



Fremont County

May 2010

Greetings Fremont County!

Dear 4-H Families,

School is almost out and it is time to start planning summer fun and fair activities. Don't forget to keep recruiting new 4-H'ers. The final deadline to show at fair is May 15th. **Be sure to look at all the different summer camps, workshops, and conferences available. You can have fun creating new connections this summer!** The Iowa 4-H Youth Conference is packed with opportunities for fun like dances, swimming and even a casino night. The conference also welcomes speakers to present on topics important to youth. This year three outstanding speakers will be present.

May 15 is an important DEADLINE date. Be sure to get everything into the Office on time. Unless enrolled in 4-H by May 15, exhibitors will not be able to show 4-H projects at the Fremont County Fair, or other 4-H expositions.

Members showing animals at the fair, be sure to check with the Extension Office if you have not completed your FSQA requirements. 4-H'ers, who will be showing dogs or cats at the Fremont County Fair, need to have a current rabies vaccination in order to show their animals at the fair. Be sure to let us know what your clubs are doing so we can put updates in the newsletter. I am looking forward to this year's fair and getting to know all of you better!

Sincerely,
Andrea Rexroth/County Program Coordinator

The Youth Committee is awarding:

\$100 Scholarships

For 4-H members attending out of county 4-H activities. These activities include 4-H camps and State 4-H Conference. Be sure to get your registrations in!

May 15, DEADLINE: FINAL DATE TO ENROLL IN 4-H AND BE ABLE TO SHOW AT FAIR

Project Enrollment Sheets: Shooting Sports! Food and Nutrition or Interior Design recommended for Table Setting

Animal ID Sheets

State 4-H Camp Registration Due (8th – 12th Grade)

State 4-H Conference Registration Due

ISU Horse Judging Camp

Area Jr. Overnight (5th – 6th Grade)

Camp Registrations (all ages)

Camp Scholarship Registrations

Royals Game for Region 17 on June 11th



Mark Your Calendars!

May

- 1-2– Counselor in Training (CIT) Camp
- 3–Horse Camp Registrations DUE (4-12 Graders)
- 3– Horse Camp Counselor Applications DUE
- 15—**FINAL DATE TO ENROLL IN 4-H AND BE ABLE TO SHOW AT FAIR—**
- 15 -ID's for Livestock DUE Extension Office
- 15– State 4-H Conference Registration DUE
- 15—Entries Due, ISU Horse Judging Camp, Ames (12-18 year olds)
- 15– Registration for Region 17 Royals Game
- 15-16– CIT Camp
- 15– Camp and Conference Registrations Due to the County Office
- 23–DEADLINE: 4-H Youth Conference Registration (to the State)
- 28—Camp REGISTRATIONS DUE (All Camps to the State Office)

June

- 1– Registration Deadline Dairy Quiz Bowl
- 1– Registration DUE– Vet Camp
- 1-Registration DUE—Clothing Stitch This! Ames
- 4-5—Counselor In Training
- 3-5 -**Waubonsie 4-H HORSE CAMP, Sidney** (4-6 Grade 4-H'ers)
- 5-7—**Waubonsie 4-H HORSE CAMP, Sidney** (7-12 Grade 4-H'ers)
- 10-12—ISU Horse Judging Camp, Ames (12-18 year old)
- 11– Region 17 Royals Game, Omaha
- 13-16- **4-H Jr. 5th & 6th Grade Camp, Madrid**
- 14-17—Iowa Agricultural Youth Institute (10th-12 Grade) Ag Workshop
- 15– AkSarBen DNA IDs Due
- 15– Dairy Quiz Bowl, 9:30 a.m., Oelwein



June

- 18-19—Insect Workshop, at Grinnell College Conard Environmental Research Area (16 years+)
- 19—Horse Show, Page County
- 19- 4-H Day at the Iowa Speedway in Newton
- 20—Iowa 4-H Shooting Sports State Competition
- 21-23—4-H Photo Camp, Madrid, (7th-12th Grade 4-H'ers)
- 29-July 1—Iowa 4-H Youth Conference, Set the Stage, in Ames
- TBA—Day Camps (Thursdays in June)**

July

- 1—Fair entry deadline
- 1- Applications DUE—State Fair Volunteers
- 21-26—Fremont County Fair

August

- 3-7—Sidney Iowa Rodeo
- 12-22—Iowa State Fair, Non Stop Fun
- 14- Vet Camp
- 16- Vet Camp
- 17- Vet Camp
- 20-Vet Camp
- 22-Vet Camp
- 20-22—4-H Stitch This! Competition at the Iowa State Fair

FAIRBOARD AWARDS!!!

- \$50 drawings for Fair project entries
- \$100 drawings for Open Class entries

Keep in mind for every project you bring to fair and to open class will qualify for a cash drawing!!! 4-H'ers, the more projects you bring to fair the greater chance you will have at winning the \$50 drawing from the Fremont County Fair Board. 4-H parents and siblings keep in mind that the more items you enter in open class the greater your chances are for winning the \$100 drawing from the Fair Board. Good Luck and we look forward to seeing all of your entries.

FOOD SAFETY & QUALITY ASSURANCE

Members showing beef, swine, sheep, dairy, poultry, rabbits, and/or goats at the Fremont County Fair must go through the FSQA training. If you have not tested or completed a training, contact the Extension Office.

Area FSQA Training Dates

- Montgomery County: May 26, 4-6 (Red Oak)**
- Montgomery County: June 23, 3-5 (Red Oak)**
- Shelby County: June 10, 10-12 (Harlan)**
- Cass County: May 24th, 7pm (near Lewis)**

STATE 4-H CONFERENCE

Who: 8th-12th Grade. (and non 4-H'ers) So invite your friends and other groups like student council, FFA, FCCLA, and more!

What: "Set the Stage" is the theme

When: June 29-July 1, Enrollment DUE May 15, **Where:** Iowa State University campus, Ames

Why: This is a fun filled activity where 4-H'ers have the opportunity to learn new leadership skills, learn something new, and meet 4-H'ers from Iowa.

How: RSVP by May 15th to the Office <http://www.extension.iastate.edu/4h/StateConference/>



Explore New Career Paths: During the conference, delegates will attend workshops each day that showcase opportunities for their future. Workshops will be different each day and there are over 50 to choose from allowing everyone to find something that fits their personal stage. Those interested in animal science or agronomy have a special opportunity to learn more with ROUNDUP and CSI: Crops.

ROUNDUP allows youth to explore modern concepts and technologies in animal agriculture. The workshop is broken down by species of interest and explores career opportunities within specific fields. It is also a great way to meet the Animal Science department faculty.

CSI: Crops gives youth hands-on experience with concepts and technologies in agronomy. Youth will conduct a crop science investigation for diseases, bugs and other threats using GPS technology. They will also be exposed to career opportunities in agronomy.

Showcase Your Talents: The State 4-H Conference annually hosts a talent show; however, in 2010 the talent show will be judged and prizes will be awarded to top placing acts. Delegates must submit a demo for their act and the top six to ten will perform during the conference. A panel of celebrity judges will decide who ends up on top.



REMINDER
May 15th is the last day to add projects to your [enrollment form](#). If your project is not on the enrollment form, it will not be eligible for the fair.
Keep recruiting NEW MEMBERS!!!

Silver Skylarks Challenge

Food Drive: Fill the Trailer to the Top!

The Silver Skylarks 4-H Club in Sidney is challenging other Fremont County 4-H Clubs and youth organizations to help them "Fill the Trailer to the Top" during fair.

The Fremont County Fair will be July 21-26. During this time, the Silver Skylarks have arranged for an enclosed horse trailer to be on the fairgrounds.



The goal during fair week is to collect enough food items to fill the trailer all the way to the top. The donated food will be given to local food banks.

While fair is a good time for other 4-H clubs to become involved in the food drive, the Silver Skylarks don't want to limit participation.

Any school-related youth organization (sport teams, FCCLA, cheerleaders, honor societies, student councils, etc.), Girl Scouts, Boy Scouts, or youth groups are welcome to take part. The public is also encouraged to donate items. Come out to the fair this summer, see what the youth of your towns are doing, and help them reach their goal.

During the 2009 holiday season, the Fremont County Food Bank at West Central Development Corporation in Sidney saw a 150% increase in usage.

Many families in our county struggle each month to put food on the table, and having a supply of donated food at the food banks, helps relieve this issue.

Jon Stripe, with Sunshine S Trailers in Shenandoah, has graciously agreed to donate the use of an enclosed horse trailer to be filled with food bank items.

Barb Hankins, with WCDC in Sidney, said the following items are always welcome at the local food bank: deodorants, toothpastes, toothbrushes, toilet paper, shampoo, conditioner,

dish detergent, laundry detergent, feminine products, bar soap, canned vegetable, canned fruit, hamburger, tuna and chicken helpers, macaroni, spaghetti, spaghetti sauce, canned meats, soups, crackers, syrup, mixes (cake, muffin, pancake, brownie or cookie).

Almost any food item that is shelf-stable will be accepted. Please don't bring items that need refrigeration. The food bank does not need any baby items.

The Silver Skylarks plan to distribute the food collected among the three food banks in Fremont County: Hamburg, Sidney and Tabor.

It's not too early to start collecting food for the food drive. Adding a few items to your cart each time you do your shopping, will make a good head start for the collection period in July.

No one will keep track of how much each club or group brings. The Silver Skylarks don't want to make it a contest, just an opportunity for the youth of Fremont County to give back to the community. The Silver Skylarks are using this activity as a club community service project.

-Heidi Lowthorp

4-H CLUB NEWS

W.M.P. Club

The December meeting of the W.M.P 4-H Club was held by caroling at the nursing homes in Shenandoah. We went caroling at Elm Heights, Fair Oaks, and Gardenvue Nursing Homes and gave a box of cookies to each home. Afterward we met at Godfather's Pizza. We had a very good turn out and the pizza was good too.

The January meeting of the W.M.P. 4-H Club was held 5:30 p.m. at the Farragut School Concourse due to a scheduling conflict at the church. Hosts for the meeting were Megan Lightfoot, Ryan and Alex Laughlin. A record book presentation was given by Megan Lightfoot and a presentation on donut making was given by Ryan and Alex Laughlin. Due to our declining membership, it was decided that we would not do the annual Superbowl fundraiser this year. We didn't decide on another fundraiser yet. The church cleaning was postponed until the next meeting.

Our February meeting was cancelled twice due to bad weather and combined with the first March meeting. The March 7 meeting was called to order at 5:30 p.m. Church cleaning was at

4:30 and present for that were four members and three adults. Twelve members were present for the meeting. Hosts for the meeting were Amanda Lyda, Carter





Jennings, Janae and Jody Shough. Presentations were given by Janae, who made S'mores bars; Jody, who made tortilla roll ups; Amanda, who made penguin art projects; and Carter, who demonstrated the robot he made for fair last year. It was decided that we would have a spring activity instead of a winter one, and that we would go bowling in Red Oak on April 11, 3:00 p.m. Plans were made for the Easter Egg Hunt that will take place on March 28.

Our Easter Egg Hunt and the W.M.P. 4-H Club meeting were held on March 28. The meeting was called to order at 1:30 p.m. with 14 members present. We were reminded that we would be bowling in Red Oak on April 11, 3:00 p.m. The meeting hosts were Jennifer and Logan MacDonald. We decided to change the date of the May 2 meeting to April 25 because Farragut's prom is May 1. Rebecca Jardon gave information on the 4-H overnight. There were no presentations. After the meeting, members stuffed eggs with candy and set up the prizes and eggs for the community Easter Egg Hunt. We had a good turnout for the hunt with three prizes awarded in each of four age groups. There was also one grand prize.

--Carter Jennings

SILVER SKYLARKS

Members of the Silver Skylarks 4-H Club met at the Extension Office March 22 to help stuff Easter Eggs for the Percival Easter Egg Hunt on March 27.



Seventeen members of the Silver Skylarks 4-H Club helped with the Percival Easter Egg Hunt on Saturday, March 27. Nearly 30 children came to take part in the hunt.



4-H CLUB REPORTERS

4-H Club Reporters, please submit your 4-H club news by e-mail to amorr@iastate.edu or send by snail mail to Box 420, Sidney, 51652. Send us your club pictures electronically and they will be added to the 4-H newsletter.

4-H'ers for 4-H Campaign: "Giving Back for 25 Years." Our State Council has challenged the county clubs to support this campaign. Tym Wood is currently serving on the Iowa State Council and would like to ask for your club's involvement. Tym comments, "I want the 4-H'ers of Fremont County to understand that their small donation can have a huge impact in these hard economic times. These funds will be used to make 4-H the best program for all of the 4-H'ers across the state, including you! This is your chance to do your part to make a greener tomorrow for our 4-H program!" Each club has until **May 15** to reach this goal. Contact the Extension Office for more information.

SCHOLARSHIP OPPORTUNITIES

STATE 4-H SCHOLARSHIPS:

www.extension.iastate.edu/4H/grants.html

ASSOCIATION OF IOWA FAIRS: June 30th

www.iowafairs.com/members/aif-iowa-youth-scholarship.php

IFAA OFFERS \$81,000 IN SCHOLARSHIPS:

The Iowa Foundation for Agricultural Advancement (IFAA) is making available the following 25 scholarships totaling \$38,500 to Iowa youth who are involved in livestock and agriculture projects. The application deadline is **June 1, 2010**.

These scholarships are available to incoming freshman in the Fall of 2010 at any four- or two-year post-secondary institution in Iowa. <http://www.ifaa.org/scholarships.html> PDF copies of the following can be found at http://www.extension.iastate.edu/4H/documents/public2010IFAA_Scholarships.pdf

SERVICE PROJECT

ATTENTION:

1) - Green Acers Day for the Ambassador in Sidney, May 13, 6 p.m. They would like 4-H members who have young livestock (chickens, goats, horses, pigs, calves, sheep, rabbits, etc.) to bring them to the nursing home to allow the residents to see animals that many of them remember growing up with and helping take care of. Activities Director—Dawn Miller, 374-2693 or email lhoward@ambhealthsys.com

2)- We have some community service projects available for clubs to do at the Fremont County Fairgrounds. We have a request for three wooden raised bed flower boxes for the fairgrounds. If you are interested and can work on the project before the end of May please let us know. If you are interested in assisting make wooden flower beds, planting flowers, painting, or other items. Call the Fremont County Extension Office—712-374-2351 or arexroth@iastate.edu.



4-H News

Table Setting: New 4-H Event! Region 17 4-H Table Setting Contest New and exciting challenge added to your fair options for 2010. This is being held in Region 17 and each county will have a winner go on to compete at the Regional Contest. Each county will have a Junior, Intermediate and Senior winner. More information can be found on our county web page or in the Extension Office.

Photography: 4-H'ers in Action: The theme for this year's 4-H'ers in Action Exhibition at the Iowa State Fair is a general theme of "4-H'ers in Action." State wants to see 4-H'ers participating in 4-H activities, whether it's a 4-H project, club, community service activity, or just having fun! See the 2010 flyer at https://www.extension.iastate.edu/4H/Documents/Public2010_4HersInAction.pdf

Food and Nutrition: Inappropriate Food Exhibits for Iowa 4-H Fairs is available for download at <http://www.extension.iastate.edu/Publications/4H3023.pdf> or contact the Extension Office for more information. 4-H Leaders, please make your 4-H members aware of these guidelines.

BABYSITTING: Free curriculum online for youth sitters. The web links can be found in the April Newsletter.

Horse Workshop: Horse workshops, until fair, for the summer will be on most Saturdays this year at 10 a.m., at the Fremont County Fairgrounds. For more information contact Tonya Hutt (712-370-7818).

RABBIT:

- Fremont County Rabbit Workshop, May 2nd, 10 a.m., at the Fremont County Fairgrounds, Free rabbit Tattooing. Be sure your Rabbits are Tattooed by **May 15th**
- Annual 4-H/FFA multicounty Rabbit and Cavy Workshop: May 16, Tipton, at Cedar County Fairgrounds. **Rabbit Workshop dates:** <http://www.extension.iastate.edu/4h/projects/livestock/rabbit.htm>

GOAT RULES

All breeding does can either be written on a Dairy Goat ID form (by indicating the goat(s) are meat breeding does) or Meat Goat ID form (and indicate a birthdate) by May 15th to the County Office. Once the Meat Goat ID forms are ready for reprinting, appropriate columns will be added for the breeding doe classes. Breeding

meat goat does need a tag/tattoo number as well as a birth date written on the ID form.

4-H Livestock Email Lists: Keep up to date on all the state activities related to your animal projects (Beef, Dairy, Dog, Horse, Meat Goat, Poultry, Rabbit, Sheep, Swine). Sign up at: <https://mailman.iastate.edu/mailman/listinfo>

Reminder to 4-H/FFA Members: Animal projects, to be shown at the Fremont County Fair that are not weighed in and tagged on a county-wide basis, must be identified on an animal identification (ID) sheet by the 4-H or FFA member and on file at the Fremont County Extension Office on or before **May 15**. This includes projects such as pets, rabbits, poultry, horses and ponies, dogs, dairy cattle, goats, breeding beef and other animals. **Two youth cannot identify the same animals on their ID sheets.** ID sheets are specific to the animal being shown and there are different ID sheets for various animals. 4-H'ers, who will be showing dogs or cats at the Fremont County Fair, need to have a current rabies vaccination in order to show their animals at the fair.

Agriculture: Ak-Sar-Ben DNA IDs DUE JUNE 15th. The 2010 Ak-Sar-Ben 4-H Livestock Exposition is requiring that all market animals and feeder calves must be DNA identified to be eligible to show. All market swine, meat goat, market lamb, and feeder calves DNA IDs are due by June 15th. Families wishing to show must contact the Extension Office before to collect samples. Call the Extension Office for questions.

State Fair 4-H Premium Book – NOW AVAILABLE ONLINE

The 2010 Iowa State Fair 4-H Premium Book is now available to view online at, <http://www.iowastatefair.org/competition/4h.php>. Don't forget: All 4-H'ers exhibiting livestock MUST make entry through their county office by July 1.

PARENT INVOLVEMENT IN 4-H

4-H provides great opportunities for youth and their families and it is an exciting adventure. Parents can share in the excitement by helping their child have a positive experience with their 4-H club. Parents are a vital part of a successful 4-H club.

What Can Parents do to help your child: Attend 4-H meetings and events. Serve on committees to help plan and conduct 4-H activities. Arrange to get your child to and from 4-H meetings and events. Help your child choose projects. Learn about the different projects and activities and what they require.



Horse: Waubonsie Horse Camp: Due May 3

Who: 4-H members from 4th –12th Grade interested in Horses. Counselors (17 and older) .

What: Our horse camp is open to any 4-H youth and their horse in the 4-State region near Southwest Iowa. The camp utilizes the superb riding facilities of the Sidney Iowa PRCA Rodeo.

When: June 3-5 (4th-6th Grade) and June 5-7 (7th-12th Grade), Entries Due May 3.

Where: Fremont County Fairgrounds, Sidney, IA.

Why: Camp includes expert advice and guidance with riding, awesome new friendships, plenty of fun and games, trail ride, and great food. Senior 4-H members are encouraged to apply for camp counselor positions.

How: The camp registration fee due by May 3, is \$40.

<http://www.extension.iastate.edu/fremont/news/Waubonsie+4-H+Horse+Camp.htm>

ISU Horse Judging Camp: June 10-12, for youth 12-18 years old, in Ames, Entries DUE May 15th. Informational flyer: <http://www.extension.iastate.edu/4h/projects/livestock/horse.htm>.

2010 4-H Jr. 5th & 6th Grade Camp

Who: 5th & 6th Grade.

What: Fun Camp experience and making new friends.

When: June 13-16. Deadline is May 28.

Where: Iowa 4-H Camping Center.

Why: While everyone else is bored with the same old stuff like hanging out in the back yard or watching TV, you can be: Learning how to climb up a 50 foot high wall and rappelling back down. Rowing to the front of the pack in your sleek canoe. Searching for creatures of the night through night hikes. Playing water volleyball. Discovering all the creatures that live in the cool water during the creek walk.

How: Turn in Camp Registration forms to the Extension Office prior to May 28th. <http://www.extension.iastate.edu/harrison/news/2010Jr4HCamp.htm>

“Just 4 You” Iowa 4-H Center 2010 Summer

Camps <https://www.extension.iastate.edu/4hcenter/summerncamp/pdf/calendarofevents.pdf>

4-H Photo Camp (7th –12th grade) June 21-23rd,

Iowa 4-H Center - Madrid, Iowa.

Deadline is May 28. <http://www.fourhphotocamp.com/>

Summer Camp Information: NOW ON-LINE at www.iowa4hcamp.com/summerncamp, and packets available in the Extension Office. Eight new camps for 2010! Discounts available for 4-H members, siblings, and early-registrations. TELL A FRIEND and get \$20

in your camper’s store account when the friend writes your camper’s name on the “recruited by” line on the registration form. Recruited friends must be first year campers and non-siblings. **CAMP REGISTRATION**. (forms at state office)

Iowa Agricultural Youth Institute (IAYI)

Who:10-12 Grade.

What: This outstanding conference is for Iowa high school students who are interested in agriculture.

When: June 14-17.

Where: Iowa State University campus, Ames.

Why: Our 4-H’ers can participate in this four day conference, packed with leadership workshops, presentations, professional development opportunities, tours and even a delegate led debate in the House Chambers of the State Capitol!

How: If you have questions contact Amber Hill, IADA Agricultural Programs Coordinator, at 515/281-6444 or am-ber.hill@iowa.gov

Counselor In Training Summer Camps

Who: High School members.

What: Summer camp with a leadership twist. CIT Camps help foster the transition from camper to staff member.

When: CIT training camps are held May 1-2, May 15-16, and June 4-5. Registration Deadline **June 4**

Where: Iowa 4-H Center.

Why: Offer Leadership and Fun CIT campers get hands-on training to becoming a staff member at the Iowa 4-H Center. CITs participate in experiences that cultivate responsibility, leadership, communication and time-management.

How: Turn in registration forms to the Extension Office prior to June 4th. Those interested in participating in the CIT training camps can register online at:

www.extension.iastate.edu/4hcenter/summerncamp/index.php. Applicants can [register for CIT training](#) until **June 4**.

Entomology: High School Intro to Insects 2 day Workshop, June 18-19,

Who: anyone ages 16 and up. The workshop is limited to 35 participants.

What: Citizen Science: An Introduction to Insects

The workshop is designed as an introduction to insects—learning how to discover, observe, and photograph them in the field, collection methods, identification—insect morphology and classification, using references and online resources, and learning about their ecology—plant/insect interactions, insect galls, mound building ants.

When: June 18 and 19, 2010, Registration





deadline is June 4, Registration is \$100.

Where: Grinnell College Conard Environmental Research Area (CERA).

Why: Please visit this website for more information about the workshop, schedule, registration info, and CERA: <http://www.grinnell.edu/academic/biology/cera/insects-workshop>

Dairy Quiz Bowl: The 2010 4-H State Dairy Quiz Bowl Contest has been set for Tuesday, June 15th at the Oelwein High School in Oelwein. Registration will start at 9:30 AM, contest to start at 10:00. Entry Due June 1. Final rules and entry forms will be posted shortly on the 4-H dairy website at, <http://www.extension.iastate.edu/4h/projects/livestock/dairy.htm>.

Veterinary Science: Iowa State Fair Vet Camp

Who: Youth ages 10-18. Only 30 spots are available per session and filled according to date received.

What: Vet Camp is a two hour program focusing on both large and small animal veterinary medicine. Vet Camp is FREE with paid Fair admission.

When: August 14, 16, 17, 20, 22

Where: Des Moines

Why: Vet Camp is an educational, exciting, hands-on learning program aimed at encouraging youth to learn about animal health, welfare and what it is like to be an animal doctor.

How: Deadline is June 1, turn forms into the Extension Office prior to the deadline. More info. at, <http://www.extension.iastate.edu/4h/projects/livestock/vetscience.htm>

Clothing: Stitch This! 2010 Now Accepting Applications:

The second annual "Stitch This!" competition will be held Aug. 20-21 at the 2010 Iowa State Fair. 13 teams of high school students will be selected to unite old prom dresses and blue jeans in a 16-hour fashion design competition. All Iowa high school-age youth are eligible to compete in teams of four. One person on each team must be a 4-H'er. Youth can [apply online](#) with a written and video application. Past video applications can be seen at: www.youtube.com/iowa4h. Applications are due **June 1**. Participants will be selected July 1. Volunteers to help with the event are also needed. [Volunteers can register here](#). Visit the [Stitch This! webpage](#) for more information. For more information contact the Extension Office.



Shooting Sports: Iowa Youth Hunter Education Challenge Iowa Youth Hunter Education Challenge ...An opportunity for you! Whether you are a youth aged 12-

18, an adult with a desire to contribute time to your community, a member of an organization/business looking for a youth-oriented project, or if you have an interest in hunting and the outdoors, Iowa YHEC is an opportunity you don't want to miss! <http://www.iowadnr.gov/law/yhec/index.html>

Fundraising Opportunities

Local Paper Clovers: Turn your local gas stations, grocery stores and retail outlets into a field of clovers and raise money to support your 4-H club, council or foundation. The cost to purchase the packages of clovers is \$10 for 100 clovers. Contact the Extension Office for more information.

60th Anniversary Cookbook: This full-color, 192-page cookbook, themed "Hometown Potluck Favorites," was created by the Better Homes & Gardens' test kitchen in honor of the Iowa 4-H Foundation's 60th Anniversary. The suggested sales price is \$20. We have a copy of the book in the office if you want to see one.

LEADERS/PARENTS

4H Leader and Volunteer Training Online

If you were unable to make it to the live training, here's an option for you. Make sure that you create an account and then go through the steps. Should take about an hour. <http://www.extension.iastate.edu/4hvolunteers/>

4-H Parent Involvement Training Fall 2010

In this training volunteers will gain an understanding of the types of family involvement, what motivates families to become involved, challenges to family involvement, best practices for family involvement, and how to support diversity in 4-H programs. <http://courses.extension.iastate.edu/>

State Volunteer Newsletter: http://www.extension.iastate.edu/NR/rdonlyres/2AE75BF3-E505-44DB-9382-3B8D942AD090/116281/4H3028_J0809.pdf

What Parents can do to support the 4-H club:

Your local 4-H club is made up of youth, parents and families in your community. You can contribute to the support and success of your 4-H club. Active parents can make an exciting 4-H club experience for all the members. **What can you do?** Share good ideas for programs. Be a friend to another 4-H parent. Be a good example to the members. Offer encouragement and assistance to the club leaders.