigh-ins



# Achieving Goals through 4-H Recordkeeping



Recordkeeping is one of the unique 4-H learning opportunities. Recordkeeping is a process that can be used throughout life in many ways. Each member is given a record book to begin their 4-H journey at New Member Night. This book is a 3 ring binder to organize, keep track of and record all of your accomplishments during the year.

Record keeping is a valuable lifelong skill. The record book is permanent summary of your activities, projects and participation throughout the year. County awards are given out to members based on their record book. We **STRONGLY** encourage all 4-Hers to complete a record book each year. Record books are due **September** of each year. All forms necessary to complete a record book are available at the Extension Office or on our website.

4-Hers can learn:

- ✿ How to set goals
- ✿ Plan and do things to meet their goal(s)
- ✿ To collect and organize information
- ✿ To accept and complete responsibility
- ✿ To tell about what they liked to do and learned

4-Hers are encouraged to select one or more of the following options for recordkeeping on project(s):

- ✿ Achieving Goals through 4-H Record Keeping (4H-91)
- ✿ 4-H Yearly Summary (4H-0096)
- ✿ Basic 4-H Project Record (4H-0096A)
- ✿ Experienced 4-H Project Record (4H-0096B)
- ✿ Advanced 4-H Project Record (4H-0096C)
- ✿ Recordkeeping Self Evaluation (4H98)
- ✿ Livestock Record Keeping Forms

These forms can be found at <http://www.extension.iastate.edu/4h/page/record-keeping>

## **What should be in your record book**

- ◆ Award Nomination Form
- ◆ Title Page
- ◆ Table of Contents
- ◆ Yearly 4-H Summary
- ◆ Non-Project Pictures & Clippings
- ◆ Projects

## **What should NOT be in your record book - They may fall out and be lost!**

- ◆ 4-H Ribbons
- ◆ Pins
- ◆ Certificates
- ◆ Other Awards

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♦ Photos of these items may be included, but do not include original items.

# Tips and Tricks on How to Reach Your Goals:

## STEP 1 – Determine your interests

This step occurs at the beginning of the 4-H year when you select your projects. The “4-H Projects” link on: <http://www.extension.iastate.edu/4h> to help you determine your interests. Then select those projects in which you want to enroll. Think about questions like: What things do you find interesting? If you were in 4-H last year, what did you enjoy about the 4-H projects? What new things would you like to learn and do? Your 4-H leaders and parents can help you make these decisions.

Now keep track of the decisions you have made. Refer to the options for record keeping on this page. You can use a 4-H project record form to write down what you want to learn, or record your ideas on an audio tape, video tape, or computer if you have one available.

## STEP 2 – Set your goals

Setting your goals is simply deciding what you want to learn and do. Having goals is like a road map. It is a tool that helps you plan how to get to where you want to go. Keep track of your goals by using your record keeping system.

Goals have three parts that can be measured or checked:

- ✿ **The action:** how you are going to do it
- ✿ **The result:** what you will do
- ✿ **The timetable:** when you plan to have it done

Goal example: “I want to make three nutritious snacks by the June meeting.” This goal has all three parts – the action, the result, and the timetable.

## STEP 3 – Form an action plan

Now you have a goal to work toward, and it won’t just happen. YOU have to make it happen! For example, if you have a goal to learn how to make a pie by July 1, think about these questions:

- ✿ Where will you get information you need?
- ✿ What types of pie might you consider learning how to make?
- ✿ Which recipe will you select for the pie crust?

Now take a look at your goals.

- ✿ What is needed to achieve your goal?
- ✿ How much time is needed to accomplish your goal?

## STEP 4 & 5 – Do it! Record it! Evaluate it!

As the year goes along, record what you do and learn in your project(s). Include what worked well, what did not, and what you enjoyed the most.

Pictures, clippings, project worksheets, exhibit write-ups, and other items can be included to help tell what you have done.

As you evaluate your goal(s), think about these questions:

- ✿ Were you able to achieve your goal(s)?
- ✿ What changes did you make on your project as you went along?
- ✿ Is there anything about your project that you would change?
- ✿ How do you feel about what you have learned?
- ✿ What ideas would you like to build on for next year?

## **EVALUATE YOUR 4-H EXPERIENCE**

Now you will evaluate your 4-H experience by summarizing your participation in projects, events, and activities together on the 4-H Yearly Summary. This summary is completed each year and is a cumulative summary of your achievements in communication, participation in the local 4-H club, and experiences beyond the local group.

Another recordkeeping form is the 4-H Recordkeeping Self-Evaluation as a guide to evaluate the 4-H recordkeeping system you chose to use. It is most helpful to talk about what you have done during the year with a leader, another 4-Her, or a parent.

# **What is a Write-Up and what Goes in it?**

A write-up is a 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 project, and photos of you completing the project. The write-up can be typed or hand written.

### **Cover Page**

- ◆ Title of Project
- ◆ Photo of Project
- ◆ Name
- ◆ Club

### **Goals**

- ◆ List at least 3 goals you have for the project\_Goals should be attainable and specific—3 parts HOW, WHAT, WHEN

### **Materials**

- ◆ List of materials used including price/cost of each item
- ◆ Total cost of materials

### **Instructions**

- ◆ Step by step instructions on how you accomplished the project.
- ◆ Photos to help better illustrate your steps.
- ◆ The judge should be able to construct the project based on your instructions that you have given.

### **What you Learned**

- ◆ State what you learned from your project experience—new skills you gained, whether you enjoyed the project, and future goals for the project area.

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## **Elements & Principles of Design**

- ◆ Must include at least 3 different elements and principles of design to advance to State Fair.

# **Communication Projects**

## **Presentations**

Educational Presentations are sharing information about yourself or another subject with someone else. Some presentations are called demonstrations or illustrated talks.

Each 4-Her is expected to give one educational presentation each year in their local 4-H club. So where do you start, what do you do, and what do you talk about? One way to get started is by looking through your 4-H project materials for ideas. Make a list of projects you do, collect, do after school, do for fun, and ask a parent, leader, or an older 4-H member for ideas. Take a look at your list. Write the topic you'd like to "present" to your 4-H group.

Like a puzzle piece, a presentation has different pieces that fit together.

- ✿ Introduction: Tell briefly what you are going to do and why you chose this topic.
- ✿ Body: Give the details of doing it, showing it, or telling it
- ✿ Conclusion: Repeat the main points. Mention where you found your information, in case someone else wants to learn more about your topic.
- ✿ Questions: Ask your audience if they have any questions or if there are no questions, say, "This concludes my presentation."

You may use any article, chart, sound, sample, video, poster, or slide show in the body of your 4-H presentation. Use props to help make the topic more exciting or believable for the group.

## **Working Exhibits**

Working Exhibits are 4-H presentations where you get the audience involved by teaching or showing. You are teaching a skill to an audience that you first have to catch the attention of to make them stop, listen, and then participate. Working Exhibits are good if you have a talent or have a skill to teach to others.

Choose a topic that interests you, has steps or procedures, and involves an audience. For more information on Working Exhibits, contact the Extension Office or ask for publication "Share a talent, Show off a talent, Do a working exhibit" 4-H-851.

## **Share-the-Fun**

Share-the-Fun is having a fun time. 4-H members share their talents as a group performing an original skit or a small group singing a duet. Ideas of acts: singing, dancing, skits, joke telling, playing an instrument, magic; there are so many activities to choose from!

## **Extemporaneous Speaking**

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Extemporaneous Speaking is when a 4-H member wants to challenge their ability to think quickly on their feet. This contest involves developing a speech on a topic that is handed to you just minutes before you are to present. Once the participant is given their topic they are allowed a specific amount of time to prepare a speech, usually a 4-6 minute presentation. The participant will be aided with a few resources helping them to prepare their speech. Those participating in this event present at the local level and if awarded will move onto state competition.

## How are Parents and Guardians Partners in 4-H?



Help your 4-Her select the right project(s) for their interests. Be aware of your 4-Her's goals and encourage recordkeeping.



Read the monthly newsletter.



Give encouragement and supervision, but allow the 4-Her to do their own work. Give positive encouragement when problems arise.



Help 4-Hers set standards of honesty, teamwork, and good sportsmanship.



Encourage and support the 4-Her in attending club meetings. Volunteer to help with club activities such as showing one of your hobbies or working with a project group.

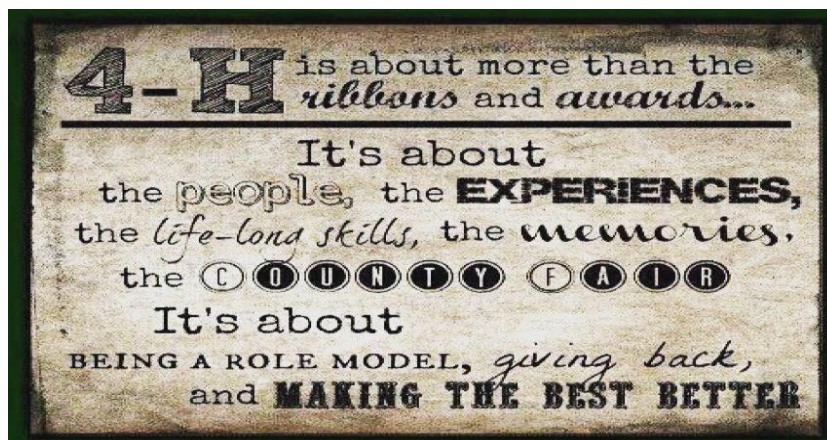


Help 4-Hers complete club and county requirements for the year.



Give input into the county program by participating in county meetings and serving on committees.

4-H can be a tool to help you and your 4-Her work together. Read the project material they receive and help think about what to learn and what to do. Give assistance when it's needed, but don't do the project for him or her.





## 4-H Lingo



**Awards:** Awards are one form of recognition given to 4-H members. Most are based on the information recorded in the 4-Hers record book. There are awards for project work and overall achievement. Youth may apply for awards or their leader may nominate them for awards. There can be local club awards as well as county, state, and national level awards.

**Camp:** Going to camp can surely be a high point in a 4-Hers year. There regional camp for Juniors. There are also state-wide camping opportunities for all 4-Hers. Financial assistance is available so that all youth can have the opportunity to participate in 4-H camp.

**Club Activity:** A 4-H club usually plans more than just regular meetings. Club activities may include special project workshops, parties, trips, or family potlucks. They are opportunities for "learning by doing" or just plain having fun!

**Club Tour:** A club may schedule a tour of the members' homes before the county fair. The purpose is for each 4-Her to show the rest of the group his/her projects that may be exhibited at the fair. This works especially well for clubs that have a lot of livestock projects.

**Code of Ethics:** All 4-H'ers must have electronically sign the Code of Ethics form. Youth are expected to be sincere, honest, and act in sportsmanlike ways always. Youth represent the entire program and their behavior reflects on their parents, leaders, club, and the entire youth program. All adults involved with the youth program, leaders as well as parents, are expected to set positive examples and serve as positive role models by what they say and do.

**Communications:** There are three categories of 4-H Communication.

**Educational Presentations** are talks or demonstrations, given in front of an audience, about some topic that interests the 4-H'er. They should contain three parts - an introduction, a body, and a conclusion.

A **Working Exhibit** is less formal than an educational presentation. It involves a one-on-one type of demonstration technique. 4-H'ers usually work from a table in an area where people walk through and stop to see what the 4-H'er is showing. Sometimes 4-H'ers may choose to work in pairs when giving educational presentations or working exhibits.

Finally there is **Share-the-Fun**. These are entertainment acts and can include things such as music, dance, interpretive speech, or skits. They can involve any number of youth - from one 4-H'er to the whole club. All types of 4-H Communications are also judged at the county level where some are selected to advance to state level.

**Community Service Project:** Many clubs carry out community service projects. The variety of projects is endless, but may include such things as working with the handicapped, painting a public building, having foster grand-parents in a nursing home, or planting trees.

**CYC:** County Youth Coordinator— Emily Martins— Works at the ISU Extension Office and is able to assist you with your 4-H related questions and helps provide 4-H programing in Buchanan County.

**Elements and Principles of Design:** A design is a visual plan you can use to create your 4-H exhibit. Everything you can see has a design. When you describe something you see, you use words that tell about the lines, shapes, colors, textures, and spaces. Line, shape, color, texture, and space are the basic elements of design. The principles of design (rhythm, emphasis, proportion, balance, and unity) are combinations of design elements (line, shape, color, texture, and space).

**Exhibits:** A 4-H exhibit is an outgrowth of the 4-H project which the 4-H'er often chooses to share or showcase at the fair. For example, a plate of cookies would be an exhibit that could be displayed as a result of participation in the Food and Nutrition project area.

**Extension Council:** The Extension Council consists of nine elected representatives from all over the county. They oversee the County Extension program and approve all of the expenditures. The Council is the legal governing body of the County Extension program and meets monthly.

**Extension Office:** Each county has an Extension Office which provides research-based information to the general public. This is called the Iowa State University Extension Service and it is funded with county, state and federal taxes. The four basic program areas are Agriculture, Home Economics, 4-H & Youth, and Community Resource Development. If you have any questions about almost anything, the Extension Office is a good place to start!



**Fair Board:** A board which is responsible for the Buchanan County Fair. This is a totally separate entity from the Extension office and its staff, although they work in cooperation on many projects.

**Fair Book:** This is a book that is put out every year that has all of the rules, livestock classes offered, and building exhibit rules for the current year's Buchanan County Fair. It is important to read all the rules and ask questions!

**Fair Entry:** An online entry system. All projects livestock and non-livestock must be nominated and entered into classes in order to bring a project to the fair. All animals must be identified on the 4Honline system by May 15<sup>th</sup> and entered in a class in Fair Entry by July 1. All non-livestock projects must be entered into Fair Entry by the published date.

**Intermediates:** Intermediate 4-H'ers are youth in grades 7-8.

**Iowa 4-H Foundation:** A private non-profit corporation formed to supplement the state 4-H program.

**Buchanan County Fair:** The most exciting time of the year for 4-Hers and families. The Buchanan County Fair is held in Independence the first week of July. 4-H members may exhibit their 4-H projects they have been working on all year.

**Juniors:** Junior 4-H'ers are youth in grades 4-6.

**Leaders:** Organizational leaders are the "main" leaders in the 4-H club and handle the overall organization of the club. They may or may not have assistant leaders who help them carry out specific responsibilities. There are also project leaders who teach in a specific 4-H project areas. There are county wide project leaders in some projects and individual clubs may have several project leaders.

**Life Skills:** 4-H in Iowa emphasizes the development of the following life skills:

1. Developing a positive self concept
2. Communication skills
3. Decision making skills
4. Learning how to learn
5. Ability to cope with change
6. Citizenship skills
7. Leadership skills

**Livestock Identification:** Usually referred to as a "Livestock ID," this is how the 4-H'er identifies all of his/her livestock projects and is entered online with the 4-Hers record. This includes everything that breathes and must be completed by May 15 or any date otherwise specified. Only livestock entered online are eligible to exhibit at any 4-H show. This is NOT a fair entry, but its purpose is to insure that the animal has been the 4-H'ers project during the year and not just an animal purchased two weeks before the fair.

**Meetings:** All 4-H clubs are expected to hold regular meetings. These are usually monthly, often on a set day (such as the first Sunday of the month). 4-H meetings usually have three parts: Business (15 min.), Social (30 min), and Program (45 min.) Attendance at 4-H meetings



is very important. A 4-H'er is responsible for contacting their leader to find out any information they will miss if unable to attend.

**Members:** Members are the youth that have chosen to be a part of our Iowa 4-H program. Our programs are divided into Clover Kids and 4-H. Clover Kid groups consist of youth in grades K-3. Our 4-H program is broken down into 3 age groups. Junior, Intermediate and Senior. Youth in grades 4, 5 & 6 are junior members. 7 & 8<sup>th</sup> graders are Intermediate members and 9-12<sup>th</sup> graders make up the Senior member division for the state of Iowa and Buchanan County.

**National 4-H Week:** Held the first full week in October. This week provides special recognition to the 4-H program nationwide. A time of recruitment and celebration of 4-H.

**Newsletter:** The 4-H Newsletter is an every month newsletter filled with important 4-H dates and upcoming activities. Be sure everyone reads through it completely so information doesn't get missed.

**Officers:** 4-H clubs elect officers annually. 4-H offices include President, Vice-President, Secretary, Treasurer, Historian, and Recreation Leader. Officers provide leadership in the club and help plan and conduct the meetings.

**Parliamentary Procedure:** 4-H meetings are conducted using parliamentary procedure, a tool that allows each member to participate in the decision-making process. Proper use of parliamentary procedure is a skill that a 4-H'er will find useful throughout adulthood.

**Project:** An individual area or subject the 4-H'er wants to learn more about. A project often includes leadership, citizenship, communication, and decision making. The 4-H'er often researches or gathers information, then applies the findings to the project. Focus of learning for throughout year. Since you learned about the Food & Nutrition area you were able to prepare chocolate chip cookies for the fair.

**Seniors:** Senior 4-H'ers are youth in grades 9-12.

**State Fair:** 4-H'ers from across the state exhibit at the State Fair. Some projects and classes require that the exhibit be selected at the county level for state fair competition, others do not. The Iowa State Fair is held every August in Des Moines.

**Static Judging:** This method of judging is used for all non-animal classes at the county fair. It is also referred to as Conference Judging. The 4-H'er brings his/her exhibit and goal sheet to the judge to discuss the work. The judge uses this information, any written information required by the class rules, and the exhibit itself in determining the ribbon placing of the exhibit. A ribbon is awarded, and the placing is recorded on the Exhibitor List.

**STEM:** Science, Technology, Engineering and Math. For more than a century, 4-H has engaged youth in STEM. This has traditionally meant a solid focus on agricultural science, electricity, mechanics, entrepreneurship, and natural sciences. Today, 4-H has grown to include rocketry, robotics, bio-fuels, renewable energy, computer science, environmental sciences, and more. 4-H Science, Engineering and Technology provides hands-on learning

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experiences to encourage learning about the world around you in partnership with adults that care about your learning and are crazy about STEM.

**Record Keeping:** Each 4-H member is expected to record a summary and evaluation of the 4-H member's experience each year. You need to fill out at least one project record sheet and a yearly summary sheet. Project worksheets are also available. For more information on Record Keeping, look back under "Achieving Goals Through Record Keeping".

**Ribbons:** Iowa 4-H uses the Danish system of judging – rather than competing against someone else, 4-Hers challenge themselves to create exhibits that represent their best. The Danish system places exhibits in groups representing standards met.

Purple: Exhibit exceeded the standards and is the best of the blues.

Blue: Exhibit meets all standards well.

Red: Exhibit meets some standards well but could use improvements on other standards.

White: Exhibit needs improvement on many standards or is missing information critical to evaluation of standards met.

**Write-Up:** 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 project, and photos of you completing the project. The write-up can be typed or handwritten.

**Year:** The 4-H Year is September 1 to August 31. All 4-Hers recordkeeping and club books follow these dates.

**Youth Council:** This group of older 4-Hers, 9-12<sup>th</sup> graders help plan and carry out county-wide events and serves as a liaison between the local club and the county programs.

**YQCA:** Youth for the Quality Care of Animals, also known as YQCA is a requirement to exhibit at county fair and state fair. 4-Hers who exhibit beef, swine, sheep, goats, bucket bottle calves, dairy, poultry, and rabbit (animals that could enter the food chain) will need to be YQCA Certified before showing at the county or state fairs. The YQCA Program is an educational program that teaches young people about good production practices and what it takes to produce a safe quality product. This is an online training course that members can take at home.

**4-Hers for 4-H:** This is a combined effort by 4-H clubs around Iowa to contribute to the Iowa 4-H Foundation. The campaign is coordinated and promoted by the State 4-H Council. Funds are used for special Iowa 4-H Youth program needs, the State 4-H Council, International 4-H programs, and financial aid for participation in the 4-H events.

**4Honline:** <https://v2.4honline.com/> This is the website where you register to be a 4-H member and re-enroll each continuous year. This contains important information about you and your family. Allows you to enroll in different project areas from year to year in order to assist in your overall learning experience.

**4-H Pledge:** The 4-H Pledge is recited by members at each meeting. *"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 Helpful Websites



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- Iowa State 4-H Website  
<https://www.extension.iastate.edu/4h/>
- 4-H Enrollment & Animal ID's  
<https://v2.4honline.com/>
- 4honline Help Sheets  
<http://www.extension.iastate.edu/4h/page/4honline-information-families-and-leaders>
- 4-H Fair Exhibit Tip Sheets – What the judge is looking for when they evaluate your exhibit  
<https://www.extension.iastate.edu/4h/exhibit-tip-sheets>
- Livestock/Animal Project Information  
<http://www.extension.iastate.edu/4h/projects/livestock>
- Recordkeeping Forms  
<http://www.extension.iastate.edu/4h/page/record-keeping>
  - Achieving Goals through 4-H Record Keeping (4H-91)
  - 4-H Yearly Summary (4H-0096)
  - Basic 4-H Project Record (4H-0096A)
  - Experienced 4-H Project Record (4H-0096B)
  - Advanced 4-H Project Record (4H-0096C)
  - Recordkeeping Self-Evaluation (4H-98, PDF)
  - Livestock Recordkeeping Forms
- County Fair Evaluating Exhibits Handbook  
<https://www.extension.iastate.edu/4h/statefair/eehandbook>

## **Buchanan COUNTY 4-H INFORMATION WEBSITE**

- Buchanan County 4-H Home Page
  - <https://www.extension.iastate.edu/buchanan/>
- Buchanan County 4-H Facebook Page
  - <https://www.facebook.com/BuchananCountyISUExtension>