2019-2020
East Pottawattamie County
New 4-H Member
Handbook
East Pottawattamie County 4-H
Iowa State University Extension & Outreach
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4-H 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 or 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 425th Street Hancock, Iowa 51536   402-290-1823   sjkock@fmctc.com
Dawn Harder   47595 Mahogany Road Hancock, Iowa 51536   712-741-5527   pdharder@fmctc.com

Carson Commanders
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   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
Amy Meek  712-307-0515   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   bonnief51560@hotmail.com
Lindsey Henderson   840 S Scenic Drive Oakland, Iowa 51560   402-981-4074   lj henderson1228@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
Lisa Pierson   PO Box 431 Oakland, Iowa 51560   402-689-8822   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

Cristin Rold  45346 Lombardy Rd Hancock, Iowa 51536  402-980-3734  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

**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

Katie Cody 45086 Pioneer Trail Carson, Iowa 51525  402-681-8550  ktcode@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

**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
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!