A NEW MEMBER GUIDE TO 4-H

MAKE FRIENDS!
DO COOL STUFF!
HAVE FUN!

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We are excited to welcome you as a new member in the World’s Largest Youth Organization—4-H!

Join us in making new friends, having fun and doing cool stuff!

Like any New Adventure, there are always questions. We hope this guide helps answer your questions and directs you along the way.

4-H Motto: "To Make the Best Better!"

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

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.

Iowa 4-H has developed an “Equation” showing how we empower youth to reach their full potential, working and learning in partnership with caring adults. The diagram (left) helps explain the combination of Our Reason, Our Method, and Our Mission to equal the Outcome of a 4-H Experience. We support youth becoming productive citizens, outstanding communicators, effective leaders and successful learners.

Thank You For Choosing to Become A 4-H Member!
Next Steps...

**WHAT HAPPENS AFTER YOU ENROLL IN 4-H?**

**Step #1** Select at least one project (interest) area in which to enroll.

**Step #2** Select a 4-H club in the county to join and enroll.

**Step #3** After enrolling in a club, a 4-H member (and his/her family) attends monthly club meetings. At these meetings, members plan club events, vote on items, swap ideas and information and do fun and educational activities.

Beyond local club participation, 4-H families can participate in a variety of county sponsored events, such as project workshops, camps, county fair and more!

A 4-H newsletter is mailed each month to alert families of upcoming events. *Be sure to read it!*

**WHAT’S EXPECTED OF ME?**

County 4-H programs have basic expectations of members, such as:

1. Attend club meetings.
2. Do an educational presentation at your club meeting.
3. Participate in a community service project.
4. Check with your local County Extension Office for details.

Exhibiting at the county fair is a highlight of the year for many 4-H members. Youth are encouraged, but not required, to showcase project work at the county fair.

Additionally, keeping records of project work throughout the year is strongly encouraged. Forms are available in the county office or on-line through the state 4-H web-page at: [www.extension.iastate.edu/4-H](http://www.extension.iastate.edu/4-H).

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

Grades 4-6 are considered **Junior Level 4-Hers**

Grades 7-8 are considered **Intermediate Level 4-Hers**

Grades 9-12 are considered **Senior Level 4-Hers**

**USE PROJECT HOT SHEETS**

4-H Hot Sheets are available for each project area to give suggestions of what can happen in the project throughout the year, as well as ideas to connect with communication, citizenship and leadership. Hot Sheets are online at [www.extension.iastate.edu/4h/projects](http://www.extension.iastate.edu/4h/projects).

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**4-H PHOTOGRAPHY PROJECT**

**Are You Into It?**

This 4-H project is designed to help you explore the world of photography. From learning about camera equipment to capturing great images and sharing what you have learned with others, you are bound to love photography!

- Discover how to take fascinating photographs
- Learn about photography as an art, a science and a communication tool
- Observe and enjoy your surroundings in a photographic world
- Explore photography as a hobby or profession

**Here’s what you can do with it**

**Starting Out Basic / Level 1**

- Get to know your camera
- Use tripod and bracing to steady your camera
- Try various lighting techniques
- Use flash for fill and solving red-eye
- Study photo composition
- Use different viewpoints
- Take photos of places, people and pets
- Tell a story with photos
- Learn to evaluate photos

**Learning More Intermediate / Level 2**

- Use shutter speeds and f-stops (aperture)
- Adjust the depth of field
- Capture hard and soft light to create moods
- Manipulate light using flash techniques
- Evaluate composition using the Rule of Thirds, the Golden Triangle and the Golden Rectangle
- Use photos to tell a story
- Take candid photos to capture natural moments

**Expanding Horizons Advanced / Level 3**

- Use wide-angle and telephoto lenses
- Use filters and special film
- Use light meter readings
- Practice with light sources
- Use viewpoints, framing and lines to lead the eye
- Use symmetry, shape, pattern, and texture to capture creative photos
- Use specialized equipment and advanced techniques

**Step It Up!**

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

- **Communication**
  - Tell your friends about the different types of cameras
  - Interview a professional photographer
  - Demonstrate how to properly present your photos

- **Citizenship**
  - Photograph your club activities and make an album to share
  - Volunteer to take photos for a community event
  - Help archive historical photos

- **Leadership**
  - Show your friends how to create a photo book
  - Organize a photo shoot for a local organization or your school

Learn more at [www.extension.iastate.edu/4h/projects/photography](http://www.extension.iastate.edu/4h/projects/photography) or contact your county ISU Extension Office.
A number of resources are available to help 4-Hers learn about project areas, prepare for educational presentations, and prepare for exhibiting. The following are some of the items available at the Extension Office. Additional resources can be found on the State 4-H website at www.extension.iastate.edu/4h.

**4-H RESOURCE KITS/MATERIALS**–
Kits and materials can be checked out from the Extension Office to help 4-Hers learn about everything from photography, communication skills, and table etiquette, to feeding and caring for an animal.

**PROJECT BOOKS**–
Each project area in 4-H has a series of three levels of materials (beginner to advanced) that a 4-Her can utilize to learn about the project. The books suggest learning ideas, presentation topics, citizenship projects and more. Free copies are available in the Extension Office.

**4-H TIP SHEETS**–
These sheets were created to help 4-Hers prepare for the conference judging experience at fair. They provide exhibit tips and sample questions a judge might ask.

**DICKINSON COUNTY EXTENSION WEBSITE**–
Find information about upcoming 4-H activities, deadlines, forms and more! The website address is www.extension.iastate.edu/dickinson.

4-H Project Areas are hobbies or things you are interested in. You enroll in a project so your club leaders and Extension staff know what you like!

The project areas are grouped into one of six clusters listed below: Animals, Creative Arts, Ag & Natural Resources, Family & Consumer Sciences, Personal Development, and Science, Engineering & Technology.

*Watch for opportunities throughout the year to learn about these!*
**Learn Club Stuff**

**What Does a 4-H Club Do?**
- Most clubs **meet monthly** with a year-long plan for their programs.
- Each meeting usually **includes presentations** by members.
- A 4-H club **elects officers and conducts business**.
- Meetings may also include presentations by leaders, parents, or a resource person, **recreation/games**, a family night, or a field trip.
- Most 4-H clubs do a variety of **community service** projects. Members should decide the types of projects their club will do.

**What Happens at a 4-H Club Meeting?**
Here are some things that may happen at a 4-H meeting:
- **Games or fun activities.**
- **Call the meeting to order.**
- The **4-H pledge** and the Pledge of Allegiance.
- **Roll call and minutes of the last meeting.**
- **Treasurer report.**
- Committees tell what they’ve planned or done.
- “**Old business**” or things talked about before.
- “**New business**” or **new ideas, activities, and plans.**
- **Adjourn the business meeting.**
- Educational Presentations are given.
- **Refreshments and fun!**

**Read 4-H History**

Early school teachers **O. H. Benson in Wright County, and Jessie 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, Iowa,** also pioneered. 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. Community service projects also provide active learning interaction of youth and adults and encourage youth to set and accomplish goals.

The program 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, Iowa**.

O.H. Benson observed 11 pupils looking for four-leaf clovers. He used the four leaves to stand for the school's 4-Square Development of: Education, Physical, Moral, Fellowship.

The three-leaf clover was used in 1906-1911 to stand for head, heart, and hands. **The fourth "H" for health was added in 1911.**

**DID YOU KNOW? A 4-H Club Usually Elects Officers**

- **President**—conducts meetings and appoints committees.
- **Vice President**—is 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.

County Extension staffing patterns established between 1914 and 1919 increased the growth and effectiveness of volunteer leadership. The programs gradually became part of the Extension service and not the public school system.

The **Iowa 4-H Program** remains under the direction of Iowa State University Extension & Outreach.
Every organization has a vocabulary that seems familiar only to its members and 4-H is no different. Here are a few of those words to help you talk 4-H:

**PROJECTS** — A 4-H project is an area of emphasis in which a 4-Her enrolls, studies, learns, and keeps records. Projects are grouped into one of six clusters: Animals, Creative Arts, Ag & Natural Resources, Family & Consumer Sciences, Personal Development, and Science, Engineering & Technology. The “Pick Your Adventure” brochure helps you find what interests you.

**EXHIBITS** — A 4-H exhibit is an item resulting from project work that the 4-Her has chosen to bring to fair and have evaluated by a judge. For example: a 4-H may enroll in the woodworking project area and choose to bring a birdhouse to the fair that he/she constructed.

**STATIC EXHIBITS** — This term is used to refer to non-animal exhibits. It includes photography, food and nutrition, child development, robotics, woodworking and more!

**CONFERENCE JUDGING** — This method of judging is used during fair to encourage, educate, and evaluate the 4-Her’s exhibit and learning process. The 4-Her brings an exhibit to the fair and a judge visits with the youth to determine a ribbon placing. The item is put on display during the fair and a cash premium award is given after the fair.

**ENROLLMENT FORMS** — This form is what provides the Extension Office with your membership information. It includes your name, address, phone, and project areas you have selected for the year.

**CODE OF ETHICS FORMS** — This form asks members to be responsible for doing their own project work in an ethical manner. Signature lines are provided for 4-Hers and their parents to sign as an understanding and agreement of the expectations.

**MEDICAL HISTORY FORMS** — Much like the information provided to schools and other youth-serving organizations, 4-H needs medical information in case of an emergency. All information is kept confidential.

**IDENTIFICATION (ID) FORMS** — All animals that are part of a 4-H project must be identified. Market animals will have ID forms completed at their respective weigh-ins. Other animals have separate ID sheets. Check with the office for specific deadlines.

**ENTRY FORMS** — These forms are what the 4-Her completes to enter specific exhibits into competition at the county, district, state, and interstate levels. Each contest has a rulebook and entry deadlines.

**4-H ONLINE** — This is our statewide 4-H database. It is used to enroll, update contact information and project selections, and verify livestock information.

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**CITY SLICKERS**
A newer club in the Milford area.
**Meeting**— 3rd Sunday 5:30 pm in Milford
**Led By**— Brenda Hanson & Heidi Wittrock

**HOO'K'EM COOK'EM**
A smaller club with fishing interests.
**Meeting**—2nd Thursday 7:00 pm at the Harbor of Joy Lutheran Church in Milford
**Led By**— Kristi Peck

**LLOYD VICTORS**
A mid-size club in Terril with interests in all project areas.
**Meeting**—Sunday at the Rouse Home
**Led By**—Kathy Rouse

**MILFORD PIONEERS**
A larger club in Milford.
Primary interests in ag & livestock.
**Meeting**—2nd Sunday 7:00 pm at the Milford Catholic Church
**Led By**—Dave & Karen Schwaller

**OKOBOJI HOOFBEATS**
A smaller club in Milford.
**Meeting**—1st Sunday at 3:00 pm at 2231 193rd Ave Milford
**Led By**—Kathleen Dana

**SHOOTING SPORTS**
A club with special interest in archery, air rifle, and shotgun.
**Meeting**—Shoot every Wednesday
**Monthly meeting**—2nd Wednesday at Lake Park Legion
**Led By**—James Kessler

**SILVER LAKERS**
A larger club in the Lake Park area.
**Meeting**—2nd Sunday 7:00 pm at the Lake Park Methodist Church
**Led By**—Becky Davis

**SPIRIT LAKERS**
A larger club with all interests.
**Meeting**—3rd Sunday at 4:00 pm at the Expo Center
**Led By**—Julie Resch & Carol Larson

**SUPERIOR LAKERS**
A larger club with all interests.
**Meeting**—3rd Sunday 5:30 pm at the Spirit Lake Community Building
**Led By**—Sandi Bueltel

**WAVERUNNERS**
A club with science/robotics interests
**Meeting**—2nd Mondays 7:00 pm at Spirit Lake City Hall (January—June)
**Led By**—Wade Weber
The 4-H program encourages parents, grandparents, guardians, and family members to help the 4-Her with his/her projects. Here are some suggestions:

- **Help** youth select projects that relate to their interests/hobbies.
- **Attend** club meetings with your child.
- **Give** encouragement and supervision, but allow the 4-Her to do their own work.
- **Assist** youth in creating a record keeping system for their project work. (This may mean finding a special place for 4-H records and materials at home and reviewing that information periodically.)
- **Read** the 4-H Newsletter and help them stay on top of dates, deadlines, rules, etc.…. 
- **Be willing** to help whenever possible for the club as extra adult hands, hostess, driver, chaperone, etc. as the need arises.
- **Be positive.** Praise them when they succeed & be there to help when they struggle.
- **Seek help** from Extension Staff, Club Leaders, fellow 4-Hers, as well as people with specific expertise in project areas.

### Get Family Help

### Look At Calendar

The following is a year-long list of activities that take place in a typical 4-H year. Counties don’t 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 4-H newsletter for more details, deadlines, and additional information on camps, workshops and events.

#### JANUARY
- Goal Setting with projects
- Goal Setting with club
- **New Member Meeting**

#### FEBRUARY
- Area & State Recognition Applications Due

#### MARCH
- **Scholarship Applications Due**

#### APRIL
- Market Swine Weigh-in
- Market Sheep & Goat Weigh-in
- Beef Buddies Program Starts
- **FSQA—Food Safety Quality Assurance Training**

#### MAY
- Leader Meeting & Training
- **Last Day to Add/Drop Any Projects May 15**
- Livestock ID’s Due May 15
- Practice Sessions Begin for Horse & Dog Projects
- Rabbit & Poultry Identification Day

#### JUNE
- State 4-H & Youth Conference
- Animal Science ROUND-UP
- Citizenship Washington Focus (every other year)
- **Summer 4-H Camps**

#### JULY
- County Fair Entries Due
- County Fair
- Iowa State Fair Livestock Entries Due

#### AUGUST
- Ak-Sar-Ben Livestock Entries Due
- Iowa State Fair
- Complete Your Records!!

#### SEPTEMBER
- Recordkeeping Systems Due to Leaders
- Clay County Fair
- Member Recruitment

#### OCTOBER
- Recordkeeping systems due to the office from leader
- Leader Meeting & Training
- **National 4-H Week**

#### NOVEMBER
- 4-H Awards Program
- Area & State 4-H Recognition Applications Available
- 4-H scholarship information becomes available
- **Early-bird Enrollments Due**

#### DECEMBER
- Market Beef Weigh-In