2017—2018
East Pottawattamie County
New 4-H Member
Handbook
East Pottawattamie County 4-H
Iowa State University Extension & Outreach
321 Oakland Avenue PO Box 187
Oakland, Iowa 51560

Phone: 712.482.6449
Fax: 712.482.6440

www.extension.iastate.edu/eastpottawattamie
www.facebook.com/eastpottawattamiecounty4h

4-H County Youth Coordinator
Hallie Peck
Email: hpeck@iastate.edu
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

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

**Personal Development**
- Citizenship
- Communication
- Digital Storytelling
- Leadership
- Self Determined

**Animals**
- Beef
- Dairy
- Goats
- Horses
- Pets
- Poultry
- Rabbits
- Sheep
- Swine
- Vet Science

**Family & Consumer Sciences**
- Child Development
- Clothing & Fashion
- Consumer Management
- Food & Nutrition
- Health
- Home Improvement
- Sewing

**Creative Arts**
- Music
- Photography
- Visual Arts

**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. Monthly host sets location for each meeting

Leader: Jennifer Kock  
27103 425th Street Hancock, Iowa 51536  
712-741-5634  
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 4pm at the Carson Community Building

Leaders: Randi Henderson  
PO Box 306 Carson, Iowa 51525  
712-310-3877  
ceprographics@aol.com

Laurie Sick  
36653 Elmtree Rd Carson, Iowa 51525  
712-484-3679  
ljsick@frontier.com

East Pott Hot Shots
Meets the third Sunday of each month at 2pm at the Pottawattamie County Fairgrounds

Leader: Steve Meek  
555 S Maple Street Avoca, Iowa 51521  
712-307-0509  
sdmeek92@gmail.com

Riverside Technics
Meets 3:30-6:00pm at the Riverside Intermediate School in Carson

Leaders: Jamie Meek  
317 S Dye Street Carson, Iowa 51525  
520-336-8459  
jimeek13@gmail.com

West Nishna 4-Hers

Leader: 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  
ljhenderson1228@live.com

Westside Feeders

Leader: Kim Fisher  
814 Palmer Street Oakland, Iowa 51560  
402-639-2927  
tksafisher@gmail.com
East Pottawattamie County Clover Kids Clubs

Botna Valley Achievers Clover Kids
Meets the second Wednesday of each month after school at the AHSTW Community School in Avoca, Iowa

Leaders: Bobbi Lund 102 Maple Road Avoca, Iowa 51521 712-343-4032 lund.bobbi@gmail.com
Cristin Rold 45346 Lombardy Rd Hancock, Iowa 51536 712-741-3734 cristinrold@gmail.com

Buffalo Buds Clover Kids
Leader: Jill Kadel 607 Parker Road Oakland, Iowa 51560 402-659-3798 jill.kadel@gmail.com

Clover Commanders
Leader: Contact the Extension Office for additional information

West Nishna Clover Kids
Leader: Courtne Turner 912 S Scenic Drive Oakland, Iowa 51560 402-679-2353 cturner0409@yahoo.com
Lauren Schueman 23777 425th St Oakland, Iowa 51560 402-681-1534 laurenschueman@live.com

Westside Clover Kids
Meets the third Monday of each month from 3:30 – 5:15pm at the Oakland Community Center

Leaders: Jamie Meek 317 S Dye Street Carson, Iowa 51525 520-336-8459 jemeek02@gmail.com
Carrie Bane 27644 380th Street Hancock, Iowa 51536 402-960-9622 crbane@gmail.com
4-H Calendar

Remember to watch the monthly newsletter for exact dates and deadlines

September
Record Books Due
Enroll in 4-H Online
AKSARBEN

October
National 4-H Week

November
Jamboree—County Awards Program
KMA Night

December
Market Beef Weigh In

January

February
4-H Night at the Lancers

March
4-H County Wide Bowling

April
County Wide Clean Up

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!