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IOWA STATE UNIVERSITY
Extension and Outreach

Extension programs are available to all without regard to race, color, national origin, religion, sex, age, or disability.

A New Member Guide to 4-H



Make friends

Have FUN!



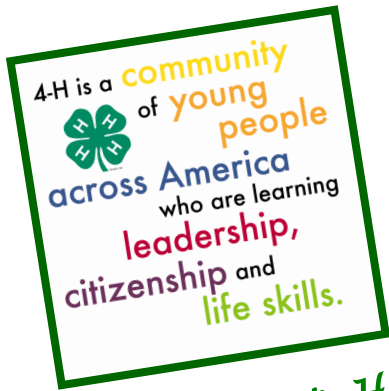
IOWA STATE UNIVERSITY
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Welcome to 4-H!

We are excited to welcome you as a new member in the world's largest youth organization—4-H! We invite you to join us in making new friends and having fun!

Like any new adventure, there are always many questions. We hope this guide helps answer some of your questions and directs you along the way.



*4-H Motto:
To make the best better!*

4-H Colors

Green—symbolizes life, springtime, & youth

White—symbolizes purity

The 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 country, and my world.



4-H Notes...



4-H Notes...

Contact Information

My 4-H Club Information

My 4-H Club Name

4-H Leader's Name

4-H Leader's Phone Number

4-H Leader's Name

4-H Leader's Phone Number

The Extension Office Team

Kraig Tweed
Regional Extension Education Director

Kelli Mohlis
County 4-H Youth Coordinator

Sue Barnes
Office Manager

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Youth Field Specialist

Websites to visit:

www.extension.iastate.edu/4-H
www.extension.iastate.edu/howard

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Member Information

What happens when you enroll in 4-H?

1. Youth select at least one project (interest) area in which to enroll and receive project literature to help individual learning. The literature suggests activity ideas as well as exhibit ideas for fair.
2. Youth and their families select a 4-H Club in the county to join.
3. After enrolling in a club, a 4-H member (and family) attends monthly club meetings. At these meeting, members plan club events, vote on items, swap ideas and information, and do fun and educational activities.

Beyond local club participation, 4-H families can participate in a variety of county sponsored events, such as project workshops, camps, county fair, and more!

A 4-H newsletter is mailed each month to alert families or upcoming events. **Be sure to read it!**

What is expected of you?

Most county 4-H programs have basic expectations of members, such as:

1. Attend club meetings.
2. Do an educational presentation at your 4-H club meeting.
3. Participate in a community service project.
4. Record what you've done and learned through the year. Forms are available at the Extension Office to help you with this.

Exhibiting at the county fair is a highlight of the year for many 4-H members. Youth are encouraged, but not required, to showcase what they are learning in their 4-H project work at the county fair.

Do you have other questions? Be sure to check with the Extension Office. The staff are there to answer your questions!

Did you know?

There are three levels in 4-H.

Grades 4-6 are considered Junior 4-H'ers

Grades 7-8 are considered Intermediate 4-H'ers

Grades 9-12 are considered Senior 4-H'ers



How Can Families Help?

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

- Help youth select projects that relate to their interests and hobbies.
- Attend club meetings with your child.
- Give encouragement and supervision, but allow the 4-H'er to do their own work.
- Help youth develop a record keeping system for their project work. (This may mean finding a special place for records and 4-H materials in the home and reviewing that information periodically with them.)
- Read the 4-H Family Newsletter and help them stay on top of dates, deadlines, rules, etc.
- Be willing to help the 4-H Club whenever possible as extra adult hands, hosting a meeting, driver, chaperone, etc.
- Be positive! Praise them when they succeed and be there to help when they struggle.
- Seek help from Extension Staff, Club Leaders, fellow 4-H'ers, as well as people with specific expertise in project areas.

Have fun!





4-H Background

Early school teachers O. H. Benson (in Wright County) and Jessie Field Shambaugh (in Page County) taught farm topics in schools. Both became superintendents in their counties in 1906 and vigorously promoted "club" work.

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."

County Superintendent Cap E.. Miller (in Keokuk County) was also a pioneer of 4-H. 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.



The emblem of the four-leaf clover started out in 1906 at a one-room country school near Clarion, Iowa. O.H. Benson observed the 11 pupils looking for four-leaf clovers. He used the four leaves to stand for the school's 4-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 1911.

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. Community service projects also provide active learning interaction of youth and adults and encourage youth to set and accomplish goals.

County Extension staffing patterns established between 1914 and 1919 increased the growth and effectiveness of volunteer leadership. The programs gradually became part of the Extension service and not the public school system.

The programs for boys were called "Boy's Agricultural Clubs." They had exhibits of corn and garden products, and held

The Iowa 4-H Program remains under the direction of Iowa State University Extension and Outreach.

What does a 4-H Club do?

- Most clubs meet monthly with a year-long plan for their programs.
- Each meeting usually includes presentations by members.
- A 4-H club elects its own officers and conducts its own business.
- Meetings might also include presentations by leaders, parents, or a resource person, recreation / games, a family night, or a field trip.
- Most 4-H clubs do a variety of community service projects. Members should decide the types of projects their club will do.

What happens at a 4-H club meeting?

Here are some things that might happen at a 4-H meeting:

- Games or fun activities welcome everyone.
- The meeting begins with Pledge of Allegiance and ends with the 4-H Pledge.
- Roll call and report of minutes of the last meeting.
- Treasurer's report of income and expenses.
- Committees tell what they've planned or done.
- "Old business" or things talked about before.
- "New business" or new ideas, activities, and plans.
- Presentations are given by members.
- Fun recreation with friends and family!

Did you know?

A 4-H Club usually elects the following officers:

- **President**—conducts meetings and appoints committees
- **Vice President**—is 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 Vocabulary

Every organization has terms that seem familiar only to its members and 4-H is no different. Here are a few of those words:

Projects—A 4-H project is an area of emphasis in which a 4-H'er enrolls, studies, learns, and keeps records. A "Pick-a-Project" paper lists all of the project areas in 4-H form A to Z.

Exhibits—A 4-H exhibit is an item resulting from project work that the 4-H'er has chosen to bring to the fair and have evaluated by a judge. For example: a 4-H'er may enroll in the woodworking project area and choose to bring a birdhouse to the fair that s/he constructed.

Static exhibits—refers to non-animal exhibits displayed in the 4-H Exhibits Building.

Communications—

Educational Presentations are talks or demonstrations given in front of an audience about some topic that interests the 4-H'er.

Working Exhibits are less formal. They involve a one-on-one type of demonstration technique.

Share-the-Fun includes entertainment acts, like music, dance, interpretive speech, or skits. They can involve any number of youth - from one 4-H'er to the whole club.

Conference Judging—This method of judging is used for static exhibits at the fair. A 4-H'er

discusses their work with the judge. The judge determines the ribbon placing and the item is put on display during the fair.

Enrollment Forms—Enrolling is done online thru 4honline.com and provides the Extension Office with your membership information in order to communicate with you and share project information with you.

Code of Ethics Form—This form asks members to be responsible for doing their own project work in an ethical manner.

Medical Information/Release Form— Much like the information provide to schools and other youth-serving organizations, 4-H needs medical information in case of an emergency with a member. All information is kept confidential.

Identification (ID) Forms— All animals that are part of a 4-H project must be identified. Market animals will have ID forms completed at their respective weigh-ins. Most other animals have separate ID sheets. Check with your county for specific forms and deadlines.

Entry Forms—These forms are what the 4-H'er completes to enter specific exhibits into competition at the county, district, state, and interstate levels. Each contest has a rulebook and entry deadlines.



4-H Calendar

The following is a year-long list of activities that take place in a typical 4-H year. It is very important that you read your 4-H Family Newsletter for more details, deadlines, and additional information on camps, workshops, and events!

January

- Area and state 4-H recognition and scholarship applications available for high school aged 4-H members
- Time to set project goals!

February

- International Night
- Recognition & Scholarship applications due February 1

March

- Market Swine Weigh-in
- Area Award Interviews
- 4-H Day at the Legislature

April

- 4-H Spring Fair
- Dog Obedience Classes Start
- Market Sheep Weigh-in
- Food Safety Quality Assurance

May

- Livestock IDs due May 15
- Horse Workouts Begin

June

- Area Junior & Intermediate Camp at Pinebluff
- 4-H Youth Conference & Animal Science ROUNDUP
- County Fair Entries due

June continued

- Citizenship—Washington Focus Trip (odd years)
- Mighty Howard County Fair!
- Share Spring Fair Exhibits at County Fair

July

- State Fair Livestock Entries due July 1

August

- Iowa State Fair!
- AK-SAR-BEN Livestock Entries due
- State Awards Interviews
- Complete your records!

September

- 4-H Record Books due Sept 1

October

- National 4-H Week!
- Fall 4-H Fire Up Event
- Recruit New Members!

November

- 4-H Awards Program
- Be sure to complete your 4-H Enrollment Form!

December

- Market Beef Weigh-in
- Junior Lock-In

