

Polk County 4-H Family Guide



How to Join | Clubs | Projects | Terminology | Activities | Resources

UW Madison Extension - Polk County

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Facebook:
[@4HPolkCountyWI](https://www.facebook.com/4HPolkCountyWI)

Polk County 4-H: polk.extension.wisc.edu
Wisconsin 4-H: wi4h.org

Emblem

The national 4-H emblem is a four-leaf clover with the letter “H” on each leaf. The emblem is federally protected by the United States government and is granted a special status. The numbers 18 USC 707 must appear with the emblem. For guidelines as to proper usage of emblem, please contact Extension Office.



The Four “H”s

The four H’s stand for: Head, Heart, Hands, Health. These H’s represent the four-fold training and development in which members participate.



4-H Pledge

All 4-H members should learn the 4-H Pledge:
“I pledge my HEAD to clearer thinking,
my HEART to greater loyalty,
my HANDS to larger service, and
my HEALTH to better living,
for my club, my community, my country and my world

4-H Motto

To Make the Best Better

4-H Slogan

Learn by Doing

4-H Colors

Green and White

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**.

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Welcome To Polk County 4-H

4-H Youth Development is a program of the University of Wisconsin Division of Extension. 4-H is supported by county and state governments along with the U.S. Department of Agriculture to provide opportunities for youth.

University of Wisconsin Division of Extension Mission Statement

Extension's mission is to connect people with the University of Wisconsin. Thanks to joining forces with UW-Madison, we'll strengthen each other through exchanging experience and research statewide. No matter what you're trying to accomplish in Wisconsin, you'll find the support you need as we continue to bring our home state together, community by community.

Location

UW Madison Extension - Polk County
Polk County Government Center
100 Polk Plaza, Suite G600
Balsam Lake, WI 54810

Office Hours: Monday-Friday, 8:30 a.m. - 4:30 p.m.

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In Polk County 4-H we value:

Being Yourself



Find and share your authentic sparks and interests;

Building Connections



Grow positive relationships with peers and adults;

Exploring New Opportunities



Open the door to new experiences, projects and places;

Belonging Together



Recognize, understand, respect, and appreciate each other;

Discovering Skills



Develop skills through hands-on learning to help you succeed and thrive;

Giving Back to Your Community



Make meaningful contributions through community service and leadership.



WHAT IS 4-H?

4-H Basics

4-H is for the whole family where youth and adults come together to:

- Learn by doing
- Learn new things: leadership, teamwork, critical thinking, communication
- Meet new Friends
- Participate in projects such as photography, STEM, horse, arts & crafts, poultry, and so much more!

4-H is about having fun, learning, exploring and discovering.

Who is 4-H for?

4-H Members

4-H members are youth in grades 5K-13th grade (one year post HS). Youth in grades 3-13 select individual projects to focus on. Youth in grades K-2 enroll in the Cloverbud project where they explore all of the opportunities 4-H has to offer.

Members can:

- Attend club meetings
- participate in club activities
- work on projects throughout the year
- set goals for projects and complete a record book for achievement.
- complete a club demonstration
- prepare exhibits for the fair
- keep accurate records of project work (record Books)
- serve as an officer or club helper

Families:

4-H is very family friendly. Supportive adults should participate in club and community activities along with the youth. Help them learn about their projects, keep informed of project happenings, and volunteer to help whenever you can.

Adult Volunteers/Leaders

Over 140 local volunteers are dedicated to helping 4-H youth succeed, serving as

- Club leaders
- Project leaders
- Resources

Volunteers work alongside youth, building youth-adult partnerships, teaching life skills and sharing valuable experiences.

Interested in learning more? Contact the Polk County Extension Office.

Youth-General Enrollment Information

Youth may enroll in 4-H anytime throughout the year. Re-enrollment begins on September 1.

Youth must be part of a club before they may sign-up for any projects. A list of all clubs available in Polk County can be found on the Polk County website at polk.extension.wisc.edu or in this guide.

You must meet the grade requirements outlined within this document in order to enroll in and participate in project activities and functions.

Grade level is determined by grade in school at time of 4-H enrollment. Youth who are home-schooled should use declared grade. Youth are eligible for membership through the next year following high school graduation. The 4-H year runs from October 1 through September 30.

Youth must be enrolled in the project areas they wish to participate in through the 4-H program.

Youth must be enrolled in Polk County 4-H by April 15th to represent 4-H at the Polk County Fair. Youth may add or delete projects until April 15th of the current 4-H year for fair projects. 4-H members may choose to enter items related to their 4-H projects.



How to Join

Getting involved with 4-H is easy, youth and families can pick one project or many projects to focus on. The time commitment can fit into anyone's schedule!

How to Join 4-H as a member

Step 1: Pick a 4-H club.

Step 2: Pick your projects (grades 3-13)

Step 3: Set up an account at wi.4honline.com and follow the prompts for enrollment.

Step 4: Get involved. You'll be happy you did!

*Information about clubs and projects can be found at polk.extension.wisc.edu, then find "Join Polk County 4-H" in the 4-H Info menu.

4-H is for everyone! Join Today!

Register for Specific Projects

Polk County 4-H has several organized projects that meet regularly throughout the year. Information about all projects can be found starting on page 7.

Record Books

In order to achieve, 4-H members are encouraged to complete a record book.

A record book is a journal of a member's 4-H year and is a requirement for a member to reach their completed achievement status.

Record books must be turned in to the General Club Leader at the end of the 4-H year, by the due date provided by the Leader. Record book awards are given at the County Awards Program in October.

For specific instruction on how to fill out your Record Book, a Record Book Guide can be found on the Polk County Extension website at <http://polk.wisc.edu>. Click on 4-H and then "Fair, Forms, and Applications"

INTERESTED IN JOINING 4-H?

The Process in Polk County



CONTACT THE EXTENSION OFFICE TO TALK WITH 4-H STAFF ABOUT 4-H

- We are happy to get you started in Polk County 4-H. Talk with local 4-H staff to learn how to get started and share how you want to be involved. Call 715-485-8600 or email: lindsay.spindler@wisc.edu

FIND A 4-H CLUB THAT YOU ARE INTERESTED IN

- Get a recommendation from the 4-H staff or check out our club map to select a club that you are interested in.



CONTACT A CLUB AND ATTEND A MEETING

- Figure out what club is the right fit for you. We encourage you to shop around to determine the club you want to be part of. Contact the club leader to confirm their next meeting date, location, and time.

ENROLL IN 4-H ONLINE @ [HTTPS://WI.4HONLINE.COM/](https://wi.4honline.com/)

- Enrolling in 4-H ensures that you get relevant and current information. When you enroll, you will create a new family profile and add each member.



SELECT PROJECTS AREAS THAT INTEREST YOU

- Project areas are different subjects you would like to explore and learn more about.
- Make sure to enroll in all project areas you may want to bring exhibits to the fair in.

FOLLOW US ONLINE & GET THE MOST OUT OF YOUR EXPERIENCE

- Follow us on Facebook @4HPolkCountyWI or check our website. Make it a priority to attend your club meetings each month!
- Contact 4-H staff with any questions or if you need assistance.





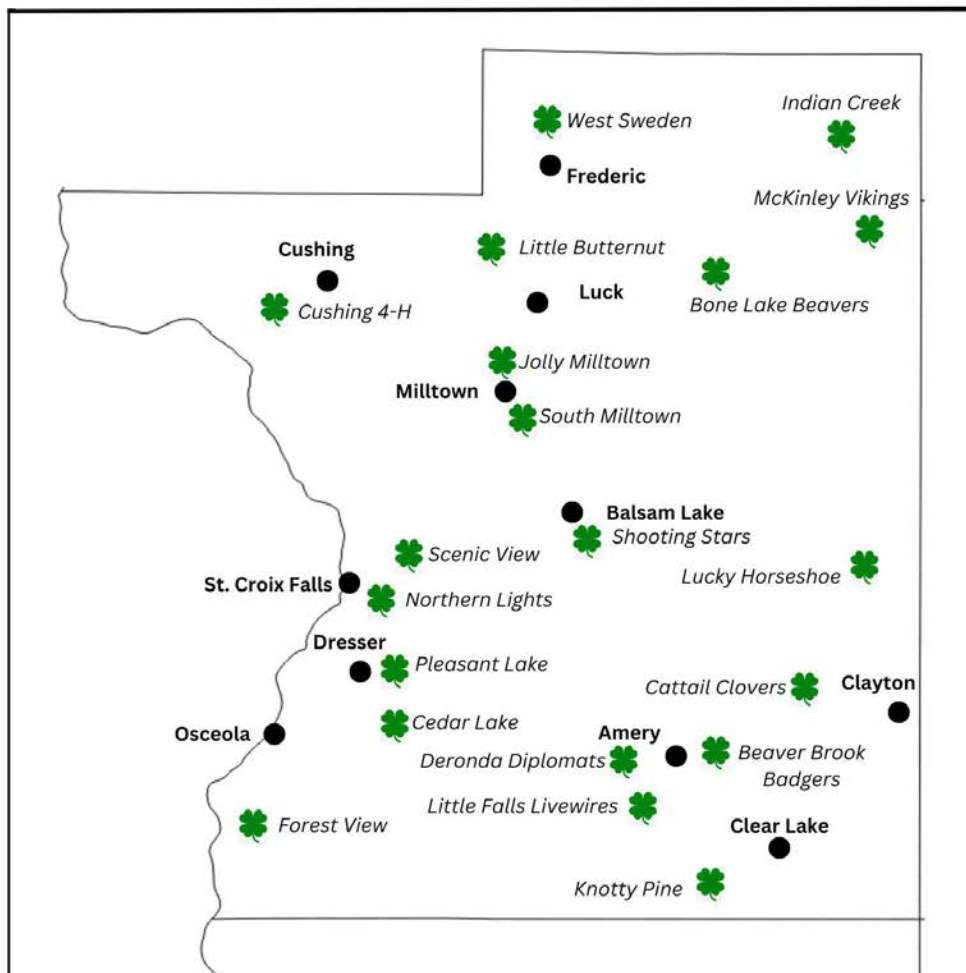
Polk County 4-H Clubs and Leaders



POLK COUNTY 4-H Club Locations & Organizational Leaders



<u>Club</u>	<u>Leader</u>	<u>Contact</u>	<u>Club</u>	<u>Leader</u>	<u>Contact</u>
Beaver Brook Badgers	Katie Lauterbach Hollie Severson	715-829-8024 715-554-3199	Little Butternut	Jackie Thompson	715-529-1869
Bone Lake Beavers	Terri Anderson	715-566-1043	Little Falls Livewires	Julie Novak	715-268-2237
Cattail Clovers	Michele Pickard	715-948-4249	Lucky Horseshoe	Corrine Gehrman	715-205-4409
Cedar Lake	Neil/Rebekah Gustafson Lucas/Kristine Williamson	715-755-3913 715-688-9672	McKinley Vikings	Melissa Monchilovich	715-651-2956
Cushing	Rayannon Lundgren	715-566-0088	Northern Lights	Shirley Miller-Frey	715-557-1467
Deronda Diplomats	Marge Schone	715-268-7031	Pleasant Lake	Trish Carlson Heather Gott	715-294-4372 715-566-1459
Forest View	Amanda Lietz	715-293-3725	Scenic View	Sandy Swanson	715-483-9350
Indian Creek	Linda Owens	715-653-2663	Shooting Stars	Matt Babcock	612-308-8885
Jolly Milltown	Judy Bainbridge Ashley Nagel	715-825-2207 612-703-1493	South Milltown	Jeanne Alling	715-553-2488
Knotty Pine	Amanda Sanders	715-641-2466	West Sweden	Emily Ovik Paul Knauber	715-790-2533 715-327-8880



UW-MADISON EXTENSION

New to 4-H?

Use the map to find a club near you and contact the club leader for more information. Or contact the county extension office using the information below.

Just in need of info?

Our organizational leaders and county staff are ready to help!

Polk County 4-H

100 Polk Plaza, Suite G600
Balsam Lake, WI 54810

715-485-8600

lindsay.spindler@wisc.edu
polk.extension.wisc.edu



Polk County 4-H Projects

4-H Projects are specific areas of interest for 4-H members and volunteers. Projects cover a wide variety of topics from animals, science, arts, and beyond.

How do I select projects?

- Find a few areas that you would like to try.
- Learn from a variety of resources; adults, friends, family, online, the library
- As you start, think about what you want to learn and do.

I picked a project, now what?

Many project areas are supported by project volunteers, but not all of them. After choosing projects, find out what resources are available in the county. Then use the documents at the end of this book to make a plan.

Keeping Record

All youth are encouraged to turn in a record book each year. Look through the record book requirements and keep track of learning, setting goals, and take lots of pictures. More information about record books can be found in this guide.

Project VS Exhibit

Many people in 4-H tend to use the words Project and Exhibit interchangeably. However, they are two VERY different things.

Project: A 4-H project is an area that you want to learn more about during the year. There are projects on just about any topic you would like to explore, from art to woodworking, from computers to rabbits, from clothing to small engines, from aerospace to horses. If you are interested in learning more about something, there is probably a 4-H project to help you! You will choose your projects when you register for 4-H.

Exhibit: An exhibit is an item that you have made during your 4-H project learning that you take to the County Fair. You will receive feedback from a judge on your exhibit. When you are enrolling in 4-H you are enrolling in a project, NOT selecting your fair exhibit. You will register for the Polk County Fair in June. Visit the fair website polkcountyfair.com to see a list of exhibits.

Project Resources & Support

There are three levels of support for projects within 4-H.

1. County-wide Level

A volunteer or group of volunteers (Educational Team) have come forward to teach that project to any 4-H members in Polk County who are enrolled in that project. Countywide projects are additional educational resources available for any youth. They are not a requirement to fully participate in that project area. Countywide projects may have additional requirements that can be found on the website or by calling the Extension Office.

The following project areas are county-wide programs:

Dairy Project

Quality Meats

beef, goat, sheep, swine

Dog Project

Horse Project

Shooting Sports

Ambassadors (7-13th grade)

***Many project areas have volunteers that are happy to help at any time that are not part of an official county-wide program. Call the Extension Office and we will help find resources.*

2. Club Level

Each club has project leaders that can help in specific projects. Check with your club organizational leader(s) to find out what projects they have leaders for.

Projects available at the club level vary widely between clubs and also may change at any time during the year based on the availability of project leaders.

3. Independent or Individual Study Level

No volunteers on the countywide or club levels have come forward to teach that project. In this case, the member can find resources through various avenues

4-H Literature/Curriculum

Several projects have informative books that will be helpful to 4-Hers. We encourage you to purchase literature that focuses on your project(s). You may order these directly from the National Shop (<https://shop4-h.org>). Some project literature is available for check out at the extension office. Contact the office for a list or available materials.



Project Index

Younger Members (K-4)

Cloverbuds (Grades K-2)

Older Members (Grades 3-13)

Animal Sciences

*Beef
Cats
*Dairy
*Dogs
Goats
*Horses
*Horseless Horse
*Llamas
Pets
*Poultry
*Rabbits
*Sheep
Small Animals
*Swine
*Veterinary
Science



Arts and Communications

Arts & Crafts (Art)
Block Printing
Cake Decorating
Clowning
Collections
Communications/Creative Writing\ Speaking
Computers
Drawing and Painting
Leather Crafts
Music
Photography
Videography
Theater Arts



Community Involvement

Service Learning & Citizenship
Citizenship
Self-Determined
Service Learning
Workforce Readiness
Youth Leadership



Cultural Projects

Folk Art
History & Heritage
Intergenerational Programs
International Programs
Latino Cultural Arts



Foods, Family, Home

Child Development
Clothing
Consumer Savvy
Crocheting
Entrepreneurship
Foods & Nutrition
Foods Preservation
Health
Home Environment
Intergenerational Programs
Knitting
Personal Finance
Quilting



Outdoor Recreation (Natural Sciences)

Adventures
Backpacking & Hiking
Bees
Bicycling
Birds
Camping
Canoeing
Conservation
Entomology (Insects/Butterfly)
Exploring Your Environment
Fishing
Forestry
Maple Syrup
Nature and Ecology
Recycling
Water
Wildflowers
Wildlife
Winter Travel



Plant & Soil Sciences

Crops (Corn, Forage, Small Grains)
Flowers
Fruits
Home Grounds
Horticulture
House Plants
Plant Crafts
Plant ID
Vegetables



Science, Technology, Engineering, Math (STEM/ Mechanical Sciences)

Aerospace
Computers
Electricity
Geospatial
Legos
*Robotics
Scale Models
Small Engines
Tractors
Woodworking
Shooting Sports
*Air Pistol
*Air Rifle
*Archery
*Hunting
*Muzzleloading
*Rifle
*Shotgun



Project Information

More info: go.wisc.edu/4h

On these pages, you'll find descriptions for statewide projects, Internet resources and links of interest, county fair exhibit suggestions, state specialist contacts, and other suggested 4-H resources.

* indicates formal county offerings



Project Descriptions

CLOVERBUDS

(K-2 Grade)

Learn about your 4-H club or group, activities and events; Begin developing different skills, e.g., working with others; Explore your community and working together; Discover areas of project interest; Share with others what you have learned

ANIMAL SCIENCES *(Grades 3-13)*

BEEF | CATS | DAIRY | DOGS | GOATS | HORSES | HORSELESS HORSE | LLAMAS | PETS | POULTRY | RABBITS | SHEEP | SMALL ANIMALS | SWINE | VETERINARY SCIENCE



Beef:

Learn how to identify various beef breeds and parts of a beef animal, halter-break and show a calf, fit and judge beef cattle, recognize and raise a healthy animal; learn about feed ingredients, behavior, and parasites; learn beef carcass composition and retail meat cuts; explore selection and judging, learn about careers, discover how to market your animal.

Cats:

Identify breeds; name the parts of a cat; handle and groom a cat; care for its health; learn about cat senses and sounds; explore tricks to teach a cat; traveling with a cat; learn about feeding and emergency care; detect signs of illness and health issues. Explore veterinary procedures; learn reproductive and cat body systems; learn showmanship and cat behavior; explore community laws and animal welfare.

Dairy:

Identify dairy breeds; Study and identify parts of the dairy cow; Learn how to select quality dairy calves; Fit and show a calf; Identify stages of calving and care; Learn about housing and hay quality; Learn about milking and food safety; Explore ways to keep an animal healthy; Observe animal behavior. Practice mastitis detections; Learn to balance rations; Practice pregnancy detection and delivery of a calf; Learn body-conditioning scoring; Promote dairy products; Explore various dairy industry careers.

Dogs:

Learn basic skills for dog care and training; Discover different dog breeds; Study and identify dog body parts; Learn how to keep a dog healthy and groomed. Explore dog health and nutrition; Discover genetic problems and population control; Learn showmanship and training techniques; Learn about show-ring ethics; Investigate responsible breeding; Care for geriatric dogs; Train service dogs; Explore careers related to dogs

Goats (Dairy & Meat):

Gain hands-on experiences in the goat project; select, manage, fit and show goats; learn responsible goat ownership. Learn to keep your goat healthy; feed your goat for maximum production; prepare for kidding; develop judging skills; learn how to milk a goat properly. Learn about genetics, diseases and breeding; study body-condition scoring and linear appraisal; understand bio-security and prevention measures; gain leadership and explore career opportunities.

Horse:

So, you want a horse. Great! What breed, type, color and physical markings would you like? Are you ready for daily care like grooming, feeding, stable care, foot care and safety? Learn the right equipment and riding skills; all a part of the 4-H Horse/Pony Project. This project is open to 4-H members who own, lease or manage a horse or pony.

Horseless Horse:

In this project you don't have to have a horse or pony of your own. You need a desire to learn about horses. Explore horse behavior, terms, breeds, identification, body parts, selection, grooming, saddling and bridling, safety and equip-ment, and much more; A horseless horse project member is defined as a 4-H member who has no one on one access to a horse. They do not own their own horse. Their family does not own or lease a horse. (Cloverbuds may not be horseless project members) (See State 4-H Horse Association Handbook)

Llamas:

Learn llama history; learn the importance of keeping health records; identify breed characteristics and external and internal parts; learn how to care for a cria; understand registration papers; recognize llama and alpaca behavior and body language; recognize the differences between llamas and alpacas; learn about llama nutrition; learn basic llama safety.

Pets:

Explore your favorite pet or select a pet; identify pet body parts; learn to provide a safe environment; design a space for your pet. Explore animal digestion and feeding; shop for pet supplies; determine the animal's sex and proper health; study pet behavior and communication, pet products; teach others about pets; understand how genetics work; animal welfare issues.

Poultry:

The poultry project will help members learn how to select, feed, manage, breed, fit, show, and market your bird. It includes ducks, geese, turkeys, chickens, bantams, waterfowl and pigeons.

Rabbits:

Learning activities include identifying rabbit breeds, learning how to handle and show a rabbit, learning rabbits genetics and breeding, housing and care, planning and making a rabbit nest box, showing rabbits, and exploring careers related to rabbits, and more.

Sheep:

Learn how to identify sheep breeds and body parts. Become familiar with sheep diseases and parasites. Learn to identify uses of wool and other by-products. Practice fitting your sheep. Explore different careers.

Small Animals:

The 4-H Small Animal Project will give you the opportunity to learn about the life history, management, and care of a pet of your choice. Learn about a variety of small pets, such as birds, guinea pigs, iguanas, snakes, or frogs. Topics may include feeding, housing and daily needs, pet selection, body parts, pet communication, handling, genetics, and reproduction. You will also enjoy participating with your friends in the other activities of your 4-H club. These may include tours, camps, shows, club parties, and club meetings. You will also get to present information about your pet at the county fair.

Swine:

Learn to identify swine breeds, feed and animal parts. Practice judging market hogs and identify pork meat cuts. Practice fitting and showing a hog. Make your own health care plan for your hog and learn to identify diseases. Assemble tack and pack a show box. As you become more experienced design a preventative herd health plan, manage your own herd's feeding program.

Veterinary Science:

Learn different breeds of animals. Be able to describe animal life stages and systems. Create health records for your animals. Understand diseases that spread from animals to humans. Discover the importance of immunity and bio- security. Learn about different veterinary careers.

ARTS & COMMUNICATIONS *(Grades 3-13)*

Arts & Crafts (Art) | Block Printing | Cake Decorating | Clowning | Collectibles
Communications/Creative Writing/Speaking | Computers | Drawing and Painting
Leather Crafts | Music | Photography | Videography | Theater Arts



Arts & Crafts (art):

Learn art through cutting, pasting and drawing; explore sculpting and constructing with fibers; paint and print using different materials. Explore art techniques, culture and history of art; learn artistic challenges in drawing, fiber arts and sculpting; develop graphic design techniques.

Block Printing:

Design and cut blocks from different materials, print designs on cloth and paper, create your own original designs.

Cake Decorating:

Prepare icing to use for borders, drop flowers, lettering, experiment with different decorating tips; learn about professional cake decorating equipment, decorate with borders, flowers, leaves and letters. Bake and frost level cakes with smooth icing; bake and frost two layer cakes; make flat surface flowers; learn piping techniques; apply rolled fondant to a cake and decorate it; study the principles of element and design used in cake decorating.

Clowning:

Discover the history of clowning; develop your own character; design your own makeup, costume and props.

Collectibles:

Collect what you love and then showcase your collection. Learn how to get started collecting your items, how to display your items, adding to your collection, and how to develop a budget and inventory of your collection.

Communications/Creative Writing/Speaking:

Learn to become a confident communicator, present oral speeches, write resumes and interview for a job. Polish your communication skill and explore communication careers and much more.

Computers:

Learn about hardware, software and components; explore how computers work; learn the various programs and their features; visit the project's interactive website. Build and repair a computer; identify the components and how they work together; learn to upgrade and create connections; install operating systems. Create and manage networks; make decisions about network management; explore security issues and troubleshooting.

Drawing and Painting:

Learn to draw with pencil, chalk, crayon, etc.; learn to blend and shade; make surface rubbings; paint with watercolor, oil and acrylics; mix colors; mat and frame your artwork.

Leather Craft:

Learn about the characteristics and uses of leather, use tools and equipment, make patterns and original designs and explore various leather craft techniques.

Music:

Gain a greater appreciation for music; explore different ways to participate; listen, perform and compose various types of music; teach others; and make instruments.

Photography:

Explore the camera and learn to use it properly; learn the basics of lighting and composition; learn the use of different light sources; shoot photos that tell a story. Camera adjustments; learn about film speed, shutter speed and aperture; take silhouettes, candid, action shots and others. Wide-angle and telephoto lenses; explore the use of light meters and studio lighting; experiment with special effect photos; take still life photos and portraits.

Videography:

Learn storytelling, editing and lighting, experiment with camera handling and editing; learn to plan a project with the use of sound and titles; show and review your production.

Theatre Arts:

Learn about acting, makeup, costumes, sets, writing a script, planning a theater game, story dramatization and group improvisation.

COMMUNITY INVOLVEMENT *(Grades 3-13)*

**Citizenship | Self Determined | Service Learning | Workforce Readiness
Youth Leadership**

**Citizenship:**

Discover and discuss public issues; plan a project to change or improve your community.

Self Determined:

Create your own project or expand on an old one; select a project, develop a plan, identify resources; carry out and evaluate your plan.

Service Learning:

Learn to give back to your community, reflect on your experiences, identify community needs, plan a service project and execute the idea.

Workforce Readiness:

Explore what it takes to get your first job; discover how to assess job possibilities in the community; create job scenarios; recognize your learning styles and personal qualities

Youth Leadership:

Assess your leadership skills; practice effective communication skills; set goals and resolve conflict; and plan a group event. Explore how leaders are different; develop a multi-media presentation; set and achieve team goals; and practice teamwork. Assess your own strengths and weaknesses; write vision and mission statements; and contribute to a group project.

To Make The Best Better!

CULTURAL PROJECTS *(Grades 3-13)*

**Folk Art | History & Heritage | Intergenerational Programs
International Programs | Latino Cultural Arts**



Folk Art:

Explore traditional folk arts; learn more from your family and community; learn storytelling; decorate eggs and make baskets.

History & Heritage:

Discover your family history and heritage as you go on a treasure hunt for information. The records you create will last a lifetime.

Intergenerational Programs:

Intergenerational Programs: Learn to understand older people better; let them share their stories and experiences; explore what happens as you grow older.

International Programs:

Emphasizes the 4-H values of belonging and understanding through international exchange. In today's ever changing world the skill of global citizenship becomes more and more important all the time. Help the youth in your community build bridges and connect with others from around the world!

Latino Cultural Arts:

Understand the Latino culture by exploring traditional art, make Latino instruments, jewelry, weavings, etc., sample Latino foods tell stories and explore their culture.

FAMILY, HOME & HEALTH *(Grades 3-13)*

**Child Development | Clothing | Consumer Savvy | Crocheting
Entrepreneurship | Foods & Nutrition | Foods Preservation | Health
Home Environment | Knitting | Personal Finance | Quilting**



Child Development:

Find out how you grow and develop; learn about the development of babies and toddlers; learn how to make toys safe for small children. How to take care of yourself and others; see what makes your family special; discover how to match toys to ages of children; develop family rules; check for safety hazards. Explore how to be an effective parent; gain experience as a teacher or coach; make babysitting and first-aid kits; Learn careers.

Clothing:

Identify sewing tools and machine parts; thread a sewing machine and identify fabrics; select and purchase a pattern; sort clothes for laundry and remove stains; donate a sewing project. Identify types of fabric constructions; sew different buttonholes and seam finishes; use pressing tools and thread a serger; research different laundry products. Use specialized sewing tools or equipment; combine patterns to create a design; create outdoor wear; design and embellish a garment; use a computer to print on fabric.

Consumer Savvy:

Learn your shopping style; use the yellow pages to find goods and services; know the difference between wants and needs; write a savings and spending plan; start a savings account. Identify your personal spending values; understand advertising appeal and its affects; see how peer pressure can influence your purchases; understand the risks of shopping on the Internet. Define consumer responsibilities and ethics; understand your consumer rights; use comparison shopping techniques; understand the costs of owning a vehicle.

Crocheting:

Learn to select and purchase yarn, thread and equipment; explore crocheting and finishing techniques; understand care instructions for crocheted items.

Entrepreneurship:

Practice the skills needed to be an entrepreneur; explore businesses, products, marketing and pricing; create a business plan; and start your own business.

Foods & Nutrition:

Learn what is good to eat and how to fix simple foods; fix pizza, pancakes, fruit kabobs and granola bars; explore why calcium is important to our bodies; understand TV commercial messages about food. make main dishes, e.g., meatballs, pasta and salads; learn to make basic muffins and biscuits; learn to change recipes; reduce fat content in recipes; discover how to store fruit and vegetables. Learn to evaluate nutrition information and fad diets; develop your own exercise program; learn how to cook different cuts of meat; learn to divide large-quantity packages for family use; make baked chicken, breadsticks and stir-fried vegetables. Learn how to make jelly, bake fish and marinate meat; conduct a food activity with young children; learn to divide recipes and make substitutions; plan menus on a budget.

Foods Preservation:

Learn the basics of preserving food safely; use UW- Extension Safe Food Preservation Series.

Health:

Practice first-aid skills to treat basic injuries; learn how to respond to someone who is choking; assemble a first-aid kit and much more.

Home Environment:

Home care; learn to sand and finish a simple wood item; make small home decorative items for the home; explore the world of home interior design, restore furniture, entertaining guests etc.

Knitting:

Discover what to consider when buying yarn or tools; learn knitting and finishing techniques; correct knitting errors; learn how to care for your knitted items.

Personal Finance:

Learn money management skills and how to live on a budget, financial services etc.

OUTDOOR EDUCATION (NATURAL SCIENCES) *(Grades 3-13)*

Adventures | Backpacking & Hiking | Bicycling | Canoeing
Entomology (Insects/Butterfly) | Exploring Your Environment | Fishing
Forestry | Maple Syrup | Nature and Ecology | Outdoor Recreation
Recycling | Water | Wildflowers | Wildlife | Winter Travel

**Adventures:**

Learn how to camp safely in all weather conditions; investigate camping equipment and clothing; build a campfire and cook a meal; practice tying knots and first aid; learn to use a map and compass.

Backpacking & Hiking:

Select items and plan the food; learn to organize and pack a backpack; select appropriate clothing; prepare a first-aid kit; learn to use a compass; prepare for dangerous weather.

Bees:**Bicycling:**

Learn how and where to bicycle safely; plan a bicycle camping trip; design and build a bicycle obstacle course; conduct a bike maintenance check.

Birds:**Canoeing:**

Learn how and where to canoe safely; select and care for equipment; explore aquatic environments; plan a canoe camping trip; canoe a river.

Entomology:

Learn about insects, their behavior and life history; discover the parts of an insect's body; collect and compare insects; explore how insects communicate and move.

Exploring Your Environment:

Learn safety practices when working with wood and tools; use various hand tools, e.g., hammer and saw; identify types of nails and wood; sand and paint a piece of wood.

Fishing:

Identify types of tackle; organize a tackle box; identify different types of bait and fish in your area; learn to take proper care of your catch.

Forestry:

Identify forest types, forest products and trees; age trees by counting rings; understand forest competition; find a state forest; describe how leaves affect rainfall.

Maple Syrup:

Learn about the origin of maple syrup, areas of production, and which trees produce sugar water for making maple syrup. You will also learn about gathering sap and the processing of it into maple syrup.

Nature and Ecology:

Learn about ecosystem services; explore watersheds and water purification; collect and analyze soil samples; learn about different sources of energy; explore ecotourism; learn more about aesthetics and the environment. Learn about environmental stewardships; find out what natural capital is and why it's important; explore local and national land use. Learn about climate change and sustainability; identify ways to conserve energy.

Recycling:

Learn about the impact of solid waste on the environment; learn to reduce, reuse and recycle.

Water:

Identify water conservation and pollution issues; explore issues in your home, community or school; select an issue to focus on; develop and implement a plan.

Wildflowers:

Learn about wildflowers in your neighborhood; learn to identify wildflowers and how to collect them; discover how humans affect wildflowers.

Winter Travel:

Discover winter travel on cross-country skis and snowshoes; select and take care of equipment and clothing; experience a winter overnight campout; discover how trees and plants prepare for winter.

PLANT & SOIL SCIENCES*(Grades 3-13)*

**Crops (Corn, Forage, small grains) | Flowers | Fruits | Home Grounds
Horticulture | House Plants | Plant Crafts | Plant ID | Vegetables**



Crops:

Corn (Crops 1): learn about variety selection, germination and planting; learn about nutrients, harvesting and storage; explore uses and marketing strategies for corn. Forage (Crops 2): Establish and manage a forage crop; scout fields for pests, diseases and nutrition shortages; take an accurate forage sample; study growing techniques. Small Grains (Crops 3): Explore types of grasses, including wheat, oats and barley; learn about growing conditions and nutrients; practice integrated pest management; compare production costs and marketing.

Flowers:

Identify flower parts and their functions; plant flowers and make flower arrangements; give a presentation on flowers; prepare a flower exhibit.

Fruits:

Produce fruits from apples to berries; select the best fruit cultivar for your home garden.

Home Grounds:

Learn about seeding a lawn; study proper lawn care and maintenance; explore fertilization and pest management techniques. The importance of planting new trees and shrubs; explore variety selection and appropriate placement; learn basic maintenance: pruning and fertilization. Landscape planning; make a plan and put it on paper; select, place and plant trees and shrubs; maintain your home grounds.

Horticulture:

Learn basic principles of plant science; Learn to plan, care for, and manage vegetable and/or flower gardens, lawns, or commercial horticultural crops; Learn effective, safe methods of pest control and management; Produce vegetables and fruits for year-round use to improve nutrition; Apply knowledge by experimenting with plants in a laboratory or in the field.

House Plants:

Identify plant parts and their functions; grow house plants and start a plant from a cutting; make a dish garden; prepare house plants for exhibit.

Plant Crafts:

Learn to harvest plants; use different drying techniques; learn how to use plant materials; learn how to make dried arrangements, corsages, etc.

Plant ID:

Flowers & Indoor Plants; Fruits & Nuts; Vegetables; Woody Ornamentals;

Vegetables:

Identify plant parts and their functions; explore germination and start a plant from a cutting; grow vegetables in containers; plan an outdoor garden; prepare a vegetable exhibit for show.

SCIENCE TECHNOLOGY ENGINEERING MATH (STEM & MECHANICAL SCIENCES)*(Grades 3-13)*

Aerospace | Computers | Electricity | Geospatial | Legos | Robotics | Scale Models | Small Engines | Tractors | Woodworking



Aerospace:

Make paper airplanes; identify different types of aircraft; learn how weather affects flying; learn star constellations and their stories. Make and launch model rockets; learn the forces that act on a rocket; experiment with roll, pitch, and yaw; build a balloon shuttle; use engineering principles to design your own air- and space-crafts; learn pilot certification requirements.

Computers:

Learn about hardware, software and components; explore how computers work; learn various programs and their features; visit the projects interactive website. Build and repair a computer; Identify the components and how they work together; learn to upgrade and create connections. Discover how to create and manage networks; make decisions; explore security issues and troubleshooting.

Electricity:

Understand how to use electricity, identify electrical material and wire a simple circuit. Build a compass, flashlight, switch and electric motor. Learn to read circuit diagrams, communicate in Morse code and develop a basic electrical tool and supply kit

Geospatial:

Learn about navigational tools: GIS, GPS, compasses. Learn how to collect data and measure distances. Make maps of home, neighborhood and community. Use multi-layered maps to attempt to solve problems.

Legos:

The 4-H LEGO Project meetings encourages creativity, problem solving, and critical thinking. Learn how to practice different building techniques, learn about the engineering design process, build and test various structures and re-engineer based on what is learned through the initial process of trial and error.

Robotics:

Learn what a robot is and how to build one. Learn how to program the robot to use sensors. From beginning to advanced learn different programming techniques. Build your own robot!

Scale Models:

Assemble and create scale models of trains, cars, etc.; learn how to obtain materials you need in construction; learn to display your model and judge it.

Small Engines:

Learn the basics of small engines; explore external engine parts and tools; identify the uses of small engines and safety issues. Internal parts of engines; learn about engine sizes and safety issues; explore different jobs related to small engines. Learn to use diagnostic tools; research rules and regulations in using small engines.

Tractors:

Learn and identify parts of the tractor; understand the basics of tractor maintenance; learn about different fuels

and engine cooling systems; re- search different safety features and learn safety rules. Practice farm and tractor safety; understand the mechanics of engines; identify accessory equipment; learn the functions of different operational systems. Learn types of oil systems and fuel safety; learn how to hook on a PTO unit; learn tractor and machinery maintenance.

Woodworking: Learn safety practices when working with wood and tools; use various hand tools, e.g., hammer and saw; identify types of nails and wood; sand and paint a piece of wood.

Woodworking:

Learn safety practices when working with wood and tools; use various hand tools, e.g., hammer and saw; identify types of nails and wood; sand and paint a piece of wood. Learn to use woodworking tools and equipment.

SHOOTING SPORTS*(Grades 3-13)*

Air Pistol | Air Rifle | Archery | Muzzleloading | Rifle | Shotgun



These projects cover the fundamentals of each discipline, marksmanship, and shooting procedures. The Wisconsin 4-H Shooting Sports program in Polk County is geared for teaching beginning target shooting skills for youth at junior, intermediate and senior levels.

- Shooting sports member age will be calculated using January 1 of the current 4-H year. This calculation date will hold true for Wisconsin 4-H club, project or participating in a county hosted state invitational event.

- 4-H Shooting Sports programs are available to youth from 3rd grade and at least 8 years old through the year following high school. Shooting Sports projects include archery, air pistol, .22 pistol, air rifle, .22 rifle, muzzleloader, and shotgun. 4-H youth must be 12 years of age by the start of the program, event, or activity to operate any powder-burning firearm. This includes .22 handgun or rifle, muzzleloader handgun or rifle, or shotgun. A county may adopt an older age limit, but in no case shall a county reduce the age limit set forth by state policy.

- Youth may participate in an organized 4-H Shooting Sports activity where firearms and archery equipment are present, only if a Level 1 Instructor is present and providing direct supervision. The Level 1 Instructor must have a current certification in the discipline in the event or activity where youth are participating (e.g. air rifle practice – at least one of the certified leaders must be certified in the rifle discipline).

- Youth Leaders do not need to be 4-H Shooting Sports certified, but must be in the presence and under the supervision of a 4-H Shooting Sports Level 1 Instructor who has certification in the shooting discipline in which the youth is participating. A Youth Leader cannot oversee an active shooting line.

Polk County Shooting Sports:

Archery

Youth work with certified archery volunteers to learn archery skills and practice shooting. Bows and equipment are available. An outdoor shoot is scheduled for the end of May/early June. This is for beginner through advanced.

Spring Shooting Sports

In the spring, Air Pistol, Air Rifle, Shotgun, Trap, and Rifle meet for training centers at locations to be announced.



Polk County Calendar Of Events

for dates/times and the most current information, please visit polk.extension.wisc.edu

September

- ✿ Enrollment for new year
- ✿ Record Books Due
- ✿ Annual Fall Leaders Association Meeting
- ✿ Club Activities

October

- ✿ National 4-H Week
- ✿ Window Displays 4-H
- ✿ Awards Program
- ✿ Club Activities

November

- ✿ Fall Forum(state)
- ✿ Committee Meetings
- ✿ Club Activities

December

- ✿ Committee Meetings
- ✿ Club Activities
- ✿ Beef Weigh In

January

- ✿ Volunteer Training
- ✿ Club Activities

February

- ✿ Volunteer Training
- ✿ Winter Family Fun
- ✿ Club Activities
- ✿ Science Saturday/STEM

March

- ✿ Performance Arts Festival
- ✿ Club Activities

April

- ✿ Club Activities
- ✿ Dog Project Registration
- ✿ Spring Leaders Meeting
- ✿ Sheep and Goat Weigh-in, Swine Tag Pick Up

May

- ✿ Club Activities

June

- ✿ Fair Shoots
- ✿ Fair Entry Deadline
- ✿ 4-H Camp
- ✿ Club Activities
- ✿ Area Animal Science Days

July

- ✿ Fair Sign Contest
- ✿ Pre-Fair Dog Show
- ✿ Fair Clean Up
- ✿ Polk County Fair

August

- ✿ Quality Meats Picnic
- ✿ WI State Fair



4-H Terminology

4-H Activity

Members can participate in 4-H activities regardless of what project area they are enrolled in. These activities can be individual or team based, such as softball.

Polk County 4-H Leaders Federation

The leader organization which raises funds, coordinates committees, advocates for 4-H and provides input on opportunities and needs. Voting members of the Leaders Federation include 4-H Volunteers and youth leaders.

4-H Club

A group of members and volunteers who meet regularly to plan 4-H activities, community service and leadership opportunities. Leadership and activities of clubs should be youth driven.

4-H Council

The elected body of the 4-H Association. Council members set policy, provide leadership for legal and financial responsibilities, as well as overall leadership for the organization.

4-H Member

A participant in a 4-H club. Membership is open to all youth no matter what ethnic background, race, gender, and handicap status, religious or political beliefs. Youth are eligible for membership from kindergarten through one year past high school graduation.

4-H Project

A 4-H member can sign up for one or more project areas during the year. Many project areas have meetings or clinics with project leaders during the year which youth learn skills to help them complete their chosen project.

4-H Volunteer

An adult over the age of 18 who has attended and passed the Youth Protection Process and who is currently enrolled in 4-H.

4-H Year

The year runs October 1- September 30 of the following year.

4-H Youth Program Educator (or Coordinator)

A staff member of UW Madison Division of Extension who provides leadership and oversight of all 4-H programs and groups in the county.

Achievement

This is a set of requirements each member must meet during the 4-H year. Members must:

- Give a demonstration at a club meeting
- Exhibit a project at the county or community fair
- Complete and turn in a 4-H Record Book to their General Leader by the deadline date
- Attend club meetings regularly and adhere to individual club requirements.
- Members who do not achieve forfeit their eligibility the next 4-H year for the following access to funding and other program specific requirements established by specific project areas.

Ambassadors

4-H members in grades 7-13 can participate in a county leadership organization. They do activities geared towards community development and volunteer work. Ambassadors play a key roll in helping at the Polk County Fair, as well as many other leadership opportunities.

Charter Application

Each 4-H Club, committee or organization with a bank account must fill out an annual Charter document in order to operate under the 4-H Name and Emblem.

Cloverbud

Members in kindergarten through second grade. Cloverbuds can't participate in some 4-H projects or events. When enrolling in 4-H, this age group should enroll in the Cloverbud project.

Clover Connection

A newsletter from Extension Polk County which provides 4-H families with information about the 4-H program.

Club Officer

Any member of a 4-H club who is elected to a club office position such as President, Vice President, Secretary, Treasurer or Historian.

Club Rules & By-Laws

These are the written rules for each 4-H club, which its members follow in order to meet required achievement status.

Enrollment

In the month of September, each 4-H member and volunteer must fill out enrollment paperwork and select project areas for the year. Youth must also sign a behavioral form.

General Club Leader

One or more volunteers who oversee the organizational part of the club such as recruiting members, dealing with member enrollment and helping officers with their duties for the club.

UW-Madison Division of Extension

Provides educational programs by teaming up with agriculture; meeting community challenges; protecting natural resources; strengthening Wisconsin's families; and supporting young people through our program areas —

- *Agriculture
- *Community Development
- *Human Development and Relationships
- *Health & Well-Being
- Natural Resources
- *Positive Youth Development

**indicates programs in Polk County*

Website

4-H Information can be found about UW Madison Division of Extension Polk County at <http://polk.extension.wisc.edu>



4-H Activities and Events-Youth

The following is a list of activities and events that occur locally, in Wisconsin, and beyond. Watch newsletters and emails for the most current information. Not all experiences are currently available due to COVID-19 travel restrictions.



Local Events/Activities

4-H Clubs

4-H members and families choose a club to belong to. While clubs have specific geographic locations, members do not have to pick the closest club to them. Each club offers a variety of experiences and opportunities. Check with club leaders or families for more information.

4-H Camp

There are several camp programs available to youth throughout the 4-H year including Day Camps (Cloverbuds), Summer Camp (3-8 grade) and Camp Counselor Opportunities (9-13 grade).

4-H Projects

Youth can get involved in project activities throughout the year. Volunteers plan classes and learning opportunities. Youth can also plan and lead opportunities.

Countywide projects with organized leadership include: livestock, dairy, dogs, leathercraft, horse, shooting sports, Juniors

Awards Program

In month of October, youth are chosen from their specific project area to be awarded for exceptional work. Along with project awards, special club awards are also given out during this event.

National 4-H Week

The first full week in October is set aside for the promotion of 4-H. Counties across the country use the current year's theme to make window displays or special events to recruit members for the coming year.

Barron-Polk Talent Expo

Members from across the county come together during our annual Barron-Polk Talent Expo to perform in areas of drama, speech, music and demonstration. Youth are judged and a select few receive awards for their performance along with being selected from Polk County Fair entries.

Clover College

Clover College is set up for members to explore different projects in 4-H. These sessions range in activities from crafting to small engines to woodworking. Look for information in your newsletters.

Virtual Learning

There are local learning opportunities that take place virtually. These occur during the month of October to celebrate National 4-H week, beginning in January there are virtual sessions for 5 project areas. There are also opportunities listed on the Wisconsin 4-H Website.

Clothing & Foods Revue

Members enrolled in the Clothing or Foods Revue projects are judged on their completed projects before the Polk County Fair. These entries are conference judged, where exhibitor is asked questions regarding how they made their project. After judging, projects are reviewed for placement and set on display during the Fair for general public to view.

4-H Activities and Events-Youth

Ambassadors

The 4-H Ambassadors are older youth that work together to give back to the community and their clubs. They work as role models in the 4-H community and serve as helping hands during our annual fundraiser, the NW Golf Classic, and assisting at the Polk County Fair.

As a reward for working at various events, Ambassadors are given special opportunities for team building and fun.

Polk County Fair

During month of July, the Polk County Fair takes place at the fairgrounds in St. Croix Falls. The fair is organized and hosted by the Polk County Fair board. While 4-H members make up the largest majority of exhibitors, it is not a 4-H organized fair. 4-H members bring their registered projects to the Fair to be judged and displayed, fulfilling one requirement of Achievement. The Fair is also a way spend time with other friends and club members with different 4-H/Fair events. Fair registration is due in June. See the Polk County Fair website for information: polkcountyfair.com

Statewide Events and Opportunities

***All statewide and global experiences have different application processes and requirements, if you are interested in learning more, please visit: <https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/>*

WI State Fair

The State Fair is held in West Allis during the month of August and gives 4-H members the opportunity to exhibit their projects on a state level. This is a great opportunity to see what others in the state are doing in the same project areas as yourself and have fun meeting new members! Guidelines have changed for the Wisconsin State Fair, these will be communicated with 4-H members and families.

Citizenship

American Spirit East

(8-10th Grade)

The American Spirit Experience is a wonderful opportunity to develop knowledge of America's heritage, citizenship, and leadership. It is also a great opportunity to meet new people, develop leadership and public speaking skills, and travel the east coast. Featured sites include: Valley Forge, Philadelphia, New York, Plimoth Plantation, Boston, Whale Watching, and Niagara Falls

Citizenship Washington Focus

(10th-12th grade, minimum age 15)

Citizenship Washington Focus, or CWF for short, is the premier week long 4-H citizenship and leadership experience. CWF brings 4-H delegations from all over the country to stay in the National 4-H Conference Center in Chevy Chase, Maryland, right outside our Nation's Capital! Participants learn about the roles of Senators and Representatives in the United States' government and how these parts work together to form an effective Congress. Additionally, youth get to see and experience government in action by meeting with their State's members of Congress and watching a House of Representatives meeting.

National 4-H Conference

(8th-10th grade)

National 4-H Conference annually brings 4-H youth and adults from around the nation to work towards strengthening and expanding the 4-H Youth Development program at the local, state, and national levels.



4-H Activities and Events-Youth

Communication Arts

ArtBeat

The introductory program for Wisconsin 4-H Communication Arts and was created for 4-H members in grades 3-5, their parents and leaders. Art Beat! provides an opportunity for youth and their parents to experience five different art forms in a camping environment at Camp Upham Woods in Wisconsin Dells.

Arts Camp

Provides youth in grades 6-8 an experience with six different art tracks including: music, photography, communication, theatre, culinary arts and art in nature. Arts Camp provides older youth and adults with opportunities to teach and strengthen their leadership abilities and provides younger youth the fun of a 4-H camping experience focused on the arts.

Art Lab

Wisconsin 4-H Art Lab is an opportunity for youth grades 9-12 to engage in the arts in downtown Madison. Partnering with UW-Madison and off-campus programs, this weekend will provide youth hands-on learning experience from university partners in a pre-selected art concentration.

State Arts Team

(9-12 Grade)

Wisconsin has 3 arts teams that youth can apply to be part of. Youth in grades 9-12 who are passionate about the arts and sharing arts with others, are encouraged to apply. The three teams include: Art Team, Drama Company, and Communication Team.

Dairy, Livestock and Animal Science Programs/ Opportunities

Area Animal Science Days

Dairy Quiz Bowl

State Dairy Judging Contest

State Livestock Judging Contest

Meats Judging Contest

Livestock Quiz Bowl & Skill-a-thon Contest

Dog Program

State Dog Agility Show

State Dog Obedience and Showmanship Show

Horse Program

State 4-H Gymkhana

State 4-H Horse Bowl and Hippology Contest

State Horse Expo

State 4-H Horse Leader's Conference

Leadership

Fall Forum

(Grades 7-adult)

The opportunity for young leaders and adults to come together to learn from others in Wisconsin 4-H.

Summer Academy

****Formerly Wisconsin 4-H & Youth Conference**

(7th-10th Grade)

Wisconsin 4-H & Youth Conference is a three and a half day Statewide Educational Experience. Youth from all over Wisconsin come to Madison, Wisconsin for educational seminars, assemblies, speakers, exploration, and fun on the UW-Madison campus!

Wisconsin 4-H Leadership Council

(9-12 grade and Adult Volunteers)

The Wisconsin 4-H Leadership Council (WLC) provides a statewide forum for youth and adult volunteer leaders to discuss ideas and provide input to enhance UW-Extension 4-H Youth Development programs at the state, county, and local levels.

STEM

Global Opportunities

International Exchange

Summer Outbound Program

Summer Inbound Program

Opportunities and Experiences-Adults

Adult Volunteer, Leader, and Parent Involvement

General Information

Volunteer project leaders are always needed! If there is a project you would like to become involved with, or you see a need for a particular project area in the county or in your club, give the Extension Office a call or talk to your club organizational leader. No special education/experience in that project is required, only a willingness to work with youth. To become a volunteer:

- Contact the Extension Office for opportunities
- Fill out Volunteer Form/Determine role
- Enroll in 4-H as a volunteer
- Complete background check, mandated reporter training, VIP training, and any other required trainings.

Club Organization Leaders/Co-Organization Leaders:

Club leaders work with youth and adults to offer a positive youth development experience for young people and provide leadership to the club or group organization. They serve as the main contact for clubs and the liason between the club and the county.

Activity Leader/Event Volunteer:

Provides leadership/organization for an activity or event and/or participate as a committee member. This can be on the club level or countywide.

County Resource Leader:

Are not enrolled in a specific club, but can be. They provide leadership on a county wide level. Examples include county wide projects, committees, and leadership opportunities.

Project Leader:

Provides leadership and organization to the project group who is learning about a specific topic (club or county level).

Chaperones

Serve as adult supervision for events/activities, including overnights.

***Additional information can be found at wi4h.org*

Committees

As a volunteer or parent, you can join a committee! Choose from the following:

Educational Programming: Clothing Revue, Foods Revue, County-wide Trips, Performance Arts Festival, Project Discovery Days

Awards & Recognition: Awards, Awards Banquet, County Recognition

Financial Support: Plat Book, Food Stand, Raffle, Scholarship

Promotion: Recruitment, marketing

Committees report to the Polk County 4-H Adult Leaders Federation and the 4-H Educator. These committees shall have the responsibility of planning and carrying out Association functions as related to their area of responsibility. Includes planning, budget requests, rules and regulations. Committees shall select their own chair person, who will have the responsibility of reporting committee advisory



Building Youth-Adult Partnerships



Project Record

Use this optional page to help you keep track of information for your record book throughout the year.

Project: _____

Year in Project: _____

Project Goal:

A goal is a statement about what you want to learn in the project and how you plan to accomplish it. Good goals have three characters. They are challenging (you have to “stretch yourself to do it”); achievable (it is within your ability); and measurable (you can determine whether or not you met your goal).

List 3 or more skills learned/improved:

- 1.
- 2.
- 3.

Activity/Exhibit Record

Event (project meetings, workshops, tours, contests, exhibits)	Where/When

Project Funding:(what costs are involved and who is responsible for them?)



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Project Funding:(what costs are involved and who is responsible for them?)

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and the Americans with Disabilities Act (ADA) requirements. 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.

Adapted by: Sara Waldron, 4-H Program Coordinator, UW Madison Division of Extension, Barron County
Lindsay Spindler, 4-H Program Educator, UW Madison Division of Extension, Polk County
Source: Adams County 4-H, Wisconsin