

CLEVER POWER

The Polk County 4-H Newsletter - May 2009

Pledging our heads, hearts, hands and health.

ISU Extension, Polk County 1625 Adventureland Dr., Ste A, Altoona, IA 50009
(515)957-5771 Fax (515)967-6164 www.extension.iastate.edu/polk

MAY 15 DEADLINE APPROACHING!

This is an exciting month for many students with school letting out soon and graduating seniors embarking on their future. As school is letting out, that means summer is almost here, so it is time to make sure you have everything in line to exhibit at the Polk County Fair this summer! It is a great way to display the 4-H work you have learned and accomplished this year.

Our big annual deadline, May 15, is fast approaching! We still have about 140 **inactive members from last year, so we'll need to make sure that everyone who still wants to be involved gets those forms in ASAP!** Also due May 15 are: Live-stock IDs, Queen and King Contest applications, and clubs to turn in 4-H'ers for 4-H Campaign donations.

If you have any questions about this very important deadline, please contact me as soon as possible. **I don't want you to miss the enrollment deadline and all the fun in store for summer!**

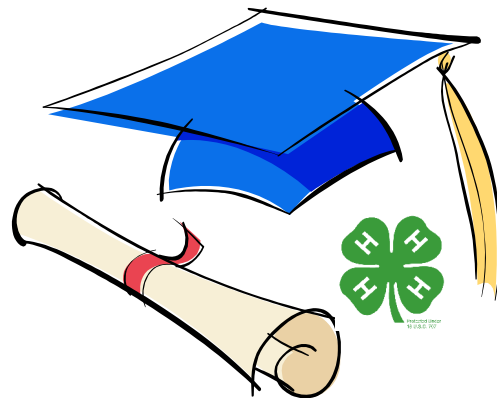
Sincerely,



Phil Heckman
County Youth Coordinator

Recognition

Congratulations to all of our graduating 4-H members! It has been exciting to see all of you grow up through the program and bittersweet that this is your last year. The Polk County Extension Staff is proud of your accomplishments! The 2009 graduates are: Kirsten Abel, Taylor Bowie, Corinne Conley, Brooke Curry, Jessica Curry, Ben Gates, Phil Griffieon, Dustin Howard, Gina James, Lindsey Kain, Jacob Lewin, Caitlyn Leytham-Powell, Whitley Lovig, Travis Maak, Allyson Mayer, Nicole McEuen, Tiffany Noble, Amber Patterson, Keegan Paulsen, Jewel Payton, Melinda Payton, Stacia Ponder, Autumn Rasmussen, Kealie Rogers, Rachel Schossow, Justin Sjullie, Brad Sparks, Jake Stall, Helen Tobin, Leyla Uzbekova, Amanda Viggers, and Ethan Ward. Best of luck in your future!



IOWA STATE UNIVERSITY
University Extension

Science Center Club Find Out Night!

May 28th, 2009 5-8 PM



**Science Center of Iowa
& Blank IMAX® Dome Theater**

The experience is yours

As most all of you probably know, we are planning to start a 4-H science project club in partnership with the Science Center of Iowa beginning this next fall. In

preparation for that club the State 4-H ESET initiative is sponsoring a FREE night at the Science Center to explore the facilities and some of the types of opportunities that this new project club will afford to its members. Keep in mind that if you are a member of any 4-H club in Polk County you could be a part of this science project club in addition to your current club membership without having to pay an additional enrollment fee to the county. You simply need to have an interest in science, and a willingness to pursue your goals, share **what you've learned, and give back to your community.**

We are also still looking for adults who would be willing to mentor the youth in this group. Towards those ends we are offering free I-Max tickets to that evening's showing of Night at the Museum: Battle of the Smithsonian to the families of adults who will commit to helping with this project club. There are many ways that adults can volunteer to help out in a club besides being the primary Organizational leader, and we will take all the help that we can get.

If you are interested in attending this event or are interested in receiving free I-Max tickets for your family, please RSVP to Diana Sosalla at 957-5772 or Sosalla@iastate.edu by May 22nd so that we know how many admission passes and tickets we will need.



Livestock ID's

All livestock ID's for breeding beef, horses, dairy, dairy goats, dogs, llamas, and breeding sheep are due to the Polk Co. Extension Office no later than May 15, 2008. The ID's for market beef, market sheep, meat goats, and swine are brought to the office as soon as the weigh-ins are completed. Rabbits do not need to turn in ID's by May 15 but will need an ear tattoo by July 1 for the Fair Entry. The 4-H members are responsible for turning in the ID's. Forms are available at the Extension Office.

Many Polk County 4-H'ers completed FSQA training last month, but there are still a few that need to complete this requirement before they will be allowed to exhibit food animals at fairs this year. If an exhibitor was not 12 years old by January 1st of this year, they will be required to attend a training session. The final make-up session in Polk County will be,

Tuesday, June 16th
1:30 – 3:30 pm
Polk County Extension

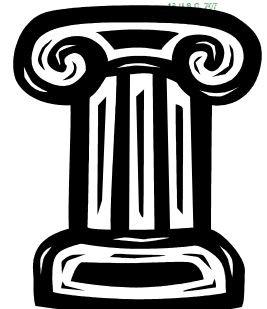
If you were older than 12 by January 1st of this year you are eligible to test out. Exhibitors interested in certifying by exam, please make an appointment by calling 957-5771. Exams need to be completed by July 1.

If you have any questions please contact Phil at 957-5771 or pheckman@iastate.edu.



Looking for Sensational, Inspiring, Jammin' 4-H'ers!

Sensational, inspiring, jammin', dependable, honorable, phenomenal, fantastic, exemplary, impressive, super... Do you know of a 4-H'er in your club who has demonstrated these qualities? We are looking for nominations for senior, intermediate, and junior 4-H members to highlight in Clover Power. 4-H'ers will be recognized for outstanding 4-H, community, school, church, etc. activities where they have demonstrated qualities stated in the 4-H pledge, gone above and beyond, taken the initiative on a project, or achieved a noteworthy accomplishment. Nominations may be submitted by club leaders, parents, community members, or 4-H'ers themselves. Nominations should be submitted by the 15th of the month to Andrea Nelson (nelsonar@iastate.edu). These awards will be presented monthly, so we encourage you to submit names frequently and always be on the lookout for 4-H'rs doing great things!



4-H'ers for 4-H Campaign 2009

We are plugging along in our 4-H'ers for 4-H Campaign. So far we have received a little over \$450 from Polk County 4-H clubs large and small. This puts us a quarter of the way towards the suggested donation per member in Polk County.

This is a great way for clubs to *make the best* better is to contribute to the Iowa 4-H'ers for 4-H Campaign. This campaign supports the State 4-H Council, State 4-H Conference, International Programs, Citizen Washington Focus, and numerous other activities. Clubs that give at least \$2.50 per member will receive a certificate at the November Family Fun Celebration as well as contribute to Banner Club points. The top five counties overall will be recognized at the State 4-H Conference in June. Last year, we just missed a spot in the Top 5 by a few dollars, so we need to be there this year! The last day for 4-H Clubs to give to the Campaign is May 15. For more information, contact your club leader.

4-H New Family Workshops

Just a reminder that the next 4-H New Family Workshops is scheduled for Thursday, May 14th, 6:30-8:00 p.m. at the Polk County Extension Office.

Bring your family and learn about communication skills, communications project areas and ways that communications projects can be exhibited, Presentations, Posters Demonstrations, Working Exhibits, and Share-the-Fun.

All 4-Her's are welcome to attend these workshops!

The June workshop will be held June 11, 6:30 – 8:00 pm at the Polk County Extension Office. This workshop will be an introduction into what to expect at the Polk County Fair.

Summer 4-H Camp 2009

There are still openings in all of our day and overnight summer camps. The camp website has lots of details on camp descriptions, dates, and fees. Visit www.iowa4hcamp.com for more information about Everything Camps, Specialty Camps, X-Treme Camps, Leadership Camps, and Family Camps. You can even register for camp online! 4-H membership is NOT required to attend camp!

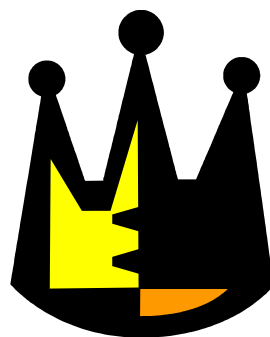
Photo Camp

Plan NOW and be part of the 5th Iowa Photography Camp to be held June 17th – 19th, 2009 in Elm Village at the Iowa 4-H Camping Center. The cost of this camp will be \$180 which includes air conditioned lodging and all meals. (Registration forms available on the web site - fees paid to the Hamilton County 4-H Foundation) Photo equipment needed for camp includes: camera, a cable shutter release, film or digital card for your camera, lots of batteries and a tripod (if available).

Youth in 7th – 12th grades are invited to discover the thrills that lie in finding new ways to add interest in their photography. Participants will experience a smorgasbord of photography techniques from the use of digital technology to understanding the mystery of ghost photography. Activities will include sessions in Creativity, Still Life, Portraits and Landscapes.

With a critical eye, some imagination, a steady hand and a little technical know how anyone can capture exciting photographs. Check out the website-link found at <http://www.fourhphotocamp.com/>.

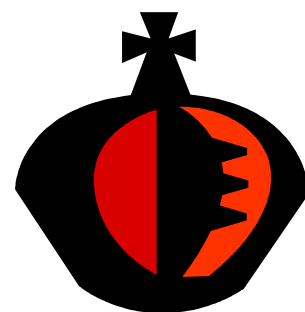
Queen and King Contest at the Polk County Fair



Applications for the Polk County Fair Queen and King Contests will be made available to leaders at the April 27 Leader Meeting. Each club may have one male and one female representative. Applicants must be 16 years old by August 13th. Applications are due May 15. No late entries will be accepted. Queen and

King Contest Interviews will take place on Saturday, June 6 at the Extension Office.

The crowning will take place the evening of July 15 at the fair. The Queen/King Superintendents are Tracey Casey, Kyle Smith, Tracey Vignovich, and Jolynn Fetters.





Upcoming Workshops

Sewing with Patterns: Part II
Saturday, May 16th 12:30-4:30

Floral Arrangements
Saturday, May 30 1:00 – 3:00 pm

Communications “Practice Night”
Thursday, June 4
Baby Sitting Basics
Wednesday, June 10 8:30-3:00

Rockets Away
Saturday, June 13 9:30-11:00

Bicycle Safety – Clover Kids Only
Saturday, June 13 1:00-2:30

Horticulture Exhibits
Thursday, June 18 6:30 – 8:00 pm

Intro to Drawing – Ankeny Art Center
Saturday, June 20 10:00 – 12:00 Noon

Elements and Principles of Design
Wednesday, June 24th 1:00-5:00

To register for any of these workshops, please contact:
Diana Sosalla
957-5772
sosalla@iastate.edu

2009 IFAA Winner’s Circle Scholarship

The Iowa Foundation for Agricultural Advancement has 25 scholarships available for high school students planning on attending college totaling \$39,000. These scholarships are available to incoming freshman in the Fall of 2009 at any two- or four-year post-secondary institution in Iowa. The application deadline is June 1, 2009.

The \$2,000 Timmins, Kroll & Jacobsen Scholarship is intended to be awarded to an applicant from Polk County who has a strong background in 4-H and/or FFA. Scholarship information can be found at the Polk County 4-H website under “Scholarships and Awards.” www.extension.iastate.edu/polk/info/4h/members.htm

Communication Fun Day

Communication Fun Day will be Saturday, June 13 at the Polk County Extension Office. Deadline to submit entry forms will be June 1st.

Be sure to download (or pickup in our office) Communication Fun Day entry forms and information sheet on the Polk County 4-H website: www.extension.iastate.edu/polk/info/4h/members.htm.

This is for everyone planning on giving an educational presentation, demonstrating a working exhibit, or a senior 4-H member doing extemporaneous speaking.

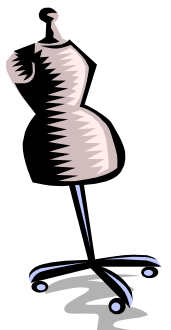
Details about presentation lengths can be found on the information sheet accompanying the entry form on our website.



Stitch This! Competition

Announcing Stitch This!, a 16-hour fashion design competition for Iowa high-school youth inspired by the hit TV show “Project Runway”. The competition will involve teams of youth working together to deconstruct wedding dresses and design them into new wearable garments, which will culminate into a runway-style fashion show during the 2009 Iowa State Fair.

Visit www.extension.iastate.edu/4h/statefair/stitchthis.htm for more information, the application, and photos of the dresses. Please note that this event is open to youth not yet enrolled in 4-H. Application deadline is June 1, 2009; winners will be announced July 1. For more information contact Shelly Greving, shellyg@iastate.edu or 515-294-1607.



Posters

Another communication event is decorating a poster. They will be judged on Conference Judging Day (July 15) at the Polk County Fair. This year's poster themes are:

- 4-H is... (open to 4-H'ers interpretation)
- Join 4-H
- Voyage to Greatness (the 2009 State 4-H Conference theme)
- 4-H Time (the 2009 Iowa State Fair theme is, "State Fair Time")

For additional poster rules and regulations, refer to the Polk County Fair Book, Communication Department.

Copyright Form

As fair approaches, youth bringing exhibits should be thinking about copyright/trademark issues. A sample letter is located on our website at:

www.extension.iastate.edu/polk/info/4h/members.htm for you to use to write to the copyright holder to get permission to use logos, trademarks, photographs, etc. The safest course of action is: do not copy anything unless you have permission!!

Clothing Event



Judging for the Clothing Event is scheduled for the morning of July 11th at the Extension Office. The Clothing Event consists of three divisions, Fashion Review, Clothing Selection, and the \$15 Challenge. Fashion Revue is a competition for youth who are modeling clothing they have made themselves. Clothing Selection is a competition for youth who are modeling

clothing they have purchased from a store. The \$15 Challenge is a competition for youth to choose an outfit from a garage sale, consignment store, etc. with a total cost of under \$15. Additional rules and regulations will be in the new fair book. Tips on filling out reporting forms and modeling are also available from the Extension Office. Entry forms will be in the Polk County Fair Entry Packet. Reporting Forms are separate documents that participants need to bring with them on the July 11 judging day.



2009 State 4-H Conference

"Voyage to Greatness" is the theme for the 2009 State 4-H Conference, held June 30 – July 2nd. This annual conference is coordinated by the State 4-H Council – a group of high school youth from around the state. Nearly 1,000 youth in grades 8th – 12th are expected to attend. Registrations are due May 15. The first 15 registrations from Polk County 4-H'ers will receive a rebate of \$50, plus the conference t-shirt for free from the 4-H Club Committee!



State 4-H Conference is a great experience. 4-H'ers stay in dorms on the Iowa State Campus for two nights and participate in three days of fun, motivational speakers, community service, educational workshops, and entertainment. More information about this year's Conference including registration information is available at the Extension Office.

It is very important to our county for youth that sign up to be able to attend. In order to make this happen, we are in need of an adult male and adult female chaperone to attend conference with our delegates. Chaperone's registrations are paid for in full by the 4-H Club Committee. Please contact the Extension Office if interested in this opportunity.

ISU Livestock Judging Camp

The Iowa State University Department of Animal Science and 2009 Livestock Judging Team will again sponsor the ISU Livestock Judging Camp being held June 15 - 17. The camp is designed for youth ages 12-18 that are interested in building their knowledge on the principles of market and breeding evaluation of sheep, cattle, and hogs, as well as oral reasons. Youth will also learn the importance of performance data and how to interpret and incorporate data into a set of reasons. Also, current members of the 2008 ISU Livestock Judging Team will work one on one with the participants on oral reasons. All activities will be held on the Iowa State University campus. Attendants will be housed in campus dorms and meals will be provided. All persons attending will need to bring their own toiletry items as well as bedding (i.e. linens, pillows, etc.). Cost of attendance is \$200.00 per individual for the three day camp. This fee includes meals, lodging, awards, judging manual, DVD, as well as a t-shirt.

Iowa State Fair Vet Camp

Iowa State Fair Vet Camp is a two hour program aimed at encouraging children ages 10-17 to learn about animal health, welfare and what it is like to be an animal doctor. Vet Camp will meet in the media center of the Cattle Barn and will tour that facility along with the other barns on the Fairgrounds. Vet Camp is free with gate admission. Questions regarding Vet Camp may be directed to ebrewer@iowastatefair.org or 515/262-3111 ext. 244.

Eat to Compete Workshop Announced

Nutrition is important for best performance and this is very true for the teen athletes. ISU Extension will be offering a 2-day workshop on June 23-24, 2009, for coaches who work with teen athletes. The workshop is a cooperation of ISU Extension and the ISU Department of Human Nutrition and Kinesiology. This for-credit workshop focuses on the training table, dietary supplements, and staying hydrated for best performance. If **you think that your kid's coach could benefit from this training**, please encourage them to contact the Extension Office.

Hosts Needed for the 4-H Building & Night Watch for the Livestock Barns

4-H Clubs are needed to host the 4-H Building during the Polk County Fair. Times that need to be filled are:

Thursday

8:30 a.m. – 12:00 p.m.
12:00 p.m. – 4:00 p.m.
4:00 p.m. – 8:00 p.m.

Friday

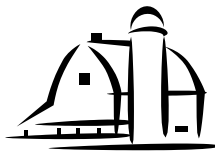
8:30 a.m. – 12:00 p.m.
12:00 p.m. – 4:00 p.m.

Saturday

8:30 a.m. – 12:00 p.m.
12:00 p.m. – 4:00 p.m.

Sunday

8:30 a.m. – 11:30 a.m.



We also need clubs to sign up for the Night Watch in the horse barn for Thursday and Friday nights, and the sheep barn for Wednesday and Saturday nights. Clubs with members who have experience with livestock are preferred for barn watch duties. Clubs can also sign up to set-up, serve, and clean-up for the Wednesday night BBQ.

Please call Phil at 957-5771 to reserve your time for

hosting the building or night watch for the barns. If we have not heard from you by June 1, a time will be assigned to your club.

Health Certificate Requirements for the Polk County Fair

Cats & Dogs

A vet will be at check-in, but a current rabies certificate is required. A \$1.00 fee will be assessed per dog.

Rabbits and Poultry

A vet will issue a barn certificate for the rabbits and poultry. A \$1.00 fee will be collected at check in for each exhibitor in each division.

Beef, dairy goats, boer goats, llamas, horses, sheep, and swine

The fair board will accept 1 health certificate for the entire family with multiple species listed on the certificate. Each superintendent will need to see the health certificate at check in.

Animals not having health certificates will be excluded from the fair and must be taken home.

Iowa State Fair Market Broilers

Don't forget to order your Market Broilers! The Iowa State Fair Market Broiler entry form is available at the extension office or on-line at:

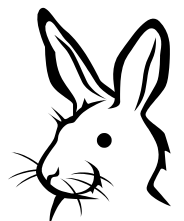
www.extension.iastate.edu/4H/Agriculture/Documents/LHPoultryBroilerEntry.pdf. This form needs to be returned to the Polk County Extension Office by May 15, 2009.

Upcoming Rabbit Workshops

The following dates have been set for the 4-H Rabbit Club Project Workshops:

DATE	TIME	PLACE
May 9, Sat.	10:00-Noon	1809 24th Street Des Moines
June 13, Sat.	6:30 to 8:00	Polk County Extension
June 24, Wed.	6:30 to 8:30	Polk County Extension
July 9, Thurs.	6:30 to 8:30	Polk County Extension

If you are interested in attending these workshops or have general questions please contact Carol Stock at 225-7032.





2009 Polk County Fair Dates

The 2008 Polk County Fair is scheduled for

July 15 – 20 at the Iowa State Fair Grounds. Conference Judging Day will be held on Wednesday, July 15. Setup for booths will be July 14th.

2009 Iowa State Fair

Looking ahead, the 2009 Iowa State Fair will be August 13th–23rd, 2009! Entry deadline for State Fair entries is July 1. The 2009 Iowa State Fair Premium Book will be available exclusively online at www.iowastatefair.org. No hard copies will be mailed to families or County Extension Offices this year.

Phone Numbers, E-Mail and Website Addresses

Phil Heckman – 957-5771
pheckman@iastate.edu
 4-H County Youth Coordinator

Diana Sosalla – 957-5772
sosalla@iastate.edu
 4-H Volunteer Coordinator

Jeff Macomber – 993-4281
jmacombe@iastate.edu
 Youth Development Specialist

Marc Peterson—957-5780
marc@iastate.edu
 Youth Development Specialist

Jeanine Baldwin – 957-5777
baldwinj@iastate.edu
 County Extension Education Director

Polk Co. 4-H Club Page
www.extension.iastate.edu/polk/info/4h/club.htm

- May
- 2 Sheep Weigh-In 8-11 A.M.
- 5 Intermediate Council Meeting 7:00 pm
- 6 County Council Meeting 7:00 pm
- 14 New Families Workshop 6:30 pm
- 15 **Livestock ID's Due**
- 15 Last Day to Enroll in 4-H
- 15 Deadline for 4-H'ers for 4-H Contributions
- 15 Polk County Fair King and Queen Applications Due
- 15 IRS Form 990N for 4-H Clubs due.
- 15 State Fair Market Broilers Forms Due
- 20 Fair Board Meeting 7:30 pm
- 30 Floral Arrangements Workshop 1:00 – 3:00 pm

- June
- 1 **Deadline for IFAA Winner's Circle Scholarship**
- 2 Intermediate Council Meeting 7:00 pm
- 3 County Council Meeting 7:00 pm
- 4 Communication Practice Night
- 6 King/Queen Candidate Interviews
- 11 New Families Workshop 6:30 pm
- 13 Communication Fun Day
- 13 Rockets Away Workshop
- 13 Bicycle Safety Workshop – Clover Kids Only
- 16 FSQA Make-up 1:30-3:30 PM
- 17 Fair Board Meeting 7:30 pm
- 18 Horticulture Exhibits Workshop 6:30 – 8:00 pm
- 20 Intro to Drawing Workshop 10:00 – 12:00 Noon
- 23-25 Intermediate Trip
- 24 Elements and Principles of Design Workshop 1-5pm
- TBA Photography Camp
- 27 County Wide Achievement Show
- 30 State 4-H Conference (Through July 2)

- July
- 1 Polk County & Iowa State Fair Entry Packets Due to Extension Office
- 1 County Council Meeting 7:00 pm
- 7 Intermediate Council Meeting 7:00 pm
- 8 Fair Board Meeting 7:30 pm
- 11 Clothing Event
- 15-20 Polk County Fair

- August
 - 13 New Families Celebration 6:30 pm
 - 13-23 Iowa State Fair
- The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.





Polk County 4-H
ISU Extension, Polk County
5201 NE 14th St, Ste A
Des Moines, IA 50313

«4-H Family of:»
«AddressBlock»

- Applications
- Polk County Fair King and Queen
- 4-Her's for 4-H Campaign Donation
- Livestock ID's



\$30 Fee or Scholarship Application
Medical Release
Enrollment Form

- 4-H Enrollment

Make sure you have the following
items turned in:
May 15 Deadline!