

4-H Family Newsletter
September 2011

To make the best better



Iowa State Fair Results

4-H Building Exhibits:

Keswick Klover Leaves 4-H Club: Ann Kistler, Gibson, "Visual Arts" - Red Ribbon; Audeana Finch, Keswick, "Clothing & Fashion" - Blue; Alexis Leer, Keswick, "Clothing & Fashion" - Blue Ribbon; Ethan Danner, Kalona, "Food & Nutrition" - Blue Ribbon.

Keokuk County Klovers 4-H Club: Katelyn Wheeldon, Sigourney, "Home Improvement" - Red Ribbon.

Lafayette Feeders 4-H Club: Natalie Luers, Keota, "Food & Nutrition" - Red Ribbon.

Liberty Leaders 4-H Club: Audrey Grove, South English, "Ag & Natural Resources" - Blue Ribbon and "Home Improvement" - Red Ribbon; Adam Grove, South English, "Food & Nutrition" - Red Ribbon; Andrea Loving, Barnes City, "Visual Arts" - Red Ribbon; Kellan Coppinger, Webster, "Photography" - Blue Ribbon; Denny Haines, Sigourney, "Photography" - Red Ribbon.

Patriotic Panthers 4-H Club: Ryan Millikin, Hedrick, "Environment & Sustainability" - Blue & received "Iowa Tree Farm Special Recognition Award"; McKenna Gambell, Hedrick, "Science, Engineering, & Technology" - Blue Ribbon and "Citizenship" - Blue Ribbon; Maci Gambell, Hedrick, "Citizenship" - Blue Ribbon and "Consumer Management" - Blue Ribbon; Rachel Wonderlich, Ollie, "Child Development" - Blue Ribbon; Bridget Fritchen, Ollie, "Sewing and Needle Arts" - Blue Ribbon.

Stick To It 4-H Club: David Wehr, Sigourney, "Photography" - Blue Ribbon and "Self Determined" - Red Ribbon; Hannah Redlinger, Sigourney, "Photography" - Red Ribbon and "Photography" - Red Ribbon; Sadie Goll, Harper "Visual Arts" - Blue Ribbon and "Visual Arts" - Blue Ribbon; Morgan Wilson, Sigourney, "Citizenship" - Red Ribbon; Tanner Halleran, Sigourney, "Science, Engineering, & Technology" - White Ribbon; Audra Weber, Sigourney, "Food & Nutrition" - Blue Ribbon; Ashley Goll, Harper, "Home Improvement" - Blue Ribbon; Collin Svenby, Sigourney, "Home Improvement" - Blue Ribbon.

Riverside 4-H Club: Sydney Striegel, Sigourney, "Sewing & Needle Arts" - Red Ribbon.

Office Hours

Monday-Friday

8:00 - 12:00

12:30 - 4:30

Office Staff

Gene Mohling

Regional Director

Marisue Hartung

Int. Youth Field Specialist

Kelsey Weber

County Program Coordinator

Shelly Koehn

County Youth Coordinator

Donna Decker

Office Assistant

Terry Steinhart

Swine Specialist

4-H Pledge

*I pledge my Head to
clearer thinking, my
Heart to greater
loyalty, my Hands
to larger service, and
my Health to better
living,
for my club,
My community, my
country,
and my world.*

Iowa State Fair Results continued

Communications Exhibits:

Patriotic Panthers 4-H Club: Faith Oostra, Packwood, & Paige Winn, Ollie, “Working Exhibit” – Merit Award; Shae Oostra, Packwood, “Working Exhibit” – Excellence Award and “Share the Fun” – Participation Award.

Riverside 4-H Club: Khloe Snakenberg, Sigourney, “Share the Fun” – Participation Award.

Liberty Leaders 4-H Club: Grace Shemanski, Keota, “Working Exhibit” – Merit Award; Mikayla Morrison, South English, “Educational Presentation” – Excellence Award.

Livestock Exhibits:

Horse: Mateer Strong, Delta, “Western Pleasure exhibitor grade 7” – Purple Ribbon, “Western Horsemanship exhibitor grade 7” – Blue Ribbon; and “Light Horse Showmanship” – Blue Ribbon; Emma Bair, Keswick, “Pole Bending exhibitor grade 7-9” – Blue Ribbon and “Barrel Racing exhibitor grade 7-9” – Purple Ribbon.

Sheep: Gabby Bethke, Webster, “White Face Commercial Ewe” – Blue Ribbon, “White Face Commercial Ewe” – Purple Ribbon, “Speckled Face Commercial Ewe” – Purple Ribbon, “Black Face Commercial Ewe – Division 1” – Purple Ribbon, “Black Face Commercial Ewe – Division 3” – Purple Ribbon, “Market Lamb” – Blue Ribbon, “Market Lamb” – Blue Ribbon, “Market Lamb” – Purple Ribbon, “Performance Lamb – Division 1” – Blue Ribbon, and “Senior Showmanship” – Blue Ribbon.

Swine: Luke Bombei, Delta, “Commercial Gilts” – Purple Ribbon, “Spotted Gilt” – Blue Ribbon, and “Swine Showmanship exhibitor grade 7-8” – Blue Ribbon. Jacob Bombei, Delta, “Commercial Gilts” – Blue Ribbon, “Chester White Gilts” – Blue Ribbon, and “Swine Showmanship exhibitor grades 5-6” – Blue Ribbon.

Cook This! Culinary Challenge:

Iowa 4-H youth in grades 5-12 had a chance to put their culinary skills to the test, and win some prizes, with [Cook This!](#) during the Iowa State Fair. Cook This is a food and nutrition challenge for youth in its second year. The challenge drew 22 teams this year who competed in the event Aug.15-17 in the 4-H Exhibits Building. Teams were divided by age into three levels: junior, intermediate and senior. Teams in each of the three age groups tested their knowledge of food safety, produce, food preparation and presentation, and proper use of kitchen equipment, as well as a new category this year of communicating a food-related topic. In the final part of the challenge, the teams demonstrated their cooking skills as they prepared a particular dish. Cook This featured celebrity judges, including “That Guy Cy,” Cy Gushiken, the owner of Ohana Steakhouse and Cosi Cucina restaurants in Des Moines.

Junior Level Participants: Audra Weber, Tanner Halleran, & Collin Svenby, all of Sigourney, team name: “Cookin’ CAT”. Junior teams had to create two recipes in 30 minutes and answer culinary questions as a team.



Luke Bombei - 4H Swine Exhibitor



Cook this! Participants: Audra Weber, Collin Svenby, Tanner Halleran

Re-Enrollment Information

NEW - all 4H enrollments will be filled out ONLINE this year on the 4hOnline system. Members, parents & Leaders: please read the information below carefully and plan to attend 1 training session!

[2012 Youth/Adult Medical Forms](#)

Currently we are on a 3 year rotation with Youth/Adult medical forms. Member/adults who were enrolled in 4-H in the Fall of 2009 will need to fill out a complete medical form for 2012 with your re-enrollment forms. Those who join in the Fall of 2010, 2011, or who filled out new forms last year will only have to make corrections and return their old forms with your re-enrollment forms.

IMPORTANT NEW ENROLLMENT INFORMATION - PLEASE READ!!

Step 1: All members will receive an enrollment form and 4H-200 brochure from their leaders. Parents and members, please read the 4H-200 brochure and decide on the projects that he or she may be interested in becoming involved in. Be sure to consider your interests, abilities, time, and available resources.

Step 2: NEW - 4-H enrollments will be updated & filled out by families this year using our Iowa 4hOnline enrollment system. Shelly will be attending a training session on this process August 31-September 1 and will review this new opportunity with 4-H leaders on September 28 at Leader's Training. A training for families, members, and leaders will be held on **Monday, October 17 and Wednesday, October 19 from 6:30-8:00 PM** each evening in the Keokuk County Extension Office. Leaders and families may participate in one or both of the sessions. By having access to the accounts, 4-H members have access to their enrollment information at all times from any computer with internet access. Each family will be provided with a username and password. This will allow you to change any contact, club or project information year-round. The 4-H Staff will be notified each time a member makes changes to their account, so the county system will remain up-to-date. This is a great opportunity for families to keep the office staff informed and to remain up-to date of the latest 4-H and Youth Development information.

Step 3: Fill out or resign 4-H youth medical form and turn into the Extension Office by Dec. 1, 2011.

ONLINE ENROLLMENT SESSION/TRAINING: Leaders and Families are invited and encouraged to come to one or both of the online enrollment session/trainings which will be held on OCTOBER 17 & OCTOBER 19 from 6:30-8:00 both evenings at the Keokuk County Extension Office. This is your chance to fill out enrollments, ask questions, and get some help for this first year of online enrollments. We encourage at least 1 member of each family to attend a session/training!

- If you absolutely can not make one of the two trainings, please contact Shelly at 641-622-2680 or skoehn@iastate.edu to set up a time when we can work one on one with this new system!

What is the 4H 200 - Project Brochure?

The 4H-200 brochure has taken the place of the 4-H Pick-A-Project Newspaper. The 4H-200 opens up into a poster that shows the different project areas that a member can enroll in. A 4-H member that is interested in a project may find the 4-H Hot Sheet for that project at <http://www.extension.iastate.edu/4h/projects>. The 4-H Hot Sheets have taken the place of the project booklets that 4-H'ers used to receive. The Hot Sheets include resources to learn more about the particular project area. 4-H'ers may receive FREE copies of the 4-H Hot Sheets by calling the Extension office. Members will be receiving these brochures from club leaders starting in October.

Youth News/Information

County Award & Project Award Applications

Award applications are due **October 3** to the Extension Office! Applications can be obtained from your leader, the office, or online at www.extension.iastate.edu/keokuk/kidsteens.htm on the right side under 4-H click on either "County Project Award Application" or "County Award Applications." Please use the new version of the application! The new version has the current date at the top! Please refer to the included page for more information on which awards you can apply for.

Also, please check with your leaders if you are unsure or have any questions regarding the application process.

County Youth Council 2011-2012

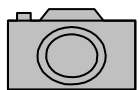
It's that time again to start thinking about applying for Youth Council. If you are in 9th - 12th grade you may apply to be on council for the upcoming year.

Applications can be found online at www.extension.iastate.edu/keokuk/kidsteens.htm on the right side under 4-H, click on County Council Applications. You may either print out the application and send or bring into the office or you may email it to skoehn@iastate.edu as an attachment. Applications must be received by **October 3 at 4:30 pm**.

County Youth Council meetings are held on Sunday afternoons, please keep this in mind when applying!

National 4-H Week

National 4-H week will be October 3-7, 2011 and we will be promoting 4-H all week long! Please be thinking of ideas that your club would like to do during that week and bring ideas to the Fall Leader's Training Meeting in September. Also - this year we would like to do a really nice article for the newspapers to get the word out about 4-H.



CLUB PICTURES

WANTED:

- National 4-H week is coming up fast! We would like to place a picture of each 4-H club and special interest club in the newspapers to celebrate! Please take club photographs at the Sept. meeting and send a digital copy with names to Shelly at skoehn@iastate.edu by September 19.

Awards Night

Change in date for the 2011 Awards Night Celebration: **NOVEMBER 12!**

More information will be coming out as the event gets closer! If you have any suggestions or would like to help with this event, please contact Shelly at the Extension Office.

Youth News/Information



4-H Shooting Sports

Learn by Doing

2011 Iowa Shooting Sport Competitions (fall/winter)

- State shooting sports match will be held on October 15, 2011 at Big Springs Range near Montezuma.
- Youth must be 4-H club members in good standing and have a minimum of 10 hours of supervised instruction by a 4-H Certified Shooting Sports Leader that includes both classroom and range events. Youth must be 9 years of age or older to compete in riflery or archery and 12 years of age or older to compete in shotgun and muzzleloader. All shotgun shooters must have shot a minimum of 50 targets on a regulation trap range.
- Youth will be divided into divisions by grade level.
- Participants may shoot in 2 disciplines.
- \$25.00 per person registration fee, \$30 registration for all Shotgun participants.
- Registration materials can be found online at <http://www.extension.iastate.edu/4h/projects/ShootingSports/sessevents.htm>
- **Deadline: Sept. 19 to Keokuk Co. Extension Office**
- **Please make checks payable to: Iowa 4H Foundation at time of registration**

Special Interest Clubs

Keokuk County Scrappers

Keokuk County Scrappers is a scrapbooking interest club for new and current members of 4-H!

Projects range from full page scrapbook layouts to cards for all occasions and more! There is a separate fee for this club that is paid based on project materials.

If you would like to be apart of this special interest club please contact Shelly at the Extension Office or Christy Gambell.

Cost: based on project interest

Keokuk County Hot Shots

Keokuk County Hot Shots is a shooting sports special interest club that meets once a month at the Ikes. Hot Shots members are able to learn a variety of hunting disciplines from skilled and trained instructors.

If you would like to join this club please contact Shelly at the Extension Office or Bonnie Clubb.

ATTN CURRENT MEMBERS: You are required EVERY year to fill out enrollment forms and safety/medical release forms! If you DO NOT fill out all paperwork for re-enrollment by December 1, 2011 you will not be allowed to participate in any activities for safety & legal reasons!

Cost: initial cost & yearly membership fee

Next Meeting: Contact Bonnie Clubb

Meeting Notices

2011 EXPO EVALUATION MEETING

All Expo Board Members, 4-H/FFA Members and parents, 4-H Club Leaders, and FFA Advisors please plan on attending the 2011 Expo Evaluation Meeting:

September 28 starting at 7:30 PM at the Extension Office

We will be discussing changes to the rulebook and schedule for the 2012 Expo. If you have any ideas or concerns please plan on coming!

2011 Fall Leader's Meeting

September 28 at 5:30 PM at the Extension Office

NEW for 2011-2012: All organizational and project leaders must attend only **1 required training a year!** However, we will still plan on meeting 2 times per year, **once in the fall to do training** and once in the spring to discuss Expo items. Please plan on attending both meeting as it is the easiest and fastest way to obtain your required training! Please RSVP to Shelly at the Extension Office either by phone or email at skoehn@iastate.edu if you are planning on attending, by Sept 23! If you are not planning on attending, please contact Shelly to find out how to complete your training and what county information was presented!

ATTN: CLOVER KIDS LEADERS

We are working on a Regional Clover Kids training for late fall. Please contact Shelly with topic ideas you'd like to learn about or if you would like to present/share project ideas or craft ideas.

Look for a postcard invitation for more information!

Fall 2011 Safety and Education in Shooting Sports Training Details

The dates for the fall Iowa 4-H Shooting Sports Instructor training are September 17-18, 2011. The training will be held at The Oaks in rural Bonaparte, located in southeast Iowa. Cost for the training is \$120 if your registration is in by September 2nd and \$150 after that date. To attend you must complete the 4-H Child Protection and Safety Policy screening by the registration deadline. Registration will be limited to 75 participants, with a maximum of 20 in any discipline. Sessions will begin at 8 AM on Saturday, and conclude by 4 PM on Sunday. Additional details, including directions and registration forms are available on the SESS website under Training Events and Activities. (<http://www.extension.iastate.edu/4H/SESS/Documents/SESSstateLeaderTrainingFall11.pdf>) We will be offering certification in Shotgun, Archery, Rifle, Muzzleloader, Wildlife Skills, and Coordinator. *Please contact the Van Buren County Extension Office with questions: 319-293-3039.*

New 4-H Volunteer Training

Join 4-H volunteers from across Iowa to develop your volunteer skills and fill your volunteer toolbox! Dates & locations are scattered across the state to accommodate all volunteers. Seminar topics include understanding the 4-H equation, volunteers for youth grades 4-12 breakout session, volunteers for Clover kids breakout session. Registration is open to all volunteers, but required for all NEW volunteers. This will be a great learning/networking experience! Volunteers look for a flyer to come directly to you in the next few weeks. The closest sessions are Sept 25 - Solon or March 24 - Fairfield.

Youth News/Information



Daniel Waechter competes in National 4H Shooting Sports Invitational

Keokuk County 4-H'ers Receives 2011 Iowa State Fair 4-H Scholarships

- **Keokuk County 4-H'er Patrick Frank**, Keota, is the son of Rob and Tina Frank. A graduate of Keota High School, he plans to attend Iowa State University to major in pre-veterinary medicine. A nine-year 4-H member of Lafayette Feeders 4-H Club, Frank has been involved in the beef, swine, food and nutrition, woodworking and photography project areas. He received awards in beef herdsmanhip and swine herdsmanhip, and has served as club president, vice president and secretary. "4-H has allowed me to do what I love and be myself," said Frank.



Connie Sieren has twenty plus years working with youth in the 4-H program. She served as a local club co-leader and also as a Keokuk County Committee representative. As a leader she strived to give individualized attention to each member; helping with sewing, cooking, and home improvement during the designated years. She always attended leaders' training meetings so as to bring the latest information and help to the members. One of the more ambitious community service projects of the Friendly Fayette 4-H Club was to ask every household in Keota to fill out and store a Vial of Life information list for emergencies. She taught the skills needed to compose an informative and eye-catching poster, the steps necessary to plan a demonstration, and the reasons for keeping accurate and complete records. These were all part of the 4-H experience. When she was elected to the Keokuk County Expo Fair Board,

and served as president several years, her interest in the 4-H program and members grew. She continued to work with the youth of the county, their exhibits, programs, and judging. First and foremost, the most important aspect of the fair was always to provide a place to showcase the accomplishments of the area young people.

Food Preservation 101 Workshop

Date: September 22 Time: 6:30-8:30 pm

Place: Keokuk County Extension Office

Parents and 4-H'ers are welcome to attend the Food Preservation Workshop presented by Jan Temple - Food/Nutrition Specialist. She will be sharing an overview of food preservation, the current methods to preserve food safely, and new recommendations to use while canning. This would be the perfect opportunity for youth and families to learn how to preserve food for the 2012 Expo/Iowa State Fair.



County Award Applications

The Keokuk County award applications are available at the Extension Office. The applications will also be placed on the 4-H kids and teens section of the webpage. In all areas, applicants who have not previously won a particular award will be given preference over past winners. However an exceptionally strong past winner candidate could still receive the award, so work hard at making your applications the best they can be! Awards that are available are listed below.

Outstanding Senior 4-H'er Awards

This award is given to a 2011 graduated senior 4-H member who excelled in the areas of:

- 4-H Project Achievement
- 4-H County & State Participation
- 4-H Club Leadership
- Expo Participation
- School, Community, and Church involvement
- Community Service Participation

Applicants who receive this award have and should remain good role models for younger members. They are also hard working and morally upright members of the 4-H program and their community. Two awards are given out every year along with a \$50 savings bond to both winners.

Outstanding Intermediate 4-H'er Award

This award is given to an intermediate level (7-9th grade) applicant who excels in the same areas and held to the same standards as the senior award winner above. One award is given per year along with a \$50 savings bond. Previous winners are not eligible to win again.

The Danforth I Dare You Award

This award is given to a 2011 Senior or Junior who exhibits promise in the areas of leadership, citizenship, and overall club work. This award is considered a mark of achievement on college and professional applications. Two awards are given out every year along with a \$50 savings bond to both winners.

Agriculture/Home Economics Awards

These awards are given to high school age applicants whose records and 4-H activities show particular strength in these areas.

Any Junior, Intermediate, or Senior member can apply for:

Keokuk County Merit Awards

These awards are given to applicants who are always there to help other 4-H'ers and their leaders, and are willing to try new things. Applicants who apply for the outstanding senior/intermediate awards who were not selected will be automatically considered for this award.

County Project Awards

These awards are given to applicants who have completed and turned in project record books. The awards are divided into Gold, Silver, and Bronze, based on project activity, leadership, citizenship, and participation in club, community, and state activities.

Ak-Sar-Ben Achievement Awards

These awards are given to applicants for project achievement in areas outside of Ag/Home Ec.

Citizenship Awards

Nominations are taken from 4-H Leaders
These awards are given to applicants based on service to the community, church, or school.

Leadership Awards

These awards are given applicants who were enrolled in the leadership project, or exhibits strong leadership ability.



SEPTEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Hoof Beats Keokuk Co. Klowers	5	6	7 Patriotic Panthers	8	9	10
11 Riverside 4-H	12	13	14 Stick To It	15	16	17
18 Liberty Leaders Lafayette Feeders	19	20	21	22	23	24
25 Scrapbooking Club	26	27	28 Leader's Training Expo Evaluation	29	30	

SEPTEMBER CALENDAR OF EVENTS

September 4 - Keokuk County Klowers 4-H Meeting

September 4 - Keokuk Co. Hoof Beats 4-H Meeting

September 7 - Patriotic Panthers 4-H Meeting

September 11 - Riverside 4-H Meeting

September 14 - Stick To It 4-H Meeting

September 18 - Liberty Leaders 4-H Meeting

September 18 - Lafayette Feeders 4-H Meeting

September 25 - Scrapbooking Club

September 28 - Leader's Training (required) 5:30 pm

September 28 - Expo Evaluation Meeting 7:30 pm

October 3 - 7 - National 4-H Week

Iowa State University Extension
Keokuk County
102 E. Washington
Sigourney, IA 52591



September 2011 Keokuk Co. 4-H Family Newsletter

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- Leader's training & enrollment meeting
- Shooting sports leader training
- New volunteer training
- 4h scholarships awarded
- 4H Hall of Fame
- Food preservation 101 workshop
- County award qualifications
- Sept. Calendar

State Fair Exhibits

We still have several state fair exhibits that need to be picked up ASAP! Please come to the office and pick up your exhibit if you have not already.

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