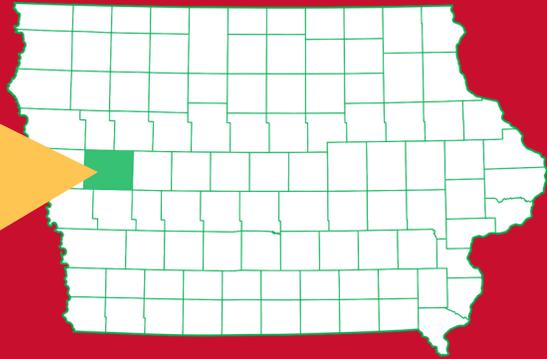


**Crawford
County**

**4-H
GROWS HERE**



WELCOME TO CRAWFORD 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 always available to help, as is Brynna, our Crawford County Youth Coordinator.

Ready to get started? Well then 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.

In the sticky note to the left, fill out your 4-H club's name and leader contact information so you always have it handy for when questions arise.

Need an answer now and can't get in touch with your leader(s)?

Stop into or contact the Iowa State University (ISU) Extension and Outreach, Crawford County office anytime Monday through Friday from 8:00 a.m. to 4:30 p.m.

Our office is located at:

35 South Main Street Denison, Iowa

Or you can call or email us at:

712-263-4697

brynnab@iastate.edu

You can also visit our website:

extension.iastate.edu/crawford/

Extension Staff:

Brynna Baumhover - County Youth Coordinator

Paige Amenell - Program Coordinator

Kathy Thul - Office Manager

Find us on Facebook:

[facebook.com/iowacrawford4H](https://www.facebook.com/iowacrawford4H)



IOWA STATE UNIVERSITY
Extension and Outreach

4-H Facts — Information to Help You

As a new 4-H member, there is lots to do and learn! Here are a few fun facts that will help you be successful 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 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** — symbolizes life, springtime and youth.
- WHITE** — symbolizes purity.

DID YOU KNOW? THERE ARE 3 LEVELS IN 4-H!

- **Grades 4 through 6** are considered **Junior** level 4-H members
- **Grades 7 and 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, 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.

4hOnline. This online record provides the Extension Office with your membership information. It includes your name, contact information, club name, project areas, animal ID's, YQCA certifications, Code of Ethics Forms, Medical History Forms, and much more!

Code of Ethics Forms. This form, 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 Forms. 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. These are accessed through 4hOnline.

Identification Forms. All animals that are part of a 4-H project must be identified. Market animals will have identification forms completed at their respective weigh-ins. All animals ID's must be entered in on 4hOnline by May 15th with the exception of Rabbits which is July 1st.

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 can be done online and at home!

Project. A 4-H project is an area of emphasis in which a 4-H member enrolls, 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 or horticulture.

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 he/she constructed) to the 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!

Conference Judging. This method of judging is used for static exhibits at the county fair. A 4-H member discusses their work with the judge. The judge determines the ribbon placing and the item is put on display during the fair.

Weigh-in. This is when youth bring their market animals (Beef, Sheep, Goats) to be weighed for their initial weight to be calculated in their daily rate of gain. Market animals are also tagged at weigh in. Animals to be nominated for the Iowa State fair are retinal imaged at weigh in as well.



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

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 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. Be sure to read your monthly 4-H newsletter to stay up-to-date on details, deadlines and more!

JANUARY	Brainstorm and Work On Static Exhibit Ideas Verify Market Beef ID's and Weights in 4hOnline
FEBRUARY	Sell Fruit and ButterBraid (County-wide Fundraiser) Participate in workshops
MARCH	Deliver Fruit and ButterBraid (County-wide Fundraiser)
APRIL	Complete YQCA (if showing animals) Sheep and Goat Weigh In
MAY	<u>Identify ALL Animals in 4hOnline</u>
JUNE	Prepare for Fair! Complete Fair Registrations Participate in Summer Camps Communications and Clothing Events Judging
JULY	Participate in and/or attend the Crawford County Fair Participate in Summer Camps and Workshops
AUGUST	Participate in and/or attend the Iowa State Fair Participate in Summer Camps and Workshops
SEPTEMBER	Participate in and/or attend the Clay County Fair & AKSARBEN New 4-H Year Begins— 4-H Enrollment Begins Record Books Submitted for Awards
OCTOBER	Celebrate National 4-H Week! Brainstorm Ways To Serve and Reach Our Community
NOVEMBER	Attend 4-H Awards Day
DECEMBER	Beef Weigh In 4-H Re-enrollment Ends December 31st!

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. Be a 4-H member in good standing to show exhibits at the fair.
3. Do an educational presentation at your club meeting.
4. Participate in club community service projects.
5. Explore project areas that interest you.
6. Take part in activities, camps, project workshops and more!
7. 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.

*** Keeping records of project work throughout the year in a record book is required to receive ribbon premiums.

*** In Crawford County, a member in good standing must go to at least 4 meetings before the county fair. They must also re-enroll in 4-H after September 1st and before December 31st. This rule is waived for new members, but enforced for re-enrolling members.

4-H CLUBS

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 presentations 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 your 4-H member with his/her 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, industry experts, etc.

4-H 

GROWS

HERE

Be sure to watch for our monthly Crawford County 4-H newsletter, the Newsflash!

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

The most recent newsletter is always available on our website:
<https://www.extension.iastate.edu/crawford/4h>

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