

4-H Family Newsletter

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January/February 2009

Dear 4-H Families:

Happy New Year! It's that time of year when resolutions are made, goals are set, and bad habits are exchanged for new and better ones. With the new year, I invite you to consider how Lee County Extension might help you keep your resolutions. Whether you are determined to lead a healthier lifestyle or to play a more active role in your community, to take control of your finances or to continue your education, to improve family time or to gain new skills, ISU Extension is here to help. Browse our website, call, or stop by our office—we are here to serve you!

*Cathy Holtkamp
County Youth Coordinator*

SWINE WEIGH-IN

March 14th from 9:00 –11:00 a.m. at the Lee County Fairgrounds fair swine will be weighed and identified. Members may weigh in up to 10 pigs, with the **maximum weight being 40 lbs.** Pigs that are farrowed on the farm of exhibitor will weigh in at the south end of the show barn on the fair grounds. All others will weigh-in on the north end of the show barn.

AWARDS & RECOGNITION

Members plan ahead for awards. 4-H members may apply for project awards at the end of the 4-H year (due 10/1/09). 4-H'ers must meet certain criteria in order to qualify. Here are some possibilities.

1. *Exhibit project at the Lee Co. Fair.*
2. *Exhibit project at the Iowa State Fair or another show.*
3. *Give presentation/working exhibit at club level.*
4. *Give presentation/working exhibit at county level.*
5. *Community citizenship (do for others) activity in project area.*
6. *Leadership (organize) activity in project area.*
7. *Take part in workshop, activity or event in project area.*

Youth in Ag Program

The "Youth in Ag Program," is sponsored by Farm Credit Service of America and offers funds to youth for up to \$1,500 per person. Funds are available for use in production projects and must be repaid within an annual production cycle. Funds are available from October 1-April 1. Contact FCS America at 1-800-884-FARM.

INTERMEDIATE TRIP

Are you a 4-H member currently in 7th – 9th grade? Are you looking for a vacation this summer? Look no further...an opportunity of a lifetime awaits you! The Southeast Iowa Area is sponsoring a great fulfilled event trip to Kansas City, Missouri. The dates are set for June 17-18. Some highlights of the trip are a visit to The Money Museum, and a tour of the Kansas Speedway! You will get to attend a formal dinner theatre with a great meal. Also participants will get to visit Science City and have an exciting experience at Cabela's.

The trip will cost \$175.00 per delegate. This includes transportation, t-shirt, lodging, and event entrance fees. Don't miss out on this great opportunity to make new friends and have a fun vacation in the summer of 2009!

Applications and payments are due into Extension Office by April 1st. Call for an application.

FOOD SAFETY QUALITY ASSURANCE

April 7, 6:00 P.M. Lee Co. Extension

To show cattle, sheep, swine and dairy (both cattle and goats) at the State Fair it will be mandatory that exhibitors have been FSQA (Food Safety Quality Assurance) certified. All youth ages 9-11 on Jan. 1 need to attend an approved training each year. Youth ages 12-14 on Jan.1 have the option of attending a training every year, or completing a test which will certify them until they turn 15. Youth ages 15-18 on Jan. 1 have the option of attending a training every year, or completing a test which will certify them until they are age 19. At the time a youth turns 19, they will need to certify in the adult PQA program according to adult rules.

COUNTY FAIR AGE POLICY

Only club members who have completed grade 4 at fair time are eligible to show livestock at the county fair. Members in grade 3, called pre-4-H'ers, are invited to participate in all other club and community activities. Pre-4-H'ers are allowed to bring 4 projects to the Art Hall for exhibit evaluation on July 6th.

IOWA STATE FAIR

4-H eligibility for exhibiting at the 2009 Iowa State Fair will be for 4-H'ers who will have completed 5th grade through 12th grade. Livestock and horticulture entries are due July 1st. State fair dates are August 13th – 23rd.

HORSE HELMETS

4-H'ers are required to wear an approved equine helmet in all riding classes and any time they are mounted during a 4-H show.

4-H Horse Leasing

4H-106C-1, Horse Lease Agreement is now available from Extension. This is a document that is designed to help 4-H'ers who lease or borrow a horse to better understand the expectations of themselves, their parents, and the horse owner, to ensure that the 4-H'er is actively involved in the care and management of the horse. It is to be completed by all three parties and attached to the ID sheet.

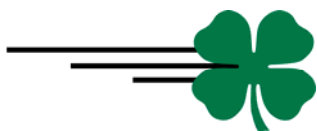


2009 4-H Photography Exhibition: 4-H'ers In Action – Holidays and Seasons

The Iowa 4-H Foundation announces a special opportunity for all 4-H members to participate in the third annual statewide photo exhibition titled, “4-H'ers in Action!” The theme this year will be *holidays and seasons*. The exhibition will again feature the best photo from each participating county and will be displayed at the 2009 Iowa State Fair. Photos selected for the exhibition will also be considered for future 4-H promotional materials.

To encourage 4-H'ers to submit photos, we are adding a “4-H'ers in Action!” class for the fair. The class will be open to all 4-H members in grades 4-12 regardless of their project enrollment areas. We will select one entry that best represents “4-H in Action!” in our county to be included in the state fair exhibition.

4-H



The 4-H program is filled with great educational and fun adventures throughout the year! One important aspect is the creation and implementation of a GOAL!

PERSONAL GOAL—Personal goals help you think about what you can do to become a better person. Write your goals down and put them in your record book. Consider the following:

- Meet new friends
- Attend 4-H Camp or State Conference
- Learn the 4-H Pledge
- Be a better listener
- Give an educational presentation at a club meeting.

PROJECT GOAL—

Project goals should be written for every project area you are enrolled in and should be written in your record book. Project goals help you think about what you want to do within the project area. Some examples are:

- Visual Arts—Learn about the Elements of Design and Art Principles.
- Food & Nutrition—Learn how to run a small appliance more efficiently.
- Photography—Learn about the rule of thirds

HOW TO WRITE A GOAL—

Goals have three parts that can be measured or checked.

- ACTION—*How are you going to do it?*
- RESULT—*What will you do?*
- TIMETABLE—*When do you plan to have completed?*

Share your goals at your next 4-H meeting with your friends. You can accomplish anything you set your mind to! What are your goals for this 4-H year?

Coming Soon...

Photography Workshop

*Presenter: Jeff Kerr,
Photography Fair Judge. Date &
Time TBA*

Dog Classes

*Trainer: Jaime Brecount
Date & Time: TBA*

NEWS

2008-2009 Enrollment Forms Past Due

If you have not turned in your 2008-2009 Enrollment Form and Medical Information Form please consider taking care of this at your earliest convenience.

Special Reminder:

To be eligible to exhibit at the 2009 Lee County Fair or Iowa State Fair you must have an Enrollment Form and Medical Form on file!

2009 Iowa's Promise Youth Grant Application

The application is now available for youth groups to apply for 2009 Iowa's Promise Youth Grants to be used for community improvement or local service projects. The Iowa Commission on Volunteer Service in partnership with Iowa State University Extension 4-H Youth Development, is again offering grants up to \$250.

4-H clubs can apply for, and receive, both Pioneer Grants and Iowa's Promise Youth Grants.

Grant descriptions and guidelines can be found at <http://www.extension.iastate.edu/4H/iowaspromise.html> along with the link to the Iowa's Promise Youth Grants web page and the grant application.

4-H Day at the Cyclone Women's Basketball Game

Looking for a fun 4-H club or county trip? The Iowa 4-H Foundation will be hosting a 4-H Day at the Iowa State Women's basketball game versus Kansas on March 7, 2009, 7:00 PM at Hilton Coliseum in Ames.

This is the last home game of the season and senior night! Cost is just \$10 per person – which includes admission to the game, a drink, hotdog, and an exclusive Cyclone 4-H t-shirt.

One game not enough? There is a men's basketball game at 12:45 PM that same day versus Texas Tech (however, this game is not included in the promotional offer). This is a great way for a club or county to get together and head to Ames for a day of 4-H and Iowa State Basketball. All 4-H youth, volunteers, leaders and alumni are invited to attend at the discounted price. 4-H promotions will be held throughout the game with a variety of events and activities.

Don't miss out on this exciting event! Visit www.ticketmaster.com and enter code IOWA4H to get your tickets! **Get your tickets today!** Go to <http://www.ticketmaster.com/promo/t16bgz> Click on **FIND TICKETS**. Select the number of tickets under **IOWA 4-H PROMOTION**. Enter code **IOWA4H** to receive the discount. If you are attending with your club or county, Notify Shelly Greving at shellyg@iastate.edu or call (515) 294-1607 and you will be recognized as a group attending the game.

Dates & Events

March 14 th	Swine Weigh-in
April 7 th	FSQA
April 25 th	Sheep Weigh-in
May	Outdoor Classroom
May 15 th	Livestock ID's due
June 17-18	Intermediate Trip
June 23 rd	Fashions & Communications Day
June 23 rd	Livestock & Art Hall entries due- Lee Co. Fair
July 1 st	State fair entries due.
July 6 th	Exhibit Entry Day
July 8-12	Lee County Fair
July 13 th	Jr. Livestock Auction
August 13-23	Iowa State Fair

*“Coming together is the beginning.
Keeping together is progress.
Working together is success.”*

Henry Ford