

# A Guide For 4-H Families in Winneshiek County



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IOWA STATE UNIVERSITY  
Extension and Outreach

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# General Information

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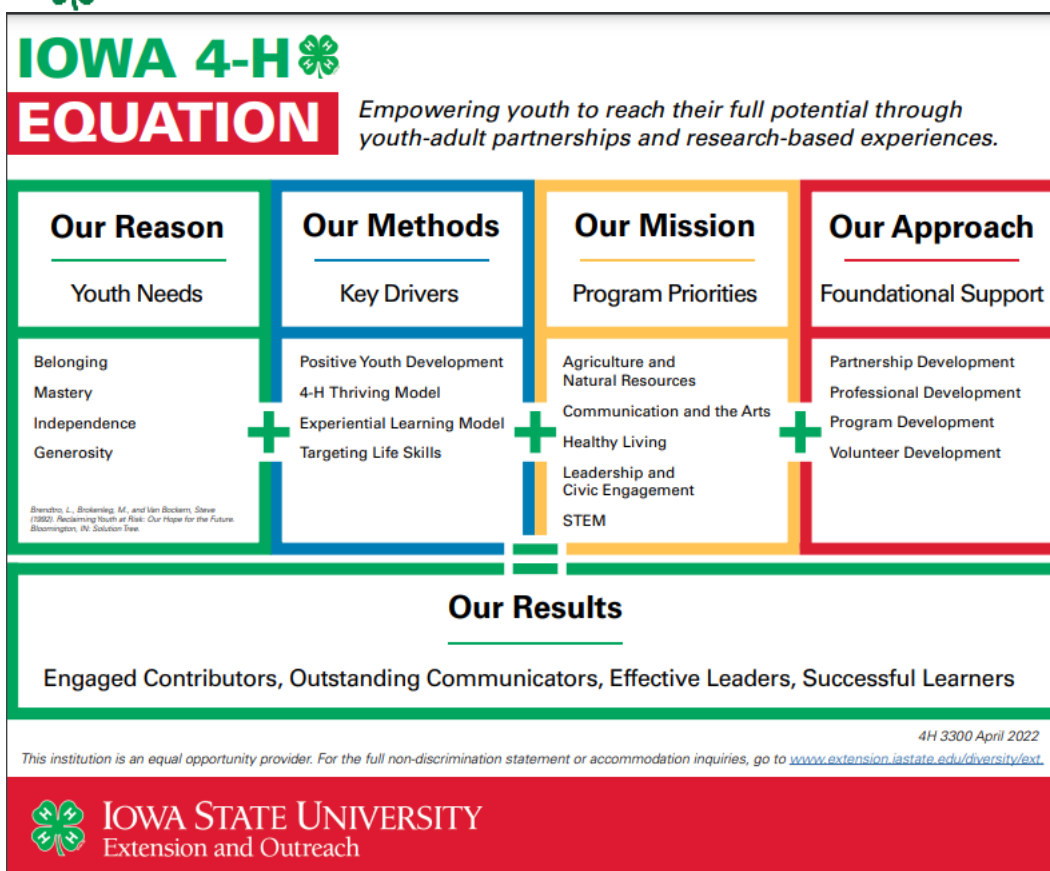
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# What will 4-H do for me?



## TUFTS UNIVERSITY RESEARCH SHOWS:

### 4-H MEMBERS....

- “ Are competent, confident, caring, & connected.
- “ Show strong character.
- “ Contribute more to their families & communities.
- “ Achieve higher grades in school
- “ 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.
- “ Lead healthier, more productive lives, are less likely to suffer from depression
- “ Are less likely to participate in risky behaviors like drinking and smoking.

## 4-H'ers are...



**More likely to give back to their communities**



**More likely to make healthier choices**



**More likely to participate in STEM activities**






# 4-H Facts



## 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 Hs –  Head,  Heart,  Hands, or  health.

## 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.

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 oneself 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, 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, 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.



# How does the 4-H Program Work?



Youth and their families join a local 4-H club in Winneshiek County. A 4-H member attends monthly club meetings. At these club meetings, members give input to plan club events, vote on agenda items, swap ideas and information, participate in fun educational activities and perform community service projects. Members are classified into 3 levels: Junior, Intermediate and Senior. Youth in grades 4, 5 & 6 are junior members, 7 & 8<sup>th</sup> graders are Intermediate members, and 9-12<sup>th</sup> graders make up the Senior member division for the state of Iowa and Winneshiek County.

Beyond local club participation, 4-H families can participate in a variety of county-sponsored events, such as camps, project meetings, workshops, trips, and more. The monthly Winneshiek County 4-H newsletter keeps you informed on upcoming events. Be sure to read it! These are delivered via mail to each 4-H family at the beginning of the month. Please refer to <https://www.extension.iastate.edu/winneshiek/newsletter> for previous newsletters.

Winneshiek County has a committee called the 4-H Youth Development Committee whose members serve to help direct the overall programming efforts of the 4-H program. They assist with county events (i.e.- county fair, omelet breakfast and much more), evaluate awards for recognition and scholarship selections.

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 events, community service, and raising money to help pay for their activities. In addition to this, two to three of the County Council members are represented on the Youth Development Committee each year.

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!

## What does a 4-H club do?



A 4-H club conducts its own business. Most clubs meet monthly with a yearly 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.

A local 4-H club usually elects officers.

The **president** conducts meetings and appoints committees.

The **vice president** oversees the program plans.

The **secretary** keeps minutes and attendance records.

The **treasurer** maintains financial records for the club.

The **recreation leader** helps plan parties and leads songs and games at meetings.











The **reporter** writes newspaper stories about club meetings and events.

The **historian** keeps a lasting record of the club's yearly story.

Your club will be successful when everyone works together. All members are important to the club.


# If you join a Winneshiek County 4-H Club, what is expected of you?










-  Select a project suited to your interests, abilities, age, and to possibly exhibit at the county fair.
-  Do project work according to the best information available.
-  Attend and engage in discussion during club meetings.
-  Participate in club activities.
-  Serve on committees which you choose to be on.
-  Keep and turn in a record of what you do in 4-H each year.
-  Give at least one club presentation each year.
-  Find out what membership requirements are for your club and work to achieve them.
-  Participate in Community Service.
-  Help raise and support the funds needed to support the local 4-H programs through the Annual 4-H Omelet Breakfast held in March.

# Winneshiek County 4-H Program Guidelines










 Youth in grades 4-12 (as of September 1 of the enrolling year) are eligible to select one primary club. Members/parents may choose from any club throughout the county as their official club. It is the members/parent's responsibility to know the name of that club and the organizational leader.

## Expectations for Community Club members

-  To be eligible for community club membership, youth must:
-  Complete enrollment on 4HOnline. <https://v2.4honline.com/>
-  It is suggested that you enroll by December 1 to receive project materials in time.
-  Youth must be enrolled as a member by May 1 to exhibit at the county fair.
-  Enroll in at least one project area.
-  Attend monthly club meetings.
-  Give an educational presentation at a club meeting.

## Winneshiek County Fair Requirements

-  Youth must do the following to exhibit at the Winneshiek County Fair:
-  Enroll in 4HOnline by May 1.
-  Meet your club's guidelines/expectations and be in good standing on club application to participate.
-  Complete livestock identification in 4HOnline for all animals by May 15 of each year, Market Beef by February 1 of each year.
-  Complete Clothing, Foods, and Communications entries by June 9<sup>th</sup>. Complete entries for Static Day and livestock/animals in FairEntry by June 15<sup>th</sup>.
-  Weigh in: Market Beef, Swine, Sheep, and Meat Goats at the county fair weigh-ins.
-  Participate in the minimum number required practices/workshops if you are registered for the horse and/or dog project(s).



# 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. Each member is given a record book to begin their 4-H journey at a club meeting. This book is a 3-ring binder to organize, keep track of and record all your accomplishments during the year.

Record keeping is a valuable lifelong skill. The record book is permanent summary of your activities, projects, and participation throughout the year. County awards are given out to members based on their record book. We **STRONGLY** encourage all 4-Hers to complete a record book each year. Record books are due **by September 15th** of each year. Clover Kids and Junior 4-H members turn in record books to 4-H Club Leaders. Intermediate and Senior 4-H members turn in record books to the Winneshiek County Extension Office. All forms necessary to complete a record book are available at the Extension Office or on our website at the following link: <https://www.extension.iastate.edu/winneshiek/record-keeping>

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

## **Requirements for Submitting Records**

- ◆ Complete record book in suggested order
- ◆ Complete and demonstrate competency in at least one project record; submit current year project record.
- ◆ Clover Kid/Juniors use *Basic Project Record*
- ◆ Intermediates use *Experienced Project Record*
- ◆ Seniors use *Advanced Project Record*
- ◆ To apply for an award please submit current year and two prior years.
- ◆ Livestock project area records must include 4-H Market/Breeding Animal Worksheets to show feed rations, vet care and cost analysis.
- ◆ Some non-livestock areas have specific forms. Including: photography, crops, vegetables, and SESS.

## **Suggested Order for 4-H Record Book**

- ◆ Title Page with Photo
- ◆ Expected Standards
- ◆ 4-H Yearly Summary
- ◆ Project Records

# Tips and Tricks on How to Reach Your Goals:



## STEP 1 – Determine your interests

This step occurs at the beginning of the 4-H year when you select your projects. The “4-H Projects” link on: <http://www.extension.iastate.edu/4h> to 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 must 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 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. 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.

# What is a Write-Up and what Goes in it?



A write-up is a document created to go along with your exhibit at county fair. This document will include step by step instructions on how you completed your exhibit, materials list, cost of project, and photos of you completing the project. The write-up can be typed or handwritten.

### Cover Page

- ◆ Title of Project
- ◆ Photo of Project
- ◆ Name
- ◆ Club

### Goals

- ◆ List at least 3 goals you have for the project—Goals should be attainable and specific—3 parts HOW, WHAT, WHEN

### Materials

- ◆ List of materials used including price/cost of each item
- ◆ Total cost of materials

### Instructions

- ◆ Step by step instructions on how you accomplished the project.
- ◆ Photos to help better illustrate your steps.
- ◆ The judge should be able to construct the project based on your instructions that you have given.

### What you Learned

- ◆ State what you learned from your project experience—new skills you gained, whether you enjoyed the project, and future goals for the project area.

### Elements & Principles of Design

- ◆ Must include at least 3 different elements and principles of design to advance to State Fair.

# Communication Projects



## Presentations

Educational Presentations are opportunities to share 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 get 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. 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 are good if you have a talent or have a skill to teach to others.

Choose a topic that interests you, has steps or procedures, and involves an audience. For more information on Working Exhibits, contact the Extension Office or ask for the publication "Share a talent, show off a talent, Do a working exhibit" 4-H-851.

## Share-the-Fun

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

## Extemporaneous Speaking

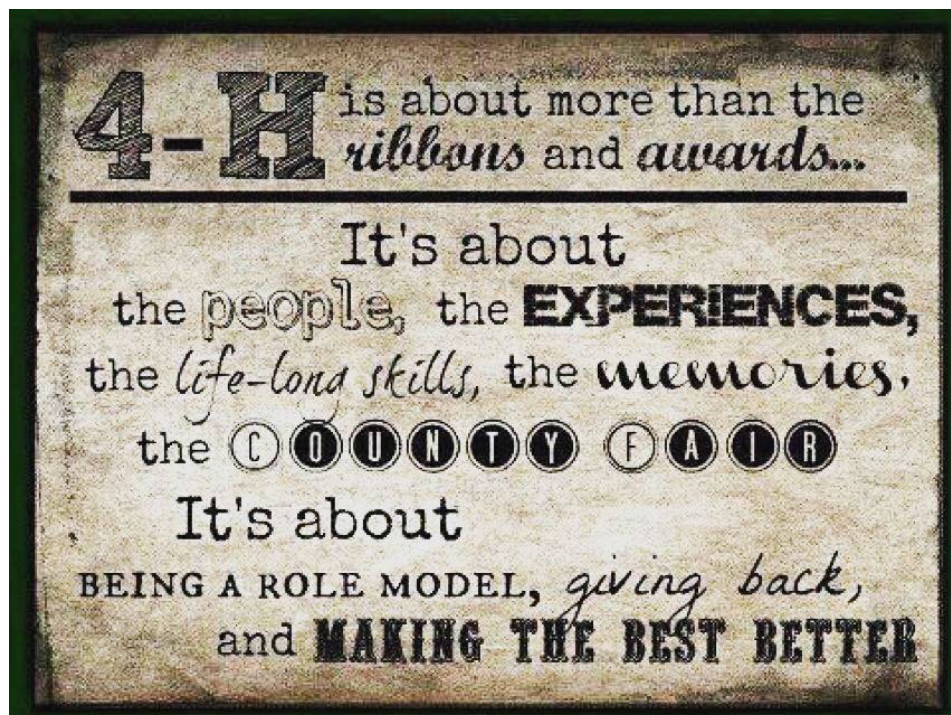
Extemporaneous Speaking is when a 4-H member wants to challenge their ability to think quickly on their feet. This contest involves developing a speech on a topic that is handed to you just minutes before you are to present. Once the participant is given their topic, they are allowed a specific amount of time to prepare a speech, usually a 4–6-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. *\*Senior 4-H members only.*

# 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'ers goals and encourage recordkeeping.
- Read the monthly newsletter.
- 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.
- 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. Read the project material they receive and help think about what to learn and what to do. Give assistance when it's needed, but don't do the project for them.



# 4-H Lingo



**Winneshiek County Fair:** The most exciting time of the year for 4-H'ers and families. The Winneshiek County Fair is held in Decorah in early July. 4-H members may exhibit their 4-H projects they have been working on throughout the year.

**Awards:** Awards are one form of recognition given to 4-H members. Most are based on the information recorded in the 4-H'ers record book. There are awards for project work and overall achievement. Youth may apply for awards, or their leader may nominate them for awards. There can be local club awards as well as county, state, and national level awards.

**Camp:** Going to camp can surely be a high point in a 4-H'ers year. Junior 4-H members can attend a regional camp at Pine Bluff near Decorah in June.

**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.

**Club Activity:** A 4-H club usually plans more than just regular meetings. Club activities may include special project workshops, parties, trips, or family potlucks. They are opportunities for "learning by doing" or just plain having fun!

**Club Tour:** A club may schedule a tour of the members' homes before the county fair. The purpose is for each 4-H'er to show the rest of the group his/her projects that may be exhibited at the fair. This works especially well for clubs that have a lot of livestock projects.

**Code of Ethics:** All 4-H'ers must have electronically signed the Code of Ethics form. Youth are expected to be sincere, honest, and act in sportsmanlike ways always. 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.

**Communications:** There are four categories of 4-H Communication.

**Educational Presentations** are talks or demonstrations, given in front of an audience, about some topic that interests the 4-H'er. They should contain three parts - an introduction, a body, and a conclusion.

A **Working Exhibit** is less formal than an educational presentation. It involves a one-on-one type of demonstration technique. 4-H'ers usually work from a table in an area where people walk through and stop to see what the 4-H'er is showing. Sometimes 4-H'ers may choose to work in pairs when giving educational presentations or working exhibits.

**Share-the-Fun.** These are entertainment acts and can include things such as music, dance, interpretive speech, or skits. They can involve any number of youth - from one 4-H'er to the whole club. All types of 4-H Communications are

also judged at the county level where some are selected to advance to state level.

**Extemporaneous Speaking** 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 a 4–6-minute presentation. *\*Senior 4-H members only.*

**Community Service Project:** Many clubs carry out community service projects. The variety of projects is endless but may include things such as pulling weeds at a local park, painting a public building, visiting the elderly in a nursing facility and/or making tie blankets for the hospital.

**Conference Judging:** This method of judging is used for all non-animal classes at the county fair. It is also referred to as Static Judging. The 4-H'er brings his/her exhibit and write-up to the judge to discuss the work. 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, and the placing is recorded on the Exhibitor List.

**County Council:** This group of older 4-H'ers, 9-12<sup>th</sup> graders help plan and carry out county-wide events and serves as a liaison between the local club and the county programs. They plan and execute the Ag Olympics at the fair, cook omelets at the Annual Omelet Breakfast, and many more events/activities!

**CYC:** County Youth Coordinator— Ashley Horgen— Works at the ISU Extension Office and can assist you with your 4-H related questions and helps provide 4-H programming in Winneshiek County.

**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 talk about the lines, shapes, colors, textures, and spaces. Line, shape, color, texture, and space are the basic elements of design. The principles of design (rhythm, emphasis, proportion, balance, and unity) are combinations of design elements (line, shape, color, texture, and space).

**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 an exhibit from the Food and Nutrition project area.

**CFC Day:** This is held each year in June prior to county fair and consists of Clothing, Foods, and Communications judging. Clothing events consist of Clothing Selection, Fashion Revue, \$20 Challenge, and Innovative Design. Ribbon placing and awards are announced at the style show held the same evening. This event allows youth to put together a place setting and menu to exhibit. The communication events held are educational presentations, working exhibits, extemporaneous speaking, and share-the-fun. Awards are also announced for these participants that evening.

**Extension Council:** The Extension Council consists of nine elected representatives from all over the county. They oversee the County Extension program and approve all the expenditures. The Council is the legal governing body of the County Extension program and meets monthly.

**Extension Office:** Each county has an Extension Office which provides research-based information to the public. This is called the Iowa State University Extension Service and it is funded with county, state, and federal taxes. The four basic program areas are Agriculture and Natural Resources, Human Sciences, 4-H Youth Development, and Community and Economic Development. If you have any questions about almost anything, the Extension Office is a good place to start! The Extension Office telephone number is 563-382-2949 and the address is 2316 Sweet Parkway Rd. Decorah, IA 52101.

**Fair Board:** A board which is responsible for the County Fair. This is a totally separate entity from the Extension office and its staff, although they work in cooperation on many projects.

**Fair Book:** This is a book that is put out every year that has all the rules and classes offered for the current year's Winneshiek County Fair. It is important to read all the rules and ask questions!

**Fair Entry:** An online entry system. All projects' livestock and non-livestock must be nominated and entered into classes to bring a project to the fair. All animals must be identified on 4HOnline by May 15<sup>th</sup> and entered in a class in Fair Entry by June 15<sup>th</sup>. Static entries need to be entered in FairEntry by June 15<sup>th</sup>. Clothing, Foods, and Communications entries must be entered into Fair Entry by June 9<sup>th</sup>.

**Intermediates:** Intermediate 4-H'ers are youth in grades 7-8.

**Iowa 4-H Foundation:** A private non-profit corporation formed to supplement the state 4-H program.

**Juniors:** Junior 4-H'ers are youth in grades 4-6.

**Leaders:** Organizational leaders are the "main" leaders in the 4-H club and handle the overall organization of the club. They may or may not have assistant leaders who help them carry out specific responsibilities. There are also project leaders who teach in a specific 4-H project areas. There are county wide project leaders in some projects and individual clubs may have several project leaders.

**Life Skills:** 4-H in Iowa emphasizes the development of the following life skills:

1. Developing a positive self-concept
2. Communication skills
3. Decision making skills
4. Learning how to learn
5. Ability to cope with change
6. Citizenship skills
7. Leadership skills



**Livestock Identification:** Usually referred to as a "Livestock ID," this is how the 4-H'er identifies all his/her livestock projects and is entered online with the 4-H'ers record. This includes everything that breathes and must be completed by May 15, or any date otherwise specified. Only livestock entered online are eligible to exhibit at any 4-H show. This is NOT a fair entry, but its purpose is to ensure that the animal has been the 4-H'ers project during the year and not just an animal purchased two weeks before the fair.

**Meetings:** All 4-H clubs are expected to hold regular meetings. These are usually monthly, often on a set day (such as the first Monday of the month). 4-H meetings have four parts: Welcome (20 mins.), Education (30 mins.), Recreation (30 mins.), and Business Meeting (20 mins.). Attendance at 4-H meetings is very important. A 4-H'er is responsible for contacting their leader to find out any information they will miss if unable to attend.

**Members:** Members are the youth that have chosen to be a part of our Iowa 4-H program. Our programs are divided into Clover Kids and 4-H. Clover Kid groups consist of youth in grades K-3. Our 4-H program is broken down into 3 age groups. Junior, Intermediate and Senior. Youth in grades 4, 5 & 6 are junior members. 7 & 8<sup>th</sup> graders are Intermediate members and 9-12<sup>th</sup> graders make up the Senior member division for the state of Iowa and Winneshiek County.

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

**Newsletter:** The 4-H Newsletter is released every month. The newsletter is filled with important 4-H dates and upcoming activities. Be sure everyone reads through it completely so information doesn't get missed.

**Officers:** 4-H clubs elect officers annually. 4-H offices include President, Vice-President, Secretary, Treasurer, Historian, and Recreation Leader. 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.

**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. Focus of learning for throughout year. Since you learned about the Food & Nutrition area you were able to prepare chocolate chip cookies for the fair.

**Seniors:** Senior 4-H'ers are youth in grades 9-12.

**State Conference:** Every June, over 500 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! If you have a specific interest in animal science or want to learn more about a specific livestock species, Animal Science Round-up is for you.

**State Council:** The Iowa State 4-H Council is composed of approximately 40 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. They get to know each other through team building activities, plan state conference, promote 4-H, help to ensure funding for 4-H programs, and form friendships that last a lifetime. 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.

**State Fair:** 4-H'ers from across the state exhibit at the State Fair. Some projects and classes require that the exhibit be selected at the county level for state fair competition, others do not. The Iowa State Fair is held every August in Des Moines.

**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".

**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.

*Pink:* Exhibit exceeded the standards and is the best of the blues.

*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.

**Write-Up:** Document created to go along with your exhibit at county fair. This document will include step by step instructions on how you completed your exhibit, materials list, cost of project, and photos of you completing the project. The write-up can be typed or handwritten.

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

**YQCA:** Youth for the Quality Care of Animals, also known as YQCA is a requirement to exhibit at county fair and state fair. All exhibitors planning to show livestock (except horse and dog) will need to be YQCA Certified before showing at the county and/or state fair. The YQCA Program is an educational program that teaches young people about good production

practices and what it takes to produce a safe quality product. This is an online training course that members can take at home or attend an in-person training each year. YQCA certification must be completed and submitted to the Extension Office by May 15.

**4-H'ers for 4-H (Count Your Clovers):** This is a combined effort by 4-H clubs around Iowa to contribute to the Iowa 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.

**4HOnline:** <https://v2.4honline.com/> This is the website where you register to be a 4-H member and re-enroll each continuous year. This contains important information about you and your family. Allows you to enroll in different project areas from year to year to assist in your overall learning experience.

**4-H YDC:** YDC stands for Youth Development Committee. This committee's members are both adults and youth who help determine the 4-H and Youth programming needs. They help with many activities such as judging record books, helping during the fair and many other activities that go on during the year.

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

# 4-H Helpful Websites



- Iowa State 4-H Website  
<https://www.extension.iastate.edu/4h/>
- 4-H Enrollment & Animal ID's  
<https://v2.4honline.com/>
- 4HOnline Help Sheets  
<http://www.extension.iastate.edu/4h/page/4honline-information-families-and-leaders>
- 4-H Project Guides – See what you COULD learn & resources available  
<https://store.extension.iastate.edu/product/15266>
- 4-H Fair Exhibit Tip Sheets – What the judge is looking for when they evaluate your exhibit  
<https://www.extension.iastate.edu/4h/exhibit-tip-sheets>
- Livestock/Animal Project Information  
<http://www.extension.iastate.edu/4h/projects/livestock>
- Recordkeeping Forms  
<http://www.extension.iastate.edu/4h/page/record-keeping>
- County Fair Evaluating Exhibits Handbook  
<https://www.extension.iastate.edu/4h/statefair/eehandbook>

## WINNESHIEK COUNTY 4-H INFORMATION WEBSITE

- Winneshiek County 4-H Home Page  
<https://www.extension.iastate.edu/winneshiek/4h>
- Winneshiek County 4-H Facebook Page  
<https://www.facebook.com/Winneshiek4H>
- Winneshiek County 4-H Instagram Page  
<https://www.instagram.com/winneshiekcouny4h/>