

# Guide for 4-H Families in Jackson County



... and justice for all

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IOWA STATE UNIVERSITY  
Extension and Outreach

# General Information

## You can contact the Jackson County Extension Office at:

Jackson County Extension  
201 West Platt Street  
Maquoketa, IA 52060  
Phone: 563-652-4923  
Fax: 563-652-6710  
Email: [xjackson@iastate.edu](mailto:xjackson@iastate.edu) (This email address sends a message to everyone in the office)  
Webpage: [www.extension.iastate.edu/jackson](http://www.extension.iastate.edu/jackson)  
Visit us in the basement of the Jackson County Courthouse, Maquoketa

## Office Hours:

8:00 am to 4:30 pm Monday through Friday

## Staff who work and serve the Jackson County Extension Office:

Amber Matthiesen, Jackson County Youth Specialist & Program Coordinator  
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Katie Bopes, 4-H County Youth Coordinator (CYC)  
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# My 4-H Information

\_\_\_\_\_  
My 4-H Club

\_\_\_\_\_  
My 4-H Leader's Name

\_\_\_\_\_  
My 4-H Leader's Phone Number

## Club Meetings

Where: \_\_\_\_\_

Time: \_\_\_\_\_

## Dates to Remember:

County Fair: \_\_\_\_\_

County Fair Entry Deadline: \_\_\_\_\_

State Fair: \_\_\_\_\_

Records Due: \_\_\_\_\_

## Presentations I have to give:

Date: \_\_\_\_\_

Topic: \_\_\_\_\_

## Other Important Dates & Events:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Jackson County 4-H Clubs

## Community Clubs

Andrew Achievers  
 Andrew Clover Kids  
 Baldwin Clover Kids  
 Bellevue Pioneers  
 Bellevue Clover Kids  
 Cloverites  
 Emeline Ridge Rollers  
 Garryowen Guys and Gals  
 Maquoketa Clover Kids  
 Miles Mavericks  
 Miles/Preston Clover Kids  
 Monmouth Co-Ed  
 Northfork New Horizons  
 Otter Creek Shooting Stars  
 Preston Trailblazers

## Club Leaders

Connie Weirup, Charlie and Jenni Peters  
 Wendy Dunne, Connie Weirup, Wendy Casel  
 Amber Franzen  
 Chris Kilburg, Brenda Huenke, David Jacobs, Tracey Hager  
 Jeannett Hartung-Schroeder, Chris Kilburg  
 Jennifer Nabb, Lynne Elmegreen  
 David Burmahl, Cindy Schau, Bill and Carol Ihrig  
 Jennifer Schwoob  
 Carol Ihrig, Karen Davidson  
 Heidi Lippens, Lisa Holdgrafer  
 Amber Matthiesen, Patty Schmidt, Missy Wilson, Ruth Dieterich  
 Diane Gnade, Deanna Martens, Jennifer Stender, Krista Franzen  
 Mike Lyon, Cathy & Harold Huebbe  
 Bonnie Lapke, Carrie Kremer, Rachael Kilburg  
 Angie Feller, Michelle Moeller, Nancy & Doug Lane, John Gibbs

Each 4-H club elects its own officers and conducts its own business. Most clubs meet monthly with a yearly plan, called a "Club Program." Your leader should give you a copy of the club program at the beginning of each year. 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.

The "program fee" for each 4-H member is \$30 per year. The Jackson County 4-H Food Stand (which all members are expected to work in) at the Jackson County Fair pays half of each members dues, or \$15. The other \$15 is paid by the club member, or through fundraising. Funds may be used for service learning projects or other club activities. 4-H members and their families are responsible for the cost of materials needed to complete their exhibit(s).

Beyond local club participation, 4-H families can participate in a variety of county-sponsored events, such as camps, county project meetings, workshops, trips, the Sweetheart Ball, basketball and volleyball tournaments, the county fair, the list goes on and on!

The 4-H program also has state headquarters along with other ISU Extension programs on Iowa State University's campus in Ames. ISU Extension is where most of your project literature will come from. State level 4-H activities include State Youth 4-H Conference, State Fair, state camps, and Citizenship-Washington D.C. Focus, etc.

There is also a national 4-H program headquartered in Washington D.C., where national competitions are planned and other literature is produced for use throughout the United States. They also work strongly with State 4-H program Directors to help make 4-H the best it can be in all 50 states.

**You can take 4-H wherever you want to go.  
 You just need to set your goals and determine how you're going to get there!**



# Jackson County 4-H Program Guidelines

## Membership

4-H membership is open to any young person who is in at least fourth grade by September 15 of the current program year. Membership may be in any club regardless of sex or place of residence. It is usually most convenient to belong to a club in the same township or community in which the individual lives and to a club where your friends belong. A member may belong to 4-H in only one county. Youth must enroll in 4-H by May 1<sup>st</sup> in order to exhibit at the fair in the current year, but they may enroll at any time; the big enrollment drive is in the fall. Membership may continue through the end of the year in which the individual graduates from high school. For ease of reference, membership is divided into three categories: Juniors: 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade; Intermediates: 7<sup>th</sup> and 8<sup>th</sup> grade; Senior: 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade. The 4-H year is from September 1 through August 31.

## Projects

All members in traditional 4-H Clubs must enroll in at least one project. Members may add or drop projects up at any time and can exhibit in the project areas enrolled in. Members should choose areas of interest he/she wants to explore. Members should complete and evaluate their project goals at the end of the program year. Record books should be turned into club leaders for evaluation (usually around September 1). Members are expected to do their own project work, including care of livestock exhibits and animals.

## Exhibiting

Members who wish to exhibit their project must meet certain requirements such as attending clinics for fair eligibility. Exhibits must be the result of the members own project work and goals (set at the beginning of the project year), not done by other persons, including family members. Livestock, anything that breathes, must be properly identified by May 15; ID forms are available at the CEO. Poultry and Pets are the only exception to this as there is not an ID form required. It is the member's responsibility to be informed about and comply with all rules and deadlines for events in which they wish to participate, including the county fair.

## Parental Involvement

The involvement of parents in 4-H is not required but is highly desirable. Their attendance at club meetings and many county events is encouraged. Parents should give guidance, support, and help (when needed) with member's projects and to help in areas of the 4-H program. They are expected NOT to do the members' project work for them.



## Origin of the 4-H Emblem and Name

It wasn't until 1907 when Jessie Field Shambaugh, from Page county and O.H. Benson, Superintendent of Wright County Schools, started using a three leaf clover for the identity of boys and girls clubs. The 3 H's were for **Head**, was trained to think plan and reason; **Heart**, to be kind true and sympathetic; and **Hand**, to be useful, helpful, and skillful. It wasn't until 1911 when O.H. Benson worked in Washington D.C. that the idea of the four-leaf clover came into play. He suggested the fourth "H" to stand for **Health**, to resist disease, enjoy life, and make for efficiency. Those are the four H's on the four-leaf clover.



## The Leadership Team

**Organizational Leaders:** Are primarily responsible for overall club organization. They coordinate, counsel, and plan programs. They have a key responsibility to communicate with members, parents, other local leaders, the community, and the County Extension staff.

**General Leaders:** Assists the organizational leader with various tasks.

**Project Leaders:** Project leaders provide experiences, activities, and leadership to members enrolled in a project. They can work with a single club or on a county-wide basis as a County Project leader.

**Youth Leader:** A club member who provides leadership for a club project to activity. The leadership may be for a single event or the entire 4-H Year.

**Club Officers:** Club members elect their own officers to provide specific leadership to the group.

**Parents:** Because 4-H is a family activity, parents are involved too. They can help their own children, as well as helping leaders, and helping members at project meetings or activities.

**County Extension Staff:** Oversee 4-H program management and curriculum. Each county in Iowa has an Extension Office. The first person you will probably hear on the telephone or talk to when you come in the door is the Office Assistant (OA), Jeannett Kruse. If she does not know the answer to your question, she will put you in touch with the person who does. Katie Bopes is the 4-H County Youth Coordinator (CYC). She is able to assist you with your 4-H related questions and helps provide 4-H programming in Jackson County. Amber Matthiesen, Jackson County Families & Youth Development Program Specialist provides support in volunteer development and youth programming. Carolyn Clark is the Program Assistant (PA). She works on educational programming in schools, camps in the summer, and assists with duties at the fair. Katie Peterson is the Youth Development Program Specialist for our region. She is in charge of regional programming and assists Jackson County with educational and 4-H programs.



Amber



Jeannett



Katie P.



Carolyn



Katie B.



## 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.



The 4-H Pledge is recited by members at each meeting.

The **HEAD** signifies that 4-H builds skills such as: problem solving, communication, decision-making, independence and offers opportunities to see ones self as an active participant in the future and opportunities for self-determination.

The **HEART** represents that 4-H builds confidence, relationships, character, respect for self and others

and generosity and offers opportunities to value and offer service to others.

**HANDS** shows that 4-H offers opportunities for serving others, career preparation, hands-on learning and mastery, along with offering engagement in learning and opportunities to excel.

**HEALTH** represents the well-being that 4-H provides—how to form healthy habits, manage stress, manage change and a sense of belonging. 4-H offers Positive relationships with caring adults in an inclusive and safe environment.

**THE TARGETING LIFE SKILLS MODEL** is a research-based, all-inclusive list of the life skills needed in today's world. Not only does 4-H offer opportunities to learn all of these life skills, but all of the 4-H programs and curriculums are research-based.

ISU Extension research shows that Iowa 4-H members say their time in 4-H has made them better citizens, leaders, and communicators in their communities,

Tufts University research shows that 4-H members are competent, confident, caring, and connected, and that they show strong character. This research also compares 4-H members to their non-4-H counterparts. 4-H members contribute more to their families and communities, achieve higher grades in school and are more likely to go to college than youth who are not in 4-H, or even youth who participate in other out-of-school programs. 4-H members lead healthier, more productive lives, are less likely to suffer from depression and are less likely to participate in risky behaviors like drinking and smoking.



To Make the Best  
**BETTER**

The 4-H MOTTO is “To Make the Best Better.”



# 4-H Equation

Empowering youth to reach their full potential, working and learning in partnership with caring adults

**Our Reason**  
YOUTH NEEDS



**Our Method**  
ESSENTIAL ELEMENTS



**Our Mission**  
PRIORITY TOPICS



**Our Results**  
OUTCOMES\*

- Belonging
- Mastery
- Independence
- Generosity

Brandro, L., Brokanleg, M., and Van Bockern, Steve (1992).  
Reclaiming Youth at Risk: Our Hope for the Future. Bloomington, IN.



- Caring Adults
- Safe Environments
- Inclusive Settings
- Opportunities for
  - Mastery
  - Service
  - Self-Determination
  - Planning for the Future
  - Engaged Learning

National 4-H Headquarters (2001). Prepared and Engaged Youth:  
National 4-H Impact Assessment Project.

- Science
- Healthy Living
- Citizenship/Leadership



- Productive Citizens
- Outstanding Communicators
- Effective Leaders
- Successful Learners



\* Through long-term, sustained learning experiences that connect youth with Iowa State University's knowledge and research base

## Committees and Councils

Jackson County has a committee called the **4-H Youth Committee** whose members serve to help direct the overall programming efforts of the 4-H program. They assist with county events, the fair, evaluate awards for recognition, and more. They are the governing body of the 4-H program in Jackson County. They assist in making and approving rules and policies, assessing fines, supporting activities and serve in many other areas. The Youth Committee works to have members in several areas of the county and is made up of community members, 4-H leaders, 4-H parents and other supporters of the 4-H program.

A group of youth leaders called the **4-H County Council** is very active in this county. They are very energetic when it comes to promoting 4-H, evaluating new and existing programs, planning miscellaneous events, community service, and raising money to help pay for their activities. In additions to this, two (or more) of the County Council members are representatives on the Youth Committee each year. The County Council is open to youth in grades 10, 11 and 12.

Youth in grades 7, 8 and 9 are invited to be a part of the **Young Leader's Council**. The YLC works on developing leadership skills, focuses on Service Learning and works on events with the County Council.

There are several other committees that help plan and implement various events throughout the year in the county. Most of the committees are open to anyone- 4-H parents, 4-H members, 4-H leaders, etc. Some committees, such as the Youth Committee and the County Fair livestock committees require additional committee approval for membership.



# Communication Events

## Presentations

The Educational Presentation is sharing information about yourself or another subject with someone else. Some presentations are called demonstrations or illustrated talks.

Each 4-H'er is expected to give one educational presentation each year in their local 4-H club. So where do you start, what do you do, and what do you talk about? One way to getting started is by looking through your 4-H project materials for ideas. Make a list of projects you do, collect, do after school, do for fun, and ask a parent, leader, or an older 4-H member for ideas. Take a look at your list. Write the topic you'd like to "present" to your 4-H group.

Like a puzzle piece, a presentation has different pieces that fit together.

- ✿ Introduction: Tell briefly what you are going to do and why you chose this topic.
- ✿ Body: Give the details of doing it, showing it, or telling it
- ✿ Conclusion: Repeat the main points. Mention where you found your information, in case someone else wants to learn more about your topic.
- ✿ Questions: Ask your audience if they have any questions or if there are no questions, say, "This concludes my presentation."

You may use any article, chart, sound, sample, video, poster, or slide show in the body of your 4-H presentation. Use props to help make the topic more exciting or believable for the group.

## Working Exhibits

Working Exhibits are 4-H presentations where you get the audience involved by teaching or showing. You are teaching a skill to an audience that you first have to catch the attention of to make them stop, listen, and then participate. Working Exhibits is if you have a talent or have a skill, teach it to others.

## Share-the-Fun

Share-the-Fun is having a fun time. 4-H members share their talents as a group performing an original skit or a small group singing a duet. Ideas of acts: singing, dancing, skits, joke telling, playing an instrument, magic - there are so many activities to choose from!

## Extemporaneous Speaking

Extemporaneous Speaking is when a 4-H member wants to challenge their ability to think quickly on their feet. This contest involves developing a speech on a topic that is handed to you just minutes before you are to present. Once the participant is given their topic they are allowed a specific amount of time to prepare a speech, usually the speech would be a 2 minute presentation. The participant will be aided with a few resources helping them to prepare their speech. Those participating in this event present at the local level and if awarded will move onto state competition.

For more information on Communication Events, contact the CEO or visit:  
[www.extension.iastate.edu/4h/projects/communication](http://www.extension.iastate.edu/4h/projects/communication).



# 4-H Vocabulary

## The Basics

**CEO – County Extension Office:** When you see CEO in the IN-VIEW, it stands for County Extension Office. This is the office you would need to go or call for any questions. Another source is the Jackson County web page, [www.extension.iastate.edu/jackson](http://www.extension.iastate.edu/jackson). Visit this web site for important information you may need when the CEO is closed. Iowa State University Extension provides research based information to the general public. It is funded with county, state, and federal taxes. If you have questions on about anything, the CEO is a great start for answers.

**4-H Online:** 4-H Online is the internet-based record keeping system for the 4-H program. Each family has a profile where they access to enroll in 4-H, choose projects, identify animals and can view their In-View.

**4-H Newsletter:** When you check your mail around the beginning of each month and see a half folded green paper, you are receiving the IN-VIEW. The IN-VIEW is the monthly 4-H newsletter filled with important 4-H dates and upcoming activities. Be sure everyone reads through it completely so information doesn't get missed.

**4-H Year:** The 4-H Year is September 1 to August 31. All 4-H'er's recordkeeping and club books follow these dates.

**Code of Ethics:** All 4-H'er's must have electronically sign the Code of Ethics form. Youth are expected to be sincere, honest, and act in sportsmanlike ways at all times. Youth represent the entire program and their behavior reflects on their parents, leaders, club, and the entire youth program. All adults involved with the youth program, leaders as well as parents, are expected to set positive examples and serve as positive role models by what they say and do.

**4-H Community Club:** A group of at least 5 youth who meet together with a leader. Anyone grades 4-12 can join the club and work on projects of their own interest by themselves. These clubs elect officers and have monthly meetings.

**Special Interest Club:** These groups have a series of meetings on certain topic; like horses, dogs, and Safety Education in Shooting Sports.

**Junior Activities:** Jackson County 4-H offers two activities for Junior 4-H'er's (fourth to sixth grade). The first activity for the Junior4-H'er's is the Junior Halloween Party. This party is usually held near Halloween and the 4-H'er's wear costumes. The other activity is the Junior Day Camp held in mid-June. This camp gives an opportunity to Junior4-H'er's to meet new friends and have fun while learning. Weekend at Camp Shalom, camp offered to Junior4-H'er's from surrounding counties to live outdoors in cabins for a weekend and meet new friends.

**Intermediate Activities:** Intermediate 4-H'er's (seventh to ninth grade) also have activities offered to them. Intermediate Fun Night, a night at the Boyer Hall with supper, hayride, and movie. Each year a winter break overnight activity is offered to Jackson, Clinton, and Jones County 4-H'er's.

**Senior Activities:** The Senior 4-H'er's (tenth to twelfth grade) now become roll models to the younger 4-H'er's providing Leadership and can join the 4-H County Council. Other activities Senior4-H'er's can get involved in are State Council, State Conference, Tech Team, and more!

**Clover Kids:** Clover Kids gives children in grades K-3 an opportunity to participate in activities uniquely suited to their development. They grow and learn in a non-competitive environment, learn appropriate life skills, meet new friends, and have fun. Jackson County currently has five clubs: Maquoketa Clover Kids, Andrew Clover Kids, Preston-Miles Clover Kids, Bellevue Clover Kids and Baldwin Clover Kids.



**4-H Uniform:** 4-H'ers must be in uniform in the 4-H building during conference judging, food stand duties, hosting Pearson Center, and performing official duties, showing animals, and selling at auction. The 4-H uniform includes 4-H t-shirt, solid white or green blouse/shirt with 4-H emblem. White, green, or dark jeans, slacks, or skirt-no shorts. When showing animals with hooves, hard soled shoes must be worn when exhibiting.

**4-H Project:** An individual area or subject the 4-H'er wants to learn more about. A project often includes leadership, citizenship, communication, and decision making. The 4-H'er often researches or gathers information, then applies the findings to the project.

**Livestock Identification Form:** Also referred to as Livestock ID. This is how the 4-H'er identifies all of his/her livestock projects. This includes beef, swine, horse, rabbit, dairy, sheep, goat, bucket bottle calf, rabbit, and dog. Market animals are weighed-in and are identified at the designated weigh-in times. The Livestock ID form must be submitted through 4-H Online or turned into the CEO by May 15. Only the animals listed on the ID forms are eligible to be exhibited at any 4-H show. This is not a fair entry, but its purpose is to insure the animal has been the 4-H'er's project during the year. Poultry and pets do not have an ID form.

## County Fair

**Jackson County Fair:** The most exciting time of the year for 4-H'ers and families. The Jackson County Fair is held in Maquoketa in late July. 4-H members may exhibit their 4-H exhibits they have been working on all year.

**Pre-Entry Day:** Pre-Entry Day is when 4-H'ers come to the CEO and fill out pocket cards to enter their animals for the fair. This day is usually two weeks before fair and must only be turned in on the day provided. Pocket cards may be picked up in advanced.

**Food Safety and Quality Assurance (FSQA)** 4-H'ers who exhibit beef, swine, sheep, goats, bucket bottle calves, dairy, poultry, and rabbit will need to be FSQA Certified before showing at the county or state fairs. The FSQA Program is an education program that teaches young people about good production practices and what it takes to produce a safe quality product. Junior 4-Hers are to attend a training every year to receive their certification. Intermediate and Senior 4-Hers are placed in two age brackets for certification and may choose to attend a training or take a test. If the test is passed, the 4-H'er does not have to attend a training or take a test until they reach the next age bracket.

**Fair Board:** The Fair Board which is responsible for the Jackson County Fair. This is separate from the Extension office and its staff, although they work together on many projects. The Fair Board also pays premiums and maintains the fair facilities.

**4-H Exhibits:** A 4-H exhibit is an outgrowth of the 4-H project which the 4-H'er often chooses to share or showcase at the fair. For example, a plate of cookies would be an exhibit that could be displayed as a result of participation in the Food and Nutrition project area.

**Conference/Indoor Judging:** This method of judging is used for the majority of all classes at the county fair. The 4-H'er brings his/her exhibit and goal card to the judge to discuss the work. The judge uses this information, any written information required by the class rules, and exhibits itself in determining the ribbon placing of the exhibit. A ribbon is awarded and the placing is recorded on the Exhibitor List. Parents are not allowed in judging area.

**Goal Card:** The goal card is a written explanation included with each exhibit. Each goal card must have three questions answered about the exhibit. The questions are listed in the fair book. Some exhibits will require additional information, so check project requirements.



**Elements and Principles of Design:** A design is a visual plan you can use to create your 4-H exhibit. Everything you can see has a design. When you describe something you see, you use words that tell about the lines, shapes, colors, textures, and spaces. Line, shape, color, texture, and space are the basic elements of design. The principles of design are combinations of design elements (line, shape, color, texture, and space). Rhythm, emphasis, proportion, balance, and unity are the basic principles of design.

**Exhibitor List:** Exhibitor List is a form used to list the exhibits the 4-H'er wishes to have judged at the Conference Judging Day. When the exhibit is judged, the ribbon placing is recorded on the Exhibitor List and is the record used for premiums. You need to hand this in at the end of judging day.

**Ribbons:** Iowa 4-H uses the Danish system of judging – rather than competing against someone else, 4-H'ers challenge themselves to create exhibits that represent their best. The Danish system places exhibits in groups representing standards met.

Blue: Exhibit meets all standards well.

Red: Exhibit meets some standards well, but could use improvements on other standards.

White: Exhibit needs improvement on many standards or is missing information critical to evaluation of standards met.

Purple: Exhibit exceeded the standards and is the best of the blues.

Green: Outstanding 1<sup>st</sup> Year Member, exceeded the standards.

**4-H Food Stand:** The 4-H Food Stand Committee is a committee of volunteers who help make the 4-H Food Stand at the Jackson County Fair a huge success. The success of the Food Stand depends largely on the 4-H members and families who work in the Food Stand during their club's assigned time. The profit from the food stand is used to help fund the general 4-H activities. Part of this money is used to help fund camps, Communication Day bus, workshops, State Conference, and 4-H Program Development Fees.

## Project Information

**Record Keeping:** Each 4-H member is expected to record a summary and evaluation of the 4-H member's experience each year. You need to fill out at least one project record sheet and a yearly summary sheet. Project worksheets are also available. For more information on Record Keeping, look back under Achieving Goals Through Record Keeping.

**County Awards:** All Jackson County 4-H'ers are eligible to receive awards. Youth in grades 4<sup>th</sup>-8<sup>th</sup> are eligible for the Record Keeping Award, Outstanding First Year Member, and Junior & Intermediate Merit. Youth in grades 7<sup>th</sup>-12<sup>th</sup> are eligible to apply for several project area awards. Record Books are not used to evaluate for County Project Awards. Awards will be presented at the 4-H Recognition Banquet.

**State Project Awards:** State Awards are similar to the County Project Awards. A 4-H'er does not need to apply for a County Project Award to apply for the State Project Award. The application process involves five pages of support materials.

**4-H Recognition Banquet:** This is a night filled with recognition as we recognize 4-H'ers and volunteers for their achievements throughout the past year. The 4-H Recognition Banquet is held in the fall. All 4-H'ers and family is encouraged to attend.



## Events

**Clothing Event:** Clothing Event is for 4-H members who wish to model and exhibit their garments at the county fair in Clothing Selection or Fashion Revue. Clothing Selection is when a 4-H member models clothing they have purchased. Fashion Revue is when a 4-H member models clothing they have sewn. Clothing Selection and Fashion Revue are judged two weeks before fair and placing is announced during style show at the county fair. A 4-H'er may only exhibit one Clothing Selection and one Fashion Revue garment. Clothing Selection garments may not be exhibited as an indoor exhibit, but Fashion Revue can be in both. A chosen boy and girl in the Senior division in Clothing Selection and Fashion Revue may attend the Clothing Day program at the State Fair. A new division is the \$15 Challenge. Members may also choose to purchase a used outfit for under \$15.

**State Fair Communications Day:** State Fair Communication Day is a day for selected members to participate at the State Fair. Communication events include Presentations, Working Exhibits, and Share-the-Fun. Jackson County provides a chartered bus ride free for these participants.

**Sweetheart Ball:** The Sweetheart Ball is a 4-H dance for 4-H members to have fun with other members and help raise money for the Jackson County 4-H Program and help fund 4-H members who attend the Citizenship-Washington D.C. Focus trip. An Escort and a Sweetheart from each club collects votes, 1 cent = 1 vote, from across the county to help raise the money. The winning Escort and Sweetheart are announced at the Sweetheart Ball.

**Basketball Tournament:** The Basketball Tournament is another fundraiser for the Jackson County 4-H Program. Money raised helps fund camps, State Conference, educational workshops, and many other activities for the 4-H'ers. 4-H teams are formed and play in a double elimination tournament.

**Volleyball Tournament:** In June we relax a little before the busiest month of 4-H comes. A one day Volleyball Tournament is held for all 4-H'ers and their families to enjoy. 4-H'ers play in teams paired by age and do not play with members of their 4-H club as a way to meet new friends of the same age. Families are encouraged to come and meet new families.

**National 4-H Week:** Held the first full week in October. This week provides special recognition to the 4-H program nationwide. It is also time of recruitment and celebration of 4-H.

**State Conference:** Every June, over 1000 teenagers converge on the campus of Iowa State University for 3 days full of speakers, workshops, mixers, dances, a banquet, and community service activities. If you've completed 8th grade, you're eligible to attend. You don't even have to be in 4-H! You will get to experience campus life and meet new people from across the state! You will be having fun while learning by doing, dancing the nights away, and serving the community. You will get to learn new things to take back to your community and school, and in the process you might even discover something new about yourself! There are even opportunities for you to share your talents with the rest of the delegation through small group discussion, the Conference Chorus, and even a Talent Show! If you have a specific interest in either animal science you might want to look into becoming part of the ROUND-UP.

**State Council:** The Iowa State 4-H Council is composed of approximately 45 energetic and positive high school juniors and seniors who act as ambassadors for 4-H. One of their major responsibilities is planning the Iowa 4-H Youth Conference held annually in Ames Iowa every June. Members are selected from their extension areas through an application and interview process. The youth meet 3-4 times during the year. The Iowa State 4-H Council also serves as ambassadors for 4-H, often meeting with county councils and 4-H groups in their local areas. The State Fair, state 4-H events, and leadership workshops also keep the council active.



**Citizenship Washington D.C. Focus (CWF):** Citizenship Washington D.C. Focus (CWF) is a six day program that helps youth identify and understand their active role in society. Conducted in Washington D.C., CWF uses our nation's capitol as a classroom to foster youth appreciation, understanding and involvement in civic responsibility, government operations, and current issues. 4-H'ers who attend must be in either grades 10, 11, & 12. Jackson County offers the trip every year. 4-H'ers travel with other Iowa 4-H'ers.

**Iowa 4-H Center and State 4-H Camps:** The Iowa 4-H Center is a retreat center owned by the Iowa 4-H Foundation and operated in conjunction with the Iowa 4-H Program and the Iowa State University Extension. Open for year-round use, the 4-H Center has 360 beds among five villages and is available for anyone to rent anytime. The Iowa 4-H Center is located on 1100 acres along the Des Moines River near Madrid, Iowa. All camps are overnight experiences. Camp is a great place to meet people, develop life skills, and create a positive outdoor ethic. 4-H camps are open to all youth; 4-H membership is not a requirement.

## Opportunities

**Iowa 4-H Foundation:** A nonprofit corporation formed to supplement the state 4-H program, primarily through the development and operation of the State 4-H Camping Center at Madrid and specialized programs that are conducted there. They also provide funding for innovative programs around the state and provide funding for youth who need financial assistance to participate in the youth program.

**Jackson County 4-H Endowment Fund:** The 4-H Endowment Fund was established for anyone who wishes to give money to help support educational workshops, new clubs, grants to 4-H clubs, and financial assistance for the youth of Jackson County. Money can be donated by memorials, tributes, life insurance, real estate, gifts in kind, charitable gift annuity, or by becoming part of the 4-H 400/1000 Donor Club. All monies donated stay in the county. Pick up donation cards at the CEO. You may also apply for funds from the Endowment fund by picking up an application. Donations may be made through the Iowa 4-H Foundation or the Community Foundation of Jackson County.

**Grants and Scholarships:** Various Grants are available to 4-H'ers and clubs throughout the year such as The Pioneer Improvement Grant, Iowa's Promise Youth Grant, and the Jackson County Youth Committee Grant. All applications are available at the CEO.

The Iowa 4-H Scholarship Program offers many scholarship opportunities for graduating seniors in 4-H. Other scholarship opportunities are the Jackson County 4-H Friends Scholarship, Jackson County 4-H Program Scholarship, and for past 4-H'ers, the Jackson County Endowment Scholarship.

**4-H'ers for 4-H:** A combined effort by 4-H clubs around Iowa to contribute to the 4-H Foundation. The campaign is coordinated and promoted by the State 4-H Council. Funds are used for special Iowa 4-H Youth program needs, the State 4-H Council, International 4-H programs, and financial aid for participation in the 4-H events.



## Helpful Tips from 4-H Members and Adults

From a member: If I had only known.....

- That the more I participate in my club's activities, the more I learn and have fun.
- To read each issue of the IN-VIEW very carefully!
- To keep records of all 4-H activities, presentations, school, community, church, and other organizations for later reference when applying for scholarships and awards.
- Any of my friends can join 4-H. You do not need to own an animal to join 4-H. (Many projects don't have anything to do with animals.)

From a parent: If I had only known....

- To send a calendar with my child(ren) to meetings to mark down club and county events.
- To keep a drawer or shelf for all the 4-H newsletters, mailings, and record books.
- Youth are to keep adding to their record book each year.
- 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 materials youth can use for presentations.
- To read the newsletter, call the Extension Office, club leader(s), other 4-H parents, or a County Youth Committee member with any question(s) (however small you think it might be).

## How are Parents and Guardians Partners in 4-H?

- Help your 4-H'er select the right project(s) for their interests. Be aware of your 4-H'er's goals and encourage recordkeeping.
- Reading the monthly newsletter – IN-VIEW.
- Give encouragement and supervision, but allow the 4-H'er to do their own work. Give positive encouragement when problems arise.
- Help 4-H'ers set standards of honesty, teamwork, and good sportsmanship.
- Review and follow the Code of Ethics.
- Encourage and support the 4-H'er in attending club meetings. Volunteer to help with club activities such as showing one of your hobbies or working with a project group.
- Help 4-H'ers complete club and county requirements for the year.
- Give input into the county program by participating in county meetings and serving on committees.
- 4-H can be a tool to help you and your 4-H'er work together. Explore the project areas and help think about what to learn and what to do. Give assistance when it's needed, but don't do the project for him or her.



# Achieving Goals through 4-H Recordkeeping

Recordkeeping is one of the unique 4-H learning opportunities. Recordkeeping is a process that can be used throughout life in many ways.

4-H'ers can learn:

- ✿ How to set goals
- ✿ Plan and do things to meet their goal(s)
- ✿ To collect and organize information
- ✿ To accept and complete responsibility
- ✿ To tell about what they liked to do and learned

4-H'ers are encouraged to select one or more of the following options for recordkeeping on project(s):

- ✿ Basic Project Record 4H-96A
- ✿ Experienced Project Record 4H-96B
- ✿ Advanced Project Record 4H-96C
- ✿ Project worksheets/manuals, such as livestock, food and nutrition, and others
- ✿ Video Tape 4H-97A
- ✿ Audio Tape 4H-97A
- ✿ Portfolio 4H-97B
- ✿ Computerized formats

4-H'ers can follow five steps for recordkeeping:

1. Determine your interests.
2. Set your goals.
3. Form an action plan.
4. Do it!
5. Evaluate and make future plans.

## STEP 1 – Determine your interests

This step occurs at the beginning of the 4-H year when you select your projects. The *4-H Pick a Project* paper, 4H 200, outlines some activities that can help you determine your interests. Then select those projects in which you want to enroll. Think about questions like: What things do you find interesting? If you were in 4-H last year, what did you enjoy about the 4-H projects? What new things would you like to learn and do? Your 4-H leaders and parents can help you make these decisions.

Now keep track of the decisions you have made. Refer to the options for record keeping on this page. You can use a 4-H project record form to write down what you want to learn, or record your ideas on an audio tape, video tape, or computer if you have one available.

## STEP 2 – Set your goals

Setting your goals is simply deciding what you want to learn and do. Having goals is like a road map. It is a tool that helps you plan how to get to where you want to go. Keep track of your goals by using your record keeping system.



Goals have three parts that can be measured or checked.

- ✿ **The action:** how you are going to do it
- ✿ **The result:** what you will do
- ✿ **The timetable:** when you plan to have it done

Goal example: “I want to make three nutritious snacks by the June meeting.” This goal has all three parts the action, the result, and the timetable.

### STEP 3 – Form an action plan

Now you have a goal to work toward, and it won't just happen. YOU have to make it happen! For example, if you have a goal to learn how to make a pie by July 1, think about these questions:

- ✿ Where will you get information you need?
- ✿ What types of pie might you consider learning how to make?
- ✿ Which recipe will you select for the pie crust?

Now take a look at your goals.

- ✿ What is needed to achieve your goal?
- ✿ How much time is needed to accomplish your goal?

### STEP 4 & 5– Do it! Record it! Evaluate it!

As the year goes along, record what you do and learn in your project(s). Include what worked well, what did not, and what you enjoyed the most. Pictures, clippings, project worksheets, exhibit write-ups, and other items can be included to help tell what you have done.

As you evaluate your goal(s), think about these questions:

- ✿ Were you able to achieve your goal(s)?
- ✿ What changes did you make on your project as you went along?
- ✿ Is there anything about your project that you would change?
- ✿ How do you feel about what you have learned?
- ✿ What ideas would you like to build on for next year?

### EVALUATE YOUR 4-H EXPERIENCE

Now you will evaluate your 4-H experience by summarizing your participation in projects, events, and activities together on the 4-H Yearly Summary 4H-96. This summary is completed each year and is a cumulative summary of your achievements in communication, participation in the local 4-H club, and experiences beyond the local group.

Another recordkeeping form is the 4-H Recordkeeping Self-evaluation 4H-98 as a guide to evaluate the 4-H recordkeeping system you chose to use.

The first page of your record book should be the Expected Standards. The Expected Standards form is found in front of your club program you receive from your leader, and also in this booklet. This is a listing of what is expected of the 4-H'er and is filled out at the end of the year and determines if the 4-H'er satisfactorily completed the expected standards.

It is most helpful to talk about what you have done during the year with a leader, another 4-H'er, or a parent.

**All of these forms can be found on the website or at the CEO.**



## Expected Standards for Jackson County 4-H Members

Jackson County 4-H members are required to complete all of these requirements each year. This sheet should be filled out each year and keep with their record book!

### Required Elements: Should be completed by member each year Check if completed

- |  |          |
|--|----------|
| 1. Attend 50% of club meetings                                     | 1. _____ |
| 2. Give an educational presentation at one (or more) club meetings | 2. _____ |
| 3. Carry one or more 4-H projects during the program year          | 3. _____ |
| 4. Complete record for at least 1 project.                         | 4. _____ |

Records should include:

- Expected standards for Jackson County 4-H members form
- A Yearly 4-H Summary form (4H-96)
- A 4-H Project Record form (4H-96a, b, or c)

*Project worksheets and the 4-H Personal Goal Record are optional. Recordkeeping maybe completed on a computer or recorded.*

### Additional Elements: Juniors complete 2, Intermediates/Seniors complete 3 or more.

- |   |           |
|---|-----------|
| 5. Participate in at least two club activities (Community service, fund raising, recreation, etc.)  | 5. _____  |
| 6. Participate in local achievement show or local club tour (if offered)                            | 6. _____  |
| 7. Participate in Communication Event at the county level   | 7. _____  |
| 8. Participate in two county sponsored events (Sweetheart Ball, Camps, etc.)                        | 8. _____  |
| a. _____  | b. _____  |
| 9. Exhibit at the Jackson County Fair   | 9. _____  |
| 10. Participate in one event at the State or National Level (State 4-H Conference, State Fair, etc) | 10. _____ |
| a. _____  |           |
| 11. Carry a new project for the entire program year   | 11. _____ |
| a. _____  |           |

On a scale of 1 – 10 (with 10 being high), how would you rate this year in 4-H? \_\_\_\_\_

Signatures:

4-H Member: \_\_\_\_\_

Parent: \_\_\_\_\_

Leader: \_\_\_\_\_

Has 4-H member satisfactorily completed Expected Standards? Yes No (to be completed by the leader)



# Helpful 4-H Websites

Jackson County Extension Office: [www.extension.iastate.edu/jackson](http://www.extension.iastate.edu/jackson)

Jackson County Fair: [www.jacksoncountyiowafair.com](http://www.jacksoncountyiowafair.com)

4-H Mall (clothing, bags, etc.): [www.4-hmall.org](http://www.4-hmall.org)

Iowa 4-H Member Page: [www.extension.iastate.edu/4H/memberresources.html](http://www.extension.iastate.edu/4H/memberresources.html)

Iowa 4-H Record Keeping Forms: [www.extension.iastate.edu/4H/recordkeeping.htm](http://www.extension.iastate.edu/4H/recordkeeping.htm)

Iowa State Fair 4-H Info: [www.extension.iastate.edu/4H/StateFair/StateFairInfo.htm](http://www.extension.iastate.edu/4H/StateFair/StateFairInfo.htm)

ISU 4-H Ag & Livestock: [www.extension.iastate.edu/4H/Agriculture/index.htm](http://www.extension.iastate.edu/4H/Agriculture/index.htm)

National 4-H Homepage: [www.4H-usa.org](http://www.4H-usa.org)

Volunteer Resources: [www.extension.iastate.edu/4H/Volunteers/index.htm](http://www.extension.iastate.edu/4H/Volunteers/index.htm)

4hOnline: <http://iowa.4honline.com>



# Have a great year!



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