



# Fremont County

September 2010

Greetings Fremont County!

## September 2010 Newsletter

We would like to thank everyone who helped before, during and after the county fair. The fair would not be a success without all of the fair board members, leaders, superintendents, volunteers, parents and youth who contribute their time and assistance!

Thank you to those brave souls who ran the food stand again for this year's fair. Carol Carver and Mary Kay Walter deserve a pat on the back for another job well done. In addition, Michelle Beard deserves a thank you for her hard work and with the children's activities.

A big thank you goes out to all the families who supported their youth and made it possible for them to participate!

Andrea Rexroth  
Anne Chambers  
Heidi Lowthorp

### **Record Book Deadline**

Don't forget to complete those record books. The deadline to turn in your records books to the Extension Office will be Sept. 15 at 5 p.m.

Those who complete and turn theirs in on time will be eligible for a record book T-shirt and record book awards. Remember that part of being able to go on the CWF trip to Washington, D.C., involves complete and on-time record books for two years prior to the trip in 2012.

Leaders are asked to come in to pick up the record books by Sept. 16. The evaluations can be done by one leader or by a committee of leaders. Evaluated intermediate and senior record books should come back to the Extension Office by Sept. 22 so the Youth Committee can evaluate for county awards and awards can be ordered.

## Mark Your Calendars!

### *September*

- ⇒ 15: Record Books are DUE!
- ⇒ 18: Silver Skylarks New-Member Outing
- ⇒ by 22: Club Leaders check Record Books
- ⇒ 24: Silver Skylarks Pet Show at the Ambassador Care Center
- ⇒ 23-26: Ak-Sar-Ben Livestock Exposition, Omaha
- ⇒ 29: Youth Committee Record Book evaluation, 5:30 p.m., Extension Office
- ⇒ 30: County Council Nominations

### *October*

- ⇒ 1: County Council Applications
- ⇒ 4-10: National 4-H Week
- ⇒ 10: 4-H Leader Training, 6-8 p.m.
- ⇒ 15: Applications Due for Region 17 Youth Council (10th-12th Grade)
- ⇒ 16: Silver Skylarks 4-H meeting, 10 a.m., Presbyterian Church, Sidney
- ⇒ 19: 4-H Pumpkin Bash, Location TBA
- ⇒ 23: **Make a Difference Day**
- ⇒ 31: Registration for Babysitting Class

### *November*

- ⇒ November: County Council Overnight Leader Training
- ⇒ Bread in Bag with 4th Graders (Volunteers Needed)
- ⇒ 26-30: National 4-H Congress, Atlanta, GA
- ⇒ 6: State 4-H Horse Judging Contest and Judges' Certification Training
- ⇒ December 1, Pioneer Grant Applications Due
- ⇒ December: Babysitting Class
- ⇒ February 1: State Recognition Applications Due
- ⇒ April 1: High School Region 17 Lock-In
- ⇒ August 11-21: 2011 Iowa State Fair



**Things to write thank you cards for....**

- Pies
- Premium Sale
- \$4 Food Coupon
- Plaques/Trophies
- Leaders/Volunteers helping

Remember these are just a few ideas to help you get started.

**4-H Seeking Help:**

“While we were at the state fair we lost all of our (Christine's) tack, to include the gray horse blanket from “Pendleton,” English saddle, pads, bridles, halters, even the horse spray. This saddle is one of a kind. I had it as a child over 45 years ago and had it refurbished.”



Thank you,  
James Rost 712-215-2457

**4-H Volunteers Needed!**

**Who:** Project Leaders,  
(Youth and Adults)

**When:** 2010-2011 4-H Year

**Where:** Fremont County

**What for:** Help with workshops, answer questions, and help youth with specific project interest areas.

**(Ex for Workshops:** Mentoring, Baking, Leadership, Farm Safety, Automotive, Welding, Livestock, Communication, Community, Family Science.

**\$\$CASH\$\$  
PREMIM CHECKS  
A.S.A.P.!**

Please cash your checks received from fair (premium sale, sale of livestock, etc.) as soon as possible. If you have not already done so, please take care of this right away.

**National 4-H Week**

This is our time to shine! Try and recruit as many new members as possible, even if they can't join your club. Give presentations at school to 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade kids. Tell them all of the things you get out of 4-H, all of the different activities you can participate in, the EXTREMELY AWESOME camps you are able to attend. Do an activity with them that they could do for a project in 4-H (they always love activities). Tell them all about our amazing, fun, cool, exciting, enjoyable county and county fair. This year's National 4-H Week falls on October 3-9, so let's get out in our community and show them what 4-H in Fremont County is all about.

If you or your club is speaking at your school, let Andrea know. We have new promotional 4-H pieces that you can hand out!

**4-H Pumpkin Bash**

**Who:** 4-H Families, New Member Families, individuals interested in 4-H, 4-H volunteers

**What:** Potluck, Overview of 4-H Year, Social Hour, and Games

**When:** October 19

**Where:** TBA

**Time:** 6-8 p.m.

**Why:** Have fun and play games, learn about new 4-H opportunities, bond with new members, and celebrate completing your Record Books.

**RSVP:** to [xfremont@iastate.edu](mailto:xfremont@iastate.edu) or 712-374-2351 with your potluck item description.

**Leader Training**

2010-2011 4-H Leader Training Meeting.

**When:** Sunday, October 10

**What:** Leader Training by Region 17 4-H Program Specialist David Seilstad

**Where:** TBA

**Time:** 6-8pm

**Who:** 4-H Leaders, County Council, Youth Committee, Horse Camp Committee

**Why:** Discuss County 4-H programming plans and participate in discussions with other county leaders and youth leaders

**RSVP:** [xfremont@iastate.edu](mailto:xfremont@iastate.edu) or 712-374-2351

**Note:** Supper will be provided



### **BABYSITTING PROGRAM**

All boys and girls in 5<sup>th</sup> grade and above are invited to participate in a county-wide babysitting course. Topics covered include: ages and stages of development, making toys that teach, putting together babysitting kits, infant care, feeding, basic first aid, and much more. The fee for this 6 hour class is \$15.00, which includes all supplies and materials, lunch, and snacks. The date for the program is TBA in December. Registration forms will be available at the Extension Office or on our website. The forms and \$15 fee are due to the Extension Office by October 31.

### **County Council Applications**

Club Leaders please turn in nomination names for County Council Members by September 30. Any 4-H Senior member interested in joining County Council please contact your club leader and the Extension Office. Youth in 10<sup>th</sup> Grade or above serve as the County Leaders on the County Council and help plan County Programs, Jr. Overnight, Day Camps and other activities.

**Region 17 Area Council Applications Due Oct 15**

### **Pick up Fair Items**

Please remember to pick up your 4-H County and State Fair Exhibits from the Extension Office. Be sure that you cash in your premium checks and send your sponsors a thank you note.

### **RE-ENROLLMENT/ENROLLMENT FORMS**

Your club leaders will have re-enrollment forms and medical forms available in the near future. Please get these completed and returned to your club leader AS SOON AS POSSIBLE!! You may add project areas at any time, but we need the initial forms so we can get your information entered into our database and get you on mailing lists, etc.

### **UPDATED CONTACT INFORMATION**

As you know, our primary contact method to 4-H families is through e-mails and our website. If you are not receiving materials from the Extension Office, remember you can always get the newsletter and other info at [www.extension.iastate.edu/fremont](http://www.extension.iastate.edu/fremont).

In order to receive information from the Extension Office, it is important for us to have updated contact information. Many of you have e-mail

addresses that have changed. We would like to make sure we have the most current e-mail addresses for individual 4-H'ers and 4-H families. Please send any/all CURRENT e-mail addresses to [amor@iastate.edu](mailto:amor@iastate.edu) by September 30.

### **YOUTH COMMITTEE**

#### **REPRESENTATIVES**

We would like to have at least one youth and one adult representative for the Youth Committee from each 4-H club. If you are interested, please contact the Extension Office at 712/374-2351.

### **NATIONAL**

#### **MAKE A DIFFERENCE DAY!**

**October 23:** This day is the largest day of helping others, neighbors helping neighbors. It is a good chance to do community service, either as a club or as an individual. What can you do? Rake an older person's leaves, read to residents in the nursing home or take cookies to them; just something to help someone. It always gives a person a special feeling if they can be of help to others in any way, so let's all get out there and **Make a Difference!!**

### **PIONEER**

#### **COMMUNITY IMPROVEMENT PROGRAM GRANTS**

Each year Pioneer Hi-Bred International, Inc offers grants to 4-H clubs for local community improvement projects. The purpose is to provide "seed money" that clubs can use as a starting point on their project. Clubs need to find additional resources in their communities for their projects. Application forms are available through the Extension Office. Grants vary from \$25-\$250. Grant applications are due by December 1. Contact the Extension Office for more information.

#### **A few record book tips....**

Remember to be **NEAT** and **ORGANIZED** as much as possible when completing your record book. Use a computer or typewriter if one is available; it is so much easier for us to read. If you are handwriting your record book, do your best not to scribble or cross out words. Instead use white out or start over. Also, make sure to watch punctuation, spelling, etc. A great way to be organized is to use tab dividers, this will really help in the judging process.

#### **What should a record book consist of?**



Don't fret if you don't know, I have helped you out...just look down below.

Record Book Covers- Some clubs provide these, others do not. If your club doesn't, come on down to the Extension Office and we will hook you up with one for \$2.75. Remember! You must have a cover!

Cover Sheet- This sheet will include a picture of you, your name, club, age, and grade level

Table of Contents- Once again, with this table of contents, it is so much easier to judge, and it helps with future reference for yourself and 4-H'ers you might mentor in the future. Personalize it, make it fun. Don't worry with page numbers, we don't need them. Just list things in order in the way they will be found. Remember to list projects out by what they are and how many years you have participated in that project area.

Yearly 4-H Summary- This should consist of your activities in 4-H this past year. Also, make sure to include other things such as home, school, and community activities. These are available on the Web or at the Extension Office.

Personal Goal Record- With this, you should list your overall goals for the 4-H year. Goals for individual projects should be listed in your 4-H Project Records.

4-H Project Records- You will need to complete one project record for each project you are enrolled in- regardless of whether or not you took an entry to fair. There are 3 levels; Basic (junior members), Experienced (intermediate members), and Advanced (senior members). Once again, these are available on the web or at the Extension Office. You may include a fair write-up behind the project record form.

Project Worksheets- Many projects have a worksheet that you will complete and include in the above forms. These need to go behind the project record forms. Once again, these are available on the web or at the Extension Office.

Project Related Pictures- Get creative with this! Show your personality! The best thing about judging record books is seeing pictures of you working on/ with your projects.

4-H Story- This is a requirement and it should not be a repeat of your 4-H yearly summary. Your story should sum up your year's accomplishments, new things you tried in 4-H, clubs, activities, community service, future plans, what 4-H has taught you. Anything that you feel should be in your story you should put in. Once again get creative.

Supporting Materials- This item includes club minutes, newspaper articles, etc. We ask that you do not put ribbons, receipts, or letters in your supporting materials.

Record Keeping Self Evaluation- Remember to be honest with yourself as you complete this!

Previous Year's Records- Make sure to have your current year on top! Also, make sure to turn in all materials, especially if you have more than one book.

Pictures from the fair...

We have pictures from the fair available for your viewing. Here is the link:

[http://  
picasaweb.google.com/114883928168081619188](http://picasaweb.google.com/114883928168081619188)

### **Please say THANK YOU!**

Don't forget to write those thank you notes. I know it's not the most fun thing, but when someone gets a thank you card it is really uplifting. A lot of people around southwest Iowa put a lot of hard work, dedication, and support into your 4-H program and now it's your turn to thank them for all they have done. Even if you can't send a thank you card, make sure to call them up, or when you see them on the street, let them know how much their hard work, dedication, and support really means to you.

### **Growing Strong Families looks to increase family participation!**

Growing Strong Families is a home-based visitation program offered through the Fremont County Extension Office.

The program serves anyone living in Fremont County who has children under the age of 5, including prenatal.

GSF offers families information about child development, parenting practices, nutrition and financial management.

Visits last about one hour in the family's home and involve both parents when possible.

Heidi Lowthorp provides the program to Fremont County families. Heidi is asking for referrals from friends or families to increase the programs numbers.

Please call Heidi at 374-2351 if you know of anyone who might want to participate in Growing Strong Families.



# State Fair Results

MALLORY BEARD - (Silver Skylarks) - Food and Nutrition – Red; Issues – Red; Working Exhibit Seal of Merit

MATTHEW BEARD - (Silver Skylarks) Working Exhibit Seal of Merit

LOGAN DOTY - (Silver Skylarks) - Home Improvement – Red

SHELBIE DRIEVER - (Silver Skylarks) - Photography – Blue

BILLY DYKE - (Silver Skylarks) - Educational Presentation participant

WILLIAM GREEN - (Washington P.E.P.) - Food and Nutrition – Blue

LINDSEY HOLT - (Silver Skylarks) – Photography – Red.

JESSICA JAMISON - (Riverside Rockets) – Saddle Cover – Red; Visual Arts – Red

JORDAN LAUGHLIN - (WMP) – Clothing – Blue

MEGAN LIGHTFOOT - (WMP) – Allergy Board – Blue; Queen Contest

JESSICA LOWTHORP - (Silver Skylarks) – Photography – Blue and Red

ELAYNA MINCER - (Washington P.E.P.) - Food and Nutrition – Blue

CHELSEA NEBEL - (WMP) – Yellow Necklace and Flower Water Color – two Blues

LUKE NENNEMAN - (Waubonsie Trail Blazers) – Car Restoration – White

TIFFANY PEASE – (Washington P.E.P.) – horse -Pole Bending – Blue; Barrel Racing – Red; Dairy – 3 blues

ASPEN ROSS - (Silver Skylarks) - 4-H Poster – recognition

MCKENZIE ROSS - (Silver Skylarks) - Clothing Selection – Red; knitted socks – red; 4-H Poster – Seal of Merit; Photography – Red

CHRISTINE ROST - (WMP) Educational Presentation participant; and Cook This

OLIVIA SCHAAF - (Riverside Rockets) - Photography – Blue

PRESTON SCHAAF - (Riverside Rockets) – Radio Project – Blue

JEANNIE SCHLEIP - (Silver Skylarks) Ag and Natural Resources – Blue; Educational Presentation participant

KALEY SEVERN (Riverside Rockets) – Rabbits – two Red; three Blue; one Purple; and won Best of Breed

BAILEY SHIRLEY (Silver Skylarks) -Clothing Selection—participation

JANAE SHOUGH - (WMP) - Photography – Blue; Flag Etiquette with Jody Shough – Blue

BAILEY WILSON - (Silver Skylarks) – Photography – Blue

LOGAN WOOD - (Riverside Rockets) – Photography – Blue

Share the Fun - Silver Skylarks club skit “Twas the Night Before Fair”; BAILEY WILSON, HEIDI HALL, KATY HACKWORTH, HAVEN HACKWORTH, JESSICA LOWTHORP, EMILY WHITEHEAD, KALISTA SCHROEDER, JAY MORGAN, ASPEN ROSS, MCKENZIE ROSS, MALLORY BEARD, MATHEW BEARD, MORGAN BEARD, BILLY DYKE. Washington PEP club skit “I Get Knocked Down” – ASHLEY GILBERT, R.J. HARRIS, EMILY WELCH, ELAYNA MINCER, NICKOLE SCHWARTZ, MARYN PHILLIPS, OLIVIA WHITE, MEGAN SCHOONOVER.

State Fair Volunteers included Tym Wood as a State 4-H Officer and Billy Dyke as a State 4-H Technology Team Member.