



Clover Connection



It's a Brand New Year

While the 4-H year is in full swing, the new year just arrived. New Year's always brings on resolutions and I sit and ponder what I can resolve for my 4-H career. While I think, let me offer my idea to 4-Hers.

Res-o-lu-tion: [rez-uh-loo-shuhn] noun - the act of resolving or determining upon an action or course of action, method, procedure, etc.

Hmm...resolution reminds me of setting goals in 4-H. If you haven't already done so, now would be a great time to start thinking about setting personal goals for the year, as well

as project goals. If this is your first year in photography, your goal might be to learn about and practice the rule of thirds by county fair time in 2009. That would be a SMART first year goal. SMART???

The goal is Specific,
Measurable,
Attainable,
Reasonable and
Timely or Time

specific. See if you can make all your goals smart this year.

I hope this newsletter finds you and your 4-H family well and that you had a great holiday season. Keep warm and keep in touch.

Forever Green,

Susan M. McKinley
Susan M McKinley
4-H Youth Coordinator



Families Are Part of the Fun Too

Here are some things you can do together:

- Read the 4-H newsletters and project materials with your child.
- Help your 4-Her select projects related to his/her interests, abilities, and maturity.
- Ask your child to think about what goals they want to accomplish.
- Encourage record keeping by helping them find a place to keep this information and reviewing it throughout the year.
- Attend and participate in events and respectfully observe the meeting.
- Share your ideas and knowledge with your child and his/her club members.
- Provide support and encouragement and have Fun!

...and Justice for all

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Discovering 4-H Workshop

The annual Discovering 4-H Workshop is set for January 25th, 2009 from 2:00-5:00 p.m. at the Cass County Community Center. All third and fourth grade 4-H members are invited to participate. Registrations were sent in the mail. Registrations must be returned by January 9th. The cost for the afternoon is \$5. Project areas being explored this year are; garden, food & nutrition, photography, citizenship, conservation and child development.

Parent Meeting

There will be a parent meeting in conjunction with the 2009 Discovering 4-H Workshop. Parents are essential in the success of young people and that is true for their participation in 4-H, as well. Many of the Discovering youth's parents are new to 4-H, too. We want to take time to share with parents what the program is about and share some fun with them.

2009 Scholarships for Seniors Available

If you are a senior in High School, and you are interested in attending College next year, **NOW** is the time to apply for scholarships. Application packets for 4-H Scholarships are available at the Extension Office. Deadline to apply for most, is **February 2nd**.

The Christina Hixson Opportunity Award will provide a \$10,000 scholarship (\$2500.00 annually for four years) to a student from each of Iowa's 99 counties. Applications are available at the Extension Office.

To find other scholarship opportunities visit www.brownfieldnetwork.com. Click on the "Ag Youth" link at the top of the page to find links to national scholarships or click on "Iowa" to learn about more state scholarships you may be eligible for.

Information is now available at <http://www.extension.iastate.edu/4H/grants.html>. Please be sure to download and/or print all 5 items, read all eligibility criteria, and follow all instructions. All applications must have current copies of transcripts with Fall 2008 courses and grades. Transcripts need not be "official". Fall 2008 courses and grades may be a separate student grade report copy. If you have any questions, you may Email mklitzel@iastate.edu or call 515-294-1519.

Share-the-Fun

Do you like to sing? Dance? Act? Play the piano or other instrument? Tell jokes or stories? Then Share the Fun is for you!

You can perform by yourself, in small groups, or with the entire club. The Youth Council is planning this county-wide talent show for **Sunday, February 8th** at the Atlantic Middle School Auditorium. Sign up to have fun while you practice your communication skills.

Plus there are **CASH PRIZES** in each division. We will have 2 divisions – one that is eligible for State Fair and a junior division – not old enough for State Fair. Deadline to enter acts is **January 30**, and the entry fee is \$5.00. Please use the entry form in this newsletter.

4-H Pledge

I pledge my HEAD
to clearer thinking

My HEART
to greater loyalty

My HANDS
to larger service

My HEALTH
to better living

For My club,
my community,
my country
and
my world



Curtis' Corner

As Cass County's representative to the State 4-H Council, Susan has suggested that I write a piece for the newsletter (newly named the Clover Connection, I hear) to keep the county informed to what's going on in the world (or state, if you prefer) of Iowa 4-H.

I'd like to start off this December by informing our senior 4-Hers of a great opportunity coming up; Area 4-H Recognition Interviews. It seems that not a lot of 4-Hers know of this opportunity, but those that participate always have good things to say about it. There are several things that seniors can apply for (sorry intermediates, you'll have to wait a bit!): State 4-H Council, Tech Team, National 4-H Congress, National 4-H Conference, and Project Awards. I have applied for all but Tech Team so, all 4-Hers interested have a great local resource for information and help with applying.

State 4-H Council is for sophomores or juniors with a good record of leadership and activity, both in and out of 4-H. The Council meets a few times a year, and is primarily focused on planning the great adventure Voyage to Greatness that is State 4-H Conference; I'll be writing about that later. Tech Team is for anyone that is good with computers and wants the chance to work with others in creating technology projects on the state level. National 4-H Congress—which I attended last year—is a week of awesomeness in Atlanta with several hundred 4-Hers from around the country (and Puerto Rico!). If you've been to State 4-H Conference and loved it, this is for you—National 4-H Congress is State Conference on Mt. Dew. It's a blast. National 4-H Conference is three days of working with other 4-Hers in Washington D.C. and discussing issues related to youth today. I've been unable to attend, sadly, but I've heard great things about the trip. Finally, we have Project Awards. Project Awards are your opportunity to get the recognition (and a shot at a savings bond!) for the projects that you've been most involved in. Sounds like fun, eh?

Good Luck,

Curtis

Area Recognition

For more information on each of these opportunities and how to apply, go to:

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

The area and state selection process for these opportunities include completing an application form, gathering and putting together 5 pages of written support material or a 10 minute video/dvd/cd/audio tape, and an interview at the area and state level. There are video clips on the website from former participants to tell you more about each opportunity and about the application process, in addition to tips and hints as you prepare materials. Explore your outer limits and challenge yourself for a new adventure beyond the county! For questions about any of these opportunities, please contact your county Extension office or Brenda Allen at the state 4-H office, bsallen@iastate.edu or 515-294-1567.

Projects, Projects, Projects

You should have turned in your enrollment forms and thought about project areas and your project materials are on their way. We know that and that county fair is August 1-7, but is there

We know that it can be hard to choose a project or projects when you complete your enrollment form for the first time. But don't worry. You still have plenty of time to add or drop projects.

- Simply look at the **“Pick-A-Project”** paper to discover the possibilities from A-Z. (If you don't have one of these project papers, contact your leader or stop by the office.)
- See what matches your hobbies or interests.
- Consider limiting the number of projects you enroll in to a few so it is something you can finish.
- Discuss your project ideas with your family and find out even more by visiting with other 4-Hers enrolled in the same project.
- If you decide to add or drop any projects, this will need to be recorded on your enrollment form at the Extension Office by the May deadline. Again, you can call, email, or stop by to

How Do I Set Project Goals?

3 Parts:

1. The Action

How will you reach your goal?

2. The Result

What will you accomplish?

3. The Timetable

When are you going to do it?

What do I want to learn or do?
When am I going to do it?

Who will help me?
Where do I want this project to take me in the future?

Examples of 4-H project goals:

PROJECT	ACTION	RESULT	TIMETABLE
Beef	I will train	my 4-H steer to lead	before the fair.
Photography	I will learn how to	use my new camera	before our vacation.
Food & Nutrition	I will make	a nutritious snack	at my May meeting.

This is NOT a good goal:

“I will win a purple ribbon with my steer at the fair.”

It has the 3 parts to a goal, but you do not have control over whether or not you receive a purple ribbon — the judge does.

Beef Weigh-In = Finished, Swine Weigh-In = Set

Swine weigh-in has been set for April 4, 2009 from 8:00 a.m.—11:00 a.m. Mark your calendars.

If you plan to participate in the Iowa State Fair swine show, they must turn in the Intent to Participate Form; this must be received by the State 4-H Office by March 17th. This form can be found at: <http://www.extension.iastate.edu/4H/Agriculture/Documents/LHSwineIntent.pdf>

Dates To Remember

January

Jan 18 – County Volleyball Tournament
 Jan 16, State Volunteer Retreat early bird
 \$25 registration deadline,
 Jan 17-23, registration, \$30,
 Jan 22 – Bloodmobile Cookies, Washington
 GEM
 Jan 25 – Discovering 4-H Workshop
 Jan 30 – Deadline for Mardi Gras Entries
 Jan 30 – Deadline for Share-the-Fun

February

Feb 2, 4-H Scholarship Applications, due in
 State 4-H Youth Development Office; [http://
 www.extension.iastate.edu/4H/grants.html](http://www.extension.iastate.edu/4H/grants.html)
 Feb 2, Hills Bank Leadership Grant Applica-
 tions due in State 4-H Youth Development
 Office; [http://www.extension.iastate.edu/4H/
 grants.html](http://www.extension.iastate.edu/4H/grants.html)
 Feb 2, Iowa's Promise...Our Youth grant
2009 Applications due in State 4-H Youth
 Development Office, Contact: Sue Bogue,
 515-294-1533; [http://
 www.extension.iastate.edu/4H/
 iowaspromise.html](http://www.extension.iastate.edu/4H/iowaspromise.html)
 Feb 6-7, State Volunteer Retreat, Ankeny
 DMACC
 Feb 8 – Share-the-Fun
 Feb 8-15, Iowa Beef Expo, Des Moines, for
 info call 515-855-4322

March

March 1, Horse Jamboree entries due in State
 4-H Youth Development Office
 March 15 – Mardi Gras

March 17 – 4-H Endowment Pancake Supper
 March 26 – Bloodmobile Cookies, Benton
 Blue Ribbons
 March 27-29 - SESS Leader Certification
 Workshop (Iowa 4-H Center)
 March 28-29 - State Science and Technology
 Fair of Iowa
 March 29 – Area Recognition at Murray
 School
 March 31 - The Power of Youth – Iowa 4-H,
 contact: Barb Determan

April

April 1 - early 4-H Center camp registration
 discount deadline
 April 4 – Market Swine Weigh-in
 April 4-5 - Horse Jamboree, Iowa Horse Fair,
 State Fairgrounds, Des Moines
 April 10 - Area Recognition nominees due in
 State 4-H Youth Dev Office

May

May 1 - Financial Aid Applications due in
 County Extension Offices
 May 15 - 4-H'ers for 4-H campaign contribu-
 tions due in County Extension Offices
 May 15 - 4-H Livestock Identification Re-
 ports due in County Extension Offices
 May 23 - Deadline for 4-H Youth Confer-
 ence registrations at regular price

Future Dates

June 30-July 2, **2009** - State 4-H Conference
 Aug 13-23, **2009** - Iowa State Fair, "State
 Fair Time!"

Check Your Goal:

1. Does it
have 3 basic
parts?

2. Do you
have control
over the
goal?

3. Is it
measurable?

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JANUARY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Extension 1 Office Closed	2	3
4	5	6 YAC 7 p.m.	7	Fairboard 8 7 p.m. Grounds Committee	9 Discovering registrations due	10
11 YC2 3p.m.	12	13	14	15	16	17
18 Club Volleyball 1 p.m.-End	19 Extension Council	20	21	22	23	24
25 Discovering 4-H 2-5 p.m.	26 Share-the-Fun entries due	27	28	29	30 Share the Fun Mardi Gras entries due	31



New Year's Resolutions??? How about setting your personal and project goals for the year. Make sure your goals are S.M.A.R.T. If you need help with record talk to your leader, and experienced member or the Extension Office.



4-H Share – The- Fun Entry Form

Complete this form and return to
Cass County Extension Office by **January 30, 2009** with \$5 entry fee

Name of Club _____

Name of Act _____
Type of Act _____

(Skit, Dance, Song, Etc.)

Contact Person _____ Telephone Number _____

Please Print 4-H Participant Names & Grade

Performing Preference _____

_____ No
(First, Middle, Last, No Preference)

for State Fair, 4-H'er must be in 5th grade or above.

Eligible for State Fair _____ Yes

To be eligible

participating, 80% of the club must be in grade 5 or above.

If the entire club is

What Equipment will you need? How many of each?

_____ Piano _____ Chair(s) _____ Mic(s)
_____ Table(s) _____ Other _____

Will you have a cassette: _____ Yes _____ No?

Will you have a CD: _____ Yes _____ No

This is a diagram of our stage. Utilizing the symbols, please draw in equipment as it will be placed for your performance. **This is very important.**

x = mic P=Piano o = chair = Long Table

Audience

Stage

