



Clinton County 4-H Program Handbook

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Updated November 2023

What Is 4-H?

4-H is a community of 6 million young people across the world who are learning how to live healthily, be leaders, become engaged in their communities, and use science and technology to make good decisions for their future and their communities' future.

Why 4-H?

The Iowa 4-H Youth Development Program provides opportunities for youth to develop skills that they can use now and throughout their lives. Iowa 4-H builds upon a century of experience as it fosters positive youth development that is based on the needs and strengths of youth, their families, and communities.

Iowa 4-H follows the principles of experiential learning and draws on the knowledge base of Iowa State University and other institutions of higher education in cooperation with the United States Department of Agriculture. The Iowa 4-H Program's vision and mission statements clearly view youth as partners working with caring adults, and as full participants in planning and working for individual and community change.

4-H History

In the early part of the 20th century, educators saw the need to expand practical, hands on learning for their students. Corn clubs for boys and canning clubs for girls evolved into our 4-H clubs of today.

Clinton County Connection: Monthly newsletter delivered to your email, on our website and on Facebook. The newsletter is published the 1st of the month, every month. Leading up to fair, there might be special editions as well.

Enrollment Fees: Each year, members must re-enroll in 4hOnline to stay active in 4-H. The fee members pay helps offset direct costs associated with 4-H. A portion of the fee goes to the Iowa 4-H Office to support 4hOnline, program fees and our insurance. Another portion stays in the county for county support. Financial assistance is available.

4hOnline: The online database where members enroll, check their active status and more. It's important to keep the contact information accurate in this system. All mailings and emails use the information in this system.

YQCA: Youth for the Quality Care of Animals is a national multi-species quality assurance program for youth ages 8 to 21 with a focus on three core pillars: food safety, animal well-being, and character development. YQCA is required for all 4-H/FFA members who are exhibiting beef, bucket bottle calf, swine, dairy, goat, sheep, poultry and rabbits.

4-H Dictionary

Project: Over 40 areas ranging from agronomy to robotics to food and nutrition, these are the areas for members to learn more about.

Exhibit: This is the individual showcase of learning members typically bring to county fair to be judged on.

Club: One of the five delivery modes for positive youth development. Typically clubs meet once a month and work on project goals. Some clubs are associated with a specialty area such as livestock or the creative arts.

Club Meeting: Typically clubs meet once a month at the Extension and Outreach Office, a church, school or community center for an average of 1-2 hours. Each meeting includes old business (items from previous meeting), new business (anything new your club will be doing), presentations (members show and tell), and recreation (a fun group activity).

Leader: Adults who volunteer to help run clubs. Some even volunteer by being a contact for youth needing help with project areas.

CYC: The County Youth Coordinator is the staff member at the Extension and Outreach Office who helps with 4-H.

Extension Council: elected community members who oversee planning and delivery of Extension and Outreach in Clinton County.

Youth County Council: Senior 4-H members apply to plan events and provide service to the county 4-H program

4-H Mission

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

4-H Vision

Preparing Iowa's youth to be successful, contributing members of society.

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, and my Health to better living, for my club, my community, my country, and my world."

4-H Colors

The official colors of 4-H are green and white. Green is nature's most common color and stands for springtime, life, youth, and growth. White symbolizes purity and high ideals.

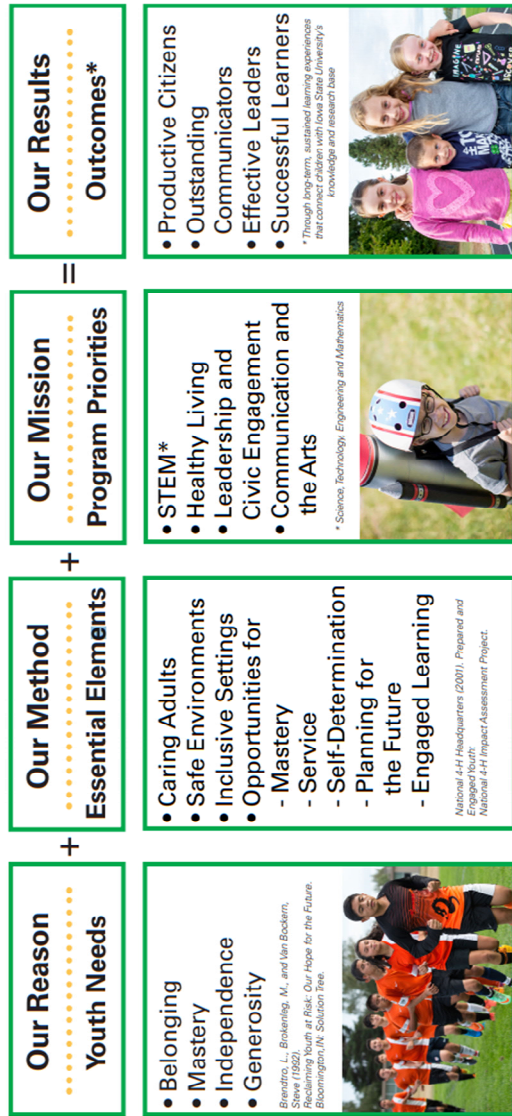
4-H Emblem

The green four-leaf clover has a white "H" on each leaf to represent the four H's: head, heart, hands and health.



EQUATION

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



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Suggested Timeline for Projects

The 4-H year begins September 1st and ends August 31st annually. To show learning all year, here is a potential timeline.

September– October

- Enroll in 4-H through 4hOnline (<http://v2.4honline.com>)
- Write down goals about what you want to learn about this year. Talk to your leaders, parents and 4-H'ers for ideas.
- Keep notes on activities, events and meetings attended.

November– December

- Holiday breaks are the perfect time to work on your project! Think about how communication, civic engagement and more apply to your project area.

January–March

- Keep track of your project area with a calendar as you learn more. If you're feeling stuck, check out the project hot sheets for ideas.

April– May

- Complete a write-up about your exhibit you plan to take to the county fair. Remember the exhibit shows your learning in a project area. Don't forget to take photos!

June

- Evaluate what you've learned and prepare to showcase it with your exhibit at the county fair.

July

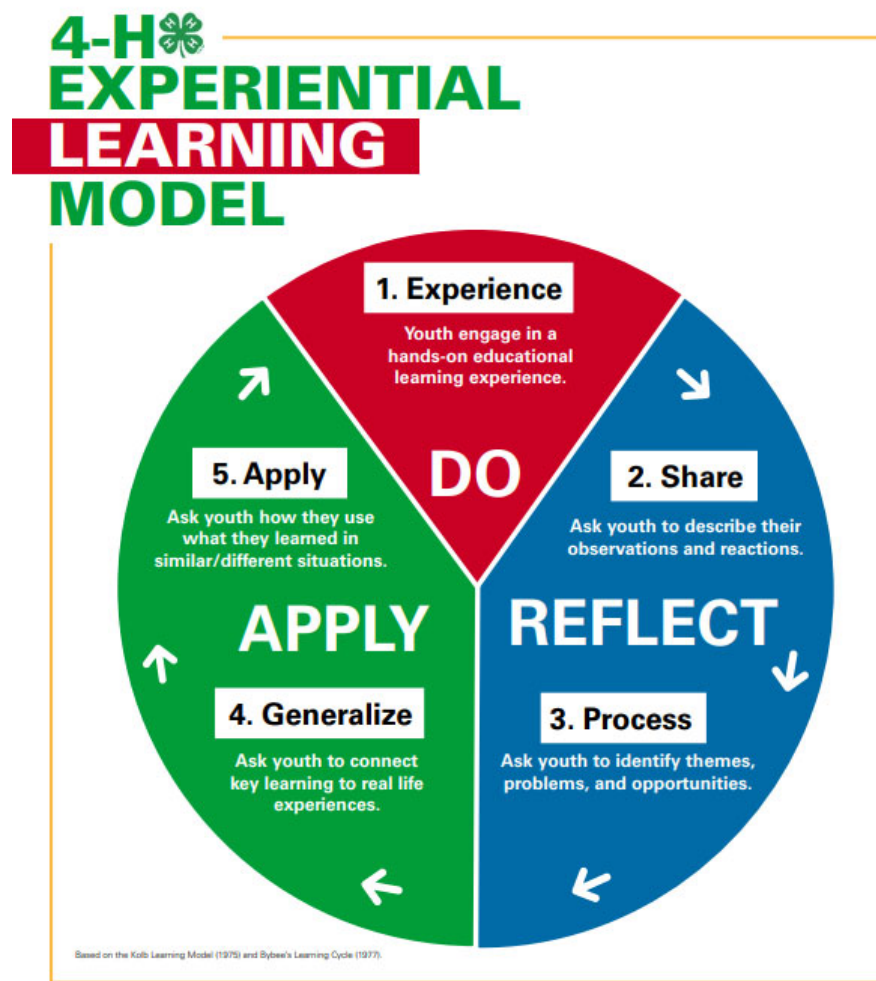
- Show what you've learned by taking your exhibit to the county fair— don't forget to take photos!

August

- Wrap up your project by completing your record book. Add in the newspaper clippings and photos you took/collected throughout the year.
- Submit your record book by the deadline for awards recognition.

Iowa 4-H Project Areas

- Agriculture and Natural Resources
 - Agronomy, Environment & Sustainability, Horticulture, Outdoor Adventures, Shooting Sports, Entomology, Wildlife
- Animals
 - Beef, Dairy Cattle, Dairy Goat, Dogs, Horse and Pony, Meat Goat, Pets, Poultry, Rabbit, Sheep, Swine, Veterinary Science
- Creative Arts
 - Digital Storytelling, Music, Photography, Visual Art
- Family and Consumer Science
 - Child Development, Clothing, Consumer Management, Food and Nutrition, Health, Home Improvement, Sewing and Needle Arts
- Personal Development
 - Civic Engagement, Communication, Leadership, Self Determined
- Science, Engineering and Technology
 - Computer Science, Mechanics, Woodworking, Tractor, Robotics, Aerospace, STEM



What do the Four H's Stand for?

In 1907 Jessie Field Shambaugh, from Page County, Iowa, and O.H. Benson, superintendent of Wright County Schools, Iowa, began using a three leaf clover for the identity of boys and girls clubs.

The three H's stood for:

Head (was trained to think, plan, and reason);

Heart (to be kind, true, and sympathetic); and

Hands (to be useful, helpful, and skillful).

In 1911, the 4th H became: **Health** (to resist disease, enjoy life, and make for efficiency).



General 4-H Calendar

- September
 - (1) Enrollment opens
- October
 - (15) Record books due from previous year
 - 4-H Fire Up night
 - National 4-H Week
- November
 - Recognition Night
 - Officer Training Workshop
- December
 - (1) Deadline to re-enroll without penalty
 - Beef Weigh-In
- January
 - Scholarship information available
- February
 - Fruit Sales fundraiser
- March
 - Basketball Tournament
 - Derby Swine Weigh-In
- April
 - Sheep/Goat Weigh-In
- May
 - (15) Must be enrolled to show at the fair
 - (15) Livestock identification deadline in 4hOnline
- June
 - Iowa State 4-H Youth Conference
- July
 - (1) Entries for fair due in FairEntry
 - Communications Day Judging
 - Fashion Revue & Clothing Selection Judging
 - Conference Judging Day
 - Clinton County Fair/Club Show
- August
 - Iowa State Fair

Monthly Club Meetings, extra club activities, county & regional activities.

How can Families be Involved?

The involvement of families , parents and guardians is highly recommended but not required. Attendance at club meetings and many county events is encouraged.

Parents are expected to provide guidance and help with project learning. Parents ***should not*** complete member's projects for members. Please allow our 4-H'ers to make mistakes and learn along the way.

Keep an eye out for the Clinton County Connection each month for important dates and news.

Youth ages 4-12th grade will be in 4-H. However if you have a youth in Kindergarten through 3rd grade, they can join Clover Kids. Contact the Extension Office to learn more.

Questions, comments and concerns are always welcome. Please contact the office at 563-659-5125 or clinton4h@iastate.edu.

What's Expected as a 4-H Member?

- Attend and share in your club meetings.
- Help plan/participate in special club events and community service projects.
- Investigate and select a project suited to your interests, abilities and age.
- Read the Clinton County 4-H Newsletter for fun ideas, information about upcoming events and important deadlines.
- Keep (and submit!) a record book for your projects in each 4-H year.
- Give a club presentation on something you enjoy.
- Make an exhibit at the county fair with your livestock, indoor exhibits, communications or even fashion exhibits!
- Learn about membership requirements for your club and abide by them.
- Reach out with questions! Club leaders and the Extension and Outreach Staff are great resources.

Active Community 4-H Clubs

<u>Club Name</u>	<u>Meeting Place</u>
Charlotte Jr. Producers	Charlotte Lutheran Church
CW Jr. Ag	CALCO
Delmar Hot Shots	Delmar Grain
DeWitt Hustlers	Fairgrounds Auditorium
Equine Fever	Extension Office
Goose Lake Jr. Feeders	Goose Lake Comm. Center
Iowanna	Fairgrounds Auditorium
Minnehaha/Mohawk	Low Moor Comm. Center
Orange Future Leaders	Extension Office
Welton Jr. Farmers	Fairgrounds Auditorium

Active Special Interest 4-H Clubs

<u>Club Name</u>	<u>Meeting Place</u>
Livestock Judging Teams	Extension Office

Active Clover Kids Clubs

<u>Club Name</u>	<u>Meeting Place</u>
Cal-Wheat CK	CALCO
Delmar CK	Delwood Elementary
DeWitt CK	Fairgrounds Auditorium
Elk River Eagles CK	Andover Church
Goose Lake CK	Goose Lake Comm. Center
Grand Mound CK	Grand Mound Comm. Center

What Does a 4-H Club Do?

4-H Clubs and Learning Communities create a culture of learning where everyone is involved in a collective effort of understanding. Successful learning communities – and successful 4-H clubs – have the following characteristics:

- Connect people to purposefully build a sense of community and establish a community identity.
- Embrace diversity of expertise and experiences within the group.
- Foster a culture of shared learning through collaborative and active learning experiences.
- Set common goals, develop standards to measure quality work, provide ample opportunities for reflection, and assess individual and group progress toward those goals.
- Share knowledge and questions, learning through respectful discussion and feedback between group members.
- Support distributed leadership by providing a range of leadership roles and skill-building activities.
- Value all members of the group and allow them to participate to the fullest extent possible.

Truly successful and innovative learning communities advance the collective knowledge of the community, via projects, as a way to help individual members learn.