East Pottawattamie County
New 4-H Member Handbook
East Pottawattamie County 4-H
Iowa State University Extension & Outreach
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County Youth Coordinator
Ashtyn Danker
Email: adanker@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.
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
**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  lauriejsick@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  acschnegel@frontier.com

**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

**Leader:** Courtne Turner  912 S Scenic Dr Oakland, IA 51560  402-679-2353  courtne.a@yahoo.com  
Ashley Evans  12573 450th St. Carson, IA 51525  402-630-8580  ashley.mcclain@unmc.edu
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 Emmanual  321 Park St. Oakland, IA 51560  712-314-8767  mikayla.boysen@gmail.com
# 4-H Calendar

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

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<thead>
<tr>
<th>September</th>
<th>March</th>
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<tbody>
<tr>
<td>Record Books Due to Clubs</td>
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<tr>
<td>Enroll in 4-H Online</td>
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<th>October</th>
<th>May</th>
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<tr>
<td>National 4-H Week</td>
<td>Sheep &amp; Goat Weigh In</td>
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<td>Year-End Awards</td>
<td>May 15th Livestock Deadline</td>
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<tr>
<th>November</th>
<th>June</th>
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<tbody>
<tr>
<td></td>
<td>Summer Day Camps</td>
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<tr>
<th>December</th>
<th>July</th>
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<tbody>
<tr>
<td>Market Beef Weigh In</td>
<td>County Fair</td>
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<tr>
<th>January</th>
<th>August</th>
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<tbody>
<tr>
<td></td>
<td>Iowa State Fair</td>
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<tr>
<th>February</th>
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<tbody>
<tr>
<td></td>
<td>Complete your record books!</td>
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