

4-H FAMILY NEWSLETTER

December 2008 – January 2009

A newsletter for Boone County 4-H members, leaders, and their families.

Goals of Go Green Craze 2008 - 2009

4-H Clubs – increase 4-H membership; implement best practices of “Vibrant” 4-H clubs; incorporate Fun, Friends, Voice and Choice into 4-H events.

Environment: learn about and practice “reduce, reuse, recycle” and environmental stewardship at 4-H meetings and at home; emphasize bicycle, outdoor activities, and gardening 4-H projects.

4-H Million Trees Project goal is for 4-H clubs to plant 1,000,000 trees in US. www.4hmilliontrees.org/

Money and Energy Savings: share low cost ideas for 4-H projects; practice money and energy saving ideas at 4-H meeting and at home; explore Iowa vacations and low cost recreation ideas.

Go Green Craze Club Incentive



Incentive: Do at least **ten** Go Green Craze activities from the resources provided or your own ideas. Earn a **4-H water bottle** and **one fill** of lemonade or iced tea in the bottle at the 4-H foodstand during the July 15 – 19, 2009 Boone County Fair for each member and leader of your club who participate in Go Green Craze. Members and leaders are encouraged to use the refillable bottle during fair to reduce trash.

Go Green Craze Idea for Vibrant Clubs – Write 4-H Project Goals for 2009

Supplies: Large sheet of paper with name of a project at top and junior, intermediate, senior down the side. Copies of Basic, Experienced, and Advanced Project Records

Committees: Divide into committees of 3 or 4 members mixing younger and older members who are enrolled in the same project. Read the introduction at top of enclosed “Examples of Project Goals.” Give each committee a large sheet paper. Ask each committee to write possible goals for the project listed. Be sure each goal includes what, how and when and member has control. Write at least one goal for a 1st year junior, 4th year intermediate, and 6th year senior in that project. Allow time for committees to work. Then have committees display their sheet of paper for all members to see. Read goals to entire group. (*Email Joyce some of your best examples.*)

Allow time to have members write goals on a basic, experienced, or advanced project record for one or more of their projects using the above as a starting point.

Go Green Craze Tips for Waste Free Holidays

Wrap gifts in reusable paper or cloth bags, maps, towels, T shirt, or pillowcase.
Decorate with soy candles, keepsake ornaments, recycle/compost your tree.
Select gifts with less packaging, give handmade gifts, give a gift of time.
Set the table with reusable dinnerware, fabric tablecloth, fresh, locally grown food.



Boone County Extension Staff
wish you Happy Holidays!

Rich Wrage, County Extension Education Director
Annette Brown, ISUE Youth Field Specialist, Boone, Greene, & Story
Joyce Patterson, County 4-H Youth Coordinator
Natalie Hedlund, Office and Youth Assistant
Dawn Schmidt, Office and Youth Assistant

Dear 4-H Families:

Awards Day Photos www.extension.iastate.edu/boone/ (click on kids and teens/4-H on left column, then scroll down the right side to photos.)

Enclosed is information on **Environmental Interest Club** which is open to 4-H members and other 4th – 12th grade youth. Youth who are not already 4-H club members, will complete an enrollment form and pay \$20 program fee. A fee to help cover supplies is \$20 for all members. Natalie Hedlund, Boone County Office and Youth Assistant, will be the coordinator and she has planned fun, educational activities for the entire year.

Senior 4-H'ers - To apply for **area/state 4-H recognition** opportunities including state 4-H project awards, Tech Team, State 4-H Council, National 4-H Congress, and National 4-H Conference visit the website www.extension.iastate.edu/4H/recognition.htm . Support materials are due to Boone County Extension Office by **February 2**. Interviews will be March 7 at United Community School.

The Iowa 4-H Foundation announces **ninety-four 4-H scholarships totaling \$100,000** for college freshman and upperclassmen for fall 2009. High school seniors may request an application packet from the EO or visit the website www.extension.iastate.edu/4H/grants.html . Applications are due to State 4-H Office before or on **February 2**.

Live Healthy Iowa (adults) and **Go the Distance** (youth) encourage physical activity with support from team members. From January 14 – April 23 (100 days) track your physical activity in minutes. Adult team members pay \$15 each. Teams can be 2 – 10 people. Set a goal for yourself for **2009** and sign up at www.livehealthyiowa.org

Rich Wrage, Boone County
Extension Education Director (rwrage@iastate.edu)

Joyce Patterson, Boone County
4-H Youth Coordinator (jpatt@iastate.edu)

Visits our Web site at www.extension.iastate.edu/boone/ or State 4-H Youth site at www.extension.iastate.edu/4H/

Dates to Remember

December 2008

Club Meetings – Discuss market beef and Pen of 3 weigh-in dates; encourage senior members to apply for 4-H scholarships, state project awards, Tech Team, 4-H Council, National 4-H Conference, and National Congress; review 4-H newsletter; update 4-H Participation Summary including awards received; community service activities.

27 **Market Beef and Pen of 3 weigh in** at King Feedlots (tentative snow date Jan. 53)

January 2009

Club Meetings – Distribute and discuss club programs, project guides, and record keeping materials; write project goals and update Participation Summary, review 4-H newsletter.

- 4 **Ice Skating** 4-H Day at Ames/ISU Ice Arena, 2 – 4 pm
- 10 Rag quilt class – pre-registration required
- 7, 14, 21, 28 **Babysitting** Basics at Madrid Elementary
- 10 **Ice fishing** for youth and adults at Don Williams Lake, 9 – 11 am
- 15 Market beef ID (4-H 106 bi) must be complete including breed info.
- 15 Photography project meeting – 7 pm Extension Office
- 17 State Fair Star #2 quilt class – pre-registration required
- 18 Extension Office closed for Martin Luther King Day

18 **4-H Youth Committee meeting**, 7 p.m. at Extension Office

February 2008

- 2 **4-H scholarships** due to State 4-H Office in Ames
- 2 National 4-H Conference and Congress, **State 4-H Council**, Tech Team, and **State 4-H project award** applications and support materials due to Boone County Extension Office
- 2, 9, 16, 23 Babysitting Basics at Boone County Hospital for 5th and 6th graders
- 15 4-H Family Roller Skating at Spinning Wheels in Ogden 2 – 4 pm

July 15- 19 Boone County Fair (4-H theme is *Looking to the Future - 4-Ever Green*)

August 13 – 23 Iowa State Fair (*State Fair Time!*)



General 4-H News

Seven clubs earn ice cream

Congratulations to the following clubs that had 80% of members complete re-enrollment by November 17 and earn ice cream served at a club meeting:

Boxholm Blazers	Harrison Happy Hustlers
Harrison Hilltop Hornets	Luther Livewires
Madrid Duets	Montana Miners
Westside Hustlers	

Returning and new members can continue to enroll in 4-H by completing enrollment forms, medical information/release forms and \$20 program fee (financial assistance is available.) Boone County's goal is **340 members** and as of Dec. 1 we have **235 members enrolled**.

4-H'ers may add 4-H projects at any time unless an earlier deadline applies (such as May 15 for all animals.)

Club leaders will be sent project guides from ISU.

Clubs will be billed in May for all pubs ordered by their members.

Fashion & Textiles Interest Group

Do you like shopping for clothes? Do you enjoying the latest fashion trends and fabrics? Boone County 4-H is introducing a new Fashion and Textiles Interest Group. The group will meet the 4th Saturday of the months of March, April, May, and June. Members will participate in Fashion Day in July.

Planned activities for this year focus on the **Go Green** theme and include a \$15.00 Challenge shopping trip, a garbage fashion show, touring and helping at clothing distribution center, and a tie-dye T-shirt workshop.

If you are interested in joining this group, please contact Melody Bethards, Fashion Day Co-Superintendent at 515/795-2155 or at mlbethards@dmacc.edu



News briefs:

- The first monthly **photography project meeting** with leader, Jim Fosse, will be Thursday, January 15 from 7 – 8 p.m. at Extension Office. Topics will be how cameras work and timeline of photography. Any 4-H member welcome.
- Mike Sawyer, Fish Iowa volunteer, is offering an **ice fishing** clinic for youth and adults on Saturday, January 10 from 9 - 11 am at Don Williams Lake – meet at restaurant. Dress warm in layers and bring a bucket to sit on.
- High School Seniors - ask at the EO about the following **Scholarships**: State 4-H (2/1), West Central (2/13), VEISHEA (2/1), ISU Hixson (2/1), Pork Producers (3/1) and Beef Producers (4/1)
- “Voyage to Greatness” is the theme for State 4-H **Conference** and Animal Science **ROUNDUP** to be held June 30– July 2 at ISU for 8th – 12th graders.
- **Zach Martin** is a member of the Central Iowa Tech Team (CATT.) A GIS mapping grant has allowed members

to create their own “Community Atlas” of maps. Meetings are on 2nd Saturday from 1 – 3 pm at Story County Extension Office. www.centralareatechteam.org.

- Senior 4-H'ers can still register for **Citizenship Washington Focus** June 6 – 13, 2009. Total cost is now \$1427.50 minus \$350 from Endowment and 4-H funds.

- Nine delegates are registered for CWF: **Spencer Larson, Aja Porter, Emily Hackenmiller, Alycia Sterenberg, Grant Isaacson, Rebecca Freeman, Jessica Isolini, Sam Walter, Hannah Swanson, and Jodi Isolini** will chaperone. These delegates raised **\$182** at a bake sale at fair board's spaghetti supper on November 21.

Thanks!

- Please send a **thank you** to donors of awards received at 4-H Awards Day.
- If you need additional space for your project discs, ask for a 4" X 10" **extension** with rings at the Ext. Office.
- New members, please send a **thank you note** to US Bank of Boone for record book covers.
- **Thank you** to Boone County 4-H Youth Committee members completing 4-year terms: **Rachel Bethards, Larry Seeman, Lori Westrum, and Linda Tingwald** Youth members completing terms are **Courtney Tingwald, Allyson Ladd, Stephanie Haberer, and Holly Kauffman**.
- Boone County 4-H raised **\$348** at Oct. 25 walking taco sale. Thanks to volunteers, Ace Hardware, Carhartt.

Welcome New Members!

Boone Guys and Gals – Paige Stewart

Boxholm Blazers – Cassey Davisson, Joseph McFarland, Sierra Miller, Lexee Nelson

Green Clovers – Rachel and Tiffany Braun, Amanda Brown, Caden Burkamper, Alexis Danner, Molly Franzenburg, Rachel and Sarah Giese, Evan Irwin, Taylor Irwin, Ann Luong, Logan and Noah MacRunnel, Karolyn Peterson, Abby and Emma Rouse, Tiffany Stotts

Harrison Happy Hustlers – Carinne Hayworth

Harrison Hilltop Hornets – Cade Burma, Clay Tullis

Luther Livewires – Claire Anderson, Zane Hehnke,

Allison Swanson, Emma Toms, Kurt Yaeger

Madrid Duets – Josie Lee

Madrid Merry Makers – Ashlyn Foster, Tori Jacobs,

Paige Reiter, Mary Swanson, Ruby Walter

Peoples Guys and Gals – Ariel Charter, Brenna

Demmerly, Hannah Sackett, Rachel Spiner

Southside Pioneers – Maryssa Soder, Hallie Wirth

Town & Country Pioneers – Logan Elsberry, Cody

Heistand, Connor Walters, Jacob Wulf

Westside Hustlers – Alyssa Behle, Kimberly Christensen,

Joel Delp, Austin Flynn, Cali Fogelson, Danielle, Hadaway, Kacie Hoskins, Haley Swigert

Opportunities for Youth & Adults

Spend a fun afternoon with your club or family with a 4-H discount

January 4 – Ice Skating at Ames/ISU ice arena, 1507 Gateway Hills Park Drive in Ames from 2 – 4 p.m. Wear 4-H shirt for \$3 admission and \$1.75 skate rental.

February 15 – Roller skating at Spinning Wheels in Ogden from 2 – 4 p.m. Wear 4-H shirt for \$3.50 admission/rental.

March 15 - 4-H bowling at Imperial Lanes in Boone and Tiger Bowl in Madrid from 1:30 – 3:30.



“Growing Green” 4-H volunteer retreat Feb. 7 at Ankeny DMACC

4-H leaders, parents, intermediate and senior members are invited to a state 4-H volunteer retreat. Meet other 4-H volunteers from throughout Iowa and learn new ideas for your club. Hands-on workshops include a chance to complete the two required leader training modules on Vibrancy, plus record keeping, first aid, eat to compete, and elements and principles of design. Registration fee is \$25 before Jan. 16 and \$30 until Jan. 23.



Be a youth helper for Clover Kids

During February and March, Clover Kids groups of first to third graders will be meeting to do age-appropriate, hands on, learning activities. **If you are interested in being an adult volunteer or youth helper**, call Joyce or Natalie at the Extension Office.

To register a Clover Kid, call the Extension Office for a brochure. Pre-registration and payment of the \$15 fee are required. Dates and grades at each site:

Boone (1-3) - Thursdays, Feb. 5, 12, 19, 26

Boone (1-3) - Mondays, March 2, 9, 23, 30

United Comm. (1-3) Tuesdays, Feb. 3, 10, 17, 24

Ogden (2-3) – Tuesdays, Feb 3, 10, 17, 24

Madrid (2-3) – Wednesdays, March 4, 11, 18, 25



Apply for grant funds for your club's community service

“Iowa’s Promise Youth” is an Iowa Commission for Volunteer Service grant for up to \$250 to encourage youth groups to partner with other community groups to carry out a community service project. Applications are due Feb.1.

Pioneer Community Improvement grants are due now. More info at www.extension.iastate.edu/4H/grants.html

Ag Notes

News Briefs

Food Safety and Quality Assurance FSQA

Boone County and Iowa State Fair exhibitors in rabbit, poultry, sheep, swine, beef, dairy cattle/goats, and meat goat divisions must be (FSQA) certified by May 15.

County-wide training for all species will be Tuesday, **March 24** and Wednesday, **March 25** from 7 – 8:30 pm at the fairgrounds (attend only one night.)

Rabbit and Poultry

Rabbit and poultry project meetings and FSQA certification (required to exhibit at county and state fair) will be Thursday, **March 12** from 6:30 – 8:00 pm. You need to attend the entire 1½ hours. Topics will include COOL, water, space, feed requirements, record keeping, handling, and ethics.

Horse

Horse Interest Group leader, Danelle Johnson, has moved out of county. Thank you to Danelle for

volunteering in this role for 5 years. Please let Joyce know of adults who might volunteer to lead horse interest group.

Check out the new website eXtension Horse Quest at www.extension.org/horses. The site is a cooperative effort among universities to post timely information and reliable answers to your questions.

April 3 - 5 will be the **Iowa Horse Fair and 4-H Horse Jamboree**. Entries for clinics, team and individual contests, and horseless horse events such as drawing and photography are due March 1.

Beef

Market beef and Pen of 3 weigh-ins will be Saturday, December 27 at King Feedlots between 8 a.m. – 2 p.m. \$5/head for retinal imaging for state fair and \$5/head for DAN sample for AKSARBEN.

Register for North Central Iowa Youth Beef Conference to be held Saturday, Jan. 24 at Ellsworth Comm. College in Iowa Falls from 9:30 am to 1:30 pm. at www.extension.iastate.edu/franklin Interactive workshops.

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Go Green Ideas at 4-H Officer Training

Go Green Craze activities at Officer Training on Nov. 25 included scrap sculpture, don't drop it, and decision making (brainstorming, buzz group, and rapid response.) Following are some of the ideas generated by club officer:

Grow 4-H – orderly, fast business meetings, be kind, more fun games, wear 4-H shirts to school

Protect the Environment – use washable cups, plant flowers or a tree, make crafts from recyclables, pick up litter, recycle 4-H project guides, purchase supplies made from recycled materials, give toys to charity

Save Money – make posters on how to recycle, ride bike, walk or carpool to meetings, shop at 2nd hand stores, enter \$15 challenge at Fashion Day, use coupons



59 youth attended 4-H Officer Training on November 25. Chuck Hackenmiller trained the 4-H club photographers.



2008 – 2009 County 4-H Council members were installed at 4-H Awards Day on November 9.



County Council members led games at Junior Fun Night on Oct. 27 with 53 youth attending.

Record activities on Participation Summary and set project goals.

On your **Participation Summary**, briefly record what you have done since September 1 for community service, club office or committee, awards received, and family, recognition or holiday events. Write small with ink!

4-H'ers are encouraged to keep the following records:

- 4-H Participation Summary,
- Basic, experienced, or advanced project record or project workbook to set goals, record what you do and learn, and evaluate at end of year,
- Project worksheet for livestock projects.

Take time now to write **project goals** on project record forms. State what, when, and how. The Extension Office has example record books that you can check out

Go Green Craze Recreation Idea – Alphabet Scramble

Supplies: 2 sets of alphabet **cards** (each letter of alphabet written on a recipe card plus an additional A, C, E, G, I, L, N and O) and List of Go Green Craze **words** (for example – Sun, Wind, Soil, Bike, Fuel, Water, Earth, Energy, Reduce, Reuse, Recycle, Trash, Carpool, Garden, Landfill, Alternative, Environment). Masking tape or rope for **baseline**.

Rules: Divide members into 2 teams. Lay alphabet cards on two chair 10 feet from teams and mark a baseline 10 feet further back from the chairs. Leader announces a word and the first players on each team, as many as there are letters in the word, go to chairs, select letters, carry them to base line, and stand holding the letters in correct order. First team finishing word correctly gets a point. Players return cards to chair and they return to back of their team so next players take next word.



**4-H Shooting
Sports**
Learn by Doing