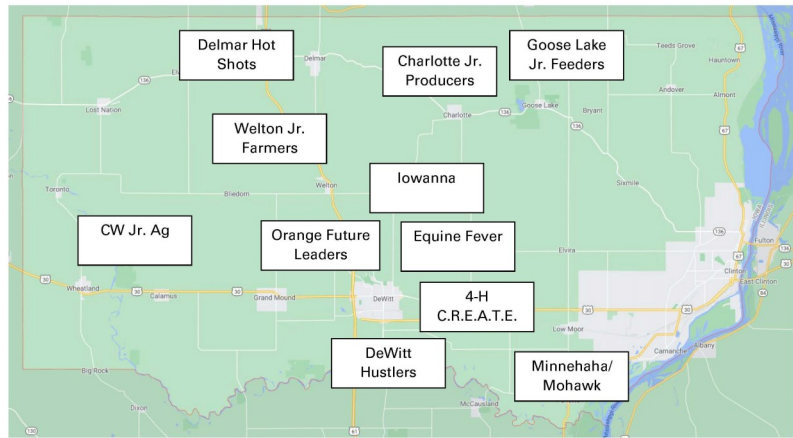




GROWS HERE



WHAT IS 4-H

4-H is a community of young people across America who are learning leadership, citizenship and life skills offered through a variety of settings: Clubs, schools, day camps, overnight camps, afterschool, and other learning environments. 4-H gives kids and teens opportunities to experience life skills and to practice them in a safe environment with caring adults.

WHO CAN JOIN

For 4th through 12th graders, 4-H is a place where you can make new friends in your community and across the state. Want to start earlier? Kids in kindergarten through 3rd grade can participate in Clover Kids, which offers hands-on activities designed to build life skills and foster new friendships. Check out Clover Kids at www.extension.iastate.edu/4h/iowa-4-h-clover-kids

WHY JOIN 4-H

We want to hear what you have to say. You have the ability to be a leader and to influence and support others in positive ways. Go ahead, share your energy and vision while inspiring others and improving our world! To learn more visit www.extension.iastate.edu/4h/

GET STARTED

PICK WHAT INTERESTS YOU

In 4-H, there are endless projects to explore. If you don't find the project area you're looking for, you can create your own project. Check out the back of this page!

CHOOSE A CLUB AND GET INVOLVED

Your local ISU Extension and Outreach office can help you find a club in your area that fits you and your goals. Contact the leader, visit a club meeting, and get acquainted with the 4-H members and leaders. Don't see a club near you? You can start your own!!

ENROLL TODAY

Call the Clinton County Extension and Outreach Office at 563-659-5125 or email Clinton4h@iastate.edu. You can also mail the form on the back to us at 400 E 11th St in DeWitt, IA 52742.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.



IOWA STATE UNIVERSITY
Extension and Outreach



PICK WHAT INTERESTS YOU



WWW.EXTENSION.IASTATE.EDU/4H/PROJECTS-LIST



AGRICULTURE & NATURAL RESOURCES

- AGRONOMY** | Explore plant genetics, physiology, meteorology, and soil science.
- ENTOMOLOGY** | Don't let it bug you! Get to know all about insects and how they impact our daily lives.
- ENVIRONMENT AND SUSTAINABILITY** | Discover how the choices you make every day affect the whole world.
- HORTICULTURE** | Plant it, dig it, grow it, and show it.
- OUTDOOR ADVENTURES** | Go backpacking, hike a trail, build a campfire, ride a bike, reel in a big fish, or more.
- SHOOTING SPORTS** | Hit your target while learning safe and responsible use of firearms and archery equipment.
- WILDLIFE** | Go wild exploring plants and animals that live in and around your community. Learn how to use and wisely manage wildlife resources.

PERSONAL DEVELOPMENT

- CIVIC ENGAGEMENT** | Make your club, community, country, and world the best they can be.
- COMMUNICATION** | Sing, dance, act, speak, and write.
- DIGITAL STORYTELLING** | Tell a great story through animation, video production, editing, sound production, and image manipulation.
- LEADERSHIP** | Build relationships, be a good role model, and help others.
- SELF DETERMINED** | Set your own limits by choosing your passion, finding your information, and sharing what you learned.

CREATIVE ARTS

- MUSIC** | Write a song, join a band or play an instrument.
- PHOTOGRAPHY** | Compose a photograph, frame a picture, and make detailed edits on your computer.
- VISUAL ART** | Make a masterpiece with paint, chalk, clay, metal or wood.

SCIENCE, TECHNOLOGY, ENGINEERING AND MATH

- AEROSPACE** | Use your investigation skills to discover the principles of flight, rocketry, and astronomy.
- COMPUTER SCIENCE** | Study the theory of computation and the design of computational systems.
- MECHANICS** | Develop knowledge and skills related to the design, construction, and repair of structural and mechanical technologies.
- ROBOTICS** | Interact with robots and figure out how they work.
- SCIENCE, ENGINEERING, TECHNOLOGY AND MATH (STEM)** | Challenge your mind by exploring the world around you with hands-on experiments. The sky's the limit.
- TRACTOR** | Dig in and develop your skills related to tractor safety, maintenance and repair, driving skills, or tractor restoration.
- WOODWORKING** | Learn about types of wood and their uses, safety tips, and common tools.

FAMILY & CONSUMER SCIENCES

- CHILD DEVELOPMENT** | Learn how children grow and develop and how you can be the best babysitter.
- CLOTHING** | Now you're stylin'! Put it on and make a statement about who you are.
- CONSUMER MANAGEMENT** | Learn how to be smart with your money so you can save for the things you want.
- FOOD & NUTRITION** | Have fun choosing, cooking, and eating safe and healthy foods.
- HEALTH** | Learn how to take care of yourself and others by learning First Aid and how to make healthy choices.
- HOME IMPROVEMENT** | Room makeover! Discover simple and inexpensive ways to make your space your own.
- SEWING & NEEDLE ARTS** | Make clothes, pillowcases, horse blankets, or anything else you can sew.

ANIMALS

- BEEF** | Pick out a calf, feed it, groom it and watch it grow.
- DAIRY CATTLE** | Take good care of your cows and make your own milk, cheese and ice cream.
- DAIRY GOATS** | Learn to care for your dairy goats and you'll be rewarded with milk and cheese.
- MEAT GOATS** | Select, feed, and care for your own goats.
- DOGS** | Learn to feed and care for your furry friend and teach it some new tricks.
- HORSE & PONY** | Jump in the saddle and discover all the aspects about raising and riding horses. You don't even need your own horse!
- PETS** | Is your pet a hamster, hedgehog, hippo, or a Himalayan cat? Maybe it's not one of the four H's, but it still needs food, water, shelter, and love.
- POULTRY** | Don't chicken out. Learn how to care for cheepers, peepers, quackers and gobblers.
- RABBIT** | Hop on over and find out about raising bunnies.
- SHEEP** | Lead the flock by choosing, feeding, and caring for your own breeding or market sheep.
- SWINE** | Find out where a pork chop on a stick comes from while you choose, feed, and care for your own pigs.
- VETERINARY SCIENCE** | Learn everything you need to know about keeping animals healthy, and maybe find your true calling as a veterinarian.

JOIN 4-H NOW!

First Name _____ Last Name _____

Grade _____ County _____

Address _____

City _____ Postal/Zip Code _____

E-mail *(If you are under 18, please provide a parent/guardian e-mail address.)* _____

Phone Number _____

Preferred Method of Contact Phone E-mail

Write what project area(s) interest you the most.

AG & NATURAL RESOURCES _____ **FAMILY & CONSUMER SCIENCE** _____

PERSONAL DEVELOPMENT _____ **ANIMALS** _____

CREATIVE ARTS _____ **OTHER** _____

STEM _____

WWW.EXTENSION.IASTATE.EDU/4H

Please mail completed forms to your local county ISU Extension and Outreach office.