Welcome
To 4-H
A “How to” Guide
For 4-H Families

IOWA COUNTY

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

Original document created by Michelle Thomsen, Benton County Youth Coordinator. Updated by Mary Veatch, Iowa County Youth Coordinator—9/26/2014
Log of Project Activity
You and your children will want to keep accurate records of activities while doing a 4-H project. Information should be collected and recorded at regular intervals. You may want to help your children keep a record of personal feelings about the project which then can be used to help evaluate their 4-H project work.

Keep Track Throughout the Year
Write directly on forms as soon as something to record has been done or consider doing this monthly. Start out by recording what 4-H'er wants to do and learn in his/her 4-H project on one of the project record forms. As the year goes along, record what 4-H'er did and learned in project(s). Include what worked well, what did not work, and what was enjoyed the most. List things done related to the project such as ways member talked about the project to other people, ways member helped other people, and ways member taught other people. Members can also record recognition they received.

Follow-up
At the end of the club year, you will want to urge your children to continue further activity on the current project, dig a bit deeper or explore another project. Talk about the possibilities. Share. Evaluate past projects and plan future ones. Stress the importance of your child’s work and reflect on learning and accomplishments.

4-H Parent or Guardian’s Pledge
I Pledge My Head

to give my child the information I can,
to help them see things clearly and to make wise decisions.

I Pledge My Heart
To encourage my child whether they have successes or disappointment.

I Pledge My Hands
To help my child’s club. If I cannot be a leader, I can help in any equally important ways.

I Pledge My Health
To keep my child well and strong for a better work, through 4-H, for our Club, our Community, our Country & our World.
Get Books for Your Children
Join and use the free public library. Take your children to the library and help them obtain library cards. Help them select and check out books on how to do 4-H projects. These books are excellent resources for starter ideas and provide pertinent information that can be used in the development of a project.

Collect and Save Materials
Books are fine, because they often tell you how to do the project, but they will carry you and your child only so far. Actual materials that your children can feel, touch, and work with are much better when your 4-H'er is doing the project. Collect materials from all sources. Think before you throw anything away. Could it be used for the 4-H project? Guide your children in gathering materials, and develop ways to use and care for these materials.

Work With Materials
The single most important idea to remember when working on a 4-H project is that your children must be free to work with actual materials. Inexpensive everyday household materials often work the best. Your children will enjoy growing plants, breeding fish, mixing powders, or building out of scrap cardboard a maze for a pet gerbil. Encourage your children to "mess about" with these ideas and materials instead of merely reading about scientific discoveries in a book. Put the following ancient Chinese proverb into action: I hear and I forget, I see and I remember, I do and I understand.

Allow Youth to Think and Explore Alone
You will want to provide ample time for your children to be alone. During this time, your children will explore, ask questions, and think about what is being done. It is important to be patient with your children during this period of incubation. Keep the atmosphere relaxed. Be a good listener and learn right along with your children. Praise your children and help out, but be ever so careful not to do for them any thing that they can do for themselves. Remember, it's your child's 4-H project, not yours.

Stress "How-To" Skills
You will want your children to develop some very special skills, called "process skills," while working on a 4-H project. These skills should be stressed before memorizing specific facts. Some of these skills include observing, classifying, comparing, sorting, measuring, describing, inferring, and using space-time relationships. Encourage your children to use and extend all possible senses while doing the 4-H project. Facts are important, too, but the processes that your children use when arriving at specific facts are more helpful because your children can use them to solve problems that come up in everyday life.

Examine Issues with Moral Consequences
It is healthy to have your children examine moral and values related issues that may arise during the course of a 4-H project. Your children may ask why scientists sometimes sacrifice animals for experimentation purposes or why waters become polluted. Gather information about these topics. Then help your children explore the reasons and look for answers.
General Information

What Forms Do I Need To Fill Out?
Each year that you are in 4-H you will be required to fill out the following forms. . .

Enrollment Form: Gives general information. Name, address, parents’ names, etc. Iowa County 4-H’ers enroll online. The link to online enrollment is https://iowa.4honline.com/

Code of Ethics: An agreement to conduct yourself in an honest, ethical, and upstanding manner and disciplinary actions. This is part of your enrollment online.

Medical Information: Gives general medical information, allergies, etc. Medical emergency permission. This is a paper form that your leader has that you need to fill out each year.

How Does the 4-H Program Work?
Youth and their families join a local 4-H club, usually in the county where they live. In Iowa County, each 4-H’er is eligible to do work in all project areas. To learn about a project, check with your leader or County Extension Staff who has several pieces of literature. The purpose of this project literature is to help youth individually learn at their own pace about a specific project area. The literature will often suggest activity ideas as well as exhibit ideas for the county fair.

After enrolling in a club, a 4-H member attends monthly (on the average) club meetings. At these club meetings, members plan other club events, vote on agenda 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 county project meeting workshops, camp, fun days, etc. The weekly e-mail keeps families posted on these upcoming activities.

Be sure to read it!
Many of these county events and contests are planned by committees made up of youth and adult volunteers from all over the county. Each specific project area have skilled and knowledgeable superintendents that work through meetings to create the best possible environment for each member and their families. There is also a group of youth leaders called the Youth Council. These two groups direct their energies into promoting 4-H, evaluating new and existing programs, planning miscellaneous events and raising money to help pay for 4-H activities. Sometimes two or more counties get together to host camps, contests, workshops and other events. All programs are open to ALL MEMBERS who meet eligibility requirements!

The 4-H program has a state headquarters along with other ISU Extension programs on Iowa State University’s campus in Ames. This is where most of your project literature will come from. State level 4-H activities include State 4-H Youth Conference and much more.

There is also a national 4-H program headquartered in Washington, D.C., where national activities are planned and work. Praise them when they succeed. Be there to help them when they are having problems. They need your support and encouragement.

Be Careful Not to Stereotype
4-H science projects are for boys and cooking and sewing for girls. Right? NO! WRONG! Stocking an aquarium and hatching chick eggs are important activities for both boys and girls. Try to eliminate sex-role stereotypes. Promote the idea that 4-H projects can be done together and enjoyed by the whole family.

Look Around You
Coming up with ideas for a 4-H project can be difficult, but it won’t be if you look around you. Do you grow plants in your home or garden? Do you share family meals? Do you have animals? If so, these areas are excellent starting points for launching a 4-H project. Observe and discuss with your children what is happening around them in their immediate surroundings. Take your children to 4-H fairs, parks, science centers, farms, zoos, art museums, airports, factories, quarries, and pet shops to obtain further ideas for projects.

Be Aware of the Perfect Parent Syndrome
Human beings are not perfect; we all make mistakes. Allow your children to make mistakes, and then help them capitalize on these mistakes and learn from them.

Be Honest with your Children
Your children will ask many questions to which you may not know the answers. Be open and genuine in your response. Say that you don't know the answer if you really don't know, but offer to help locate a source of information for possible answers and then follow through.

Seek Out People to Help You
Contact people who have expertise in project work and upon whom you can call to help with ideas on how to get started or help while the project is in progress. Start with your 4-H leader and county Extension personnel, they are there to help. Does your child have a favorite teacher in school or a relative that may help? High school teachers and university professors have ideas and may be willing to lend a hand. Local farms, businesses, and industries often have educational services’ divisions that are excellent sources of ideas. Keep a record of 4-H project ideas and materials that you obtain from each source along with the names of key personnel and their telephone numbers for handy reference.
Families are Partners in 4-H

Following are some ways that parents and guardians can help their members in

- Help member select the right projects (for their interests). Be aware of the child's goals and encourage record keeping.
- Give encouragement and supervision, but allow the 4-H'er to do their own work. Also, this means giving positive encouragement when problems arise.
- Help locate or assist youth in finding financial aid for project work when necessary.
- Provide a place for records and other club and county materials in the home.
- Help members set standards of honesty, teamwork and good sportsmanship.

Helpful Hints

Be willing to help whenever possible for the club as drivers, chaperones, lunch committee, or as need arises.

Encourage and support the member in attending club meetings. Host meetings at home or help host at another location.

Help member complete club and county requirements for the year.

Give input into the county program by participating in county meetings and serving on committees.

Have fun with youth.

Read the 4-H mailings and help youth stay on top of dates, deadlines, and rules.

Scenario

Your 4-H'er bounds into the house after a busy 4-H meeting. You ask the routine question, "How was your meeting tonight?" "Oh, pretty interesting," comes a cheerful response. "Except that we have to start on our 4-H projects for the fair." You perk up your ears as your child continues. "I'm stuck for ideas though. I don't know where to start. Will you help me?" You grope for the right words and reluctantly agree, even though you're at a loss as to where to begin.

Have you as a parent of a 4-H'er ever been faced with this situation? Try these tips to help you work together with your child on a successful 4-H project.

Be Positive

When a person displays a positive feeling toward something, it encourages in others a similarly positive feeling toward that something. Try to be positive about your children's

Some 4-H families only utilize the local and county levels, which is great, while others go as far as Japan on an international 4-H Exchange Program!

Members can take 4-H wherever they want to go. They just need to set their goals and determine how they're going to get there!

What Does a 4-H Club Do?

A 4-H club elects its own officers and conducts its own business. Most clubs meet monthly with a year-long plan for their programs. Each meeting usually includes presentations by members. Meetings might also include presentations by leaders, parents, or a resource person, recreation or indoor games, a family sharing night, or a field trip.

Many 4-H clubs also get involved in a variety of community service, social and fundraising projects. The youth in each club should decide the types of projects their club will do. Most clubs charge dues or hold money-making activities to raise money for their club's events.

4-H members and their families are responsible for the cost of materials needed to complete their project(s).

If You Join a 4-H Club, What's Expected of You?

1. Attend and share in the meetings of the club. Participate in club activities.
2. Keep and turn in a record of what has been done in 4-H each year, as well as a self-evaluation of 4-H.
3. Present at a club meeting a communications activity/experience. This can be an Educational Presentation, Working Exhibit, or Share-the-Fun.

The basic idea behind the 4-H program is to teach youth and adults life skills. Life skills are those skills which can be used throughout a lifetime and apply to many situations.

When an individual learns specific information or techniques for completing a task, that learning may be only useful in that situation. When he or she has discovered the basic principles, techniques and attitudes that will apply to other situations, that person has learned a life skill. For example, Jimmy learns to apply nitrogen in the right amount to produce big cabbages in a gardening project, thus he has learned a skill. On the other hand, when he understands that living things need to take in specific levels of nutrients to thrive and he knows how to find this information, he has learned a life skill.

Are You Into It?
Junior, Intermediate, Senior... What am I?

4-H members are divided: Junior, Intermediate, and Senior, based on their grade in school at the beginning of the 4-H year on September 15.

Junior:
Members are in grades 4-6 at the beginning of the 4-H year.

Intermediate:
Members are in grades 7-8 at the beginning of the 4-H year.

Seniors:
Members are in grades 9-12 at the beginning of the 4-H year.

The 4-H year in Iowa County runs from September 15th through September 1st.

Where can I get recordkeeping forms and project information?

Project literature - known as Hot Sheets - can be obtained through the County Extension Office website of charge.

Record keeping forms are also available at the Extension Office and available on our web site.

Iowa County 4-H Web Site
Visit our web site at: http://www.extension.iastate.edu/iowa/page/member-info to access all kinds of 4-H information!

4-H Colors
Green and white. Green symbolizes nature's most common color and represents life, springtime, and youth. White symbolizes purity.

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 Mission
Iowa 4-H envisions a world in which youth and adults learn, grow, and work together as catalysts for positive change.

4-H Motto
To make the best better.

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.

IOWA 4-H Web Site
...the FUN starts here!
Keep track throughout the year

Write directly on forms as soon as something to record has been done or consider doing this monthly. Start out by recording what 4-H'er wants to do and learn in his/her 4-H project on one of the project record forms.

Plan ahead

After member has decided what she/he wants to do during the year, go after it! List the steps needed and plan time to complete each step. Example: I want to learn how to give a pig shots. The steps I need to take are:

- Let my helper know I want to learn this.
- Decide what type of shot I want to give.
- Learn about the equipment needed and how to keep it clean.
- Learn the best place to give the shot.
- DO IT!

Plan time: My helper will be giving shots to pigs almost every month. I plan to work with him in February and March. Hopefully by April and May I can give more shots myself and he can hold the pigs.

Record it!

As the year goes along, record what you did and learned in the project(s). Include what worked well, what did not work, and what was enjoyed the most. List the things done related to the project such as ways you talked about the project to other people, ways you helped other people, and ways you taught other people. Members can also record recognition they received.

Pictures, clippings, project worksheets, exhibit write-ups, and other items can be included to help tell what has been done. Be creative and have fun! Don’t worry if every space isn’t filled. Just record honestly what's been done.

Self-evaluate

As you complete the 4-H year, it is time to evaluate it. Take time to look back and see what has been learned in your project(s) and how you feel about them. Have you done the things you wanted to do? Sometimes plans change during the year. That’s okay. Maybe it wasn’t possible to take the dog to obedience training. Just say so. 4-H leaders and others will understand. Not everything we plan turns out the way we thought it would. Just explain why. It is important to learn how to adapt, too! Start now to set new goals for next year!

Forms are available at the County Extension Office or online at [http://www.extension.iastate.edu/iowa/page/member-info](http://www.extension.iastate.edu/iowa/page/member-info)

If I Had Only Known...
If I Had Only Known...

If I had Only Known... (from a member)

- I can go to any county activity that is listed in the weekly e-mails. I don’t have to be signed up for that project.
- Read each issue of the weekly e-mails and all communications the extension office very carefully!
- Keep ALL records of activities and presentations from 4-H, school, community, church and other organizations for later reference when applying for trips and awards.
- Any of my friends can join 4-H!! You DO NOT need to own an animal or live on a farm to join 4-H. (Most projects don’t have anything to do with animals.)
- 4-H’ers may join at any age between 4th and 12th grade, not just as 4th graders.

If I had Only Known… (from a parent)

- Send a calendar with my child(ren) to meetings to mark down club and county events.
- Keep a drawer or box for all the 4-H e-mails, mailings & records.
- Youth are to keep adding to their records each year. Some youth find it easiest to keep their records in a 3-ring notebook, others prefer a box. It is not the physical method that is most important, rather it is that the records are accurate and reflect what youth have learned.
  - Parent(s), guardian(s) and grandparents are encouraged to attend and participate in 4-H events with their youth. Everyone’s help is needed to make the program strong. 4-H is a FAMILY organization.
  - The County Extension Office has many educational kits youth can use for presentations, as well as videos, slides, etc.
  - To read my e-mails and call the Extension Office, or club leader(s) or other 4-H parents with any question (however small I think it might be).

Project:
A 4-H project is an area of emphasis in which a 4-H’er enrolls, studies, learns, keeps records and perhaps, exhibits. Examples are visual arts, beef, photography. A 4-H’er can complete work in a project area without exhibiting at the county fair.

Exhibit:
A 4-H exhibit is an item resulting from project work which a 4-H’er has chosen to be exhibited at the fair. Prior to the fair, some clubs hold workshop events that give new ideas and help members create fun and exciting projects. This allows a lot of sharing with fellow members, leaders and family members in attendance.

Guidelines for Record Keeping

Record Keeping is as simple as 1-2-3!
All 4-H’ers are encouraged to develop a record keeping system that includes:
1. Records for one or more projects
2. Completion of a Yearly 4-H Summary
3. The write up from your fair exhibit(s) and/or livestock records (forms are available from your leader or the Extension Office

1 Tell about your projects
What is a project?
A project is not the same as an exhibit at the county fair. Examples include: Visual Arts, Beef, Photography, Clothing, etc. This includes your fair exhibits and other things like community service, leadership, and communications.

How do 4-H’ers keep records for their project?
Choose one or more of the following options:
- Project worksheets such as Livestock, Food & Nutrition, Horticulture, etc. All are available on county website
- Videotape record, 4H-97A
- Audiotape record, 4H-97A
- Portfolio, 4H-97B
- Computerized records (available on county website)
- System created by the member

Regardless of the option chosen, project records should include goals, accomplishments and future plans.

2 Tell about your overall 4-H experience
Choose one of the following:
- Yearly 4-H summary, 4H-96
- Videotape summary, (reference 4H-96)
- Audiotape summary, (reference 4H-96)
- Portfolio summary, (reference 4H-96)
- Computerized summary designed by member, (reference 4H-96)
- Style created by the member
- 4-H story (use the following outline):
  1. Introduce self
  2. Briefly tell about each project; summarize what member did and learned.
  3. Highlight 4-H events in which member participated.
  4. Tell how 4-H has helped 4-H’er become a better citizen and leader and what she/he has learned from events or community service activities.
  5. Describe how 4-H participation has helped member feel good about self.
  6. Tell about plans for next year.
4-H Lingo

Every organization has its own terms or “lingo” which have special meaning to its members. It can be frustrating, however, for newcomers in the group who might feel like they’re the only ones there who don’t know what everyone is talking about! So this is meant to be a partial listing of some of the terms that are used in the 4-H organization. Many will be familiar already, and there are no doubt some that have been forgotten. In any case, as time goes by, don’t ever be too shy to ask, “What in the world are you talking about?!”

Fair Superintendents—Each project area has specialized committee members that help members and their families in all aspects.

4-H Camp—Going to camp can surely be a high point in a 4-H’ers year. There are state-wide camping opportunities for all 4-H’ers. Financial assistance is available so that all youth can have the opportunity to participate in 4-H camp.

Youth Council—This group of older 4-H’ers (9th through 12th grade) helps plan and carry out county-wide events and serves in many aspects. They meet each month and plan fun events for the county program.

4-H Committee—This group of adults and a representative from the Senior Youth Council make many of the decisions regarding the county 4-H program and 4-H part of county fair.

4-H Exhibits—A 4-H exhibit is an item resulting from project work that the 4-H’er has chosen to be exhibited at the fair and be evaluated by a judge.

Tune in Today—A weekly 4-H e-mail is e-mailed all 4-H families in the county. Read your this carefully for important information and deadlines. This is often the only source of information and notification. Post it where everyone can read it.

Awards—Awards are one form of recognition given to 4-H members. In order to be considered for an award in November at the Annual 4-H Awards Program you must complete an award application and a Project Award Application or a record book. These are due in September.

Clothing Event—4-H members model clothes they have made or selected (purchased) in the following categories: Fashion Revue, Clothing Selection or $15 Challenge. Senior 4-H’ers may be selected for State Clothing Event. These exhibits are usually judged prior to the fair.

Educational Presentation—Educational Presentations are an opportunity for members to share what they have learned through their project, community, and life experiences. Presenters use posters and other visual technology to teach the public about their interest and usually speak to the crowd for a few minutes. 4-H alumni share time and time again how important giving presentations to supportive crowds has helped them as an adult in their career field.

Fair Board—A group of adult volunteers that contribute to the actual fair events and keep the grounds and buildings in working order.

Extension Council—A county elected group of individuals that help determine the Youth and 4-H programming needs.
4-H Lingo Continued . . .

Communications—There are three categories of 4-H Communication. Educational Presentations, Working Exhibits, and Share-the-Fun. There is more information later in this book.

Conference Judging—This method of judging is used at the Iowa County Fair, with the exception of livestock classes. The 4-H’er brings his/her exhibit to the judge and discusses the work with the judge. The judge uses this information, any written information required by the class rules, and the exhibit itself in determining the ribbon placing of the exhibit. A ribbon is awarded, the placing is recorded, and the 4-H’er takes the exhibit to be displayed and receives appropriate premium money.

Livestock Identification Form—Usually referred to as a “Livestock ID,” this is how the 4-H’er identifies all of his/her livestock projects. These forms need to be filled out for all Market and Breeding Beef; Dairy Cattle and Goats; Dogs; Horses, Ponies and Mules; Market and Breeding Sheep; Meat Goats; and Swine. This also includes Bucket/Bottle Calf and Lamb, and Cow Calf projects. These forms are due in 4-H Online by May 15th. Only livestock listed on these forms are eligible to exhibit at any 4-H show. This is NOT a fair entry, but its purpose is to insure that the animal has been the 4-H’ers project during the year and not just an animal purchased two weeks before the fair. Additional information can be found on our web site www.extension.iastate.edu/iowa/page/member-info

4-H Online—All counties in Iowa are using an on-line enrollment for families and members. All you need is a computer/tablet, internet access and a valid e-mail address. When you are ready to re-enroll or identify livestock, go to 4H Online: iow4honline.com

Officers—4-H clubs elect officers annually. 4-H offices include President, Vice President, Secretary, Treasurer, Photographer, Reporter, Historian, and Recreation Leader. Individual clubs may elect other officers as the club finds necessary or helpful to their individual club. Officers provide leadership in the club and help plan and conduct the meetings.

Parliamentary Procedure—4-H meetings are conducted using parliamentary procedure, a tool that allows each member to participate in the decision-making process. Proper use of parliamentary procedure is a skill that a 4-H’er will find useful throughout adulthood.

Record Keeping System—Each 4-H member is expected to record a summary and evaluation of his/her 4-H experiences each year. See the record keeping section for further details.

Static Exhibits—All exhibits that are not live animals.

Working Exhibits

Working Exhibit examples:
- Paper Airplanes
- Dog Obedience
- Pigskin Roses
- Scented Art
- ABC’s of Child Safety
- Can you Identify these Farm Machines?
- Bubble Blowers
- Fun Easy Breads
- Sweet Sand Jars
- What’s in your Dirt?
- Recycled Art Work
- Embossing Stationery
- Cookie Creations
- Creating with Origami
- How to Make Swiss Cheese Candles
- Painting on Black & White Photos
- Balloon Animals
- Come Sign with Me
- Paper Bead Jewelry (using old magazines)
- Friendship Bracelets
- Pretty Pasta for Kids
- Fantastic Gift Bags
- Wacky Walnuts
- Paper Flower Pots

Presentations

Presentation examples:
- Using Rubber Stamps
- Optical Illusions
- Stained Glass
- Gerbils
- Computers in Agriculture
- Modern Diesel Locomotives
- Caring for Rabbits
- Babysitting Basics
- Modern Diesel Locomotives
- How to take a good picture
- Tae Kwon Do
- Packing a Safe Picnic
- Table Manners
- Organizing a move for a family
- Pasture Rotation and Efficiency
- Cake Decorating
- Weather Wisdom
- A Trip to Disney
- Tornado Safety

And many, many more….Be Creative!!

....News Flash.... 4-H’ers across the state of Iowa have been “caught” communicating! Can you top these ideas from across the state? If anyone can, I bet it’s YOU!
Effective Posters

SCORE With Your Posters

Simple  ➤ Put 1-2 basic points on each poster.

Color ➤ Use color for emphasis or variety.

Organized ➤ Make your points easy to read and follow.

Readable ➤ Use a broad tip marker; letters are easier to read.

Educational ➤ Only use a poster when it helps explain a point more clearly.

Avoid These Poster Faults

1. More than one theme.
2. Too “busy” ~ too many or too scattered pictures or words.
3. Material not relevant to topic.

Other Pointers

1. Write large. See the chart below for guidance.
2. Use the broadest tip pen available. It will be easier to read and easier to use in lettering.
3. Use color for variety and emphasis. However, color combinations that clash, create annoyance in the audience, and interfere with clear perception of the message should be avoided.
4. If using more than 5 words, use both capital and lower case letters, not just capitals.
5. Use plain, vertical letter style except where emphasis or emotional impact is desired.
6. Space areas between letters adequately. Use 1 1/2 letter width between words and 3 letter widths between sentences.
7. Illustrations should be at least 1/4 the size of the overall area unless they are extremely simple.
8. Margins should be larger on the bottom and equal on the other three sides.

Minimum Letter Heights for Posters and Charts

<table>
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<th>Reading Distance</th>
<th>Large</th>
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<th>Fairly Easy to Read</th>
<th>Possible to Read</th>
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**4-H Events Calendar**

The following is a year-long list of activities that take place in Iowa County. Counties don’t always do the same activities at the same time every year, and some activities are dropped while others are added. Be sure to read your 4-H e-mails/Invites for more specific information.

<table>
<thead>
<tr>
<th>Month</th>
<th>Activities</th>
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| **September** | - Leaders Fall Meeting/Training  
- Clubs begin to meet and make year long plans. |

| **October** | - Record Books with Awards form due to Extension Office (only those applying for county awards)  
- National 4-H Week  
- Countywide Awards Event  
- First Call for Enrollments to Extension Office |
| **November** | - 4-H Enrollments due  
- Beef Weigh-In  
- Look for Area/State recognition opportunity award information on county or state 4-H website  
- Look for Scholarship information on county website (high school seniors). |
| **December** | - 4-H Enrollments due  
- Beef Weigh-In  
- Look for Area/State recognition opportunity award information on county or state 4-H website  
- Look for Scholarship information on county website (high school seniors). |

| **January** | - Area/State Recognition Opportunity Awards Event  
- Derby Swine Weigh-In  
- FSQA Trainings (required for all livestock exhibitors)  
- Leaders’ Fair Meeting  
- Livestock ID’s must be entered online by May 15 (rabbits/poultry have until July 1)  
- Weekly Horse/Dog Clinics |
| **February** | - Junior Camp  
- County Fair entries due  
- State Youth & 4-H Conference  
- Animal Science ROUND-UP  
- Citizenship Washington Focus  
- County Fair  
- State Fair Entries Due |
| **March** | - Balloon animals, for example - by having them inflate the balloons themselves and twist the balloons into animals that have been sketched out on posters.  
- Food demonstrations can be done in this manner also. The fun part of this is that the 4-H’ers are teaching a skill to an audience that they first have to catch the attention of to make them stop, listen, and then participate.  
- Working exhibits are best done where there is a potential for people to stroll by and get interested, like at the county or state fairs. Participation at state fair requires the member to have been judged one of the top teams at the county fair event. |
| **April** | - “Gleaming Saddles” - Saddle care  
- Line Dancing  
- Trapping Gophers  
- “On the Road Again” - Spring field work farm safety  
- “A Day in the Sun” - Skin cancer prevention  
- “A Tisket, A Tasket, Decorate a Basket”  
- “Home on the …Range?” - Broiler chick project  
- The Router - A versatile tool  
- Breeding to produce a quality calf  
- Beef By-Products  
- Processing Baby Pigs  
- Optical Illusions  
- Stained Glass  
- Using Rubber Stamps  
- Gerbils  
- Computers in Agriculture  
- Caring for Rabbits  
- Babysitting Basics  
- How to take a good picture  
- Tae Kwon Do  
- Packing a Safe Picnic  
- Table Manners  
And many, many more….Be Creative!! |
| **May** | - Area/State Recognition Opportunity Awards Event  
- Derby Swine Weigh-In  
- FSQA Trainings (required for all livestock exhibitors)  
- Leaders’ Fair Meeting  
- Livestock ID’s must be entered online by May 15 (rabbits/poultry have until July 1)  
- Weekly Horse/Dog Clinics  
- “A Day in the Sun” - Skin cancer prevention  
- “A Tisket, A Tasket, Decorate a Basket”  
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- Table Manners  
And many, many more….Be Creative!! |
Communications
(Posters, Presentations, Working Exhibits, & More...)

4-H Facts

Imagine a world of 4-H where you are side by side with adults, making an impact on our world. Step it up and get involved today.
4-H Facts

Brief 4-H History

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.

County Superintendent Cap E. Miller in Keokuk County, Iowa, also pioneered. 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 of 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.

The program for boys was 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 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. 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.

What Can 4-H Members Do?

- Attend club meetings and activities
- Get involved
- Go to camps, workshops, and field trips
- Share the things they learn with others
- Care about other members and try to make them feel good, too
- Take exhibits to the county fair
- Learn about new ideas and new projects
- Plan special club events and community service projects
- Help the 4-H leader with activities and meetings
- Help other members with their projects
- Keep their parents informed of the 4-H club plans
- Read the 4-H newsletter for fun ideas

How to Decide on a 4-H Project

<table>
<thead>
<tr>
<th>Interests</th>
<th>Possible Projects</th>
<th>Do I have time to do it?</th>
<th>Is someone available to help me?</th>
<th>Can my family afford it?</th>
</tr>
</thead>
<tbody>
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</table>

4. Count the number of “YES” answers you have for each. Projects with all three “YES” answers are ones you may wish to consider learning more about. Remember, you don’t need to do everything in one year. Make a decision about which projects you want to learn about. Go back to Step 2 and circle these projects.
4-H Projects

To help you pick your projects, please follow the five steps described below:

1. Exploring your interest. Complete these sentences. Then list your interest on the chart on the next page.
   After school and on weekends I like to: _____________________________________________________________
   _____________________________________________________________________________________________

   Hobbies I enjoy are: _____________________________________________________________
   _____________________________________________________________________________________________

   I’d like to try: _____________________________________________________________
   _____________________________________________________________________________________________

   I’d like to learn more about: _____________________________________________________________
   _____________________________________________________________________________________________

   I like to read books about: _____________________________________________________________
   _____________________________________________________________________________________________

   I help my family by: _____________________________________________________________
   _____________________________________________________________________________________________

2. With the help of your parent, 4-H leaders, older brother or sister, look through the 4-H Your Adventure Starts Here (4-H 200i), and try to match what you discovered from your interests in step 1 with possible projects.

3. Using what you learned in Step 2, think about what each possible project might require by completing the chart on the next page. Consider things like:

   * How much time I have to spend?
   * Help I think I can find?
   * How much money can my family spend?
   * What supplies do I have available?
   * Others??

   Your parents and leaders may be able to help you answer these questions. Use “yes” or “no” answers.

4-H Member Use of the 4-H Name and Emblem

As a member of the organization, 4-H members are encouraged to use the 4-H emblem. The 4-H emblem means a four leaf clover, with an “H” on each leaf. The 4-H name and emblem are protected under the United States Code. 4-H members may use the 4-H emblem by following these guidelines:

- No printing or design can cover or be super-imposed over any part of the emblem.
- Traditional color for the 4-H clover is green with the “H’s” in white or gold.
- The stem of the 4-H clover curves to the right (when viewed).
- The proportions of the 4-H clover may not be altered.
- Items including or containing the 4-H emblem can not be sold for personal profit. Contact your county Extension office if your 4-H club is planning a fund raising activity. There are very specific guidelines that must be followed when using the 4-H name and emblem in fund raising activities.
- When using the 4-H emblem include “18 U.S.C. 707” to the right of the stem. (Contact your county Extension office for graphics showing proper use) There are limited exceptions to this guideline. Contact your county Extension office for additional information.
- Before using the 4-H clover on commercially printed apparel or other marketing items, contact your county Extension office for appropriate graphic files and color codes. To ensure proper use of the emblem, obtain approval of your design from the county Extension office prior to ordering any items.

Complete information regarding use of the 4-H clover can be found in “The 4-H Name and Emblem: Guidelines for Authorized Use” as published by the USDA. Contact your county Extension office for information on viewing this document.

Your county office can also help you obtain 4-H clover decals and locate approved electronic files containing the 4-H emblem for your use.

Article written by: Mitchell Hoyer, State 4-H Program Specialist
You can choose one or more projects that will be interesting and fun!

4-H projects cover many topics.

Projects are fun to do alone or with your friends. Here are a few of the projects you may like to do in 4-H. It’s best to enroll in only a few projects and do them well.

Woodworking
Food & Nutrition
Pets
Visual Arts
Home Improvement
Photography….

Project possibilities are endless!

### Goal Writing Worksheet

This worksheet will help you keep in mind all that you know about goal writing. Don’t forget to check to see that YOU have control over all parts of what happens. Below are a few examples:

<table>
<thead>
<tr>
<th>Action (How)</th>
<th>Result (What)</th>
<th>Timetable (When)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to train</td>
<td>My 4-H beef heifer to lead</td>
<td>Before County fair time</td>
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<tr>
<td>I want to make</td>
<td>Three nutritious snacks</td>
<td>By the June meeting</td>
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<tr>
<td>I want to learn</td>
<td>How to use an electric drill</td>
<td>By the December meeting</td>
</tr>
</tbody>
</table>

Your turn:

<table>
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<th>Action (How)</th>
<th>Result (What)</th>
<th>Timetable (When)</th>
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