



# 4-H MANUAL



# Extension Iowa County

## University of Wisconsin-Madison

### IOWA COUNTY EXTENSION OFFICE

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Office Hours: Monday through Friday, 8:00am to 4:30pm.  
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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, Iowa County 4-H Youth Development Educator, UW-Madison Division of Extension

## Stay Informed

### Clover Connection

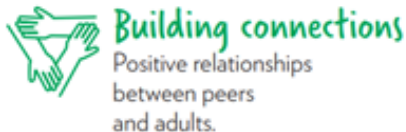
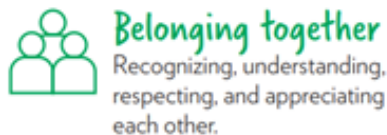
Six to eight times during the year, your family will receive via email a 4-H newsletter: *The Clover Connection*. This newsletter includes information about county events and activities, reminders of deadlines, and state and national opportunities. It is important to read this newsletter and make note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



UW-MADISON EXTENSION

## 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!

I would like to learn...



My hobbies...



We could help our community by...



Just for fun we could...



### 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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# 2026 Iowa County 4-H Calendar

	<b>January 2026</b>	2	<b>February 2026</b> Club Exploration Day topic due to Dan
13-15 21-24-29 25-29	<b>March 2026</b> ArtBEAT, Upham Woods, WI Dells, WI County Exploration Day, Mineral Point HS Citizenship Washington Focus, Washington D.C. Ignight by 4-H STEM Track Animal Science, Washington, D.C.	1 27 23-27	<b>April 2026</b> 4-H Online Project Enrollment Due Leaders Association Meeting, 6pm Space Camp
	<b>May 2026</b>	1 TBD 14-18 15-17 19-28 TBD TBD	<b>June 2026</b> County Fair Entry Opens Area Animal Science Days Summer Academy, Madison, WI 4-H Camp, Upham Woods, WI Dells American Spirit East, East Coast 4-H Cooking Class, HHS Building Area Animal Science Days
3-12 TBD 16	<b>July 2026</b> American Spirit East, East Coast 4-H Cooking Class, HHS Building Cloverbud Camp Day	1 17	<b>August 2026</b> County Fair Entries Due <b>Club Annual Financial Reports DUE</b>
2-7 21 28	<b>September 2026</b> Iowa County Fair Junior Leaders Applications Due Leaders Association Meeting, 6pm	4-4-10 TBD	<b>October 2026</b> Junior Leaders Banquet, HHS Building National 4-H Week Fall Forum
1-1-9 9-16 27-1	<b>November 2026</b> <b>Annual Club Charter Renewal Due 4-H Re-Enrollments for ALL DUE Online</b> Record Books & Awards DUE to County Awards, & Scholarship Applications Due Leaders Association Meeting, 6pm National 4-H Congress, Atlanta, GA	6	<b>December 2026</b> Iowa County 4-H Awards Day



Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

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# 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.

## **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.



Extension

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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'shea

## 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.*

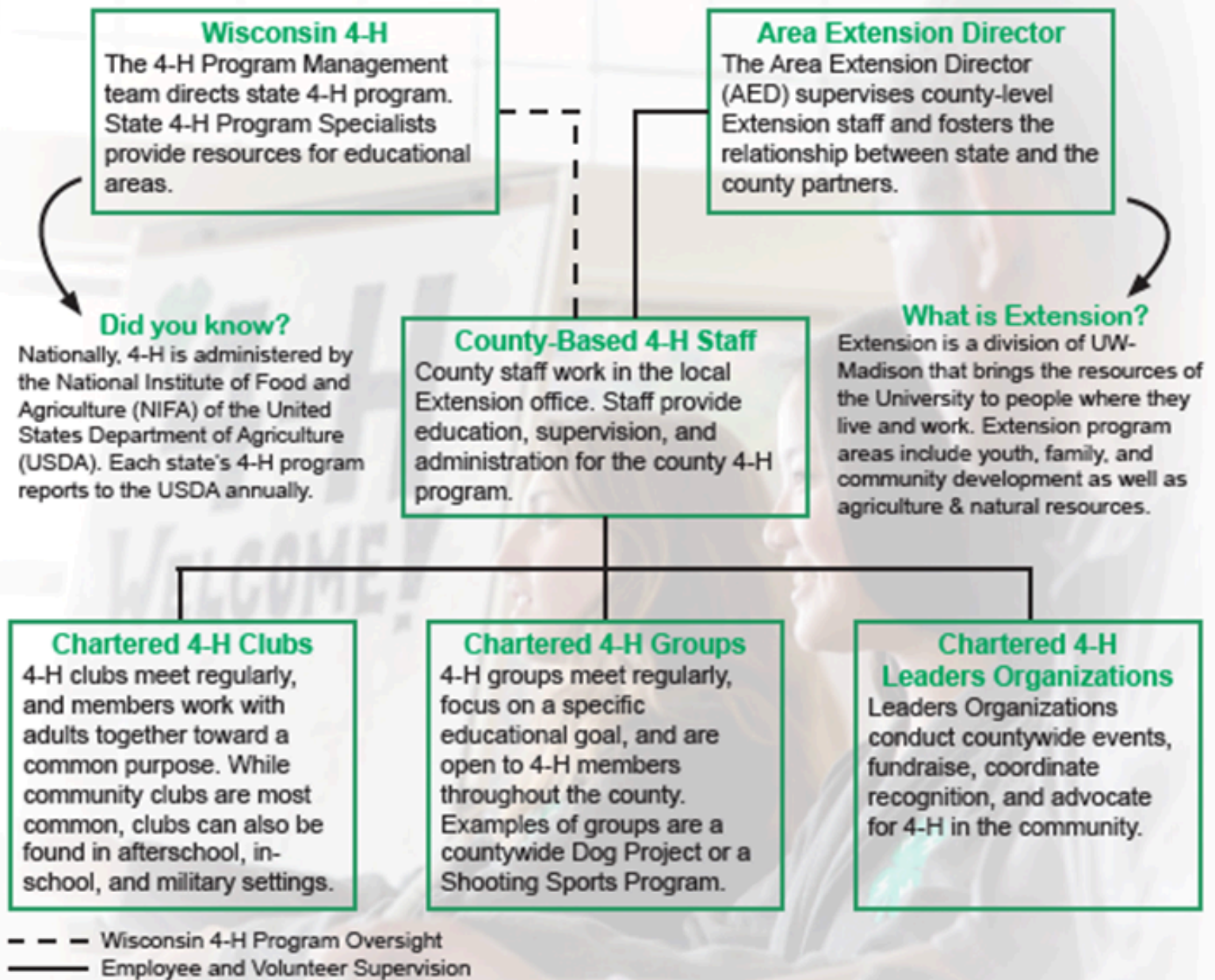
## How are you a part of parliamentary procedure as a club member?

*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 Day**

Held every March, 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 Junior Leaders**

Are youth in 7th 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 a Junior Leader complete an application to join.

## **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.

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# 4-H Volunteer Opportunities

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 is one basic training you need to complete to become an authorized 4-H Volunteer. The other element is you need to complete a background check with HireRight. 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.

## BY VOLUNTEERING WITH 4-H, YOU





# 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 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.
- **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.)

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!

- **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

## **BLOOMFIELD BUDDIES**

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## **COUNTY LINE**

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## **MOUNDS VIEW**

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## **BLUE RIBBON**

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## **FIVE POINT**

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## **PLEASANT VIEW**

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## **CIRCLE A**

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## **IOWA COUNTY EQUINE CLUB**

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## **RED BARN**

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## **CLYDE GO GETTERS**

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## **JONESDALE JAYS**

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## **REWEY LUCKY STARS**

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## **COBB BUSY BADGERS**

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## **KOUNTRY KOUSINS**

Contact: Karen Parish  
jamkar@yousq.net

## **ROCKWELL MILLS**

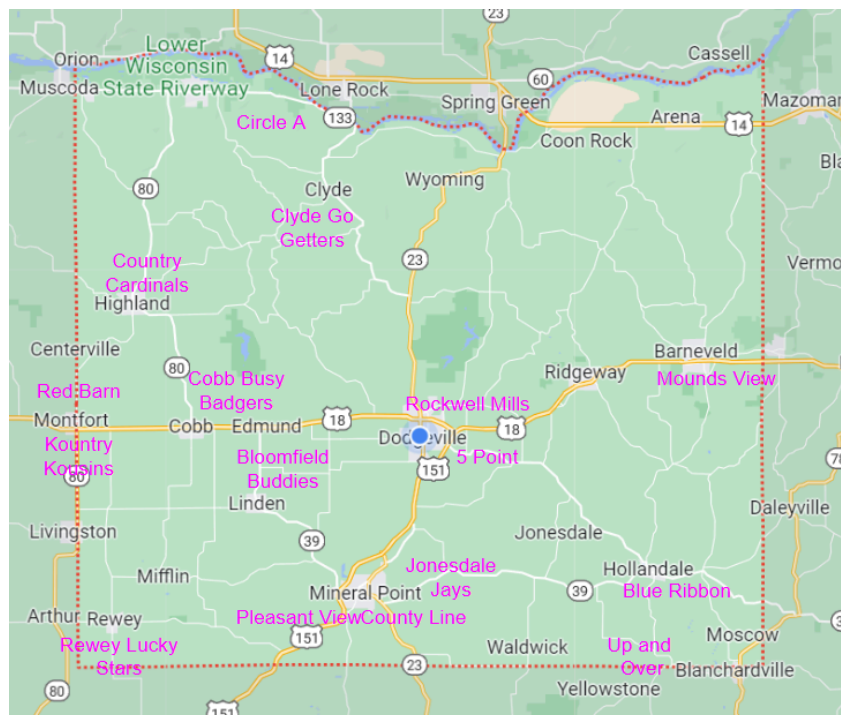
Contact: Heidi Cartwright  
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## **COUNTRY CARDINALS**

Contact: Ashley Yager  
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## **UP AND OVER**

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# 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.*

*An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.*



# Iowa County 4-H Projects

## Expressive Arts

Art Appreciation • Computer Graphic Design • Creative Writing • Fiber & Textile Arts  
Folk Arts & Crafts • Performing Arts • Photography • Upcycling • Videography • Visual Arts



### Art Appreciation

Art is everywhere! In this project, youth will discover various art forms, grow their understanding of historical and cultural contexts, and develop their own creative expressions. Cultivate your creativity, critical thinking, and cultural awareness.

### Fiber & Textile Arts

Youth will explore fiber art techniques, including weaving, knitting, crocheting, felting, and embroidery. This project will help them develop fine motor skills, creativity, and an appreciation for the diversity of fiber arts.

### Folk Arts & Crafts

Youth will explore various folk arts, learn traditional techniques, and understand their cultural significance. This project will help youth develop artistic skills, cultural awareness, and an appreciation for the rich heritage of folk arts.

### Performing Arts

The Performing Arts begin with imagination and creativity. Delve into the dynamic and expressive world of performing arts. Participants will learn various performance techniques, understand the cultural significance behind different performance styles, and create their own performances.

### Visual Arts

Is art your Spark? Cutting and pasting, painting, sculpting, drawing, printing, and construction with various materials are all exciting hands-on activities in the Visual Arts project. With art, you can share your thoughts, explore your emotions, find a career, or change the world.

### Creative Writing

This Creative Writing project inspires and nurtures the storytelling abilities of 4-H youth. Participants will explore various forms of creative writing, including short stories, poetry, and personal narratives. The project aims to enhance writing skills, boost confidence, and encourage self-expression.

### Photography

The 4-H Photography project helps youth explore the world through the lens of a camera. Learn about equipment, capturing great images, and sharing your knowledge with others.

### Computer Graphic Design

The Computer Graphic Design project introduces 4-H youth to the exciting world of digital art and design. Participants will learn to use graphic design software, develop their artistic skills, and create visually appealing projects.

### Upcycling

The Upcycling project teaches 4-H youth the importance of sustainability and creativity by transforming old or discarded items into new, useful products. Participants will learn various upcycling techniques, develop their crafting skills, explore the business of upcycled products, and contribute to environmental conservation.

### Videography

Videos are part of our daily lives. Learning to make videos teaches media literacy—the ability to fully understand media messages that come at us daily. Videography is art, communications, and technology all at once.

#### Looking for project resources?

Visit [projects.wi4h.org](https://projects.wi4h.org) for more information.



#### Looking for learning opportunities?

Visit [opportunities.wi4h.org](https://opportunities.wi4h.org) for statewide events and opportunities.



#### EXPRESSIVE ARTS

##### Learning Opportunities

- Go to [Art Beat!](#) or [Arts Camp](#).
- Take part in workshops at a local 4-H learning event.
- Join a state arts team—State 4-H Arts Team, Communications, Media, and Marketing (COMM) Team, or Drama Company.
- Submit entries to the statewide Photography Contest.
- Attend a community art or craft workshop.

# Iowa County 4-H Projects

## Leadership and Community

Civic Engagement • Cloverbud • Cloverbud Youth Leader • Communications • Community Service  
Exploring • Global & Cultural Education • History & Heritage • Intergenerational • Leadership • Workforce Readiness



### Civic Engagement

Discover what is important to you and others, set goals, take action, and build a stronger community. Through this project, you can become an active community member, investigate a public issue, learn about the roles of governing officials, and carry out a plan to solve a problem.

### Cloverbud

Cloverbud project activities involve youth in grades 5K-2 in learning at an age-appropriate level while having fun with hands-on, engaging activities. It's their chance to explore what 4-H has to offer.

### Cloverbud Youth Leader

Become a Cloverbud Youth Leader and practice youth leadership skills like teamwork, communication, decision-making, and caring. The Cloverbud project is for youth in grades 5K-2. It is their chance to learn what 4-H has to offer. Youth leaders can help create a welcoming environment and lead activities.

### Communications

Communication is all about how we connect with others. That might be through listening, sharing information, telling stories, or giving a speech, American Sign Language (ASL) and other languages, giving a presentation or demonstration, writing, or body language.

### Community Service

In 4-H, we pledge our "hands to larger service." Community service is an essential part of 4-H clubs and groups. Service learning goes deeper by bringing together community needs, knowledge, and time to reflect. Youth

may choose community service as their project focus, or it could be an activity they help with in other club or project spaces.

### Exploring

This project is designed for first-year members of any age to learn about the many 4-H project areas or as a stepping stone from Cloverbud to other projects. Explorers complete a mini-project, learn about your club, and involve your family and friends in 4-H.

### Global & Cultural Education

Lessons on global citizenship are as close by as your local grocery store, library, highway, or school. In this project, you'll gain self-awareness, explore the beliefs and views of others, and develop skills for talking with people who are different from yourself.

### History & Heritage

Finding out about family history can be like going on a treasure hunt. Heritage is the history of a family, including the traditions, customs, foods, and more passed from one generation to the next.

### Intergenerational

Do you know someone from another generation? Who are they? What do they care about? The Intergenerational project is your chance to connect with an older adult and make a difference in their life while they make a difference in yours.

### Leadership

Youth of any age can learn to be leaders—in their club, community, country, and world. In this project, you can build teamwork, communication,

organization, goal management, meeting management, decision-making, and problem-solving skills.

### Workforce Readiness

In these changing times, youth must prepare for careers and jobs that don't currently exist. Young people will need well-rounded skills to apply to any career and a willingness to learn about and try exciting new careers. This project will help equip youth with the soft skills to apply and interview for their first job during and after high school.

#### LEADERSHIP AND COMMUNITY

#### Learning Opportunities

- Take part in a 4-H camp as a participant or youth leader.
- Go to project workshops to try something new.
- Plan and conduct a local community service project with help from your 4-H club or group members.
- Take part in state and national leadership conferences such as [Youth as Partners in Civic Leadership](#), [Summer Academy](#), [Citizenship Washington Focus](#), [National 4-H Conference](#), or [National 4-H Congress](#).
- Join the [4-H COMM Team](#).
- Become a youth leader in a club or project. Teach others about something you know.
- Participate in statewide 4-H youth leadership through [Fall Forum](#), [Wisconsin 4-H Leadership Council](#), or [Collegiate 4-H](#).
- Interview an adult about their career, community, or life.

# Iowa County 4-H Projects

## Family, Home, and Health

Candy Making • Child Development • Consumer Savvy • Entrepreneurship • Food Decorating  
Food Preservation • Foods & Nutrition • Health • Home Environment • Personal Finance • Sewing • Sports & Fitness



### Candy Making

Youth in the 4-H Candy Making project will explore tools, techniques, safety precautions, ingredients, and more as they develop their skills. Based on specific skills, candy making is a chance to bring art and science into the kitchen!

### Child Development

Learn about children's ages and stages, age-appropriate toys, healthy snacks, and how to create games or stories for children. Learn what it means to be responsible for children and how to be a good babysitter.

### Consumer Savvy

Mastering consumer skills will help you succeed in many areas of life. Set personal goals, communicate clearly, and make smart decisions with money.

### Entrepreneurship

Investigate what it means to be an entrepreneur by learning about community businesses, exploring business ideas, and determining your skills to make career choices.

### Food Decorating

Creativity can be a piece of cake (or bread or other food)! This project teaches youth how to start making food for parties and events. It may start with knowing and practicing cake decorating skills and advance to creating beautiful works of food art. The only limits are ingredients and imagination!

### Food Preservation

Does your garden produce more tomatoes than you know what to do with? In the Food Preservation project, youth learn to freeze and dry foods. Then, learn what to do with those tomatoes, cucumbers, and other produce with advanced food preservation techniques.

### Foods & Nutrition

If you enjoy cooking or like good food, this project could be for you. Youth will have fun learning cooking basics and then advance over time to making gourmet meals. This project also focuses on nutrition and using MyPlate to guide eating, meal preparation, and planning.

### Health

The Health project helps youth explore health and wellness. Youth learn to assemble a first aid kit and treat minor injuries. They also learn to stay healthy and develop a personal fitness plan that includes physical, mental, emotional, social, and other aspects of health.

### Home Environment

Get creative with design, organization, and upcycling! Youth use decision-making skills, great taste, and big heart to make a difference through fun and meaningful activities that improve your room, home, and community.

### Personal Finance

Master money management skills! Learn how to save, budget, and make smart financial choices. Get ready to take control of your finances and build a bright future!

### Sewing

Have you ever wanted an outfit in a different color or style? Youth in the Sewing project learn basics like sewing a shirt or putting a zipper on a pair of pants. As youth advance, they may learn to choose and customize a design for the perfect look.

### Sports & Fitness

4-H members in this project will boost their sports skills and fitness! Learn fun ways to build flexibility, strength, and endurance while staying active and healthy. Let's get moving together!

#### FAMILY, HOME, AND HEALTH Learning Opportunities

- Go to a workshop about your project area.
- Enter your project work in a county-wide event like Fashion Revue, Foods Revue, or the county fair (opportunities vary in each county).
- Interview a professional in a career you are interested in.
- Keep a journal about what you are learning and practicing in your project.
- Visit a local business related to your project.
- Volunteer with a local organization related to your project (e.g., community garden, food pantry, thrift store, or childcare center).
- Create a business plan to sell something you have created.



# Iowa County 4-H Projects



## Agriculture and Animal Science

Beef • Cats • Cavies • Dairy • Dogs • Exotic Animals • Goats • Horse  
Llamas/Alpacas • Pocket Pets • Poultry • Rabbits • Sheep • Swine • Veterinary Science

### Beef

The 4-H Beef project allows you to learn about breeds, selection, grooming, production, management, showmanship, marketing, and careers through a breeding or market animal.

### Cats

Cats can be wonderful companions to individuals and families. The 4-H Cat project helps you explore what kind of cat fits your family's lifestyle. Then, you'll learn about nutrition, health needs, and how to be a responsible owner.

### Cavies

Did you know that a cavy is what we commonly know as a guinea pig? In the 4-H Cavy project, you can learn about selecting and raising your animals.

### Dairy

The 4-H Dairy project teaches you about breeds, selection, grooming, production, management, showmanship, marketing, and careers through a dairy animal.

### Dogs

The Dog project will help you explore what kind of dog fits into your family's lifestyle and how to be an excellent trainer and caretaker of your dog. You will learn about dog breeds, dog ownership, and dog care and management, such as feeding, handling, record-keeping, grooming, and fitting.

### Exotic Animals

In the Exotic Animals project, you will explore what kinds of animals fit your family's lifestyle. Some examples include ostriches, emus, zebras, or zedonks.

### Goats

Do you want to be part of the country's fastest-growing livestock and dairy industries? The 4-H Goat project can teach you about selection, management, health, marketing, and careers in the goat industry.

### Horse

Love horses? Want to learn more? Whether you have a horse or not, in this project, you can take your love of horses to the next level—the 4-H level.

### Llamas/Alpacas

Llamas and alpacas can be excellent additions to a family farm and make great pets. This project helps you find the kind of llama or alpaca that fits your family's lifestyle. It will help you learn to be an excellent trainer and caretaker of your animal.

### Pocket Pets

The 4-H Pocket Pet project will help you explore what kind of pet fits into your family's lifestyle and how you can be an excellent caretaker. Pocket pets may include cage birds, reptiles, tropical fish, hamsters, gerbils, chinchillas, and more (but don't really put them in your pockets).

### Poultry

Explore the poultry industry, including turkeys, chickens, ducks, geese, pheasants, guinea hens, pigeons, or quail. Learn about species and breeds, eggs, feather features, health, feeding, handling, washing, managing a flock, ethics, showing, and careers.

### Rabbits

Whether you see rabbits as soft and cuddly pets or as a business opportunity, the Rabbit project is flexible for your interest. Through hands-on activities, learn about selection, care, breeding, and more.

### Sheep

The Sheep project introduces you to various fun and challenging activities, including identifying the parts of a sheep, selecting a project lamb, preparing for lambing season, identifying lamb meat products, and feeding and showing sheep.

### Swine

This project helps you learn about swine breeds, health care, production, management, showmanship, marketing, and careers in the swine industry. Learn principles of animal science and gain life skills, like responsibility, by owning, caring for, and keeping records.

### Veterinary Science

Learn about a veterinarian's role in animal and public health. Project activities will help you learn about veterinary equipment, diseases and health problems, and career opportunities as a veterinarian or volunteer. You do not have to own an animal to be part of this project!

#### AGRICULTURE AND ANIMAL SCIENCE

##### Learning Opportunities

- Visit the University of Wisconsin Animal Science Department, Veterinary Lab, or Meat Lab.
- Job shadow an animal trainer, veterinarian, researcher, farmer, feed mill operator, or any other career you might be interested in.
- Take part in [statewide learning and judging events](#).
- Design and create the perfect home for your animal's health.
- Attend a conference or show about the species you are interested in.
- Give a demonstration about your animal or species.
- Volunteer with a local animal shelter or rescue organization.



# Iowa County 4-H Projects

## Plant and Soil Science

Crops • Horticulture & Gardening • Indoor Plants  
Landscaping & Design • Plant Crafts • Soil Science



### Crops

In this project, you will learn about different crops grown locally, regionally, and nationally to feed our world. The focus is on crop growth, diseases, and pests impacting agriculture production.

#### Looking for project resources?

Visit [projects.wi4h.org](https://projects.wi4h.org) for more information.



#### Looking for learning opportunities?

Visit [opportunities.wi4h.org](https://opportunities.wi4h.org) for statewide events and opportunities.



### Horticulture & Gardening

Growing food, flowers, fruit, and herbs is gardening. Horticulture, the science of growing, helps us understand what we produce, how and where to grow it, and more. Youth in this project may choose to grow plants to eat, look at, or both.

### Indoor Plants

Indoor plants add beauty and design to any space. Learn about indoor plant varieties and propagation suitable for your home environment. Youth may explore flowering and non-flowering plants.

### Landscaping & Design

Plants can produce food for your family and add beauty to the earth's landscape or your bedroom. Discover landscaping plants and design fundamentals to create a functional and beautiful environment year-round.

### Plant Crafts

Bouquets, corsages, and centerpieces. Cut flowers, dried flowers, or other plants. Plant crafts such as flower arranging, pressed flowers, evergreen arrangements, and more can add beauty to a room, an event, or someone's day. Youth in this project will explore ways to be creative with plants.

### Soil Science

Soil is more than just "dirt." Soil is alive with plants and animal life. In this project, grow your understanding of soil types, what plants need, and how seeds grow into plants. Then, explore how to support the soil by keeping it healthy and preventing erosion.

#### PLANT AND SOIL SCIENCE

#### Learning Opportunities

- Measure the soil's health over time when you make changes to it.
- Visit a local florist, garden center, community garden, or tree farm to learn more about their work.
- Grow food or plants for a local non-profit organization that can use them.
- Interview a Master Gardener to explore volunteer opportunities.
- Plant your own garden or crop. Experiment with different techniques for growing plants.

# Iowa County 4-H Projects

## Environmental/Outdoor Education

Astronomy • Birds • Conservation • Entomology (Insects) • Geology • Maple Syrup  
Outdoor Recreation • Safety • Shooting Sports • Taxidermy • Wildflowers • Wildlife & Habitat



### Astronomy

The sky's the limit! The Astronomy project is your chance to explore stars, planets, comets, and more as you learn how we view and study the universe.

### Birds

Become a careful observer of wild birds in your area and around the state. Find out about their habitats, migratory patterns, what they eat, and more.

### Conservation

The Conservation project includes weather and climate, water science, recycling, exploring your environment, and more. Get involved to learn about the natural world and how to help protect it!

### Entomology (Insects)

Insects (including bees) are everywhere! Learn about different types of insects, the largest group of animals on earth, and why they are essential in our natural world. This project is your chance to collect, study, and display insects you find and learn about forensic entomology.

### Geology

Have you ever found a rock or fossil at a park and wanted to know what it was? Discover the types of minerals, rocks, and fossils found in Wisconsin. Dig into the Geology project!

### Maple Syrup

In the Maple Syrup project, youth will learn about the tools, trees, and techniques, all while learning to care for the environment.

### Outdoor Recreation

Let's get active outdoors! This project is for anyone who likes outdoor adventures, including backpacking, hiking, bicycling, camping, canoeing, fishing, rock climbing, winter travel, cross-country skiing, and downhill skiing. The sky is the limit, and adventures are waiting for you!

### Safety

Safety is essential when anyone uses motorized equipment! In this project, learn about water, fire, electricity, winter, tractor, recreational vehicle safety, and more.

### Shooting Sports

Discover the fun and challenge of learning to shoot archery, air rifle, air pistol, shotgun, muzzleloader, .22, or rifle. The objective is to teach kids safety, responsibility, discipline, and good sportsmanship.

### Taxidermy

The Taxidermy project combines an understanding of wildlife and habitat with art and creativity. Learn to mount animals, create a habitat for the mount, and display your work so it still looks alive.

### Wildflowers

Unlike flowers you might plant and grow, wildflowers grow wherever they find the right conditions. In Wisconsin, there might be prairie, woodland, and wetland flowers. Learn about what flowers grow where and why.

### Wildlife & Habitat

In this project area, you will learn about the different types of wildlife groups, their habitat needs, conservation, and interactions between humans and wildlife.

#### ENVIRONMENTAL/ OUTDOOR EDUCATION

#### Learning Opportunities

- Take part in [Wildlife & Woods virtual classes](#).
- Compete in [statewide art, wildlife, and forestry contests](#).
- Visit a natural history or geology museum.
- Learn about and build skills to stay safe in the outdoors.
- Join the [Wisconsin National 4-H Shooting Sports Team](#).
- Volunteer with a nature restoration project in the community (e.g., prairie, park, trail).
- Plan a hiking, biking, or camping outing for your club or group.
- Visit a park or other public place that is known for something you are interested in (e.g., mountain biking, prairie flowers, wildlife, fishing, rockhounding).

# Iowa County 4-H Projects

## Science, Technology, Engineering, and Math

Aerospace • Coding & Computer Science • Energy & Electricity • GPS & Mapping • LEGO®  
Mechanical Sciences • Model Building • Robotics • Welding • Woodworking



### Aerospace

Explore the science of flight! Flying objects from kites to rockets have been studied for centuries. In this project, you will discover the science behind moving objects through the air.

### Coding & Computer Science

Our world is based on technology. Explore machine learning, computer coding, and applications using software tools. Investigate hardware, software, networks, and data management.

### Energy & Electricity

The Energy & Electricity project offers opportunities for hands-on exploration of how energy is transferred and transformed. Build simple to complex electric circuits to understand how we harness energy safely and efficiently.

### GPS & Mapping

Youth discover the world of orienteering using maps and global positioning system (GPS) technology to explore the world around them or plan an adventure.

### LEGO®

Youth use LEGO® bricks to build simple and complex structures with creativity and imagination. Youth can build structures and landscapes using various bricks to practice engineering, design, and construction skills.

### Mechanical Sciences

Youth will learn about manual and fuel-powered machines, tools, safety, and maintenance. They will get hands-on experiences that will help them understand how machines, such as lawn mowers, ATVs, and model airplanes, operate and how to keep them running.

### Model Building

In the Model Building project, youth will explore designing items in a three-dimensional space using architecture and engineering principles. Youth can express their creativity by creating small-scale models like planes, cars, trains, and more!

### Robotics

Through hands-on activities, youth will learn the basics of robotic systems, structures, sensors, control, and programming.

### Welding

Youth will explore several techniques for joining metal safely and efficiently. Learn how to repair a metal item or create amazing art with this useful skill.

### Woodworking

Youth enrolled in the Woodworking project will explore basic wood types and woodworking techniques. Topics include accurate measurements, the use of basic hand tools and power tools, and creating joints.

#### STEM

#### Learning Opportunities

- Plan and lead a project workshop for younger members.
- Visit a local business that works in a STEM-related field. Ask to job shadow someone who works there.
- Explore different techniques for building or creating things in your project area.
- Identify the essential tools needed for your project and assemble your own toolkit.
- Start a small business related to your project area.
- Attend [Space Camp](#) or [Advanced Space Academy](#).
- Volunteer to help a local organization using your project skills.

#### Looking for project resources?

Visit [projects.wi4h.org](https://projects.wi4h.org) for more information.



#### Looking for learning opportunities?

Visit [opportunities.wi4h.org](https://opportunities.wi4h.org) for statewide events and opportunities.





# 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	<i>organize and lead</i>	<i>one park clean-up service day for my club</i>	<i>in the spring.</i>
	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

