

# Mahaska County 4-H Handbook



# Mahaska County 4-H

## **Mahaska County Extension Office**

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## **Mahaska County Extension Office (MCEO) Youth Staff**

*Amy Brainard*, County Youth Coordinator

*Codi Voss*, Educational Programs Coordinator (Assists 4-H Programs)

*Brenda Spurgeon*, Interim Youth Development Program Specialist

*Lea DeCook*, Office Assistant

*Suzette Striegel*, Horticulturist/Junior & Lil' Gardener Coordinator

## **Background**

4-H was started back in 1900 by a country school teacher who decided that the 3 R's weren't enough, so she added the 3 H's (Head-Heart-Hands). The 4th H, Health wasn't added until 1913. Thus began the organization of Homemaking Clubs for girls and Corn Clubs for the boys.

Over the years, 4-H has grown from a country schoolroom to an organization of over 5 1/2 million boys and girls in the United States. There are also more than 80 countries throughout the world with 4-H type programs.

4-H is a tax supported organization under the United States Department of Agriculture, Iowa State University and the County Extension Service. All 4-H programs are open to all wishing to participate regardless of race, color, sex or national origin. Club dues, wearing uniforms or any other special requirements should not prevent a youngster from joining 4-H.

4-H Clubs are led by volunteer leaders who give time and talent to help members learn.

## **4-H Newsletter**

A monthly newsletter is sent from the Mahaska County Extension Office to 4-H members and leaders containing information about upcoming activities and events. Be sure to read it thoroughly each month and share any important information with your family members. This is the way the Extension Office communicates with 4-H families. Paper copies of the 4-H newsletter can be mailed directly to families each month for the low cost of \$10 for the year to help off-set the costs of printing and postage.

## **National 4-H Week**

The first full week in October (Sunday through Saturday) is National 4-H Week. Clubs are asked to promote 4-H and invite new members to get involved.

## Community Clubs

The traditional 4-H community club is a continuing group of enrolled youth and adult volunteers, chartered by the county Extension Office, with youth and adult leadership and a planned educational program throughout all or several months of the year. The target audience for club membership is 4<sup>th</sup> through 12<sup>th</sup> grade youth.



### Mahaska County Rules

1. 4-H Club membership is open to all youth 4<sup>th</sup> through 12<sup>th</sup> grade. 4-H grade categories are:

- Juniors—grades 4, 5, and 6
- Intermediates—grades 7, 8, and 9
- Seniors—grades 10, 11, and 12

Please note that there may be age limitations on some activities and events.  
All ages referred to are 4-H ages (on September 15 of previous year)

2. Members belong to a 4-H Club of their choice or are Independent members. 4-H clubs meet 10-12 times a year and consist of a least 5 members and 1 adult leader.

3. To become a 4-H club member a boy or girl should file an enrollment through 4hOnline. Help Sheets for enrolling in 4-H through 4hOnline can be found at the Extension office and online. Youth may join 4-H at any time, but to be eligible to exhibit livestock at the Fair, youth must complete the identification webform in 4hOnline by May 15 or have weighed in at that species' weigh-in during the year.

4. A 4-H club member is expected to:

- 🍀 Attend club meetings
- 🍀 Carry at least one 4-H project during the year
- 🍀 Complete a yearly summary by evaluating his or her 4-H experience through a record keeping system (such as a Record book, Video, Scrapbook, and/or Interview.)
- 🍀 Present one educational presentation each year at a club meeting



## Club Officers & Responsibilities

Installation of Officers can be a meaningful experience. Scripts are available from the Extension office. County Teen Council members could be invited to help in the ceremony.

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President -	Conducts meetings according to approved parliamentary procedure. Appoints committees. Represents the club at meetings and events. Works with the club leaders and members to make club activities educational and fun.
Vice-President -	In the absence of the president, presides at meetings and represents the club. Serves as chairperson of the program committees.
Secretary -	Records and reads the minutes. Calls the roll and keeps the attendance record. Writes letters for the club.
Treasurer -	Keeps accurate records of all money transactions in the Treasurer's book. Pays all bills promptly. Prepares a summary of income and expenses to present at each meeting.
Historian -	Keeps record of club's 4-H year by keeping Historian's book of pictures, newspaper clippings and story of club activities.
Reporter -	Writes news stories and sends them in to local newspapers each month.
Recreation Chairman -	Leads games and helps plan parties and events with other members of the club.
Photographer -	Takes pictures of club meetings and activities and gives them to Historian.

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Most club meetings use the following format, but this can be adapted to fit the needs of the club.

Opening --	Call to Order Pledge of Allegiance Roll Call
Business Meeting --	Secretary's minutes Treasurer's report Committee reports Old or unfinished business New business Adjournment 4-H pledge
Program --	Presentations by members Presentations by leaders Guest speakers Work on community service projects
Recreation --	Games and/or Songs Refreshments

## Selecting Projects

Part of the enrollment process of joining 4-H is to select projects or areas of study in which the 4-H'er wants to learn in the current year. A listing of projects can be found in the "Imagine 4-H Flyer" (4-H 200A), available from the Extension Office or [www.extension.iastate.edu/mahaska/4h](http://www.extension.iastate.edu/mahaska/4h). 4-H Hot Sheets share more information about particular 4-H project areas. To find a Hot Sheet, please visit, <http://www.extension.iastate.edu/4h/page/4-h-project-hot-sheets>. Sheets can be printed at the Extension office (in b/w) at no cost.

A **project** is an area of study in which each member chooses to participate, learn by accomplishment, explore future career possibilities, and enjoy the fun of working with a group. The project may be done individually or by a group.

An **exhibit** is an item for display that was created as a result of participation in a project area. For example, a plate of cookies would be an exhibit that could be displayed at the fair as a result of participation in the Food and Nutrition project area.

Carrying out a project will help individuals "learn by doing" in a real-life situation. They gain valuable information and develop skills in working. In addition, 4-H members can gain experience in decision making when they decide on projects and the quality of work to be performed. Members also learn to accept responsibility by completing project work. Finally, they can learn the value and techniques of keeping accurate records. As 4-H'ers gain knowledge and experience, they are encouraged to increase the size, scope and number of projects.

## Livestock Project Identification

All livestock projects shall be identified in accordance with state rules. Refer to the Iowa 4-H Animal and Poultry Identification, Weighing, and Exhibiting Requirements for County, State, and Interstate Shows (4-H 202) for guidelines regarding livestock identification.

All *market* beef must be weighed and identified by January 30 of the current 4-H year. The market beef weigh-in is usually held in December. The date is posted in the monthly *4-H Newsletter* (newsletter sent from the Mahaska County Extension Office). If planning to exhibit purebred market steers at the Iowa State Fair, registration information **must** be sent to the Mahaska County Extension office by January 15.

*Market* sheep, goat and swine must be weighed and ID'ed at the spring county weigh-in dates posted in the monthly 4-H Newsletter (newsletter sent from the Mahaska County Extension Office).

All other animals (breeding beef, breeding sheep & meat goat, dairy, bucket/bottle calf, lamb, & goat, llama, poultry, rabbit, dog, & horse, including horse leases) must be ID'ed in 4hOnline ON OR BEFORE MAY 15 OF EACH YEAR. **ABSOLUTELY NO LATE IDs WILL BE ACCEPTED! NO EXCEPTIONS!!** FFA members must also complete ID forms by May 15.

## Exhibit Opportunities

All exhibits must be made by the 4-H'er during the current year. The articles may be for someone other than the exhibitor.

**Club Achievement Show** - (Optional - This is a club decision.)

The club achievement show is a mini-fair held by many clubs a few weeks before the County Fair. It provides a chance for members to share what they have learned and have their work evaluated by a judge in preparation for the County Fair.

Some clubs have a club tour. Larger exhibits, such as livestock, are more easily viewed at the 4-H'ers home. A club may want to take a tour to its member's homes to view these larger projects.

## County Fair

Although not a requirement, 4-H'ers are encouraged to exhibit at the County Fair. A fair book with a complete list of classes and rules is published each year and provided for every 4-H family. Livestock exhibits must be entered on the ID form and submitted to 4hOnline by May 15. All superintendents are the subject-matter experts in their particular area. Superintendents have jurisdiction over the rules & requirements for any particular project area. Show officials (Extension/4-H Staff, Fair Board, Superintendents, 4-H Youth Committee, and Extension Council) will enforce the rules as stated in the fairbook and monthly 4-H newsletter. All rules set forth by the show officials will be enforced and members are asked to obey those rules.

Exhibitor Attendance at county fair

Excusing a member from personally exhibiting his/her project defeats one of the important objectives of the fair. Therefore, all 4-H and FFA exhibitors (in all departments) must be present for judging. Exceptions would be in case of injury, serious illness or death in the family, as these conditions are out of the exhibitor's control.

### FASHION REVUE, CLOTHING SELECTION, & \$15 CHALLENGE

*Fashion Revue* is an event where 4-H'ers model clothing articles they have made themselves.

*Clothing Selection* gives young men and women a chance to show their skill in selecting an outfit for a particular purpose. In Mahaska County, this is open to all junior, intermediate and senior aged 4-H members. Youth do not need to be enrolled in the clothing project to participate. Rules for this activity are also in the fair book.

Judging for Fashion Revue, Clothing Selection & \$15 Challenge is done before the fair takes place. Participants have the opportunity to model at the Style Show during the fair and winners are announced at that time. One Intermediate winner from each class is selected to attend the Area Intermediate Clothing Event in Iowa City. Senior grade members are eligible to be selected to represent our county at the Iowa State Fair.

A newer class is the *\$15 Challenge*. 4-H members are challenged to assemble an outfit (not including under garments or accessories) without spending over \$15. If items are purchased at a garage sale, please ask the person to write you a receipt. Receipts are required for this event. Garments must be purchased from consignment shops, Goodwill, Salvation Army, etc. Garments may not be purchased from clearance racks at department or other clothing stores.

For more information about this event, please contact the MCEO (673-5841) or Superintendents, Deb Overbergen (780-3784), Marlene Maxwell (673-8585), and Janet Overbergen (780-6567).

## State Fair

4-H members who are in 5th-12th grades by September 15th of the previous year are eligible to exhibit in 4-H events at the Iowa State Fair. This includes all livestock shows, communication events, and exhibits in the 4-H building. 4<sup>th</sup> grade members are not eligible to exhibit at the State Fair. Other age restrictions are Livestock Judging Team - must be senior 4-H members (9-12 grades) and Clothing Event - must be senior 4-H members (9-12 grades).

*4-H/Exhibit Building Exhibits* – Each year, exhibits are selected from the county fair to go on to the Iowa State Fair. Exhibits selected are based on a county quota system determined by the State 4-H Office. Help is needed to transport these exhibits to and from the Iowa State Fair. Contact the Extension Office if you would like to volunteer. Contact the MCEO or Superintendents, Exhibit Hall (Family & Consumer Sciences): Deb Overbergen (780-3784), Marlene Maxwell (673-8585), Janet Overbergen (780-6567), 4-H Building (Ag & NR, Photo, Science, Mechanics & Engineering): Jerry & Kathleen Rempe (969-5512) for more information.

*Livestock Exhibits* – July 1 is the deadline for livestock entries for the Iowa State Fair. Entries must be made using 4hOnline. Many animals must have been identified in 4hOnline by May 15 to be eligible.

If you have any questions regarding certain livestock species, please contact a Superintendent listed below:

**Herdsmanship** – Extension office (673-5841)

**Livestock Judging** – Pat Powers (660-7764), Bret Spurgin (895-2291), Miranda Johnson, or Brett Timmins  
**Beef (Market & Breeding)** –David Orman (814-2599), Kyle Shaw (670-0279), Clayton Hester (295-5013),  
Bret Spurgin (895-2291)

**Bucket/Bottle Calf** – Dennis Antolik (969-4858), Andy Ozinga (660-6980).

**Advanced Beef/Sheep Feeder Pens** – Dave Willemsen (682-4382), Byron Eekhoff (620-8015),  
Glenn Van Wyk (628-3897).

**Dairy Cattle/Goats** – Merry Anne Adair (673-7330).

**Dog** – Regina Hoy (660-0772), Sharis Claver (799-4085).

**Horse** –Jennifer Fynaardt (402-917-0533) \*2 open spots for horse superintendent

**Meat Goat** –Mark Nicholson (673-6265), Marshal Wilz (226-1692), Shania Cubit (660-1433)

**Poultry** – Helena Hayes (673-0876), Lindsay Maxwell (660-3246).

**Rabbits** – Adam Antolik (660-4860), MaKayla Scanlon (660-2256).

**Sheep** – Steve De Jong (673-8127) \*2-3 open spots for sheep superintendent

**Swine** –Collin De Bruin (295-1911), Brian Meinders (660-0734), Joel Van Gilst (673-8981).

**Horticulture Entries** – Actual vegetable specimens can be entered at the Iowa State Fair without being selected at the county fair. Contact the Extension Office for class listings or see the fairbook on the web. If you have any specific horticulture questions, please contact the Hort Superintendents, Beth Fenton (969-4615), Florence Vander Meiden (628-4205), Bernice Van Gorp (625-43343), Katie Smith (969-4626) or Mahaska County Extension Horticulturist, Suzette Striegel (673-5841).

## Regional and National Livestock Shows

**Ak-Sar-Ben** (its Nebraska spelled backwards!) is a regional 4-H livestock show held in Omaha, Nebraska during the third full week of September. It includes the states of Nebraska, Iowa, Kansas, Minnesota, Colorado, Missouri, South Dakota, and Wyoming. Animals that can be exhibited are beef, sheep, swine, horse, market broilers and meat goats. 4-H'ers exhibiting at Ak-Sar-Ben must be at least 10 and not older than 19 years old by January 1 prior to the show. Contact the Extension Office early as there are nomination deadlines.

**American Royal** is a regional 4-H livestock show held in Kansas City. For more information about the Royal visit [www.americanroyal.com](http://www.americanroyal.com).

## 4-H Records



4-H'ers set goals, carry out those plans and evaluate their achievement. This is done with the use of a 4-H Record Keeping System. Materials are available from the Extension Office on the different options to create your record keeping system.

To complete a project, records should be completed and turned into the leader. Records are to be turned in to leaders or Extension office by September 15. Club leaders should evaluate the record keeping method, ideally with a face to face meeting with the 4-H'er. Record Books are not required, but are highly recommended for 4-H'ers to complete.

## County Recognition

Recognition is available to 4-H'ers. 4-H'ers conference with their 4-H leaders to be qualified for 4-H Project Awards. 4-H'ers are only eligible to receive 4 Project Awards per year. Applications are accepted for the following award opportunities: Seniors – Citizenship, Leadership, Merit, Achievement and the highest honor, the Danforth. Secretaries and Treasurers of the 4-H clubs can also turn in their Secretary/Treasurer books for a chance at receiving an award for their accurate record keeping. We also have awards for Outstanding Junior, Outstanding Intermediate, Outstanding Senior, Outstanding Family & Consumer

Science, Ag & Natural Resources & Science, Mechanics & Engineering for each level of 4-H. Clubs are encouraged to apply for the Chamber Community Service Award as well. Each club is encouraged to complete at least one service project per year, so why not turn in a report about it for a chance at winning some cash for your club?! An awards event is held in October or November. The monthly 4-H newsletter has details closer to the event.

## Regional, State and National 4-H Opportunities

**Regional Intermediate Trip** - 7- 8th grade (& occasional 9<sup>th</sup> grade, if room is available) 4-H'ers may attend this trip along with 4-H'ers from other southeast counties in the 4-H area. This trip is held in June for 2 days. The locations rotate and are usually within 1-3 states away.

**State 4-H Conference** - An excellent educational experience held annually in June on the Iowa State University Campus. Delegates must have completed the 8th grade or above during the preceding school year. [www.extension.iastate.edu/4H/StateConference](http://www.extension.iastate.edu/4H/StateConference)

**Citizenship Washington Focus** – Senior members are eligible to travel to the National 4-H Center and participate in citizenship programs and tours of historic sites in Washington, D. C. They should be enrolled in the citizenship project and should attend training meetings.

**Iowa 4-H Center** - This camp is located near Madrid, Iowa and is supported by the Iowa 4-H Foundation. Several fun camps are offered each summer. Camp Counselors and Ambassadors are needed yearly. To learn more, please visit their website at [www.extension.iastate.edu/4hcenter/](http://www.extension.iastate.edu/4hcenter/).

## Community Service

4-H'ers for 4-H. This service project combines contributions from local clubs toward IFYE (International 4-H Youth Exchange) program, the Iowa 4-H Foundation, the Iowa Youth and 4-H Conference, and the National 4-H Center in Washington, D. C. Contributions are due in the Extension Office by May 15<sup>th</sup> each year.

Each 4-H Club is encouraged to conduct one community service project per year. To assist financially with projects, money is available from the Pioneer Hi-Bred International Inc. Grants from \$25 to \$100 are available to selected clubs each year. Applications are due December 1. Information is available at the MCEO and at [www.extension.iastate.edu/4H/PioneerGrants.html](http://www.extension.iastate.edu/4H/PioneerGrants.html)



## County 4-H Activities

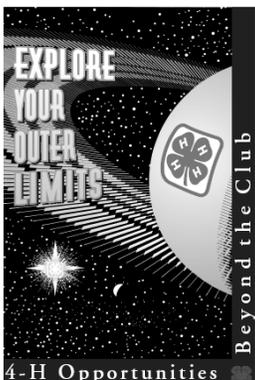
Several county-wide activities are held each year to promote friendship and learning.

### Family Fun Events

Various family fun events are offered each year. Full details for each event can be found in the monthly 4-H newsletter.

### Workshops

Workshops are held to provide members with the opportunity to explore projects and gain further information. These will be announced when they are planned each year.



## Camps

Day Camps are held throughout the year, usually during school breaks. They are typically held at the MCEO.

# Volunteer Opportunities

## Background Screening

All adult volunteers who are working in direct contact with youth are required to have a background check through our Child Protection and Safety Policy. Packets are available from the Extension Office and must be renewed every 3 years of volunteer service.

## Volunteer Leader

Volunteer leaders are expected to participate in 4-H leader trainings, guide 4-H'ers in the planning of their club program, and provide appropriate supervision of club activities. There are three types of 4-H leaders.

One leader is designated as the *Organizational* or *General Leader*. This leader serves as a contact for the Extension Office. Mailings from the Extension Office are sent to this leader when information needs to be delivered to the clubs. *Organizational/General Leaders* are required to complete the new 4-H Leader Trainings provided by Iowa 4-H.

The *Project Leader* serves as an assistant to the Organizational Leader and helps 4-H'ers with their project areas. *Project Leaders* are required to complete the new 4-H Leader Trainings provided by Iowa 4-H.

The *Resource Leader* acts as a resource of project information in the club.

Opportunities for leader training beyond the county level are:

**State 4-H Volunteer Retreat** – Leaders from around the state gather at ISU in Ames for a weekend of sharing ideas and learning new things to take back to their club. This event is usually held in February or March.

**North Central Regional Leaders Forum** – Twelve states make up the North Central Region. Each year the NCR conducts a leader forum designed to supplement the local 4-H adult leader training program. Different states host this event each year.

Information regarding opportunities and information for 4-H volunteers may also be obtained from the Iowa State 4-H web site at [www.extension.iastate.edu/4H/](http://www.extension.iastate.edu/4H/)

## County Council (Teen Council)

The Mahaska County 4-H Teen Council is comprised of youth in grades 8-12 with an interest in planning county-wide activities for Mahaska County 4-H'ers. Council members must be willing to take time for Council business and assume responsibility of planning coordinating, or assisting at events for 1 year. Youth have the option of returning to serve on the Council each year they are eligible. Council members are required to sign a Code of Conduct form and may only have 3 unexcused absences before being removed from the roster. Activities may include, among others:

Awards Event	4-H Promotion via media & presentations
Fair responsibilities	Officer Training and Installation Assistance
Community Service activities	Activities planned by the County 4-H Teen Council

## Extension Council

The Mahaska County Extension Council is the local governing body with nine elected members. They are responsible for all Extension programs in our county. Elections take place in November and every two years half of the council is elected from the general election. If interested in serving on Extension Council, paperwork must be filed by the end of August of the election year. Paperwork can be obtained from the Extension office and the Courthouse. Extension Council members must reside in Mahaska County.

## 4-H Youth Committee and Fair Superintendents

Members of the youth committee meet throughout the year to discuss youth activities and recognition. Superintendents work with youth committee members to set and interpret rules. Both youth and adults may serve on the committee. Those interested in serving should contact the Extension 4-H Staff. Superintendents focus on their particular area of choice, ex: Swine, Horticulture, Dog, Exhibit Hall, Clothing, etc. and some hold educational workshops and clinics throughout the year.

## Communication Opportunities

**CLUB LEVEL** - Club members take turns giving presentations at club meetings. These activities will help members gain experience in organizing and presenting ideas, skills in speaking and confidence in themselves. Topics should be something of interest to the member - perhaps dealing with a favorite project. Sometimes topics are assigned by leaders.



**COUNTY LEVEL** – Several opportunities exist for 4-H members to participate in a communication activity at the county level. Share the Fun, Educational Presentations, and Extemporaneous Speaking events are judged prior to the fair. The Working Exhibits are judged during the fair. See the county fair book for rules and requirements for each of these events.

**Extemporaneous Speaking** is a contest for 4-H'ers in 9-12<sup>th</sup> grade where participants are given a topic and have 30 minutes to prepare a speech on the topic. Two participants at the county level can be selected to advance to the Iowa State Fair

**Educational Presentations** are a formal way of speaking. Educational presentations are well rehearsed with questions held until end of presentation. Winners at county level may advance to the Iowa State Fair.

**Working Exhibits** aim to get the audience involved by asking questions, or by offering the audience hands-on activities and thus are less formal. The focus of Working Exhibits is to teach. This area has been recently revised and isn't the old "make and take a craft" exhibit. Winners at county level may advance to the Iowa State Fair.

**Share the Fun** provides a chance for members to gain confidence in front of an audience through entertainment. Skits, music, dances, etc. are presented at the County Fair and are acceptable if they are 8 minutes or less in length. Winners at county level may advance to the Iowa State Fair.

**Participants in the Educ. Presentations, Working Exhibits & Share the Fun must have completed 5<sup>th</sup> grade or higher to be eligible to advance to the State Fair. If 4<sup>th</sup> graders are in a group that has been chosen to advance to the State Fair, number of 5<sup>th</sup>-12<sup>th</sup> graders than 4<sup>th</sup> the group must have a larger graders to be eligible.**



**DREAM BIG!**

## Protocol for 4-H Issues

If you have any discrepancies or issues during any 4-H events, meetings, \*fair activities, etc., please use the proper protocol listed below within a timely manner.

### **Step 1:**

If an issue or problem occurs, visit with parties involved, 1:1 for a simple solution to make sure everyone is aware of the issue(s) and to see if there was a misunderstanding or miscommunication.

If that is not a possibility, then a meeting will need to be scheduled with the involved parties. Those with a complaint or concern would contact the County Youth Coordinator (CYC) at the Extension office to share their thoughts and to ask for a meeting. Appropriate contact includes face-to-face visit, phone call, email, or mailed letter (in this order).

### **Step 2:**

If a solution cannot be reached at that meeting, those with the complaint could then request that the CYC call a 4-H Youth Committee meeting. The 4-H Youth Committee will decide who needs to be invited to the meeting and they would work to reach a solution. If the response from the 4-H Youth Committee is not satisfactory for those with the complaint or concern, then the family/families can request that the issue be brought to the Extension Council. This is something that must be stated to the 4-H Youth Committee and the 4-H Youth Committee Chair and/or CYC will notify the Extension Council Chair to have an addition to the agenda.

### **Step 3:**

The issue is brought to the Extension Council with either a 4-H Youth Committee member (usually Council liaison) or CYC being present to share the back story. Sometimes, the Extension Council will request the presence of the involved parties. The decision made by the Extension Council is final and cannot be appealed.

\*fair activities – any discrepancies or issues during the fair week must follow the Mahaska County Protest & Appeals Policy from the fairbook.

## Mahaska County Extension office information:

Address: 212 North I Street – Oskaloosa, IA 52577

Website: [www.extension.iastate.edu/mahaska](http://www.extension.iastate.edu/mahaska)  
[www.facebook.com/mahaska4h](http://www.facebook.com/mahaska4h) and [www.facebook.com/isueomahaska](http://www.facebook.com/isueomahaska)  
[www.pinterest.com/isueomahaska](http://www.pinterest.com/isueomahaska)

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### Regional Staff:

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A full list of regional staff serving Mahaska County can be found at:  
[www.extension.iastate.edu/mahaska/staff](http://www.extension.iastate.edu/mahaska/staff).

## 4-H Bits and Pieces

*Learning how to do a project  
is more important than the project itself.*

*4-H boys and girls are more important than 4-H projects.*

*To “learn by doing” through a useful work project  
is fundamental in any sound educational program,  
and is characteristic of the 4-H program.*

*Generally speaking, there is more than one good way of doing most things.*

*4-H teaches members how to think, not what to think.*

*Competition is a natural human trait,  
and should be recognized as such in 4-H work.  
It should be given no more emphasis than other 4-H fundamentals.*

*Every 4-H member needs to be noticed,  
to feel important, and to be praised.*

*No 4-H award is worth sacrificing the  
reputation of a 4-H member or leader.*

*Successful 4-H members are evidence of interest from family members.*

*4-H is not trying to replace the home,  
church, or school--only to supplement them.*

*4-H'ers should be their own best exhibit.*

*A blue ribbon 4-H member with a red ribbon project  
is more desirable than  
a red ribbon member with a blue ribbon project.*

*Good examples and attitudes are the best help members can receive!*



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



The 4-H Motto

“To make the best better”

4-H Colors

**GREEN** Nature’s most common color is emblematic of springtime, life & youth.

4-H Slogans

“To win without bragging,  
To lose without squealing.”

**WHITE** Symbolizes purity & high ideals.

The 4-H CREED

I believe in **4-H Club** work for the opportunity it will give me to become a useful citizen.  
I believe in the training of my **HEAD** for the power it will give me to think, plan and to reason.  
I believe in the training of my **HEART** for the nobleness it will give me to be kind, sympathetic and true.  
I believe in the training of my **HANDS** for the ability it will give me to be helpful, skillful, and useful.  
I believe in the training of my **HEALTH** for the strength it will give me to enjoy life, to resist disease, and to work efficiently.  
I believe in my county, my state, and my community and in my responsibility for their development.  
In all these things I believe, and am willing to dedicate my efforts to their fulfillment.

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.

The 4-H Emblem

The 4-leaf clover is the emblem used to represent 4-H. Often each leaf has an H in it. They stand for head, heart, hands and health. 4-H aims to develop the whole person.



*Adapted from Louisa County Extension*



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Extension and Outreach

and justice for all  
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