



# 4-H MANUAL



# Extension Iowa County

## University of Wisconsin-Madison

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Extension's mission is to connect people with the University of Wisconsin. We teach, learn, lead and serve, transforming lives and communities.

### HELPFUL LINKS

Iowa County Extension Website:

<https://iowa.extension.wisc.edu>

4-H Online Enrollment Site:

<https://v2.4honline.com>

Like us on [FACEBOOK](#) - Search for **Iowa County 4-H**

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# WELCOME TO 4-H IN IOWA COUNTY

We are excited that you are interested in the Iowa County 4-H program. This handbook will help you learn more about the great things happening in our county and answer common questions. You should also talk to families already involved in 4-H to learn more.

We want to be sure you know what's going on and how to do things so that your family has the best experience possible in 4-H. Please feel free to contact me.

Hope to see you,

*Dan Brandt*

Dan Brandt, Iowa County 4-H Educator, UW-Madison Division of Extension

## Stay Informed



### Clover Connection

Six to eight times during the year, your family will receive via USPS mail a 4-H newsletter: *The Clover Connection*. This newsletter includes information about county events and activities, reminders of deadlines, and state and national opportunities. It is important to read this newsletter and make note of events and dates your family is interested in.

### 4-H Facebook Page

Like our page on Facebook to stay in touch with Iowa County 4-H. Posts are weekly or as needed with event reminders and pictures of activities. Search: Iowa County 4-H

### Digital Communications

Wisconsin 4-H, Iowa County UW-Extension, or your club will occasionally contact members, leaders, and families through e-mail with project information, deadlines, and opportunities using the e-mail entered into 4-H Online. Be sure to check your 'junk' folder and add addresses to your inbox.



#### Being yourself

Finding and sharing authentic sparks and interests.



#### Belonging together

Recognizing, understanding, respecting, and appreciating each other.



#### Discovering skills

Developing skills through hands-on learning to succeed and thrive.



#### Building connections

Positive relationships between peers and adults.



#### Exploring new opportunities

Opening the door to new experiences, projects and places.



#### Giving back to your community

Making meaningful contributions through community service and leadership.



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## What does 4-H stand for?

**Head, heart, hands, and health** represent the 4 H's. Each meeting begins with a recitation of pledges, including the **4-H Pledge**. While the 4-H pledge has a very direct meaning for our 4-H clubs and members, there are additional ways that adults can apply the pledge before, during, and after club meetings and events.

### I pledge

#### My head to clearer thinking

It's normal for youth to have questions or be unsure about things. Give your youth the information you can to help them plan, organize, make wise decisions, and problem solve. It will encourage your child to think critically and use this knowledge throughout life.



#### My heart to greater loyalty

Success is awesome. Some failure is inevitable. Both help youth develop strong personal values and a positive self-concept. Encourage and support all youth, especially your own, to have empathy and concern for others. Show your child, by example, how to cooperate and communicate with those around them.

#### My hands to larger service

When you help your family's club, you model volunteerism, community service, and inclusiveness to your youth. If you don't have the time to be a volunteer, you can help in many equally important ways. If you do want to learn more about volunteering, contact the Extension Office!



#### My health to better living

In addition to keeping youth physically healthy—body and mind—it is important we provide them the skills to make healthy decisions and to lead healthy lifestyles. You can help create safe spaces to support youth learning and character development.

**for my club, my community, my country, and my world.**

4-H does not happen without supportive adults serving as positive role models. Stay involved as a family/caregiver as best as you can; it makes the experience much richer for everyone. The more involved our 4-H members are, the more impactful they are upon the world around them.



I pledge

**My head** to clearer thinking,

**My heart** to greater loyalty,

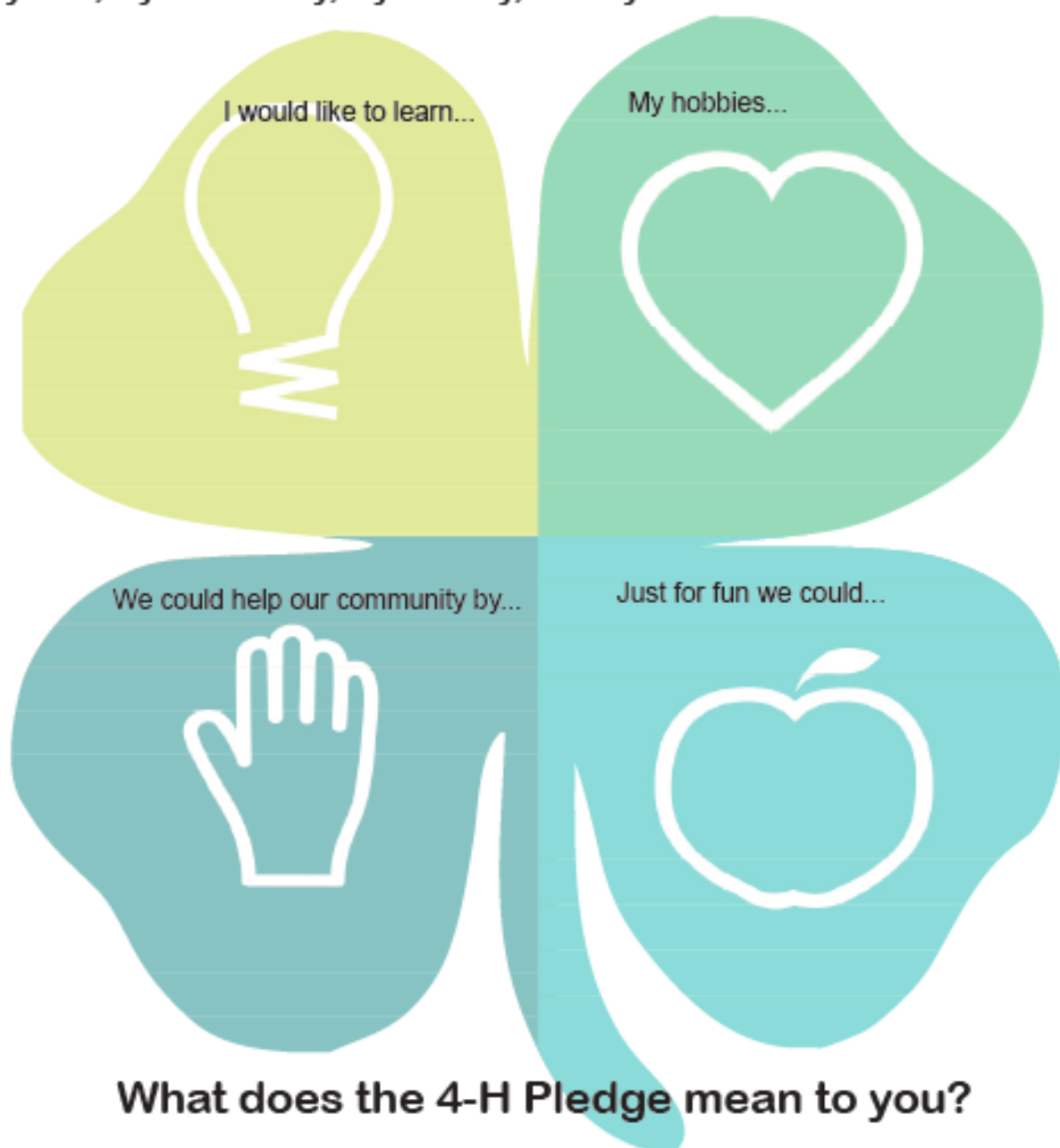
**My hands** to larger service, and

**My health** to better living

for my club, my community, my country, and my world.

## The 4-H Pledge

4-H meetings start with pledges, including the 4-H Pledge. In each leaf of the clover below, write what each "H" might mean for you!



**What does the 4-H Pledge mean to you?**

*Adapted from "Design Your Own Clover," Dr. Darlene Z. Millard, University of Arkansas Cooperative Extension, by Ben Hoppe, Brown County 4-H Program Educator, UW-Madison Division of Extension.*

*Exploring 4-H for New Families is developed by Heidi Vanderloop Benson, Chippewa County 4-H Program Educator and Ben Hoppe, Brown County 4-H Program Educator, UW-Madison Division of Extension.*

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# 4-H Year

## **January**

4-H Leaders Meeting

## **February**

Exploration Day

## **March**

Day in the Arts

4-H Leaders Meeting

## **April**

April 1st last day to Register to show at  
Iowa County Fair

## **May**

4-H Leaders Meeting

## **June**

Area Animal Science Days

4-H Camp at Upham Woods

## **July**

Exploration Day

Area Animals Science Days

4-H Leaders Meeting

Ambassador Interviews

Cloverbud Camp

## **August**

Iowa Count Fair (Labor Day Weekend)

## **September**

Iowa Count Fair (Labor Day Weekend)

4-H Leaders Meeting

## **October**

Re-enrollment Opens

4-H Week

## **November**

Record Books Due to the Extension Office

4-H Leaders Meeting

## **December**

Re-enrollment Due Dec. 1st

Awards Day

# About 4-H: The Basics

## What is 4-H?

4-H is a youth organization that belongs to the members, their families, and other interested adults who serve as volunteer leaders. It is a community of young people across America learning leadership, citizenship, and life skills.

Support for 4-H programs is a joint effort of local county government, the Division of Extension of University of Wisconsin-Madison, and the United States Department of Agriculture.

## What Makes 4-H Different?

4-H is unique because it is the only youth organization tied to the research base of our nation's land grant universities. In Wisconsin, this is the University of Wisconsin-Madison. Dan Brandt, Iowa County 4-H Coordinator, is hired by the University of Madison Division of Extension to work with youth and families in our communities.

## 4-H Enrollment

Enrollment is done online at <https://v2.4honline.com>, or assistance can be provided by the UW-Extension office for those without internet access. When enrolling, members will be asked for the following information:

- Basic contact information
- General demographic info such as age, gender, grade in school, school attending, etc
- A health history including allergies and special needs. This is required for many educational events such as camps, trips, and county programs
- Agreement to the 4-H Code of Conduct
- Choice of club, project areas, and other activities/interests

Members must enroll in at least one project area per year. Enrolling in a project lets club leaders and 4-H staff know what types of projects members in our county are interested in exploring. This allows staff to distribute pertinent information to members interested in specific projects via e-mail or letters.

If you forget your family password, you can reset it. If you are having trouble logging in, contact the Extension office at 608-930-9850. DO NOT create a new account!



# About 4-H: The Basics (cont.)

## What is the 4-H Year?

The 4-H year is from September 1<sup>st</sup> through August 31<sup>st</sup>. Re-enrollment takes place in the fall months for continuing members with a deadline of December 1<sup>st</sup> in order to be eligible to show at the Iowa County Fair, receive awards, or go on trips. New members can join anytime; however, if you want to exhibit at the Iowa County Fair, you must enroll by April 1<sup>st</sup>.

## Who can join 4-H?

Any youth in Kindergarten (age 5) through the year following high school can be a member of a 4-H club.

## Membership Dues

All members pay \$10.00 per year for membership. There is a maximum of \$30.00 per family for membership. This covers insurance and project support.

## 4-H Code of Conduct

Youth participating in or attending local, regional, state, or national 4-H programs are required to conduct themselves according to the Wisconsin 4-H Code of Conduct, which they sign when they enroll in 4-H. All adults are expected to behave in ways that promote positive role modeling for all youth.

## 4-H Theme

Every year, the state 4-H office decides on a new 4-H Theme. This theme is used in all promotions for the year, including any floats in local parades and for the barn decorations that are used in the livestock barns at the Iowa County Fair each year. The theme for 2024 is ***"I Love 4-H"***.

## How do I Re-enroll in 4-H?

You will re-enroll online. Be sure you complete all the information and provide correct addresses and e-mails so your leaders and the Extension office can communicate with your family. You will sign up for new projects and re-enroll in current projects. You can also indicate if you need project literature. A packet of instructions will be provided to each family and your club leader and the 4-H staff in the Extension Office can also assist you with questions about enrollment.

Be sure to re-enroll in 4-H by December 1<sup>st</sup> to be eligible for all 4-H activities and events. You can enroll in 4-H at any time, but you have to be a member by certain dates to exhibit at the county fair, to go to camp, to be a club officer, etc.



# The Thriving Experience

4-H is about creating experiences that help youth, and adults, learn in new ways and gain new experiences. Parents are encouraged to attend 4-H meetings with their child(ren). Below, you will find the general learning experiences that you will face while involved in the 4-H program:

**4-H Club Meetings** are held for a variety of reasons. Most organized clubs meet monthly to discuss general business, conduct recreation, and learn something new. Clubs have elected officers, by-laws, and a treasury. 4-H Clubs are non-profit organizations.

**4-H Projects** should fit individual member's interests and should fit into the member's home and community life. By "project" we mean work done with animals, articles made, crops grown, robot programming, or some other definite undertaking planned and carried out by the 4-H'er. Through project work, 4-H members can learn improved ways of doing things, which in turn serve as examples for others and for the community. Members can also learn about subjects that interest them as possible career choices. Members select projects when enrolling through 4-H Online.

**4-H Activities** such as judging, demonstrations, public speaking, exhibiting, and nursing home visits that center on 4-H projects and community service. They supplement the project and add greater depth to it. Various activities related to project areas are planned and conducted on county, district, state, and national levels.

**4-H Events** are most often thought of as once-a-year happenings, such as an annual recognition program for youth and adults, a music/drama festival, a family 4-H picnic, the fair, or summer camp. During these types of events, 4-H members might present aspects of their 4-H projects, teach younger youth, and lead activities.

**4-H Record Books** are a place for you to record what you learned and did with your 4-H projects. All 4-H members are encouraged to report on their 4-H year in the 4-H record book. The project record is a way for you to learn the important life skill of record keeping. A project record has two main parts: the first is the information page, where general 4-H information is recorded, such as offices held, number of meetings attended, committee assignments, etc. The second major section is the project report, which is completed for each project. In this section, you will report what you wanted to learn, what was actually done, and what skills were learned. Completion of a record book is required for trips, awards, and scholarships. 4-H club leaders collect record books in early December. Record books are evaluated by club leaders and/or parents at the club level. Members may be selected to receive a project award based on their work in their project(s). To receive an award, 4-H members must complete a record book, give a speech or demonstration at a club meeting, and exhibit a project at the Fair. Some members are also selected to receive county awards in some project areas. Books selected for special awards are brought to the Extension Office by December of each year.



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# 4-H Club Meetings

Almost every 4-H club holds **regular** club meetings. Even within the same club, no two club meetings are the same. Ideally, every meeting should have three parts—**recreation (fun)**, **business**, and **learning**. Youth leadership plays a huge role in the success of a club.

Most clubs have youth officers (president, vice president, secretary, treasurer, and other selected roles) who are responsible for running each meeting. Youth leaders not only gain excellent life skills, they help to keep the meeting relevant and fun for members of all ages. All youth have a responsibility to contribute to their clubs through their voice and their actions!

## What is **my role** as an adult?

Adults help create a safe, positive atmosphere for all 4-H members when they empower and encourage youth. While at a meeting, it's important to be a positive role model for everyone in attendance. Caring adults play an important role in the mental health of youth, and 4-H can help connect youth with positive adults.



Reprinted with permission from North Dakota State University  
Extension Center for 4-H Youth Development



Credit: Lisa O'stange

## Make this a **positive experience**.

1. Actively listen to all 4-H members.
2. Let youth run the meeting. It's their club!
3. Attend as many meetings as possible.
4. Ask your club leader how you can help.
5. If you have a hobby or skill, consider offering to be a guest speaker!

## Should I **stay** or should I **go**?

It's strongly recommended that parents/guardians attend the 4-H meeting with your child. Club meetings provide great opportunities to learn with other club members, but the learning doesn't stop there. By attending the meeting, you can reflect on the meeting together and continue the education outside the club.

Parliamentary Procedure Answer Key (see Member Edition):

1. Motion | 2. Second | 3. Discuss | 4. Re-state the motion | 5. Vote



## Get to Know Your Club

All 4-H clubs have adult leaders and youth decision makers. Most clubs have youth officers, like a president or a treasurer. Fill in the name and role of your club leaders, and then ask them a question. Try to meet a new club member that you don't know yet, too!

Role	Name	Question	Answer
Adult Leader		How long have you been the club leader?	
Youth President/Leader		What's the best part of being a club officer?	
		How many years have you been in 4-H?	
		What's your favorite hobby outside of 4-H?	
		What's your favorite part of 4-H?	

## How is the meeting run?

Most 4-H clubs use **parliamentary procedure** to make club decisions. See if you can put the five steps of this procedure in order. Each step is written in **bold**. The answers are found at the bottom of the adult edition.

**Re-state the Motion**—The president restates the motion before the group votes.

1. \_\_\_\_\_

**Discussion**—The motion is discussed by all members. Members might want to bring up good or bad things about the motion, or maybe find some ways that it needs to be changed.

2. \_\_\_\_\_

**Motion**—A motion is a request that something can be done. Only one motion should be placed before the group at one time. A motion can be discussed and changed.

3. \_\_\_\_\_

**Vote**—The group votes to decide if they will pass or deny the motion. Voting usually happens by voice. Members say "aye" if they agree, and "nay" if they disagree. Voting sometimes happens in other ways (secret ballot, show of hands).

4. \_\_\_\_\_

**Second**—If someone agrees with the motion, they can "second the motion," which means it can be discussed by all members.

5. \_\_\_\_\_

*Adapted from Quick and Easy Guide to Parliamentary Procedure, Wisconsin 4-H Southern District Leadership Team, 2001.*

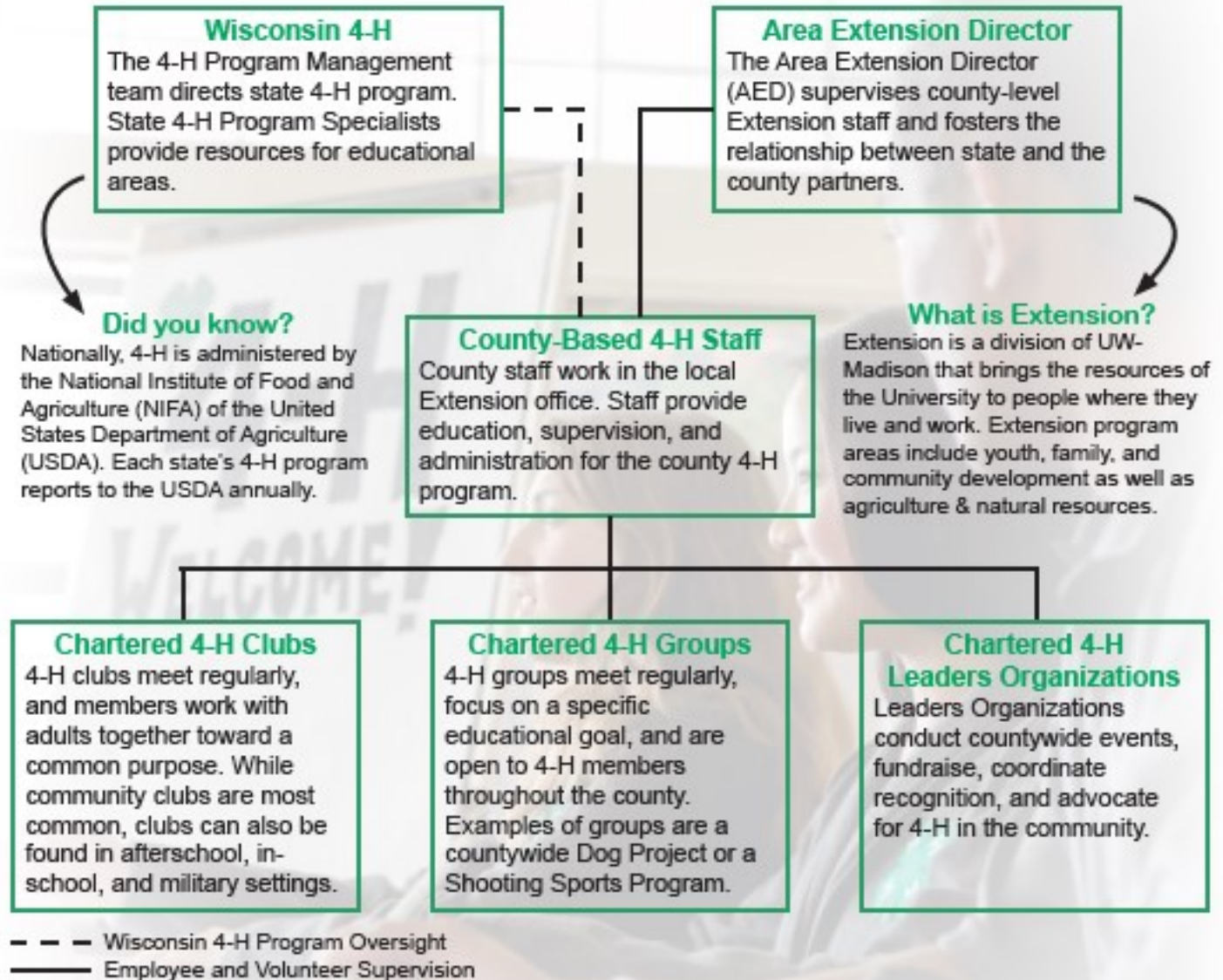
## How are you a part of parliamentary procedure as a club member?

*Exploring 4-H for New Families is developed by Heidi Vanderloop Benson, Chippewa County 4-H Program Educator and Ben Hoppe, Brown County 4-H Program Educator, UW-Madison Division of Extension.*

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# Beyond the Club

You're a part of something big! 4-H is the nation's largest youth development organization, with more than 6 million members and over 90,000 clubs. Because of how big 4-H is, it can be hard to understand where you (and everyone else) fits into the greater scope of 4-H from a state and national level.



## Where do I fit?

Most members get their start with a 4-H club. If your child wants to get more involved with 4-H beyond the club level, check with your club leader or your county-based 4-H staff to learn about additional 4-H opportunities. Getting involved with your county's groups or the Leaders Organization can be great ways to connect with new opportunities.



# YOUTH Matter!

Youth lead and make decisions in 4-H clubs, groups, and experiences. That means that the most important piece of 4-H is YOU. As a 4-H member, you help to make decisions and can make your voice heard.

You can help to lead and make decisions in 4-H. Each statement is a way that you can get involved. Decide if you think the statement shows how you can be involved in 4-H at the club, county, state, or national level. Circle where this might apply. Some statements might apply to more than one level of 4-H.

## EXAMPLE

Sign up for a committee to help run a local 4-H event.

☒ Club ☒ County ☐ State ☐ National

Vote on topics at meetings.

☐ Club ☐ County ☐ State ☐ National

Represent my region on the Wisconsin Leadership Council.

☐ Club ☐ County ☐ State ☐ National

Lead other young people and be a mentor as a camp counselor.

☐ Club ☐ County ☐ State ☐ National

Attend Leaders Organization meetings and share my opinions.

☐ Club ☐ County ☐ State ☐ National

Apply to be a delegate for National 4-H Conference.

☐ Club ☐ County ☐ State ☐ National

Run for an officer position.

☐ Club ☐ County ☐ State ☐ National

Be on the 4-H Communications Team.

☐ Club ☐ County ☐ State ☐ National

Apply for the 4-H Drama Company.

☐ Club ☐ County ☐ State ☐ National

Be a counselor for Space Camp.

☐ Club ☐ County ☐ State ☐ National

Teach other members something I know.

☐ Club ☐ County ☐ State ☐ National

Be on the 4-H Arts Team.

☐ Club ☐ County ☐ State ☐ National



Credit: Heidi Vanderloop Benson



Credit: Wisconsin State 4-H Communications Team

4-H Drama Company performing at 4-H & Youth Conference

Don't know what one of these statements is talking about? Ask your club leader, county-based 4-H staff, or do an online search with your parent/caregiver!

**Which of these leadership opportunities sounded the most interesting?**  
**Why is it interesting to you?**

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# Educational Opportunities

## 4-H Camp

In June, Iowa County 4-H usually teams up with other counties for 4-H Camp. Youth have many learning opportunities, and this is a great chance to meet other local youth the same age. Older 4-H youth have the opportunity to be a camp counselor.

## Educational Traveling

The State 4-H program offers various travel opportunities to youth. Iowa County requires an application to be filled out along with an interview. Travel opportunities include: 4-H and Youth Conference in Madison, Citizenship Washington Focus in Washington DC, Space Camp in Alabama, American and Western Spirit, National 4-H Congress in Georgia, International trips (past sites were Costa Rica, Finland, and Japan) and hosting international 4-H'ers during the summer. Information and registering for these events is mainly completed through 4H Online.

## State Art Events

Older youth in grades 9-13 and adults are welcome to apply for statewide 4-H art experiences in visual arts, communications, theatre, and music. State Art Camp, held in the fall, is open to middle schoolers, and Art Beat in March is for 3<sup>rd</sup>-5<sup>th</sup> graders.

## Exploration Days

Held every February and July, Exploration Days is a great opportunity to get a jump start on your fair projects. 4-H clubs, leaders, and youth volunteers lead sessions on different project topics.

## Quiz Bowl

Practices are held in the winter and spring. Competition is held in late winter for livestock and dairy quiz bowl. Dog quiz bowl practices are held in late spring/summer with competition happening during the summer. Horse Bowl practices are held on Thursday evenings September through April, with the state Competition in May.

## Area Animal Science Day

A district event where the 4-H Dairy, Livestock, and Horse Judging Teams compete. AASD includes competition, education, and an opportunity to meet youth from throughout Southern Wisconsin. Winning individuals and teams may compete at state contests.

## 4-H Ambassadors

Are youth in 9<sup>th</sup> grade and older who promote 4-H in the county and help at special 4-H events throughout the year. Youth who are interested in being an Ambassador complete an application, participate in an interview, and attend a banquet in July.

## The Iowa County Fair

Is the highlight of the year for many 4-Hers. This event provides an opportunity for youth to exhibit or display the projects they have worked on all year. Each project is judged and suggestions are given to the exhibitors. The Iowa County Fair is held on Labor Day Weekend at the Fairgrounds in Mineral Point. The 4-H Dog Show is held before the fair.

## Cloverbud Day

A day program held at the Iowa County Fairgrounds for members in Kindergarten to 2<sup>nd</sup> grade to explore 4H projects, learn the 4H Pledge, and make new friends.

## Achievement Day

Held each year, provides an opportunity for 4-Hers to be recognized for their project work. A large number of awards are given based on club activities and attendance, the 4-H record book, and leader recommendations. 4-H record books are a place for 4-H members to record what they learn and do with their 4-H projects. These are due in September to the general leader.



# The Iowa County Fair

**The Iowa County Fair** is just around the corner, and for many 4-H members, this event is the highlight of the 4-H year. Youth have an opportunity to show what they have learned and done during the year. Our fair is traditionally held on Labor Day weekend each year. The fair begins on Thursday with judging of youth entries and continues through Labor Day Monday. There is a lot to do and see at the fair!

Remember that exhibiting projects at the fair should be a learning experience. One learns not only from projects well done, but also from mistakes that are made. Youth learn responsibility, time management, communication skills, creativity, and many other life skills at the same time they complete their 4-H projects.

## TAKING ENTRIES TO THE IOWA COUNTY FAIR

Be sure to read the Fair Book for details about project entries. For example, groups of photographs should be displayed on a poster that is 11" by 14" and posters in other project areas should be 14" by 22". Also check to see if you need to include a card telling about your project or describing the materials you used, etc. Drawing and painting entries need to be mounted or framed and have a hanger. These are just a few of the things you need to make note of. Read the fair book for each department you enter for more information, or call the Fair Office if you still have questions. Online entries are due on **August 1<sup>st</sup>**.

You will receive entry tags in the mail in mid-August. Each project you bring to the fair needs to have an entry tag attached. Check the fair book for directions on where to attach the tag. Tear off the bottom portion of the tag and keep it. You will need this tag when you pick up your items after the Fair on Monday.

The recent issues of the Clover Connection have included information about season tickets for the Fair. Youth and adults who exhibit receive a season ticket with their entry fee. Others must pay daily to enter the Fair or purchase a season ticket.

Face-to-Face Judging will take place on the Wednesday before the fair. Different projects are chosen each year to give every youth an opportunity to sit and discuss their project with a judge. Check the newsletter or the Fair Book for project areas that are being judged face-to-face this year. Cloverbuds meet with a judge on Sunday to discuss their projects. Fair entries can be brought to the Youth Building at the Fairgrounds in Mineral Point on Wednesday between 3 p.m. and 7 p.m. or Thursday 8 a.m. to 10 a.m. **Exhibits must be in place by 10 a.m. on Thursday.** Judging of these exhibits will begin at 10:30 a.m. on Thursday. Youth and adults are welcome to watch the judging which will take place most of the day on Thursday. This is a great way to learn more about your project and to see what other youth entered.

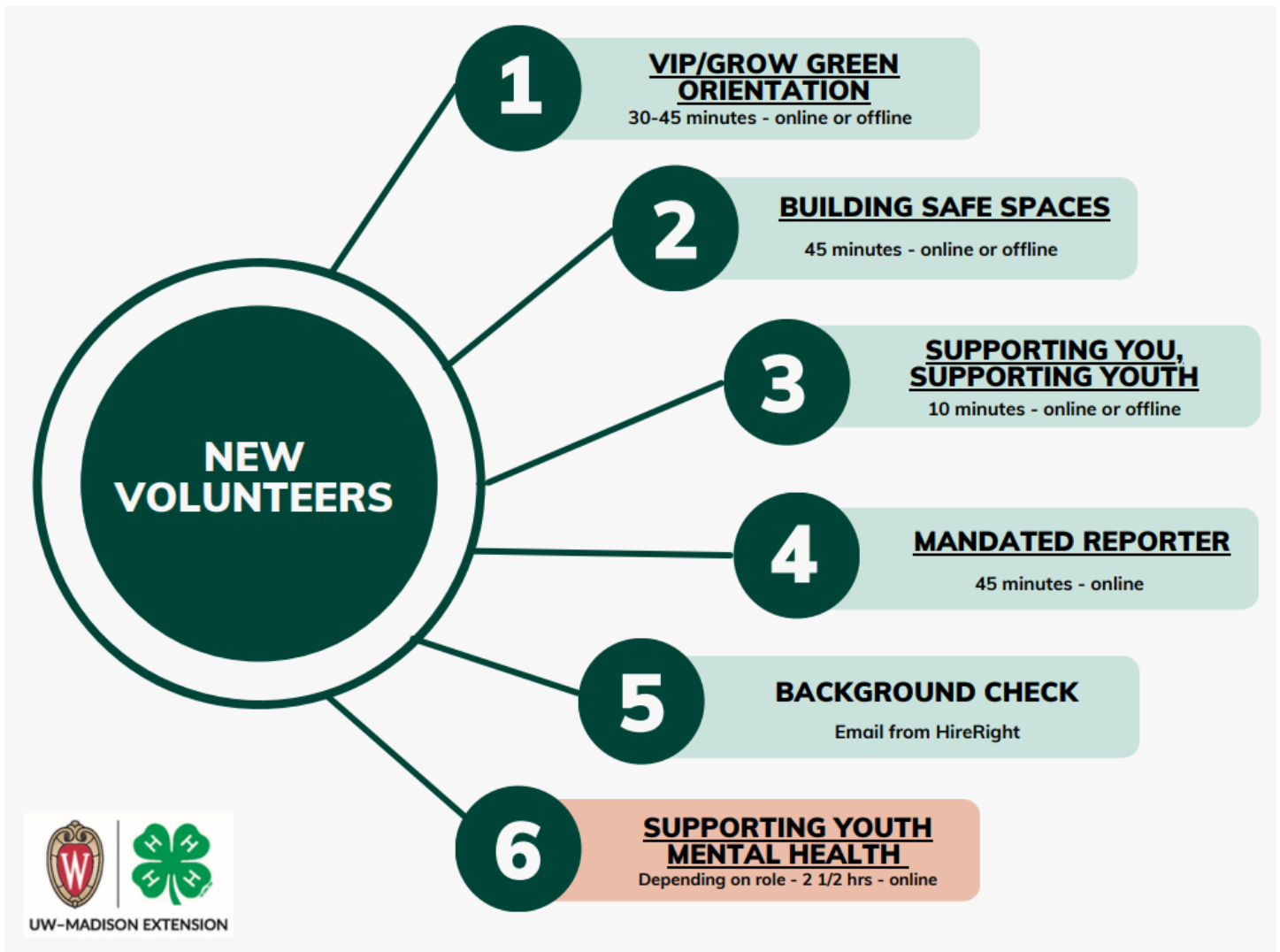
Once the projects are judged, they are displayed in the Youth Building for the remainder of the fair. Be sure to stop in during the fair to see all the beautiful projects! Fair entries can be picked up between 3:30 p.m. and 5 p.m. on Monday.

If you are showing animals at the fair, check the fair book for specific information. Animal exhibits might need health papers or registration papers. Each animal species shows at different times in a variety of locations. The animals are on display at the fair until Monday afternoon.

# 4-H Volunteer Opportunities for Adults

**4-H Volunteers** are a big part of what makes 4-H such a great organization. These adults give of their time and talents to help foster youth into adults. Volunteers play an important role from club leaders, project leaders, camp volunteers, and so much more each day in 4-H. If you are interested in becoming a volunteer and helping the youth of today grow into the leaders of tomorrow, please feel free to reach out to the county 4-H Youth Development Educator for more information.

There are five basics trainings you need to complete to become an authorized 4-H Volunteer. These are mostly online trainings provided by the University and must be completed to be an authorized volunteer within 4-H. Please consider this great opportunity for yourself and the youth of Iowa County.



# 4-H Terminology

If you are new to the 4-H program, it can be a lot to take in. 4-H has a long and rich history - we are over 100 years old! Sometimes this means that volunteers, families, and staff may forget that the terminology we use is not something that everyone understands yet. Hopefully this will help you out a bit on that front, however, **NEVER** hesitate to ask questions!

- **4-H Ambassador:** Youth in grades 9-12 are able to participate as an Iowa County 4-H Ambassador. They take an active role in promoting 4-H throughout the county, support county events, and mentor younger 4-H members. Application and interview are required.
- **4-H Key Award:** The highest honor awarded to a 4-H member in the state of Wisconsin. Iowa County requires an application and interview of older members to be considered for this award.
- **4-H Leader's Association:** This organization is made up of 4-H youth and volunteer leaders representing each of the clubs. The group meets 5 times per year to discuss program directions, events, and ways to strengthen the county 4-H program.
- **4-H Program Coordinator:** A county-based professional who works for the Division of Extension, University of Wisconsin-Madison who guides, teaches, and administers the 4-H program.
- **4-H Online:** Site where you enroll in 4-H, select projects, and register for many events/trips.
- **Activity Leader:** A volunteer who is responsible for organizing and conducting special club activities.
- **Adult Leaders:** All adults who volunteer for Iowa County 4-H have attended a training meeting, had criminal background check, and have completed mandatory reporter training.
- **AASD:** Area Animal Sciences Day is held in June at several sites around Wisconsin. Many animal project members participate in judging and other contests during the day.
- **Charter:** A 4-H Charter is granted to 4-H clubs when the minimum requirements are met to start a 4-H club. Club leaders are in charge of ensuring that club charters are completed each year (usually due on November 1<sup>st</sup>).
- **Cloverbud:** These are youth who are in Kindergarten through 2<sup>nd</sup> grade. Cloverbuds can only enroll in the Cloverbud project. They can exhibit three projects at the county fair for participation ribbons and take part in county-wide events.
- **Clover Connection:** Mailed eight times during the year to 4-H families with tons of information!
- **Danish Judging:** Youth projects at our county fair are awarded ribbons using this formula – not more than ¼ Blue, not more than ½ Red, not more than ¾ White, and the remaining Yellow.
- **Enrollment:** How one becomes a part of the 4-H program is through completing enrollment on 4H Online. Each year following when you first join 4-H, you will have to fill out re-enrollment by December 1<sup>st</sup>.

## 4-H Terminology (cont.)

- **Fair:** An event where project work is exhibited. Information about county fair is distributed from the Iowa County Fair Board in Iowa County, as they plan and execute the event. Junior Fair is for youth enrolled in 4-H, FFA, FCCLA, or any youth organization with adult leadership. Members may only exhibit in areas in which they carry a project. Adults and youth not a member of a recognized organization can enter the Open Fair.
- **Fair Auction:** Livestock, small animals, dairy, and goat may sell an animal/cheese at the auction. There are educational and testing requirements that vary by species. Information will be in your newsletter, The Clover Connection.
- **Fair Premium Book:** The book that lists the Iowa County Fair entry classes and rules for entry. This is often just referred to as the 'Fair Book'.
- **Fall Forum:** Annual state-wide gathering of youth and adults to elect representatives to the state council. In addition, attendees select sessions to learn how to strengthen and enrich their club and county 4-H program.
- **General Club Leader:** An adult volunteer who is responsible for the organizational part of the club.
- **HHS:** Health and Human Services Building, 303 W Chapel St, Dodgeville, WI and site of the Iowa County UW-Extension office. Many county 4-H events are held here.
- **Iowa County Fairgrounds:** Located on Fair St, Mineral Point, WI and the site of many summer 4-H programs.
- **Projects:** A unit of 4-H work which is the basis of "learning" experiences which involve learning a skill.
- **Project Leader:** A volunteer who helps 4-H members as they learn, make, or create something. This person can be a parent who agrees to help with a project, a youth leader, or a person from the community who has knowledge in a particular subject matter area.
- **PLD: Project Learning Days** are held in February and July. Sessions are announced in The Clover Connection, the county newsletter.
- **Project Literature:** This information is written by University specialists and serves as suggested areas to study in your 4-H projects. You can request literature from the county Extension office.
- **Record Book:** An individual report of the 4-H records accomplishments in projects and activities during the current year. Members should complete and submit a record book to be eligible for county awards. Record books are submitted to club leaders in September. Record book pages can be found on the Iowa County Website under 4-H/Record Books.
- **Volunteer in Preparation:** All adults who wish to volunteer for 4-H must attend a session on the roles and responsibilities of volunteers.
- **Youth Leader:** A 4-H member who in 8<sup>th</sup> grade or older and is enrolled in the Youth Leadership project. They take an active part in helping the younger members in their club. By doing this, they grow, mature, and learn leadership skills.
- **YQCA:** Youth for the Quality of Care of Animals is a national multi-species program to train youth in the quality care of animals. Iowa county fair exhibitors who care for animals overnight on the fairgrounds must have completed the training. Wisconsin State Fair requires YQCA for many species to be exhibited. Watch your newsletter for training opportunities.

# Iowa County 4-H Clubs

Meeting Times, Locations, and Club Leaders

## **BLUE RIBBON**

3<sup>rd</sup> Sunday, 1pm, Pecatonica Elementary School, Hollandale; Jackie McCarville

## **CIRCLE A**

1<sup>st</sup> Sunday, 6pm, Avoca Village Center  
Kassy Koch

## **CLYDE GO GETTERS**

1<sup>st</sup> Monday, 6:30pm, Clyde Comm. Center  
Mia Hillebrand

## **COBB BUSY BADGERS**

2<sup>nd</sup> Sunday, 6:30pm, Cobb Comm. Bldg.  
Amanda Linscheid

## **COUNTRY CARDINALS**

3<sup>rd</sup> Sunday, 3pm, Highland School  
Ashley Yager

## **COUNTY LINE**

1<sup>st</sup> Monday, 7pm, Hope Lutheran Church,  
Mineral Point; Beth Graber

## **FIVE POINT**

3<sup>rd</sup> Sunday, 6 pm, HHS Building-Dodgeville  
Sally Hanson

## **IOWA COUNTY EQUINE CLUB**

1st Sunday, 6 pm, HHS Building-Dodgeville  
Deena Vinger

## **JONESDALE JAYS**

3<sup>rd</sup> Sunday, 7pm, Mineral Point Fire Station  
Jim Vondra

## **KOUNTRY KOUSINS**

2<sup>nd</sup> Sunday, 1pm, Parish home, Linden  
Jim and Karen Parish

## **MOUNDS VIEW**

3<sup>rd</sup> Sunday, 4pm, Barneveld Lutheran Church  
Meghan Durst

## **PLEASANT VIEW**

2<sup>nd</sup> Sunday, 6pm, Hope Lutheran Church,  
Mineral Point; Jessie Potterton

## **RED BARN**

1<sup>st</sup> Sunday, 6pm, Montfort Community Bldg.  
Vicki Fritsch

## **REWEY LUCKY STARS**

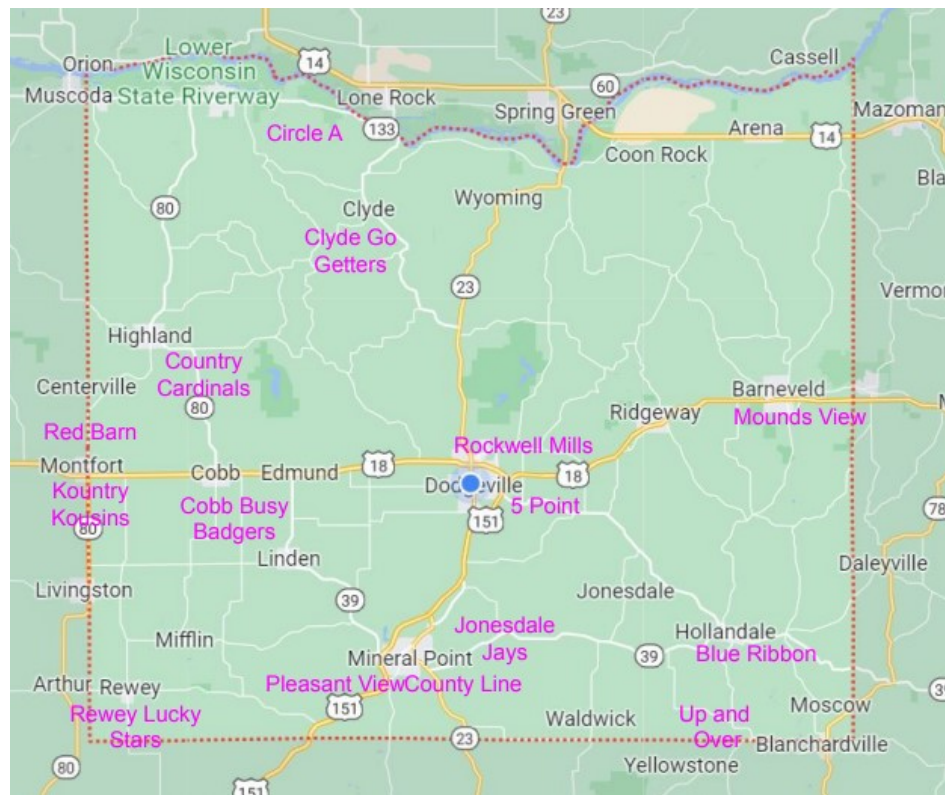
2<sup>nd</sup> Sunday, 6pm, Rewey Fire Station  
Mary Schauff

## **ROCKWELL MILLS**

1<sup>st</sup> Saturday, 7:00pm, HHS Building-Dodgeville  
Heidi Tiber

## **UP AND OVER**

3<sup>rd</sup> Sunday, 2pm, location varies  
Natalie Wyse





## Pick a Project!

Go through the list below and circle the letters of the things you like to do best. At the end, tally your results to find your major project areas of interest. For your first year, it's best to pick only one or two projects from your top major project area. You can always add more later!

H. I like to build with LEGOs	E. I like to sew	H. I like rockets
C. I like to help younger kids	F. I like learning about insects	G. I grow crops for my animals
H. I want to be an engineer	D. I enjoy my family traditions	B. I like to take pictures
G. I like fairy gardens	F. I like hunting	D. I want to learn about my own history
H. Rube Goldberg Machines interest me	E. I like to help around the house	H. I am interested in how robots work
C. I would like to be a camp counselor	A. I like to ride horses	B. I like puppets
A. I like taking care of sick or baby animals	B. I like to draw or do crafts	F. I care about the environment
B. I like to make scrapbooks	G. I want to have a flower garden	C. I like to lead and organize events
H. I like to work on engines	H. I want to learn about computers	E. I like to bake or cook
G. I want to learn how to grow vegetables	E. I would like to be a teacher	C. I want to be a leader
B. I like collecting things	H. I like radio-controlled cars	H. I like geography and maps
H. I am interested in outer space	F. I like being outdoors	A. I like snakes
E. I like babysitting	G. I like to garden	B. I like to act or sing
E. I like to decorate my room	H. I like to build things	C. I would like a project to help me find a future career
F. I like riding ATVs	H. I like to code	A. I like teaching my dog tricks

**Totals: A:\_\_\_ B:\_\_\_ C:\_\_\_ D:\_\_\_ E:\_\_\_ F:\_\_\_ G:\_\_\_ H:\_\_\_**

A: Animal Science

B: Arts & Communication

C: Community Involvement

D: Cultural Projects

E: Family, Home, & Health

F: Outdoor Education

G: Plant & Soil Sciences

H: STEM

*Adapted from Ohio State University's "Making the Best 4-H Clubs Better, Version 2.0 Pick a Project," by Heidi Vanderloop Benson, Chippewa County 4-H Program Educator UW-Madison Division of Extension*

*Exploring 4-H for New Families is developed by Heidi Vanderloop Benson, Chippewa County 4-H Program Educator and Ben Hoppe, Brown County 4-H Program Educator, UW-Madison Division of Extension.*

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# 4-H Projects

## **Choosing 4-H Projects**

Remember that in 4-H projects, you will learn more than “subject matter” as you complete your projects. 4-Hers learn many life skills that help prepare them for the future. Things like teamwork, understanding yourself, communication skills, problem solving, decision making, and working with others are some skills learned.

The purpose of 4-H is to provide real-life experiences for youth through a fun and practical, learn-by-doing, educational program.

### **ANIMAL SCIENCES**

Beef  
Cats  
Meat Goat  
Horse  
    Clothes Horse  
    Horseless Horse  
    Model Horses  
Dogs  
Dairy  
Dairy Goat  
Poultry  
    Bantams  
    Pigeons  
    Turkeys  
    Waterfowl  
Rabbits  
Sheep  
Swine  
Veterinary Science

### **COMMUNICATION ARTS**

Communications  
Creative Writing

### **VISUAL ARTS**

Art  
Ceramics  
Drawing & Painting  
Leathercraft  
Photography  
Scrapbooking  
Wood Burning  
Theater Arts

### **FAMILY, HOME & HEALTH**

Child Development  
Home Environment  
Personal Finance  
Intergenerational Programs

### **CONSUMER EDUCATION**

Consumer Savvy  
Personal Finance

### **FOODS AND NUTRITION**

Food Preservation  
Foods & Nutrition

### **CLOTHING & TEXTILES**

Clothing  
Consumer Savvy  
Crocheting  
Knitting

### **MECHANICAL SCIENCES**

Computers  
Electricity  
Scale Models  
Small Engines  
Tractors  
Woodworking

### **NATURAL RESOURCES**

Backpacking & Hiking  
Canoeing  
Entomology  
Fishing  
Forestry  
Geology  
Wildflowers

### **SHOOTING SPORTS**

Air Rifle & BB Gun  
Archery

### **PLANT & SOIL SCIENCES**

Crops  
    Corn  
    Forage  
    Small Grains  
    Soybeans  
Flowers  
Home Grounds  
House Plants  
Vegetables

### **STEM (Science, Technology, Engineering & Math)**

Aerospace  
Geospatial  
Robotics

### **SERVICE LEARNING & CITIZENSHIP**

History & Heritage  
Self-Determined  
Youth Leadership

### **YOUNGER MEMBERS**

Cloverbud (K– 2nd grade)

### **YOUTH LEADERS**

Ambassadors, 8th grade and up.

## Track Your Progress

4-H members like you do awesome things every year. Keeping track of what you do in 4-H can help you to talk about your accomplishments with others. Many members keep track of what they did with a 4-H record book. Record books can be really helpful when you apply for college, jobs, or scholarships! If you are unsure of what record keeping your county does, ask your 4-H educator or a club advisor. A sample might be posted on your county webpage.

### What should I record?

There's a lot that you can do in 4-H, so keeping track of everything might seem like a lot of work. If you answer "Yes" to any of these questions, you should include it in your record.

- » Did you learn something?
- » Did you complete a project?
- » Did you accomplish a goal that you set for yourself?
- » Did you receive an award or a scholarship?
- » Did you travel somewhere with 4-H?
- » Did you spend or receive money for your project?
- » Did you make a presentation or give a speech?
- » Did you participate in a club activity?
- » Did you serve in a leadership role?

### How do I record it?

Once you've got something to record, you have a lot of ways to keep track of it. Use whatever works best for you and the situation! You might use a mix of all of these things!

- » Write your record on a piece of paper, and keep all the paper in a folder.
- » Write all your records in a notebook.
- » Create a 4-H career scrapbook.
- » Set aside a box for ribbons, photos, and all your records.
- » Take a video of yourself where you talk about what you did.
- » Type your records in an online document.



*Completing a craft project or helping out with a club community service project are great things to include in your records!*

**If you store your records online, have an adult help you keep your information safe!  
It's always good to store an extra copy of your digital records somewhere.**



*Club officers should record their time spent learning to lead.*

### Records should **always** answer these questions:

1. What did you do?
2. When did you do it?
3. What did you learn along the way?
4. What important details do you want to remember?

*Background Image Credit: Alyssa Zirbel*

*Exploring 4-H for New Families is developed by Heidi Vanderloop Benson, Chippewa County 4-H Program Educator and Ben Hoppe, Brown County 4-H Program Educator, UW-Madison Division of Extension.*

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# Setting Goals

Every year, many people create New Year's Resolutions. These resolutions are **goals** for the new year. Fall is the beginning of the new 4-H year, which makes it the perfect time to set goals for about what you want to do!

## S.M.A.R.T. Goals

Goals are more likely to be successful when you give yourself something specific to aim for. Any of your resolutions for the new 4-H year should be S.M.A.R.T.

**Specific:** Goals should be well defined and clear.

**Measurable:** This will help you know when you've been successful.

**Achievable:** Be realistic! Think of things that will challenge you but are still doable.

**Relevant:** Your goals should be important to you. Set goals that you want to complete!

**Timely:** Give yourself a specific time frame to complete your goals.

## What are **your** goals?

Use this table to write goals that you want to accomplish in the new 4-H year. An example has been done for you. Notice that the example is S.M.A.R.T. See if you can find what parts of the goal are specific, measurable, attainable, relevant, and timely.

Project		Action (how)	Result (what)	Time (when)
Community Service	I want to	organize and lead	one park clean-up service day for my club	in the spring.
	I want to			
	I want to			
	I want to			
	I want to			
	I want to			

Source: "Goal Writing Worksheet," Iowa State University Extension and Outreach, August 2013. Adapted by Ben Hoppe, Brown County 4-H Program Educator, UW-Madison Division of Extension.

**Tip:** Use verbs in the action column. Often, 4-H goals are focused on things you want to **learn**, results you want to **earn**, or things you want to **do**.

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4-H grows here

