

**2019-2020**  
**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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**4-H County Youth Coordinator**

Hallie Robinette

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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

Meets the first Sunday of each month at 4pm. Avoca Area

**Leaders:** Jennifer Kock 27103 425<sup>th</sup> Street Hancock, Iowa 51536 402-290-1823 [sjkock@fmctc.com](mailto:sjkock@fmctc.com)

Dawn Harder 47595 Mahogany Road Hancock, Iowa 51536 712-741-5527 [pdharder@fmctc.com](mailto:pdharder@fmctc.com)

## Carson Commanders

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

**Leaders:** Taylor Cody 70455 570<sup>th</sup> Street, Griswold, IA 51535 402-681-3220 [thaines40@hotmail.com](mailto:thaines40@hotmail.com)

Laurie Sick 36653 Elmtree Rd Carson, Iowa 51525 402-980-1888 [ljsick@frontier.com](mailto:ljsick@frontier.com)

## East Pott Hot Shots

Meets the third Sunday of each month at 1pm at Rocking Pilling's Farm near Oakland

**Leaders:** Steve Meek 555 S Maple Street Avoca, Iowa 51521 712-307-0509 [sdmeek92@gmail.com](mailto:sdmeek92@gmail.com)

Amy Meek 712-307-0515 [ajmeek@hotmail.com](mailto:ajmeek@hotmail.com)

## West Nishna 4-Hers

Meets the second Sunday of each month at 2pm at Great Western Bank in Oakland

**Leaders:** Bonnie Feigenbutz 211 Brown St Oakland, Iowa 51560 515-231-8642 [bon-nief51560@hotmail.com](mailto:bon-nief51560@hotmail.com)

Lindsey Henderson 840 S Scenic Drive Oakland, Iowa 51560 402-981-4074 [ljhenderson1228@live.com](mailto:ljhenderson1228@live.com)

## Westside Feeders

Meets the second Sunday of each month at 6pm. Monthly host sets location for each meeting

**Leader:** Kim Fisher 814 Palmer Street Oakland, Iowa 51560 402-639-2927 [tksafisher@gmail.com](mailto:tksafisher@gmail.com)

Lisa Pierson PO Box 431 Oakland, Iowa 51560 402-689-8822 [lisa.pierson@ahstwschools.org](mailto:lisa.pierson@ahstwschools.org)

# East Pottawattamie County Clover Kids Clubs

## Botna Valley Achievers Clover Kids

Meets the second Wednesday of each month at 3:30pm at AHSTW Community School Cafeteria in Avoca

**Leaders:** Bobbi Lund 102 Maple Road Avoca, Iowa 51521 712-343-4032 [lund.bobbi@gmail.com](mailto:lund.bobbi@gmail.com)

Cristin Rold 45346 Lombardy Rd Hancock, Iowa 51536 402-980-3734 [cristinrold@gmail.com](mailto:cristinrold@gmail.com)

## Buffalo Buds Clover Kids

Meets the second Friday of each month at 3:30pm at Oakland Community Building

**Leader:** Jill Kadel 607 Parker Road Oakland, Iowa 51560 402-659-3798 [jkadel@iastate.edu](mailto:jkadel@iastate.edu)

## Clover Commanders Clover Kids

Meets the first Sunday of each month at 2:00pm at Carson Community Center

**Leader:** Abby Parris PO Box 132 Macedonia, Iowa 51549 712-310-2252 [mrsabbyparris@gmail.com](mailto:mrsabbyparris@gmail.com)

Katie Cody 45086 Pioneer Trail Carson, Iowa 51525 402-681-8550 [ktcody@icloud.com](mailto:ktcody@icloud.com)

## West Nishna Clover Kids

Meets the third Sunday of each month from 3:00 – 4:00pm at Oakland Community Center

**Leader:** Courtne Turner 912 S Scenic Drive Oakland, Iowa 51560 402-679-2353 [cturner0409@yahoo.com](mailto:cturner0409@yahoo.com)

## Westside Clover Kids

Meets the third Sunday of each month from 1:00 – 2:30pm at the Oakland Great Western Bank

**Leaders:** Carrie Bane 38840 Juniper Rd Oakland, Iowa 51560 402-960-9622 [crbane@gmail.com](mailto:crbane@gmail.com)

# 4-H Calendar

Remember to watch the monthly newsletter for exact dates and deadlines

## September

Record Books Due to Clubs

Enroll in 4-H Online

AKSARBEN

## October

National 4-H Week

## November

New Member Day

Club Officer Training

Pancake Feed & Jamboree—County  
Awards Program

## December

Gingerbread House Decorating Contest

Market Beef Weigh In

## January

4-H Night at the Lancers

## February

## March

## April

Glow Bingo

## May

Sheep & Goat Weigh In

May 15th Livestock Deadline

Zoo Trip

## June

Summer Day Camps

County Fair Entry Deadline

## July

County Fair

## August

Iowa State Fair

Complete your record books!