



Cass County 4-H News

Happy Holidays

December 2008

4-H Families and Friends:

With each passing day in Cass County I can see my life and my work getting more exciting. There is so much happening at all times, keep the experience very vibrant. I look forward to meeting everyone as time goes by. I just recently hosted a leader open house and it's no wonder we have such a quality program.

As the Holiday season is here, I thank you for allowing me to be a part of your 4-H family. The gifts have already been so plentiful and the food and fun outstanding. Take time to remember how we've pledge our head, hands, heart and health. There are so many who can benefit from our service minded clubs and our helping hands. Use this time when there are fewer activities to explore how you can make leadership, citizenship and life skills part of your daily life. Happy Holidays to all!

4-H Greetings,

Susan McKinley, County Youth Coordinator



...and justice for all

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Cass County Well-Represented on Area Council

Each year, high school youth in Southwest Iowa have the opportunity to participate in a 4-H group that promotes leadership, communication and life skills through the development of youth programming.

This year, Victoria Frisbie, Alisha Blake and Curtis Ullerich represent Cass County on the Southwest Iowa Area Council. (Left: Blake and Frisbie at the retreat) Members are selected through an application process for their outstanding leadership skills. Approximately 40 of these youth attended a retreat to develop plans and events to grow the Iowa 4-H program.



Live Healthy Iowa Kids



I pledge my health to better living.

Go the Distance has been renamed to Live Healthy Iowa Kids to coincide with Live Healthy Iowa and prevent confusion with Go the Distance Day.

Go the Distance continues to be a free program for youth, including 4-H clubs. Visit the website: <http://www.iowasportsfoundation.org/LiveHealthyIowakids/default.aspx>

Program dates are January 21 – April 30, 2009.

Teams that average 4200 minutes per team member during the 100 day program will qualify for a chance to win monetary awards at the conclusion of the program. There will be one \$1000 and four \$500 prizes.

The Iowa Beef Council will be providing incentives (cookbooks and beef certificates) for teachers/ team leaders.

YC 2 Cares

Aluminum Pop Tabs Help Intermediate Leadership Council Help Others

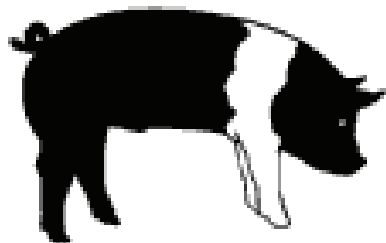
Cass County YC2 decided at their first meeting in October that they would collect pop tabs as a service project to benefit the Ronald McDonald House charities. This is a great citizenship project the group

made the decision to do. Please assist the council so they have the opportunity to make a significant impact. Contact individual YC2 members or bring pop tops to the Extension Office.

I pledge my hands to larger service

4-H is a **community** of **young people** across **America** who are learning **leadership, citizenship and life skills.**

Fun and Competition at the Iowa Pork Congress



The Extension office got word that the Iowa Pork Producers Association

is looking for 4-H and FFA members who may be interested in a judging contest at the 2009 Iowa Pork Congress.

The contest will be held in Vets Auditorium the morning of January 29, 2009. The Iowa State University Judging Team will be giving the final

placing. Teams finishing in the top three will receive scholarships and be recognized in the Iowa Pork Producer Magazine.

Interested 4-H members should contact the Extension Office to work out details.

Iowa 4-H Provides Resources Too

...Time To Start Thinking about Scholarships

Take advantage of your holiday break to work on scholarship applications. Information on various 4-H scholarships is now available at the Extension Office. Applications are due to the State 4-H Office by February 2, 2009. Forms are also available on the Web site.

4-H Area & State Recognition – Many Opportunities for Seniors Members!

If you're a 4-H member in grades 9-12, there are several exciting Iowa and National 4-H Recognition opportunities available to you. Below is a brief summary of these opportunities – check with your county Extension office for more details and application information. Face-to-face interviews will be held in Murray on Sunday, March 29. Also, look at this website to see video clips, tips for material preparation and copies of the evaluation criteria:

<http://www.extension.iastate.edu/4H/recognition.htm>

State 4-H Council (June 2009 – June 2010) Ambassadors for the state 4-H program by providing input on 4-H program issues, planning and executing state events, and practicing leadership, communication and citizenship skills. This group plans and implements the State 4-H Conference held on the ISU campus each summer. Eight members of the State Council are selected from SW Iowa Area. Must be in grades 10 or 11 at time of application. Final selection to be made March 29, 2008. Additional information as: <http://www.extension.iastate.edu/4H/statecouncil/index.htm>

State Projects Awards (50 recipients will be awarded at ISU in late August) – recognition for youth who have excelled in projects by participating, learning and evaluating 4-H experiences. Assigned quota of youth advance to state from SW Iowa Area. Must in grades 9, 10, 11 or 12 at time of application. Final selection will be made in August.

National 4-H Conference (March 20-25, 2010 – tentative) – representative groups of 4-H'ers from each state discuss the future 4-H program needs at the national level. Four delegates are selected from Iowa and travel to the National 4-H Center, Chevy Chase, Maryland. Must be in grades 9, 10, or 11 at time of application. Final selection made in August.

National 4-H Congress (November 27-December 1, 2009 in Atlanta, GA) – A forum to discuss issues of concern to youth and strengthen youth involvement in communities and in local, county and state 4-H programs. 22-23 youth selected from Iowa. Join with groups from other states and travel to Atlanta. Must be in grades 10 or 11 at time of application. Final selection made in August.

Iowa Youth Technology Team (June 2009 – June 2010) teens from around the state will experience cutting-edge technology and work together to expand technology usage at 4-H events and activities. Three team members and one alternate selected from SW Iowa. Computer, internet and email access required. Must be in grades 9, 10 or 11 at time of application. To learn more about the Tech Team go to <http://www.extension.iastate.edu/4h/techteam/index.html>

Who Are Our 4-Hers?

The due date for enrollment forms was November 3.

A strong majority of clubs had their enrollments in. That is so fantastic. It is important for us to communicate with young people, get them materials they are interested and let the state program know how strong our 4-H community is. We welcome 4-Hers year round, but soon we will be generating new club

lists and some of you may no longer receive the newsletter if you did not re-enroll.

With this in mind, please contact any potential members right away. Outcomes associated with involvement in 4-H includes: leadership, citizenship, communication, knowledge and personal life management.



Cass County Club Volleyball Tournament

The date for the Cass County Club Volleyball Tournament is January 19 at Schuler Elementary and the Atlantic Middle School. Clubs are being encouraged to ask non-4-H families to join their team. This is a

great way for community members to get exposure to 4-H beyond county fair and the traditional club meetings. Any non-4-H families must be participating with a Cass County 4-H club. Also, YAC is in

search of a local celebrity volleyball team to finish the day. This should be a really great afternoon and we look forward to all clubs participating. Watch for more information in the next newsletter.

Discovering 4-H

January is the time of year for the Discovering 4-H workshop and the date has been set for January 25 at the Cass County Community Center. All 3rd and 4th graders in Cass

County are considered Discovery members. This is a really unique opportunity for young people to learn more about the program before they immerse themselves in it.

Please plan to attend if you are in 3rd or 4th grade and contact the Extension Office if you are interested in helping. Continue to look for more info.

Future Dates

January 2009

- 5—Deadline for volleyball entries
- 11—YC2 @ 3p.m.
- 18—Club Volleyball Tournament
- 25—Discovery 4-H Workshop

26—Share the Fun Acts due

February 2009

- 2—4-H scholarship apps due
- 8—Share-the-Fun

March 2009

- 15—4-H Mardi Gras
- 17—Endowment Pancake Supper
- 31—The Power of Youth-DSM

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your

newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally,

you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

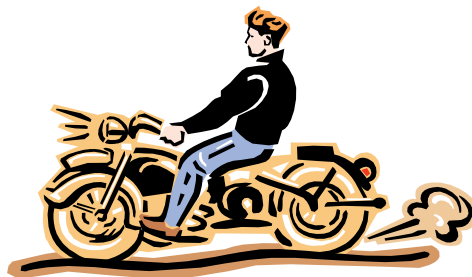
"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your



Caption describing picture or graphic.

article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher

includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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County 4-H Club Ski Adventure

Brighton 4-H club invites all 4-Hers and parents to a ski trip at Mt. Crescent Ski Area, Mt. Crescent IA. The trip will be on January 17.

There are special group rates, so the more participants the better. Fewer than 40 participants; the fee is \$37 for adult ski, \$30 for junior ski and \$36 for junior snowboard. If 100 people were able to go, that would cut \$5 off the cost for everyone.

Lessons are available, as well as food service at the facility.

Leaders please contact Larry Sandbothe at 712-243-3316 with the number of people so plans can be set by December 20.



Speak Out for Agriculture (SOFA)

The SOFA program needs a few high school youth with a true passion for agriculture to help design experiences for 7th-12th graders that enable them to become better spokespeople for the industry.

Members of a new SOFA planning committee will meet the first Sunday afternoon of the month in Greenfield to make plans for an exciting agriculture career development program and to build communication skills for agriculture. Applications for the planning committee are due Friday, December 5 to the Adair County Extension office and can be found on-line at www.extension.iastate.edu/adair