

East Pottawattamie County New 4-H Member Handbook



18 U.S.C. 707

East Pottawattamie County 4-H

Iowa State University Extension & Outreach

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County Youth Coordinator

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What is 4-H?

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

We, the youth and adults of the 4-H movement, value:

- Youth as powerful members of society
- Youth and adults as caring partners
- Learning as a lifelong commitment
- Diversity and social conscience
- Doing our best and making it better

4-H youth programs provide opportunities for youth to develop skills they can use now and throughout their life. 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 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 staff and volunteers, and as full participants in planning and working for individual and community change.

Who Can Join 4-H?

Youth in grades K-12 can join a 4-H Club where you can do all kinds of fun activities, like build a rocket, design clothes, learn about computers, help save the environment, and so much more!

You name it, you can do it in 4-H! And better yet, you can get a lot of help from adult volunteers. They are mentors who can teach you and help you learn.

To get started, find a club that fits you!

Clover Kids 4-H Clubs—K-3rd grades

4-H Clubs—4th—12th grades

Clubs meet monthly, usually the same time and date each month, such as the first Sunday of each month at 5:00pm at the Pottawattamie County Fairgrounds. Clubs will have different meeting locations and times which may help to narrow down your options when choosing a club.

Prior to attending your first club meeting, it is always a good idea to give the club leader a call to ensure the club is meeting at the listed time and date. Occasionally meeting time or dates will get changed as the clubs are active in the community.

4-H Facts

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.

4-H Motto

"To make the best better," was proposed in 1927, proposed by Miss Carrie Harrison, botanist in the Bureau of Plant Industry, was adopted by the leaders.

4-H Slogan

4-H has had several slogans depending on the part of the country that you live in. Usually slogans are developed by members when planning club programs or activities. Some of the more common slogans are "Learn by doing" "To beat my own best record" "To win without bragging, lose without squealing." "Be your own best exhibitor" "Plan our work and work our plan."

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

county, and my world.

4-H FAQs

What does it cost to join 4-H?

Typically the cost to join 4-H is \$30 per youth, per year. However, the East Pottawattamie County 4-H Booster Fund currently pays for each 4-H youth to join in the county.

Some day camps and events throughout the year may cost to those who wish to participate.

If I join a 4-H Club what is expected of me?

- When joining a 4-H club you are expected to enroll on 4-H Online, an online program that allows the county Extension Office to communicate with you about current events taking place in the county.
- Attend & share in the monthly meetings of the club. Youth should attend monthly meetings; parents are encouraged to attend with youth to stay up to date on club events and county deadlines.
- Participate in county and club events.
- Turn in a record of your yearly 4-H experiences.

What is the monthly newsletter?

On the 1st of each month the County Youth Coordinator will post a new monthly newsletter. Newsletters will have all event details, county deadlines and other activities taking place in the county! It is **very** important you read your newsletter each month. These are posted on our website in addition to 4-H Online. When the newsletter is released, the email you registered on 4-H Online with will receive a reminder to let you know.

What is record keeping?

Record keeping is simple! All 4-H'ers are required to develop a record keeping system that includes records for one or more projects, a 4-H story, and self evaluation.

What Can I Do in 4-H?

The possibilities are endless in 4-H!

Listed below are the project areas, however these are only to get you started!

Ag & Natural Resources

Crop Production
Environment & Sustainability
Horticulture
Outdoor Adventures
Safety & Education in Shooting Sports

Animals

Beef
Dairy
Goats
Horses
Pets
Poultry
Rabbits
Sheep
Swine
Vet Science

Creative Arts

Music
Photography
Visual Arts

Personal Development

Citizenship
Communication
Digital Storytelling
Leadership
Self Determined

Family & Consumer Sciences

Child Development
Clothing & Fashion
Consumer Management
Food & Nutrition
Health
Home Improvement
Sewing

Science Technology Engineering & Math

Aerospace
Biological & Chemical Sciences
Computers & Networking
Earth & Climate
Environment & Sustainability
Geospatial Mapping Technology
Mechanics & Design
Robotics
Science in Our Everyday Lives
Woodworking

East Pottawattamie County 4-H Clubs

Botna Valley Achievers

Club Facebook Group: BVA 4H Club, East Pott. Co., IA

Meets the first Sunday of each month at 4pm. Monthly host sets location for each meeting.

Leaders: Shona Weirich PO Box 52 Hancock, IA 51536 402-490-8997 shona.weirich@gmail.com

Nikky Stamp 24763 510th St. Walnut, IA 51577 712-789-9489 nikkystamp@yahoo.com

Carson Commanders

Club Facebook Group: Carson Commanders 4-H

Meets the first Sunday of each month at 2pm at the Carson Community Building

Leaders: Taylor Cody 70455 570th Street, Griswold, IA 51535 402-681-3220 thaines40@hotmail.com

Laurie Sick 36653 Elmtree Rd Carson, Iowa 51525 402-980-1888 laurieisick@gmail.com

East Pott Hot Shots

Club Facebook Group: East Pott. Hot Shots official

Meets the third Sunday of each month at 2pm at Rocking Pilling's Farm near Oakland (winter months @ Oakland Community Center)

Leaders: Carrie Bane 38840 Juniper Rd Oakland, Iowa 51560 402-960-9622 crbane@gmail.com

Chrissy Schnepel 15511 350th St. Carson, IA 51525 402-670-0893 acschnepel@frontier.com

East Pottawattamie County 4-H Clubs

West Nishna 4-Hers

Club Facebook Group: WEST NISHNA 4-H'ers CLUB

Meets the second Sunday of each month at 5pm at Oakland Community Building

Leaders:

Lindsey Henderson 840 S Scenic Drive Oakland, Iowa 51560 402-981-4074 ljhenderson1228@live.com

Bonnie Feigenbutz 211 Brown St Oakland, Iowa 51560 515-231-8642 bonnief51560@hotmail.com

East Pottawattamie Equestrian Club

Club Facebook Group: East Pottawattamie Equestrian 4-H Club (EPEC)

Meets the second Sunday of each month from 3-5pm

Leaders:

Ashley Evans 12573 450th St. Carson, IA 51525 402-630-8580 ashley.mcclain@unmc.edu

Farm Creek 4-H'ers

Meets on Wednesdays—check with Staci on time.

Leaders:

Staci Poland 36498 Brothers Ave Henderson, IA 51541 402-651-8685 polandaw@gmail.com

East Pottawattamie County **Clover Kids Clubs**

Botna Valley Achievers Clover Kids

Meets the third Sunday of each month at 4:00pm at Pottawattamie County Fairgrounds in Avoca

Leaders: Truly Mothershead PO Box 372 Avoca, Iowa 51521 641-414-2276 truly.mothershead@ahstwschools.org

Clover Commanders Clover Kids

Meets the first Sunday of each month at 2pm at Carson Community Center

Leader: Abby Parris PO Box 132 Macedonia, Iowa 51549 712-310-2252 mrsabbyparris@gmail.com

Katie Cody 45086 Pioneer Trail Carson, Iowa 51525 402-681-8550 ktcody@icloud.com

West Nishna Clover Kids

Meets the second Sunday of each month from 4:00 – 5:00pm at Oakland Community Center

Leader: Kate Pattarozzi 205 S Main St. Oakland, IA 51560 531-203-3553 wrappedbykate@gmail.com

Elizabeth Hinzmann 23505 320th St. Minden, IA 51553 402-981-1485 elizabethhinzmann@hotmail.com

Westside Clover Kids

Meets the third Sunday of each month (time varies) at the Oakland Park Pavilion (if weather permits) or Oakland Community Building

Leaders: Mikayla Emmanuel 321 Park St. Oakland, IA 51560 712-314-8767 mikayla.boysen@gmail.com

Farm Creek Wranglers Clover Kids

Meets with Farm Creek 4-H'ers club.

Leaders: Nikki Danielson 16615 Highway 59 Carson, IA 51525 402-681-3507 nikkidanielsen@gmail.com

Jess Morgan P.O. Box 245 Carson, IA 51525 515-979-9648 jess.morgan89@yahoo.com

4-H Calendar

Remember to watch the monthly newsletter for exact dates, deadlines, and other workshops/ activities planned throughout the year.

September

Record Books Due to Clubs

Enroll in 4-H Online

October

National 4-H Week

Year-End Awards

November

December

Market Beef Weigh In

January

February

March

April

May

Sheep & Goat Weigh In

May 15th Livestock Deadline

June

Summer Day Camps

County Fair Entry Deadline

July

County Fair

August

Iowa State Fair

Complete your record books!