



Fremont County

June 2010

Greetings Fremont County!

Dear 4-H Families,

The 4-H activities are certainly picking up in preparation for county fair. Read this newsletter for help in preparation. More information will likely come via email to our master list. Thanks for all of your involvement and I'm looking forward to Fair and State Conference. If anyone has some free time we have lots of folding to do in the Office. So bring your friends and we can have a folding party.

Sincerely,

Andrea Rexroth/County Program Coordinator
arexroth@iastate.edu

Hey Everyone! My name is Emily Aistrope and I will be a sophomore in Kinesiology Pre-Physical Therapy at Iowa State University this fall. This summer I am working at the Extension Office in Sidney as the Summer Program Assistant. So far, I have been busy helping plan camps that will be available to kids this summer and helping get ready for the 2010 Fremont County Fair. I was in fair for nine years as a member of the Riverside Rockets 4-H Club. Throughout my 4-H adventure, I participated in: showing animals; clothing; numerous static exhibits; and cherry pie. I was also a County Council member for four years and I loved every minute of it! Last year, I was crowned the 2009 Fremont County Fair Queen and I represented Fremont County at the Iowa State Fair Queen Competition. I hope you all enjoy your 4-H experience as much as I did. Enjoy the rest of your summer and I can't wait to see you all at the fair! Feel free to contact me with further questions.

Work: 712-374-2351

Email: aaa@iastate.edu

OFFICE INFORMATION

The Extension Office will be closed on July 21-26, as all staff will be at the Fremont County Fair. The number for the fair office is 374-2715.

REMINDER OF JULY 1 DEADLINE

Make sure to get all green fair entry sheets in to the Extension Office by **July 1**. This is for all entries, animals and non-animals. If you are participating in the cherry pie contest or table setting, please include that on the form. Also, include any INDIVIDUAL Share the Fun Acts. (Group acts need to be turned in by club leaders.) Make sure you are looking at the 4-H section of the fair book for class numbers, etc. If you have any questions or need assistance filling out the form, stop by the Extension Office. (Forms received after **July 1** will be assessed a late fee for each entry.)

Mark Your Calendars!

June

- 1- Registration Deadline Dairy Quiz Bowl
- 1- Registration DUE- Vet Camp
- 1-Registration DUE—Clothing Stitch This! Ames
- 3-5 -**Waubonsie 4-H HORSE CAMP, Sidney** (4-6 Grade 4-H'ers)
- 4-5—Counselor In Training
- 5-7—**Waubonsie 4-H HORSE CAMP, Sidney** (7-12 Grade 4-H'ers)
- 10-Bubble Mania K-3 Grade Day Camp
- 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—Youth Committee meeting, 6 p.m., Fairgrounds
- 14—Fair Board meeting, 7 pm Fairgrounds
- 14-17—Iowa Agricultural Youth Institute (10-12 Grade)
- 15- Ak-Sar-Ben DNA IDs Due
- 15- Dairy Quiz Bowl, 9:30 a.m., Oelwein
- 17-The Amazing Human Machine 4-6 Grade Day Camp
- 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, (7-12 Grade 4-H'ers)
- 24-Growing in the Garden K-3 Grade Day Camp
- 29-July 1—Iowa 4-H Youth Conference, Set the Stage, **Ames**



July

1—Fair entry deadline
1— Applications DUE—State Fair Volunteers
8-9 Southwest Iowa 4-H Intermediate Trip, Lake Rathbun
15—Fair Clean-up
17— Fair Clean-up
21-26—Fremont County Fair
31-Iowa Beef Heifer Award Applications due

August

3-7—Sidney Iowa Rodeo
12-22—Iowa State Fair, Non Stop Fun
14-20 Vet Camp
17-19 4-H Cook This! Competition at the Iowa State Fair
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.

Agriculture: Ak-Sar-Ben DNA IDs DUE JUNE 15.

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 calf DNA IDs are due by June 15. Families wishing to show must contact the Extension Office before to collect samples. Call the office for questions.

WATCH YOUR MAIL!

Watch your mail and email for important information regarding specific fair events.

State Fair 4-H Premium Book

<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.

Iowa State Fair total 4-H information:

<http://www.iowastatefair.org/competition/4h.php>

See also Livestock info:

<http://www.extension.iastate.edu/4h/StateFair/livestock.htm>

State Fair 4-H webpage:

<http://www.extension.iastate.edu/4h/statefair/>

FAIR BOOKS AVAILABLE

Look for your fair books in the mail or on the county web page. Copies can be picked up at the Extension Office and will be available during the fair.

FOOD SAFETY & QUALITY ASSURANCE

All members showing beef, swine, sheep, dairy, poultry, rabbits, and/or goats at the Fremont County Fair must go through the FSQA training. If you are over 12 years old, you can test out and need to schedule a testing time at the Extension Office. Members younger than 12 years old can contact the office for other options of training dates. **Area FSQA Training: Montgomery County: June 23, 3-5 p.m. (Red Oak)**

FAIR QUEEN CONTEST

For information and materials regarding the Fremont County Fair Queen contest, please contact Angie Alley (629-8018), Penny Malcom (625-4491), or Roberta Aistrophe (625-4321).

FAIR CLEAN UP DAYS

All 4-H'ers and/or family members are encouraged to help with clean up for the Fremont County Fair. This will be held on Thursday evening, July 17 (5-9 p.m.) and Saturday morning, July 19 (9 a.m.-noon).



FAIR REMINDER
July 1, is the deadline for your
fair entry sheets to the office.

FAIR FOOD STAND

As mentioned, all 4-H families are asked to work a shift in the food stand during fair. Club leaders have been given a copy of the schedule. If you have not already signed up, please contact your club leader to do so.

This is the major fundraiser for the 2012 CWF Trip, so all 4-H'ers planning on going to Washington, D.C., are encouraged to participate. Please do not have junior or intermediate level 4-H'ers work – adults and senior level members only.

FAIR POOL PARTY!!!

All 4-H and FFA members are invited to the Fair pool party on Saturday July 24, from 8:30-10:30 pm. Each club is asked to get a list of members who will be attending and provide one adult chaperone for every 10 members.

Younger sibling are invited as well but they **MUST BE ACCOMPANIED BY A PARENT**. Anyone planning on attending the pool party will need to obtain an ID band from the fair office prior to going to the pool.

No one will be admitted without the ID band. Non 4-H and FFA members (other than siblings) are **NOT** allowed to attend the pool party.

Club Leaders– We will need a list of members and siblings planning on attending the pool party, as well as the names of the adult chaperones. Get these to the Fair Office by Saturday morning, July 24.

CLOTHING EVENT JUDGING

The Fremont County Fair Clothing Selection/Fashion Revue Judging Event will be Monday, July 19, beginning at 9 a.m. This event is open to anyone enrolled in Textiles and Clothing, \$15 Challenge, Sewing, and/or Clothing Decisions. See the fair book for details on this division. Those who enter this event on their green entry form will receive a letter and schedule prior to the date of the show. Forms for Senior members are available online at <http://www.extension.iastate.edu/4H/StateFair/StateFairInfo.htm>. Junior and Intermediate members will receive forms in the mail.

STYLE SHOW AT FAIR

Participants in the Clothing Selection/Fashion Revue Judging Event are expected to participate in the Fashion Show during the Fremont County Fair, Friday, July 23. You will model the garment in which you were judged. Ribbons, awards, and Iowa State Fair selections will be presented at that time.

PROJECTS VS. EXHIBITS

When you enroll in 4-H and fill out the form, you sign up for certain project areas such as visual arts, food and nutrition, etc. This means that you do things throughout the year to learn more about that project area such as attending workshops, checking out resources, or consulting others.

An exhibit is something you make from that project area and bring to the fair to be judged. For example, you may be enrolled in Food and Nutrition. That is your project.

During the year you learned how to make cookies and now you want to take them to fair. The cookies you make and take to the fair to be judged are your exhibit. You aren't required to take an exhibit to fair for each project area in which you are enrolled.

PREPARING EXHIBITS FOR FAIR

As you prepare your exhibits for the county fair, you need to do a few things: *Consult the Fremont County Fair Book for rules, guidelines, class limits, etc.

Read this thoroughly, as things sometimes change from year to year. ***Do a write-up for your exhibit. These are required!** (This does not apply to animal exhibits or cherry pie baking.)

The write-up should include:

- 1) your goal,**
- 2) how you went about working toward that goal,**
- 3) what you learned, and**
- 4) what you would like to do in that project area in the future.**

See **page 20** of the fair book (general exhibit rule #5).

*Remember to take pictures as you are working on your projects to include with your write-ups.

CONFERENCE JUDGING

When you bring an exhibit to the fair, you will go through "conference judging." This means that you will bring your exhibit and sit down with a judge who will ask you questions about your exhibit.

Judges will be thinking about more than how your exhibit looks when deciding what ribbon to award.

Appearance is important, but it is also judged on what you learned.

Some of the questions they may ask are the ones you included in your write-up such as your goal, what you learned, etc. When talking with the judge, remember to smile and relax.

REQUIRED DRESS FOR JUDGING

Please consult the fair book for proper attire which should be worn during judging. Some divisions have special requirements.

Proper attire (*4-H T-shirt, etc.*) is expected during



the pet show, dog show, and static exhibit judging, as well as all livestock shows. Contact your club leader on where to get a 4-H T-shirt before the end of June.

For the past couple of years we have had 4-H members participate in some events in tank tops or other inappropriate clothing. **You should be properly dressed and groomed for ALL judging events at fair, not just the major livestock shows!**

ONLINE FORMS AVAILABLE

You can go online to print off certain forms needed for the county fair. Go to the county web page or the state 4-H web site. <http://www.extension.iastate.edu/4H/StateFair/StateFairInfo.htm>

STATIC EXHIBIT TAGS

Static exhibit tags are available at the Extension Office or the day of judging at the fairgrounds.

PHOTOGRAPHY EXHIBITS

All photography exhibits must have the 4-H Photography Exhibit Label. This label is available through the Extension Office or at <http://www.extension.iastate.edu/4H/StateFair/StateFairInfo.htm>

DESIGN ELEMENTS AND PRINCIPLES

If you are taking an exhibit to the fair in visual arts, home improvement, and/or clothing, you need to make sure you address some of the elements and principles of design. **Judges will definitely ask questions regarding them.** Younger members should talk about at least one; older members are expected to discuss more. Club leaders have publications you can borrow or copy which explain what these design elements and principles are – or you can get copies from the Extension Office.

COMMUNICATIONS EVENTS

Working Exhibit – 4-H'ers show people how to make an item. 4-H'ers work hand-in-hand with the audience. There will be many people doing different steps of the process at the same time. You need to be able to keep the conversation and instructions going as you show them the techniques.

Educational Presentation – 4-H'ers will be on stage talking to an audience, telling them about a certain subject or demonstrating how to do something. The audience just listens and may ask questions, but they do not actively participate in making anything.

Share the Fun – Done for enjoyment, giving youth a chance to perform before an audience. Skits, songs, short plays, dances, etc are all possibilities. The maximum length of each act is eight minutes. This can be done as an individual or a group.

Posters – This is actually a communications event, as the 4-H'er is communicating about 4-H through the use of the poster. Check the fair book for specific details, guidelines, and themes.

INAPPROPRIATE FOOD EXHIBITS

Each club leader should have a publication entitled "Inappropriate Food Exhibits for Iowa 4-H Fairs." These are also available at the Extension Office. If you are planning on bringing a food exhibit to the Fremont County Fair, you may want to check out this resource. Food exhibits that do not follow the guidelines may not be judged and will not be allowed to advance to the Iowa State Fair.

CHERRY PIE BAKING

The cherry pie baking contest is Saturday morning, July 24. For a complete description of the rules and guidelines, please see the fair book. This is the major fundraiser for the CWF Trip, so all 4-H'ers planning on going to Washington, D.C., are encouraged to participate. We know that not everyone is a champion pie baker, but everyone who participates is a winner for helping us raise money for the 4-H program! Mark this on your entry sheet that is due July 1. A letter and schedule will be sent out to participants.

USE THIS CHECKLIST IF YOU EXHIBIT ANIMALS AT THE FAIR

Taking care of your animals is very important all-year round, but especially so during the fair.

The following is a checklist for you to follow to make sure you're giving your animals the best care.

___ Give your animals enough food and water. **Remember, as temperatures climb, animals need more water.**

___ Provide your animal with clean, dry bedding.

___ Keep your animal clean.

___ Keep the barn and surrounding areas clean.

___ If your animal shows signs of illness or is injured, notify the superintendent in your department or the fair office so the veterinarian on call can be contacted.

DOG AND PET SHOWS

All dogs and cats brought to the fair must have a current rabies certificate and a copy of this must be turned in to the Extension Office by July 20.

POULTRY SHOW

By law, all poultry shown at the 2010 Fremont County Fair must be tested for pullorum-typhoid. A schedule will be set up for this and poultry exhibitors will be contacted about the date and time.



SHEEP AND GOATS

All sexually intact sheep must have an individual Scrapie Flock of Origin identification tag or an official tattoo registered with USDA. (To register, call 1-866-USDA-TAG)

HORSE STALLS AVAILABLE

Those of you participating in the horse show at the fair will be able to stall your horses on the fairgrounds. They are required to be there from Friday through Monday in order to go through the Fair Sale. If you prefer, they can be stalled from after the horse show on Wednesday until Monday. As always, you will only be allowed to take one species through the sale, so you will have to choose between your horse and any other livestock you may have.

CHAMPION MARKET SHOWCASE

Grand Champion Market Beef, Hog, and Lambs will be showcased in the show ring from 6–9 p.m. Saturday, July 24.

FAIR SALE

By 5 p.m. on Saturday, July 24, youth must report which species they will be taking to the fair sale on Monday, July 26.

KARAOKE AT THE FAIR

Any 4-H'ers willing to share their vocal talents on Friday night of the fair are encouraged to bring their own disks to sing along to.

REMEMBER THOSE THANK YOU'S

During the course of the 4-H year, there will be many people you need to sit down and write a thank you to. Perhaps it is your 4-H leader, who has given many hours to help you and your club strive to become better individuals. Or maybe it is an older 4-H'er who encouraged you to try a new project area. Your parents are a big help when it comes to county fair time, too. Also be sure to thank the many volunteers and supporters of the Fremont County Fair – Fremont County Fair Board, Fair Superintendents, Fremont County Farm Bureau, plaque and trophy sponsors, buyers at the Fair Sale, cherry pie auction supporters, etc.

COPYRIGHT INFORMATION

Copyrights are becoming a bigger issue each year, so you need to pay close attention to all rules and guidelines pertaining to copyrights. And, if in doubt, contact the Extension Office for help.

The copyright law states that an individual can use another's work (art, photograph, written word, logo, trademark, team insignia, etc) for their personal use.

This means you will not duplicate the item, you

will not make money from the item and the item will not be on public display. The last item is the clause we must enforce in the 4-H fair setting. If you plan to use the idea, be sure to secure the appropriate permission from the creator.

The Extension Office has a sample letter you can use to get this permission. It often takes a long time to be granted permission. A copy of the written letter must be included with the exhibit. There will always be gray areas in interpretation of copyright laws. Even if you change the design you should always credit the original source of the design.

In the past we have had several exhibits come to fair that are a violation of the copyright laws. We will no longer be able to put those exhibits on display, so if you bring something that does not meet the copyright guidelines, you will be asked to take it back home with you and it may not get judged.

We really don't want to see this happen to anyone, so please make sure you gain any necessary permission. If you are in doubt, contact us and we will try to help out. However, this may be more difficult to do as we get closer to fair, so plan accordingly.

Copyrights and Sports Logos:

4-H members often want to use logos of their favorite sports teams in or on their fair exhibits. All colleges and universities, professional sports teams, and many high schools claim their team names, logos, and school names as trademarks or copyrighted images. While most colleges are agreeable to allowing youth to use team names and logos, it is always advisable to ask permission, unless the policy specifically allows the use intended. Our experience is that when kids write and ask, universities very rarely say no to youth for use with 4-H exhibits. Applying purchased decals would not require permission. Use of other purchased products containing team names and logos (e.g. fabric) is also acceptable without additional permission. If members want to make their own original design, they should get permission. Contact info for colleges, universities, and professional teams can normally be found on the school/team website. Look for a link to copyright, trademark, or licensing information. The Iowa State University Trademark Policy can be found at <http://www.trademark.iastate.edu/policy/tm-management.pdf>.

Contact info for U of Iowa sports can be found at <http://hawkeyesports.collegesports.com/licensing/iowa-licensing.html>

4-H CLUB NEWS

FREMONT COUNTY 4-H CLUB NEWS

None turned in to us this month.



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.

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.

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.

-Heidi Lowthorp

SCHOLARSHIP OPPORTUNITIES

STATE 4-H SCHOLARSHIPS:

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

ASSOCIATION OF IOWA FAIRS: June 30

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

2010 American Royal—Royal 10 Scholarship:

<http://www.americanroyal.com/>

IFAA OFFERS \$81,000 IN SCHOLARSHIPS:

<http://www.ifaa.org/scholarships.html>

<http://www.extension.iastate.edu/4H/documents/public2010IFAA Scholarships.pdf>

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

Lights! Camera! Action!

Budding youth directors and actors across the state can make their film debut in the Iowa 4-H Film Festival in August at the Iowa State Fair. Production teams of 1-10 members (with at least one 4-H'er) can enter films in three categories: Educate, Inspire, and Just 4 Fun.

Judges will select winners for each category and a Best of Festival award. Festival audience members will vote for a People's Choice award. The deadline for online entries is June 14; films are due July 26. For more information, go to <http://www.extension.iastate.edu/4h/StateFair/filmfestival.htm>

Stitch This! Needs Your Old Prom Dresses

Stitch This! needs your old prom dresses for participants to deconstruct and reconstruct into fashionable garments! If you have a prom dress that is in good condition and would like to donate it to Stitch This!, please contact Kelsey Leighton at leighton@mail.iastate.edu or leighton@iastate.edu. Please attach a picture of the dress with the e-mail. We are looking for bright pink/fuchsia, black, blue, bright yellow, orange and green dresses.

Calling All Robotics Engineers!

Enter the 4-H Robotics Challenge at the Iowa State Fair on Sunday, August 15! This is a *real-time* team challenge. That means your team doesn't build the robot in advance. The morning of the event, all teams will gather for a challenge release, then use the skills you already have to build a robot to meet the challenge! We'll provide all robot building supplies, you bring the knowledge, including experience working with LEGO Mindstorms® NXT platform. There are two divisions Senior (8-12) and Junior (5-8). Entry deadline is **July 26**, but entries are taken on a first-come-first-serve basis and space is limited! For more details, and to check out videos from past 4-H Robotics Challenges, go to <http://www.extension.iastate.edu/4h/statefair/roboticschallenge.html>

CLOTHING CONSTRUCTION:

Drawstring Shorts/Pants Pattern and Samples

We have two sets of drawstring (or elastic) shorts/pants patterns and samples made in uni-sizes extra small,



4-H Project News Cont.

VISUAL ARTS: Put Your Art on 70,000 *Lights On Afterschool* Posters!

The Afterschool Alliance seeks student artwork for our 2010 *Lights On Afterschool* poster. **The deadline to submit is June 11.** The winning image will be printed on 70,000 posters sent to afterschool programs from coast to coast to use at their *Lights On Afterschool* celebrations.

The Afterschool Alliance will work with the artist and/or program on an appropriate credit for the artwork.

- Download the poster guidelines or see the poster contest webpage for more information.
- For inspiration check our 2009 online gallery of poster art submissions as well as the 2009 and the 2008 winning artwork.

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

Southwest Iowa 4-H Intermediate Trip

Who: 7th and 8th Grade (Non 4-H Youth Welcome)

What: An out-of-county experience with other intermediate 4-Hers from Southwest Iowa

When: Drop-Off Thursday, July 8 at 5 pm
Pick-up Friday, July 9 at 5pm

Where: Honey Creek Resort on Lake Rathbun
12633 Resort Drive, Moravia, IA 52571

Why: This trip is a chance you can't turn down. If you like the outdoors this adventure is for you, with activities such as; hiking, canoeing, kayaking, swimming, scavenger hunts, and much more! Also you will be able to meet other 4-Hers just like you and develop lifelong friendships.

How: Camp registration forms at the Extension Office and have them turned in prior to June 18.

4-H Night With The Royals

Who: Region 17 (Non 4-H Youth Welcome)

What: Royals Game

When: Friday, June 11

Where: Royals Game at Rosenblatt in Omaha

How: Buy Tickets at the door.

Living History Farms Education Theme Days

Living History Farms (LHF) has planned several days to recognize different education groups. For details about any of these events, please e-mail education@lhf.org. The farms are open on Sundays from noon to 5 p.m.

June 6, LHF says "Thank you" to teachers by hosting an open house that day. Teachers may tour for free, provided they pre-register by e-mailing educ@lhf.org.

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-Hers 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

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>

HORSE: Do you like Horseback Riding and the Outdoors?

Love the wilderness, but hate to carry all of that gear? Let horses carry the heavy stuff while you enjoy the scenery. This guided trip to western Colorado winds through beautiful scenic mountain trails and is the ultimate high country adventure! You will spend four nights in a fully furnished high country camp, run by a Colorado 4-H volunteer. Five days will be spent traversing mountain trails, becoming horse experts, and fishing in cold mountain lakes. Bring your camera and fishing gear for a trip that is sure to bring you trotting back for more! Rick Ruble is a long-time 4-H leader, an EMT, a wilderness first aid trainer. He has led numerous trips including, kayak, horse, and canoe trips. Contact: 641-774-8352 or rjruble@iowatelecom.net. Sondra Cabell, is a naturalist with Buchanan County Conservation and a 4-H leader. She co-led this trip in 2005. Contact info: 319-636-2617 or fontana-park@iowatelecome.net.

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).



GOAT: 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.

POULTRY: New Opportunity! Through the efforts of the Jamison's those enrolled in Poultry will be able to (if wanting to) show Cornish Cross chickens. The Jamison's have found a supplier and can help you order them. The chicks will be mailed on June 3 and would be 7 weeks old by fair time. This breed grows rapidly and will be ready to show by fair time. The price would run at approximately 91 cents apiece. For more information please contact Doug and Angie Jamison at 712-625-3591 or Doug Jamison at 712-625-4101 or visit <http://www.extension.iastate.edu/4h/Agriculture/Documents/LHPPoultryHomeBroiler.pdf>

RABBIT: Workshop dates: <http://www.extension.iastate.edu/4h/projects/livestock/rabbit.htm>

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>

LIVESTOCK: ICA Beef Heifer Award Application: The 2010 Iowa Beef Heifer Award program is being coordinated by the Iowa Cattlemen's Association and sponsored by the Iowa State Fair and Beef Breed Associations. Kent Feeds, Inc. sponsors the show halters for the runners-up. Any 4-H, FFA, or Junior Beef Breed Association member, who will exhibit a beef animal at the 2010 Iowa State Fair is eligible to compete for this award. More information and an application is now available online at, <http://www.extension.iastate.edu/4h/projects/livestock/beef.htm>. Applications are due **July 25**.

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.

STATE SERVICE: *Non Stop Fun* Are you ready for some *Non Stop Fun*? The 2010 Iowa State Fair, August 12-22, is less than 100 days away and we are getting ready to make the 4-H building a positive and welcoming place. The most important component to make this year's fair a success is VOLUNTEERS! You can volunteer one day, multiple days, even the whole 12 days. We also have opportunities for volunteers August 9-11 for fair preparation and the 23rd for fair exhibit check-out and clean-up. If you come, bring a group...no one likes to travel on their own. Volunteering at the Iowa State Fair is a great opportunity for County Youth Councils. Need a place to stay? Sign up to stay at the Cultural Center or Youth Inn and be surrounded by 4-H volunteers who love 4-H as much as you do. There are opportunities to volunteer in the morning, afternoon, and evening.

Volunteer during the day and enjoy the fair at night! Volunteer applications are due **July 1st** and are available online at <http://www.extension.iastate.edu/4h/statefair>. There are different forms for youth, adults, and evening exhibit hosts, so make sure you get the right one. If you have any questions feel free to contact Kourtney Determan at kjdeter@iastate.edu or the Fremont County Extension Office.



PARENT INVOLVMENT IN 4-H

Are You Smarter Than an Iowa 4-Her? Participants wanted!

That is the question the Iowa State Fair will try to answer on the Christensen Farms Stage in the Paul R. Knapp Animal Learning Center during the 2010 Iowa State Fair. The Christensen Farm Stage has educational programming hourly from 10 a.m. to 6 p.m. each day of the Fair and for 2010 we would like to offer new and exciting hands-on educational programming. Our hope is to have four (or more if there are willing counties) county or 4-H clubs take a turn on the stage for one hour at 11 a.m. on either Saturday, August 14; Sunday, August 15; Saturday, August 21 or Sunday, August 22.

You will need five to six 4-Her's at a time to run the game show "Are You Smarter than a Fremont county 4-Her!" For presenting on the stage each group will receive a maximum of six 4-H youth tickets and two adult admission tickets plus a parking pass for the Fair. Information regarding the game show along with questions (4-H and Animal Agriculture) will be distributed prior to the Fair and there will be 4-H themed prizes provided to give to the winners. Is anyone interested in having a Are you Smarter than a 4Her game at the County fair? (Maybe a Share the Fun).

11th Annual Lights on Afterschool

This October, more than 7,500 communities and 1 million Americans will celebrate the 11th Annual *Lights On Afterschool*, a nationwide rally for afterschool programs organized by the Afterschool Alliance. Programs and communities are invited to hold their own celebrations, or participate in a local event. In the U.S. today, more than 15 million children go home alone after school. After school programs keep kids safe, inspire them to learn and help working families.

Take part in *Lights On Afterschool* and help call attention to the importance of afterschool programs, and build the visibility of your program. To sign up, locate an event in your area, or access event planning tools visit:

<http://www.afterschoolalliance.org/loa.cfm>.

SERVICE PROJECT

* Any senior or intermediate level 4-H member that is interested in helping and mentoring a new 4-H'er talk to your club leader or the Office. Be sure to go out of your way to get to know the new families, make them welcome, and help them through the 4-H guidelines.

* There is a tree that needs to be replaced at the Fairgrounds. If you have some club members interested in helping the Office plant a tree call 712-374-2351.

* Help spice up the fairgrounds with a Woodworking project. The Fair Board was looking to have three new raised flower beds. If you are interested contact the Office for more information. If you are interested and can work on the project 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.

* Help make a parking sign for a reserved spot for Anne at the Fairgrounds.

* The Fremont County Historical Society is looking for some help. They have several projects that members could help with including oil wood, dusting, scraping paint, and painting at the School House.

* Painting at the fairgrounds. We will have some painting projects on our Fair Cleanup days in July.

* **Silver Skylarks Challenge, Food Drive: Fill the Trailer to the Top!** The goal during fair week is to collect enough food items to fill the enclosed horse trailer all the way to the top.

STATE SERVICE: Stitch This! Needs Your Old Prom Dresses Stitch This! needs your old prom dresses for participants to deconstruct and reconstruct into fashionable garments! If you have a prom dress that is in good condition and would like to donate it to Stitch This!, please contact Kelsey Leighon at leighon@mail.iastate.edu or leighon@iastate.edu. Please attach a picture of the dress with the e-mail. We are looking for bright pink/fuchsia, black, blue, bright yellow, orange and green dresses.