

4-H FAMILY NEWSLETTER

February – March 2009

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

National 4-H has partnered with Nickelodeon's Big Green Help to create an interactive online game "Flip N' Flow." Check out the game; learn about water conservation at www.4-H.org.

Turn off lights during **Earth Hour** on Saturday, March 28 at 8:30 pm. Sign up at www.earthhour.org

Goals of Go Green Craze

4-H Clubs – increase 4-H membership; incorporate fun, friends, voice and choice in 4-H events; implement best practices of "vibrant" 4-H clubs

Environment – practice "reduce, reuse, recycle" and environmental stewardship; emphasize bicycle, gardening and outdoor adventures 4-H projects

Money and Energy Savings – share low cost ideas for 4-H projects and explore low cost, local family vacation and recreation ideas.



Go Green Craze Group Program Idea – Use Less Water

Divide your club into **buzz groups** of 3 or 4. Give the groups five minutes to write down water saving tips. Each group selects a reporter to share the group's ideas. Move from group to group – one idea at a time and only ideas that other groups have not shared until all ideas are shared.

Examples – *For cold drinks, keep a pitcher of water in the refrigerator instead of running the tap.*

Run clothes washer and dishwasher only when they are full.

Water your plants deeply but less frequently to encourage deep root growth.

Questions to ask the entire group: How did your group generate ideas? How could your group have worked together better? What was a new water saving idea for you? Would any of these water saving ideas create problems? How will you change how much water your use?

Note to Leaders: *In the Environment (green) section of Go Green notebooks is an activity called "Water Concentration." It includes cards that show the history of water usage for a game to be played like Memory.*

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** (Sun, Wind, Soil, Bike, Fuel, Water, Earth, Energy, Reduce, Reuse, Recycle, Trash, Carpool, Garden, Landfill.) Masking tape.

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.



Luther Livewires 4-H members enjoyed ice skating in Ames



Montana Miners recycled a Christmas tree into a bird feeder at nursing home.



Green Clovers held a Fun Night and decorated recycling boxes.

Dear 4-H Families,

This newsletter is filled with opportunities for youth. Check it out and find one that interests you!
If weather is questionable, call the Extension Office at 515/432-3882 and listen to the message for a change in plans.

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

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

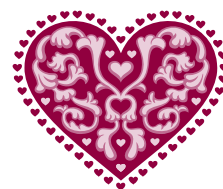
Visit our Web site: www.extension.iastate.edu/boone/ or State 4-H Youth at www.extension.iastate.edu/4H

Dates to Remember

February 2009

Club meetings - Review 4-H newsletter, distribute tickets and volunteer to work at pancake fund-raiser, work on record keeping, discuss 4-H'ers for 4-H

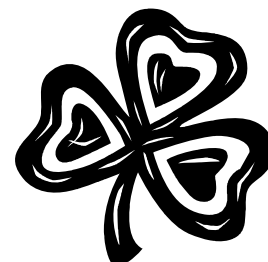
- 3, 10, 17, 24 Clover Kids in Ogden at Howe Elementary Lunchroom
- 3, 10, 17, 24 Clover Kids at United Community Elementary Gym
- 5, 12, 19, 26 Clover Kids in Boone at Extension Office
- 7 State 4-H Leaders Retreat in Newton
- 8 **Shooting Sports** 2 p.m. at Iowa 4-H Camping Center
- 14 **Environmental Interest Club** –Need Sun to Run?
- 15 4-H Family Activity – **roller skating** in Ogden from 2- 4 p.m. (wear 4-H T-shirt)
- 15 County 4-H Council, 5:30 p.m. at Extension Office
- 16 4-H Youth Committee meeting, 6:30 livestock subcommittee, 7:00 entire committee
- 19 **Pets and Photography** Project meetings 7 – 8 pm.
- 22 **Horse** Interest Group, 3:00 – 4:30 p.m. at Extension Office
- 28 Rag **Quilting** Class 9 am – 4 p.m. at Extension Office



March 2009

Club meetings - Recruit for Animal Science ROUNDUP, discuss 4-H'ers for 4-H contributions, review 4-H newsletter, discuss upcoming sheep and swine identification; update records

- 1 Horse Jamboree entries due to State 4-H Office
- 2, 9, 23, 30 Clover Kids in Boone at Extension Office
- 4, 11, 18, 25 Clover Kids in Madrid at Elementary lunchroom
- 6 **4-H Fun Night** at Ogden Middle School from 7 – 10 p.m. for 4th – 7th graders
- 6 4-H Family Night at ISU Hockey
- 6 - 7 **Pancake fund-raiser**, Friday 4:30 p.m. – 7:30 p.m. and Saturday 7 a.m. - 12:30 p.m.
- 7 4-H Family Night at ISU Women's Basketball
- 7 Interviews for area/state recognition at United Community School
- 8 **Shooting Sports**, 2 p.m. at 4-H Camp
- 8 **Horse** Interest Group, 3:00 – 4:30 p.m. at Extension Office
- 12 **Rabbit and poultry** project meetings/FSQA at fairgrounds 6:30 – 8:00 p.m. (stay entire time)
- 15 4-H Family Activity – **bowling** in Boone or Madrid 1:30 – 3:30 p.m.
- 19 **Photography and Pets** Project Meetings 7 – 8 p.m. at Extension Office
- 21 **Environmental Interest Club** – Birding
- 23 4-H **Foodstand** Subcommittee 6 p.m. and 4-H Youth Committee with Extension Council at 7 p.m.
- 24 or 25 **Food Safety and Quality Assurance** (FSQA) from 7 – 8:30 p.m. at fair grounds
- 28 Fashion and Textile Group at Goodwill Industries in Des Moines
- 31 Tri-County junior camp planning meeting



Spring/Summer 2009

- April 2 Leader Training Module and Fair preparation meeting for 4-H leaders at Extension Office at 7 p.m.
- April 25 Sheep Weigh-In and state fair verification, 9 am – noon at fairgrounds.
- May 15** Due to Extension Office - Livestock IDs, 4-H Conference registration, 4-H'ers for 4-H
- June 23 Due to Extension Office - County Fair entries due for all animals, communications, and fashion day
- July 1 Due to Extension Office – State Fair livestock entries
- June 30 – July 2 Iowa 4-H Youth Conference and Animal Science ROUNDUP at ISU
- July 15 - 19** **Boone County Fair** with 4-H theme *Looking to the Future – 4-Ever Green* & Fair theme – *A Grand New Fair*
- August 13 - 23** **Iowa State Fair** with theme *State Fair Time!*

General 4-H News

278 4-H'ers enrolled in Boone Co. Invite friends to join project clubs

☺ As of late January, 278 members have enrolled in eighteen 4-H clubs in Boone County. Any youth can join 4-H and attend project meetings as his/her 4-H club and be eligible for all other 4-H activities. Record keeping, citizenship, and communication have been incorporated into these project meetings.

☺ Accident insurance coverage for all 4-H members and leaders has been renewed at \$1 per person per year (paid by funds from the 4-H foodstand.) This covers injuries incurred while attending regularly approved and adult supervised 4-H group activities

☺ To be enrolled in 4-H, youth need to:

- Complete 4-H enrollment form,
- Parents complete medical information/ release,
- Pay \$20 program fee (or request financial help.)

☺ 4-H'ers may add 4-H projects at any time unless an earlier deadline applies (for example May 15 is the last date to add most animal projects.)

Mark calendars for Spring/Summer '09

Information and registration forms for the following will be available soon. Contact the Extension Office to request a copy or check our website.

▪ **Aerospace Interest Group** will build and prime model rockets on Saturdays May 2, May 23, June 6 and launch on Sunday, June 28 (weather permitting.)

▪ **4-H'ers in Action** photos are 5" X 7" photo taken by any 4-H member showing 4-H'ers or a group of 4-H'ers during the **holidays or seasons**. Enter at co. fair.

▪ **Iowa 4-H Youth Conference** at Iowa State University on June 30 – July 2 for 8th – 12th graders. The Conference features workshops, speakers, community service, living in the dorms, and dances.

▪ **Discover the Twin Cities** with other 7th & 8th graders from central Iowa counties on June 23-25.

▪ **Tri-County Junior Camp** on August 5 - 7 for 4th – 6th graders from Boone, Greene and Story counties. Help plan Tri County Camp on March 31!

Your 4-H'ers for 4-H donations support Conference, 4-H camp

Boone County 4-H clubs are challenged to donate at least \$2.50 per member to 4-H'ers for 4-H. Last year Boone County 4-H clubs donated \$628.

4-H'ers for 4-H donations support financial aid for 4-H campers, leadership activities of the State 4-H Council, and State 4-H Conference.

Checks to Iowa 4-H Foundation are due to EO by May 15. Please write on the memo line, number of members and \$ donation per member.

Congratulations:

☘ Applying for Iowa 4-H scholarships are *Jacoby Bice, Cory Haglund, Kevin Hansen, Andrew and Marcus Heineman, Bryant Hunter, Thad and Hallie, Satre, Holly Wrage, and Jacob Venner.*

☘ Applying for Central Iowa area awards (as of 1/27) are *Kelsey Westrum, Aja Porter, and Spencer Larson.*

☘ Boone County volunteers evaluating the support materials and interviewing on March 7 are *Angela Savits and Paula Walter.*

2009 4-H Youth Committee develops program, shares ideas, sets policy

The Boone County 4-H Youth Committee includes adult and youth representatives from throughout the county. They are appointed by the Boone County Extension Council to evaluate and develop the 4-H youth programs, set policy, assure affirmative action and public relations, and allocate 4-H funds. Members of the 2009 4-H Youth Committee are:

Katie Baumgarn

Beth Christianson

Emily Clausen

Marlene Haberer

Audra, Lauren and Leah Haglund

Mari Lynn Heineman

Gretta Irwin

Frances Kauffman

Bill Martin

Aja Porter

Tammy Porter

Jean Rhodes

Sandy Seeman

Brian and Alycia Sterenberg

Patricia Strait

Courtney Tingwald



Do you enjoy shopping and fashion trends?

A new Fashion and Textiles Interest Group will meet on the 4th Saturday of March, April, May, and June. Call leader Melody Bethards at 515/795-2155 (home) or 515/333-8099 (cell) or email mlbethards@dmacc.edu by Tuesday before each session to let her know you are attending.

March 28 – Goodwill Industries at 4900 NE 22nd Street in Des Moines – bring a clothing donation and see how items are sorted, prepared and distributed.

April 25 – Garbage Fashion Show – Madrid Evangelical Free Church

May 23- \$15 Challenge shopping – Ankeny

June 27 – Tie Dye T-Shirts – Extension Office.

High School students can attend Iowa State University **Behind the Scenes Day** on April 24 to visit mini classes in Fashion Design and attend dress rehearsal of student style show. Contact deptdays@iastate.edu

Meet new people at spring retreat for Central Area 4-H Council

Mark the dates, Saturday, March 28th, 1 p.m. – Sunday, March 29th, 11 a.m. to attend the spring area council retreat. The event is open to 9th – 12th grade 4-H'ers and held at the 4-H Camp near Madrid.

To goals of the retreat are to sharpen your skills of leaders, citizenship, and communication, meet new

people from the 17 counties in the central Iowa area, and have fun. If you are interested, contact the Extension Office for registration information.

Registration deadline is March 16th and cost \$15. The registration fee covers lodging and meal. Contact Jeff Macomber, 4-H Youth Field Specialist and area council advisor at 515/993-4281, jmacombe@iastate.edu

Ag Notes

FSQA on March 24 or 25 for beef, sheep, dairy and meat goat, poultry, rabbit, and swine exhibitors

Food Safety and Quality Assurance training communicates good production practices to ensure safe animal food products. For the 2009 Iowa State Fair and Boone County Fair exhibitors in the above mentioned species must be FSQA certified by May 15.

Training on **March 24 or 25** (come only one night) at the Boone County Fairgrounds at 7 p.m. will focus on the three quality assurance points to help youth understand their role in the food supply chain.

Youth ages 9 – 11 on or before January 1, 2009 must attend FSQA certification every year.

Youth ages 12 – 14 (on or before Jan. 1st) have the option to attend the program each year or take a test. Youth passing the test will be certified until they turn 15.

Youth ages 15 – 19 (on Jan. 1st) have the option to attend the program each year or take a test. Youth passing the test will then be certified until they turn 19.

You may take the test following the March 24th or 25th sessions or by appointment at the Boone County Extension Office. Rabbit and poultry exhibitors can certify at March 12 project meeting (see next page.)

49 market beef and 8 pens of 3 weighed in by 4-H members

Thanks to the following beef weigh in helpers: Jon and Peg King, Larry Seeman, Stacy Walters, Greg Savits, Andrew Heineman, Emily Clausen, Jim Anderson, and Kacy and Jessica Frantum. Thanks to **Boone County Cattlemen** for paying for the tags. Twenty three calves from fifteen 4-H members were verified for state fair.

Breeding heifers need to be tattooed (both commercial and registered) and identified on a Breeding Beef ID form by May 15. Beef **cows and calves** are identified by tag **or** tattoo on the Breeding Beef ID forms by May 15.

Ag news briefs

- Country of Origin Labeling (COOL) affidavits are on line www.extension.iastate.edu/boone/news/livestock.htm When purchasing breeding beef, poultry, meat goats, sheep and swine, be sure to have seller complete the COOL affidavit.
 - Block and Bridle **Dog** show will be March 8 with show starting at 2 p.m. in Farm Bureau Pavilion at ISU. Fee is \$10 – current rabies required. Conformation and 4-H classes. Online registration www.ans.iastate.edu/clubs/bbclub/?pg=33
 - Any newborn or orphan calf (beef or dairy) born between March 1 and May 15, in the 4-H'ers possession by 2 weeks of age, and **bucket/bottle fed** can be a 4-H project. Enroll in the Bucket/Bottle Calf project (#1030) by May 1. Tag and identify the calf by May 15.



4-H horse opportunities

- Welcome to new **Horse Interest Group** Leaders – Mia Glasgow and Jess Haht. They have made tentative plans for once a month meetings February to May and weekly workouts with horses after Memorial Day. **Horse Interest Group** are open to all 4-H members and can be the project club for any youth interested in horses and not enrolled 4-H.
 - Plans for the **February 22 meeting** from 3 – 4:30 p.m. at the Extension Office include identification of parts of horse and tack, *Every Ride Every Time* video, and set individual and group goals,
 - March 8** from 3 – 4:30 p.m. at Extension Office. Equine nutrition by Lindsey Cose, body scale challenge, and work on Level 1 horsemanship.
- 4-H Horse Jamboree** will be held April 4 - 5 as part of the Iowa Horse Fair at the Iowa State Fairgrounds. Advance wristband orders are due **March 1** along with entry forms for all events:
 - hippology contest
 - quiz bowl
 - public speaking
 - painting, poster
 - horse clothes, accessories, crafts, woodworking
 - team grooming
 - model horse show
 - photography drawing, creative writing
 - individual and team demonstration.



All events are open to 4-H'ers and non 4-H youth. You do not have to be a horse project member. More information and entry forms available at Ext. Office or www.extension.iastate.edu/4H/Agriculture/livestockhandbook.htm

Boone County junior team grooming includes *Michaela Ostendorf, Victoria Jacobs, Paige Reiter and Haley Meister. Coach is Diane Ostendorf.*

Boone County senior team grooming team includes *Elizabeth Lee, Kathryn Purvis, Nicole Ruhnke, and Jami Hadaway. Coach is Pam Lee.*

- **Equestrian helmet orders** - All 4-H related horse events in Iowa will require the use of ASTM/SEI approved protective headgear for horse exhibitors with chin strap and properly fitted harness when mounted and riding or driving.

We are collecting orders for equestrian helmets through the National Safe Kids Campaign at a discounted price. Complete this order form and include a check for **\$20 per helmet** to the Boone County ISU



Extension by May 15. You may see and try on helmets of each size at the Extension Office.

Name _____

Phone # _____

Size	Price	Quantity
Extra Small (Up to 21")	\$20	_____
Small (21 – 22")	\$20	_____
Medium (22" – 23")	\$20	_____
Large (23" +)	\$20	_____
Total		_____

Basics of raising rabbits & poultry & FSQA certification on March 12

All rabbit and poultry project members need to be Food Safety and Quality Assurance (FSQA) certified by May 15 to exhibit at the Boone County or Iowa State Fair. 4-H rabbit and poultry exhibitors can meet certification requirements by attending the March 12 project meetings or by attending the training for all species on March 24 or 25 (attend only one night.)

The March 12 rabbit/poultry project meeting will be at the Boone County Fairgrounds from 6:30 to 8:00 p.m. You need to attend the entire 1½ hours.

Topics will include:

- 6:30 - COOL and premise ID – Rich Wrage
 6:50 - Divide into 3 groups and rotate
- 1) Water, housing, space, feed needs
 Rabbits – Dean Meier and Abby Peters
 Poultry – Kim Meier and Jean Rhodes
 - 2) Record keeping rabbit – Melody Bethards
 Record keeping poultry – Pat and Adam Strait
 - 3) Rabbit handling – Sam Gifford & Kelsey Williams
 Poultry – preventing disease, feed labels, and care of chicks – Merlyn and Mary Harringa, Jacob Shaw
- 7:40 - Ethics – obstacle course – Pat Strait and Rich



Sheep and meat goat weigh-in on April 25 and health requirements

- Sheep and meat goat weigh-in will be Saturday, **April 25** beginning at 9 am in the showing at the Boone County Fairgrounds. All market and commercial ewe lambs and meat goats will be weighed, tagged, ID forms completed.
- To nominate a lamb or meat goat for the Iowa State Fair, the animal will be retinal imaged at a cost of \$5/head (additional \$5/head to DNA sample for Ak-Sar-Ben.) Each 4-H'er must exhibit at least one performance carcass lamb at the Iowa State Fair and minimum weight for market lambs is 100 pounds.
- Scrapie is a disease of the central nervous system in sheep and goats. Any sheep or goats exhibited or sold that are sexually intact must have an official scrapie tag. 4-H'ers who purchase ewe lambs should be sure they are tagged by the original owner. If you raise your own lambs, you may register your flock and receive free tags by calling **866/873-2824**.
- All new sheep project members need to watch a club lamb fungus video on this highly contagious fungal infection of the skin of sheep and people.



Tag purchased swine by May 15 for Boone County Fair

- **Farrowed pigs** are born to a sow belonging to the 4-H member or in partnership with a family member. These pigs need to be ear notched at birth according to the universal swine ear notching system and identified on a Swine ID Report by May 15.
- **Purchased pigs** are ear notched, ear-tagged with official 4-H tags, and ID forms completed by the 4-H member by **May 15**. Tags can be purchased for \$1 each and a tagger can be checked out from the Boone County Extension Office.

State Fair swine – Intent to participate by March 20 and ID April 25 – May 2

- **Iowa State Fair** – All market, derby and breeding swine will be identified with a new DNA punch tag (no tattoos, no hair pull), ear notches recorded on swine verification form, and derby pigs weighed at sites throughout the state between April 25 – May 2. Cost per pig is \$5. 4-H'ers planning to exhibit market swine at the Aug. 13- 23 Iowa State Fair must verify at least two derby pigs. Maximum weight for derby pigs on April 25 is 40 pounds and add one pound per day.
- To plan for state fair weigh-in sites, 4-H'ers are asked to submit intent to **participate** by March 20. Dates, locations, and more details are available at Extension Office or online at www.extension.iastate.edu/4H/Agriculture/livestockhandbook.htm
- 4-Hers with purebred pigs, market, derby or breeding swine, will need to present original registration papers at check in at State Fair.

Nominate yourself to attend Animal Science ROUNDUP

Animal Science ROUNDUP is an opportunity for senior 4-H'ers (9th - 12th graders) to spend three days, June 30 – July 2, on the ISU campus. Boone County will select one delegate to the horse, beef, swine, and sheep sessions. Producer groups or 4-H funds will pay the registration fee.

To apply to be a Boone County delegate, answer the following questions by April 20 and send or email to Joyce. Also include name, club, and grade:

- *Highlights of my years in the project*
- *Why I would like to attend ROUNDUP*
- *How I would share what I learned with others.*

Have you added to your 4-H Participation Summary for 2008 - 09?

Record keeping is easier if done throughout the year. Records help you learn to summarize and organize, track income and expenses, set and work towards goals, show growth, and are extremely valuable in completing award and scholarship applications (just ask any senior!)

The Boone County 4-H Participation Summary (with 3 years on one form) includes space to briefly record 4-H club, and county/area/state 4-H activities as well as home, school and community activities. There are spaces to

briefly highlight all your 4-H projects including citizenship and communication for projects.

Examples of all record keeping forms are on Boone County ISU Extension website:
www.extension.iastate.edu/boone/news/4hrecordkeeping.htm

Fair Board, Boone Lions and 4-H serve pancakes on March 6 - 7

To help with community building improvements, the Fair Board, 4-H and Boone Lions are sponsoring the 16th annual pancake fundraiser. 4-H families are asked to sell tickets (available from club leaders) and turn in money to your club leader or at the door.

4-H clubs are asked to call Joyce to volunteer for a one hour shift to serve beverages and clear tables. Wear a 4-H T-shirt if possible.

Friday March 6

4:30 – 5:30 Southside Pioneers
5:30 – 6:30 Montana Miners, Luther Livewires
6:30 – 7:30 Boone Guys and Gals

Saturday March 7

7:00 – 8:00 Colfax Happy Hustlers
8:00 – 9:00 Westside Hustlers
9:00 – 10:00 Harrison Happy Hustlers
10:00 – 11:00
11:00 – 12:00
12:00 – clean up Harrison Hilltop Hornets



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Explore new project guides for exhibit ideas and record keeping

Many of the new colorful project guides are great resources for project learning, exhibit ideas, and can be used for record keeping.

*www.n4hccs.org/ Go to this website and click on “**projects online**” for the latest 4-H project guides and links to youth project related websites. For example, a fun, easy “roll, sew, pull” pillowcase is under sewing activities!*

Project guides that are a workbook format can be used for record keeping in place of a 4-H project record. Follow instructions in project guide. Guides are usually designed to use for 2 or 3 years.

***Project worksheets are required** for market or breeding sheep, swine, and beef animals, bucket bottle calf, Pen of 3, horse, dog, dairy and meat goat, and cat, to record feed, health, rate of gain, training*

4-H'ers should complete a basic, experienced or advanced record on at least one project. To be considered for outstanding member or special awards you should complete more detailed records on most of your projects. Animal worksheets are also required.