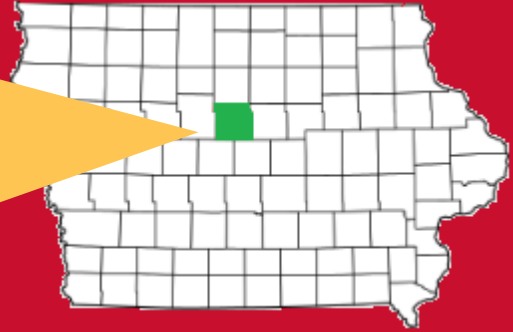


HAMILTON  
COUNTY

**4-H**  
**GROWS HERE**



## WELCOME TO HAMILTON COUNTY 4-H!

*We're so glad you joined!* This guide is designed help you begin your journey in 4-H. If you have questions, your club leader is available to help, as is Brynna Baumhover our County 4-H Coordinator.

*Ready to get started? Well then, let's go!*

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***My 4-H Club Name***

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***My Club Leader's Name***

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***My Club Leader's Phone Number***

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***My Club Leader's Email Address***

### ***First off, the important stuff—contact information!***

In the note to the left, fill out your 4-H club's name and leader contact information so you always have it handy for when questions arise.

### ***Need an answer now and can't get in touch with your leader(s)?***

Stop into or contact the Iowa State University (ISU) Extension and Outreach, Hamilton County office anytime Monday through Friday from 8:00 a.m. to 4:30 p.m.

Our office is located at:

**311 Bank Street in Webster City**

Or you can call or email Brynna at:

**515-832-9597**

**[brynnab@iastate.edu](mailto:brynnab@iastate.edu)**

You can also visit our website:

**[extension.iastate.edu/hamilton](http://extension.iastate.edu/hamilton)**

Find us on Facebook:

**[facebook.com/hamiltonco4H](https://www.facebook.com/hamiltonco4H)**

And follow us on Instagram:

**[@hamilton.county4h](https://www.instagram.com/hamilton.county4h)**



IOWA STATE UNIVERSITY  
Extension and Outreach

# 4-H Facts — Information to Help You!

*As a new 4-H member, there is lots to do and learn!* Here are a few fun facts that will help you be successful throughout your 4-H journey.

## What is 4-H?

4-H is a **community of young people** across America who are learning **leadership, citizenship and life skills.**



## 4-H Pledge

I pledge my **HEAD** to **CLEARER THINKING**,  
my **HEART** to **GREATER LOYALTY**,  
my **HANDS** to **LARGER SERVICE**,  
and my **HEALTH** to **BETTER LIVING**,  
for my club, my community,  
my country, and my world.

## What are the 4-H Colors?

- GREEN** — symbolizes life, springtime and youth.
- WHITE** — symbolizes purity.

## DID YOU KNOW? THERE ARE 3 LEVELS IN 4-H!

- **Grades 4 through 6** are considered **Junior** Level 4-H Members
- **Grades 7 through 8** are considered **Intermediate** Level 4-H Members
- **Grades 9 through 12** are considered **Senior** Level 4-H Members

## A Little Iowa 4-H History:

Early school teachers O.H. Benson in Wright County, and Jesse Field Shambaugh in Page County, taught farm topics in schools. Both became superintendents in their counties in 1906 and vigorously promoted “club” work.

County superintendent Cap E. Miller in Keokuk County also pioneered, and in 1904 he urged his teachers to promote clubs and teach farm subjects. He sponsored a county organization of boys and girls with officers and educational programs. Miller’s plans fostered many of the teaching tools in today’s 4-H program, including life skills and learning-by-doing through projects, group meetings and exhibits.

The programs for boys were called ‘Boys Agricultural Clubs’. They had exhibits of corn and garden products, and held livestock judging contests.

The programs for girls were called ‘Girls Home Culture Clubs’. The girls had exhibits of sewing and cooking, and held contests in which they judged articles of sewing, handwork and cooking.

The emblem of the four-leaf clover started in 1906 at a one-room country school near Clarion. O.H. Benson observed 11 pupils looking for four-leaf clovers. He used the four leaves to stand for the schools four-square development of: Education, Physical, Moral, Fellowship. The three-leaf clover was used in 1906-1911 to stand for head, heart and hand. The fourth ‘H’ for health was added in 1981.

4-H Motto  
**To make  
the BEST  
BETTER!**

# 4-H Vocabulary—Talk the Talk!

*As a new 4-H member, you will hear lots of new words and phrases.* Let us help you decipher what some of the key 4-H terms mean.

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**4-H Online.** This online record provides the Extension and Outreach Office with your membership information. It includes your name, address, phone number and project areas you have selected for the year.

**Code of Ethics Forms.** This form, filled out in 4hOnline, asks members to be responsible for doing their own project work in an ethical manner. Signature lines are provided for 4-H members and their parents/guardians to sign as an understanding and agreement to the expectations.

**Conference Judging.** This method of judging is used for static exhibits at the county fair. A 4-H member discusses their work with the judge. The judge determines the ribbon placing and the item is put on display during the fair.

**Exhibits.** A 4-H exhibit is an item resulting from project work that the 4-H member has chosen to bring to fair and have evaluated by a judge. For example, a 4-H member may enroll in the woodworking project area, and choose to bring a birdhouse (that he/she constructed) to the fair.

**Identification Forms.** All animals that are part of a 4-H project must be identified. Market animals will have identification forms completed at their respective weigh-ins. Other animals have separate identification sheets. Check with the Extension and Outreach office for specific deadlines.

**Medical History Forms.** Much like the information provided to schools and other youth organizations, 4-H needs medical information in case of an emergency with a member. All information is kept confidential.

**Project.** A 4-H project is an area of emphasis in which a 4-H member enrolls, studies, learns and keeps records. A “Pick-A-Project” paper lists all of the project areas in 4-H from A to Z. Examples of project areas include: photography, consumer management or horticulture.

**Static Exhibits.** This term is used to refer to non-animal exhibits, such as photography, food and nutrition, child development, woodworking, sewing, consumer management, clothing and fashion, and more!

**YQCA.** YQCA stands for Youth for the Quality Care of Animals. It is a required training for any and all 4-H members showing livestock at the fair. YQCA focuses on proper care of animals. YQCA training dates and locations will be posted in monthly 4-H newsletters.

## DID YOU KNOW?

*A 4-H Club generally elects seven officers!*

Let's take a look at each office and its respective responsibilities.

- **President** — conducts meetings and appoints committees.
- **Vice President** — in charge of the program plans.
- **Secretary** — keeps minutes and attendance records.
- **Treasurer** — pays club bills and deposits funds received.
- **Recreation Leader** — helps plan parties and leads games.
- **Reporter** — writes newspaper stories about club events.
- **Historian** — keeps a lasting record of the club's yearly story.



# 4-H Calendar Year

*As a new 4-H member, you have the opportunity to participate in activities all year!* The following is a year-long list of just some of the activities that take place in a typical 4-H year. We do not always do the same activities at the same time every year, and some activities are dropped while others are added, so be sure to read your *monthly 4-H newsletter* to stay up-to-date on details, deadlines and more!

<b>JANUARY</b>	<ul style="list-style-type: none"><li>• Attend 4-H Junior Fun Day</li></ul>
<b>FEBRUARY</b>	<ul style="list-style-type: none"><li>• Brainstorm and Work On Static Exhibit Ideas</li></ul>
<b>MARCH</b>	<ul style="list-style-type: none"><li>• Attend Project Workshops/Meetings</li><li>• Intermediate Legislative Day</li></ul>
<b>APRIL</b>	<ul style="list-style-type: none"><li>• Attend Project Workshops/Meetings</li><li>• Intermediate Omaha Zoo Trip</li></ul>
<b>MAY</b>	<ul style="list-style-type: none"><li>• Sheep &amp; Goat Weigh In, Usually 1st Saturday</li><li>• Identify All Animals in 4-H Online, May 15th</li></ul>
<b>JUNE</b>	<ul style="list-style-type: none"><li>• Attend or Participate in County Communications</li><li>• Prepare for Fair! Complete Fair Registrations</li><li>• Participate in Summer Camps/Workshops</li><li>• Junior Camp, Intermediate Trip, Senior CWF Trip, Youth Conference</li></ul>
<b>JULY</b>	<ul style="list-style-type: none"><li>• Attend/Participate in Awardrobe/Share the Fun</li><li>• Participate in &amp; attend the Hamilton County Fair</li><li>• Participate in Summer Camps/Workshops</li></ul>
<b>AUGUST</b>	<ul style="list-style-type: none"><li>• Participate in and/or attend the Iowa State Fair</li><li>• Participate in Summer Camps/Workshops</li></ul>
<b>SEPTEMBER</b>	<ul style="list-style-type: none"><li>• 4-H Enrollment Begins</li><li>• Participate in and/or attend the Clay County Fair</li><li>• Record Books Turned In to Leaders</li></ul>
<b>OCTOBER</b>	<ul style="list-style-type: none"><li>• Celebrate National 4-H Week, 1st Full Week</li><li>• Brainstorm Ways To Serve and Reach Your Community</li></ul>
<b>NOVEMBER</b>	<ul style="list-style-type: none"><li>• Attend 4-H Awards Night</li><li>• Senior Chicago Trip</li></ul>
<b>DECEMBER</b>	<ul style="list-style-type: none"><li>• Beef Weigh In, Usually 3rd Saturday</li><li>• Have fun with your 4-H Clubs!</li></ul>

# 4-H Member, Club and Family Information

*As a new 4-H member, you and your family have lots of new opportunities!* Let's look at what it means to be a 4-H member, what 4-H clubs actually do, and how your family can also participate!

## 4-H MEMBERS

As a 4-H MEMBER, you are expected to:

1. Attend and participate in monthly club meetings.
2. Do an educational presentation at your club meeting.
3. Participate in club community service projects.
4. Explore project areas that interest you.
5. Take part in activities, camps, project workshops and more!
6. HAVE FUN!

\*\*\* Exhibiting at the county and/or state fair is a highlight each year for many 4-H members. Youth are encouraged, but not required, to showcase project work at the county and/or state fair.

\*\*\* Additionally, keeping records of project work throughout the year is strongly encouraged. Specific forms are available from the county office.

## 4-H CLUBS

What does a **4-H Club** do?

Most clubs meet monthly with a year-long plan for their program. A 4-H Club elects its own officers and conducts its own business. Each meeting usually includes one or more presentation by club members. Meetings may also include presentations by leaders, parents and/or experts; recreation and/or games; family nights; and/or field trips. Most 4-H clubs also do a variety of community service projects which are decided upon and completed by club members.

*Generally, a club meeting consists of calling the meeting to order, the Pledge of Allegiance and the 4-H pledge, roll call and minutes of the last meeting, the treasurer's report, reports from committees, old business (things talked about before), new business (new ideas, activities and plans), and then adjourning (ending) of the business meeting. Educational presentations, fun activities, and/or refreshments generally occur before or after the meeting.*

## 4-H FAMILIES

The 4-H program encourages parents, guardians, grandparents and other family members to help the 4-H member with his/her projects. Here are some suggestions:

- Help youth select projects that relate to their interests and hobbies.
- Attend club meetings with the 4-H member and volunteer to help as the need arises (i.e., chaperone, hostess, an extra set of hands)
- Give encouragement and supervision, but allow the 4-H member to do his/her own work. Be positive! Praise their successes and be there to help when they struggle.
- Help youth develop a record keeping system for their project work.
- Read the 4-H Newsletter and help youth stay up-to-date on deadlines, rules, dates, upcoming events, etc.
- Seek help from club leaders, ISU Extension and Outreach staff, other 4-H members and parents, industry experts, etc.