

CLEVER POWER

The Polk County 4-H Newsletter - June 2009

Pledging our heads, hearts, hands and health.

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Dear 4-H Families,

I would like to take a moment to congratulate you all on doing your part to make Polk County 4-H the biggest 4-H county in the state of Iowa! Again this year we saw tremendous growth in our 4-H enrollments. We saw a little over 10% percent growth in enrollment in Polk County this year, and I wanted to let you know how proud and happy we are to be working with such a dynamic and exciting 4-H program!

We now have 685 4-Her's in Polk County representing over 40 4-H clubs. Over a full third of these members are new members this year. Please continue to do your best to welcome these new 4-H'ers and help them to understand and participate in all of the club meetings and activities. Remember that we do a regular series of workshops here at the Extension office specifically to help orient our newest members and families. The next New Family Workshop will be Thursday June, 11th from 6:30-8:00 and will be all about the Polk County Fair. We will answer all your questions about how to enter and what to expect, and we really hope to see as many of our new members there as can make it.

Congratulations again on making Polk County the 4-H leader!



Phil Heckman
County Youth Coordinator

Recognition

A big thank you to all 4-H Clubs that donated to the Iowa 4-Her's for 4-H Campaign. We raised \$675 from Polk County 4-Her's. The clubs that donated this year included:

Alleman Aces
Ankeny Achievers
Johnston Forevergreens
Lucky Charmers
New Beginnings
We XL

Altoona Hustling Herdsmen
Innovators
Hot Shots
Aspire
Ankeny 4-H Club

IOWA STATE UNIVERSITY
University Extension

Our Jammin' Junior for the Month of June

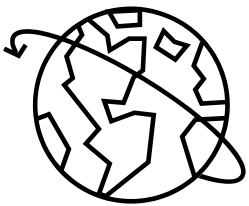
(Try saying that 10 times fast!)



Zach Vermillion has been an advocate for autism at his school, Four Mile Elementary. April was National Autism Awareness Month and Zach made several posters that he displayed in the hallways at school and over 700 puzzle pins for the entire school to wear that month. Puzzle pieces are the symbol for autism, "Putting the pieces together to find the missing

link!" Over the intercom at school, Zach explained what autism is and how people can make a difference for someone with autism. Thank you Zach for being an outstanding role model for your peers and for others in the community!

Inspiring Intermediate

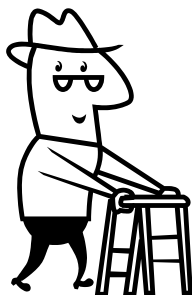


Intermediate 4-H'er Jayme Sickerson of the Elkhart Rising Suns has done a wonderful job of leading the newly formed Intermediate Council as its president this year. Since it is a new group, there are no

guidelines or previous templates to follow and Jayme has jumped in with both feet to organize and lead the group. She has helped develop the Intermediate Council concept into a working and productive group that have led events like Midnight Madness - a big undertaking for junior high kids! Thanks to Jayme for all her hard work.

Sensational Seniors

Senior 4-H members Brett Timmins, Hillary Howdle, Taylor Jacobs, and Kari Konrad coordinated and hosted a joint meeting on April 6 of the Altoona Hustling Herdsmen, Innovators, and New Beginnings 4-H Clubs. These three clubs account for nearly one third of the total Polk County 4-H membership. The three senior 4-H members, who are also Southeast Polk FFA members, presented their Parliamentary Procedure presentation they were preparing for State FFA Convention. They impressed the 4-H members with their knowledge and use of parliamentary procedure. The evening also included a mixer between the clubs and individual club meetings.



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

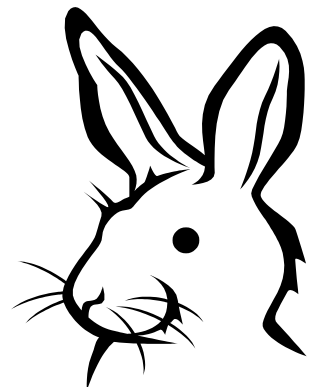
Sensational, inspiring, jammin', dependable, honorable, phenomenal, fantastic, exemplary, impressive, super... Do you know of a 4-H'er in your club who has demonstrated these qualities? We are looking for nominations for senior, intermediate, and junior 4-H members to highlight in Clover Power. 4-H'ers 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!

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

Rabbit carrier building will be available at the meeting on July 9th. Please call Bill /Ginny Wolfe at 285-6929 or e-mail www.wolferabbit3@netswcape.net to order a carrier kit. If you are interested in attending these workshops or have general questions please contact Carol Stock at 225-7032.



H1N1 Swine Requirements and Recommendations

Some Polk County Swine exhibitors may have been hearing from the state 4-H office that there will be additional vaccination requirements for exhibiting swine at the State Fair Swine Show. The recommendations for this have been coming from a variety of sources and at this time are not being required for all county fairs. The Swine department for the Polk County Fair has reviewed these recommendations and at this time will not be requiring Polk County swine exhibitors to vaccinate for H1N1. If this changes in the near future Polk County swine exhibitors will be contacted directly by the fair board.



FSQA 2009

The 4-H Food Safety and Quality Assurance (FSQA) program will require all beef, swine, sheep, dairy, goat, poultry, and rabbit exhibitors (breeding and market animals) at the Polk County and Iowa State Fairs to be certified. FSQA training is an essential tool in understanding how raising 4-H projects effects the food on our plates. Knowing the importance of good record-keeping, understanding feed and feed additives, injections, labels, withdrawals, bio-security, the vet-patient-client relationship, general care and handling, and the ethics of producing food is essential.

Certification can be accomplished through a two-hour workshop (all age groups), or by testing out (ages 12-18). Hands-on activities will be done as part of the certification workshop. Exhibitors that wish to certify in 2009 by workshop have one last opportunity to do so on:

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

If interested in certifying by exam, please make an

appointment by calling 957-5771. Exams need to be completed by July 1.

Several 4-H members tested-out of FSQA and won't necessarily need to recertify this year. The Polk County Extension office sent out letters to livestock exhibitors **in regards to individual's certification status**. If you did not receive a letter, received one and have decided not to show this year, or have questions, please contact Phil at 957-5771.

New Family Workshop Series: Fair Find Out Meeting

Is this your first time to the Polk County Fair? Do you have some questions about where to check in or how many pigs you can bring? Come to our Fair Find out night on June 11th from 6:30-8:00 at the Polk County Extension Office. **We'll go over what you should expect** at the fair from check-in to check out. Staff from the Extension Office will be on hand to answer your questions. **If you've got questions, we'll have answers!** Please let Diana know at 957-5772 or Sosalla@iastate.edu if you plan on attending.

Intermediate Leadership Day

June 22, 2009 beginning at 8:00 AM

COMMUNICATION! Come and spend the morning at **Polk County Extension's Adventure Learning Center** at Living History Farms. **We'll be exploring aspects of how** to effectively communicate while conquering the obstacles on the low ropes challenge course.

LEADERSHIP! Make new friends as you work together to become the next generation of Polk County 4-H leaders.

CITIZENSHIP! In the afternoon we will help out at Living History Farms, contributing to the operation of one of the biggest outdoor living history museums in the country. Spend the afternoon in the open air, knowing that you are contributing to your community.

Pack a lunch or we can provide one for you for \$7.50. Plan for a full day outside. Space is limited so please let me know ASAP if you are interested in coming out for the day. **4-H'ers who have completed the 6th, 7th, and 8th grades** are eligible to attend. Contact Phil at 957-5771 or pheckman@iastate.edu to reserve your spot.

4-H Weekend at Arrowhead Stadium in KC

Cheer on the Chiefs & the Cyclones. It's an outing where Iowa 4-H'ers can connect with other 4-H'ers from the Midwest including Kansas and Missouri. We're offering discount tickets to a Kansas City Chiefs football game on October 4th as well as the Iowa State vs. Kansas State game at Arrowhead on October 3rd. You won't want to miss this fun opportunity for your club, county or family. At this time, there is not a coordinated travel option, but if there is enough interest from an area, it could be arranged. To order tickets, find the order form on the left hand side of the Iowa 4-H Foundation website: <http://www.iowa4hfoundation.org>.



Upcoming Workshops

Communications "Practice Night" (Call 957-5772)
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

Photography Workshop – Enabling Garden in Altoona
Monday, June 22nd 6:00-8:00 pm

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

Polk County 4-H and FFA Fair

The Polk County Fair will be July 15-20, 2009 at the Iowa State Fairgrounds. The new fairbook is available on-line or at the Polk County Extension Office. The theme is "Getting' Groovy at the Fair". If you need a fair book, you can pick one up at the Extension Office. Rule and class changes or additions have been updated for the new fair book, so be sure to check it out.

Conference Judging

Conference judging will take place on Wednesday, July 15 starting at 8:30 a.m. to noon and 1:00 to 3:00 p.m. Be sure to check page 7 of the fair book for the time your club is scheduled for conference judging, or ask your club leader.

Remember there is a lunch break at noon on July 15 for all the judges, superintendents, and helpers to eat lunch so please plan accordingly.

No parents will be allowed in the judging area while their child is being judged. There are plenty of benches available for the parents to sit and wait while your child is being judged. Be sure to READ pages 12-14 and 56-59 for the general rules.

If this is your first year attending the fair, ask a fellow 4-H member or club leader about the experience. If **you're exhibiting in the 4-H Exhibit Building**, please remember to check-in with the front desk just inside the main entrance. Helpers at the desk will be able to give you your "blue sheet" of 4-H entries. There is space on the blue sheet for the judges to mark what ribbon you received. **It's very important to remember to return your blue sheet to the information desk when you're through with judging** – without it, you will not be able to receive premium monies after the fair.

Help for Preparing Fair Exhibits

- Determine the goal for the exhibit
 - Check 4-H project manuals
 - Discuss ideas with a parent, leader, or other 4-H'ers
 - Check the Polk Co. Extension Office for additional resources
 - If you are preparing preserved foods (canning) check to be sure you are using currently approved methods. Check at the Polk Co. Extension Office for USDA guidelines or call the ISU Answer Line 1-800-262-3804 for information.
 - Read and follow all class descriptions, rules, and guidelines in your fair book.
- Plan now, prepare ahead of time and enjoy the fair.

Forms and Entry Tags

If you are planning on exhibiting photography, posters, or preserved foods, there are forms or labels that you can either pick up from your leader or Extension Office. Entry tags (needed for all exhibits) are also available at the office.

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:

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

For additional poster rules and regulations, refer to page 69 the Polk County Fair Book.



Food & Nutrition

Please read the 4-H publication, "Inappropriate Food Exhibits for Iowa 4-H Fairs", available from the Extension Office, or online. These are the same rules that were instituted last year.

Club Booths

Clubs may decorate their club booths from 6:00 p.m. until 8:00 p.m. Tuesday, July 14. All club booths are judged on their decorations. Booth decoration judging will take place on Thursday morning. Horse stalls may be decorated after 5:00 p.m. on Tuesday, July 14 but will not be judged this year.

All exhibits are to remain at the fair grounds until 4:00 p.m. Sunday, July 19. Members are responsible for picking up their exhibits at that time or making arrangements for someone else to get them. It is not the responsibility of the Extension staff to take any extra exhibits back to the Extension Office.

Clothing Event

Entry forms are in the Polk County Fair entry packets (top of the yellow page) and are due July 1. Judging for the Clothing Event is scheduled for the morning of July 11 at the Extension Office. The Clothing Event consists of three divisions, Fashion Revue, 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. PLEASE

NOTE: Bargain items purchased at a regular retail outlet should be entered in Clothing Selection. The \$15 Challenge is for items purchased at unconventional clothing outlets. Additional rules and regulations are in the fair book. Tips on filling out reporting forms and modeling are also available from the Extension Office. Entry forms are 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. The Clothing Event Superintendent is Eileen Klemme-DeVore.

Clothing Department

Do you have difficulty writing elements and principles of design to your clothing exhibit reports? Try reading the publication, "Unraveling the Mystery of Design Elements and Principles in Clothing". It is a full color brochure that provides some great examples and answers to clothing design. You can pick a copy up in the Extension Office.



BBQ

The BBQ will be Wednesday, July 15 at 6:00 p.m. – 7:30 p.m. in the 4-H Exhibit Building. There is no charge for the BBQ, but donations will be accepted. These funds are the major source of income for the 4-H Youth Committee to help cover the cost of the youth recognition, and scholarships for youth and adults. Your generosity is very much appreciated.

Poultry and Rabbit Exhibitors

All poultry and rabbit cages need to be cleaned and checked by the superintendent before you leave the fairgrounds or you will forfeit your premium money.

Only market broilers can be sold at the livestock auction on Monday.

Sheep

All ewes and rams need to have scrapie tags in order to show at the Polk County or Iowa State Fairs. Wether lambs do not need to be tagged.

Helmets

All horse exhibitors will be required to wear ASTM/SEI approved protective headgear with chin strap and properly fitted harness when mounted, riding and driving. Every time, every ride.



Pancake Breakfast
The County Council is having a pancake breakfast Friday, July 17 from 7:00 – 9:00 a.m. in the 4-H Exhibit Building. Plan on supporting the County Council by attending the breakfast.



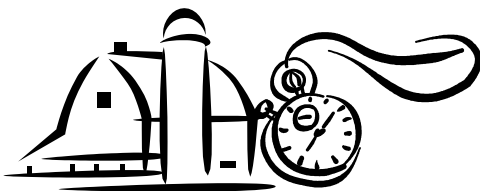
Teen Dance
The County Council is hosting a teen dance for youth ages 13 and up on Saturday, July 18 from 8:00 p.m. – midnight. Location of event will be on the fairgrounds, however, the building has not been confirmed. Please look for signs posted at the fair.



Decorate A Bale Contest
Remember to decorate a bale for your club (or individual) to have a chance to win the \$20 grand prize! Judging will take place Thursday, July 16 at 10:00 a.m. Rules for contest are on page 92 of the Fair Book.

Anything Goes Contest
Back by popular demand, the most wild and exciting competition of the fair! On Thursday, July 16 at 8:00 p.m. in the Horse Arena, clubs have an opportunity to participate against one another for the \$20 grand prize! Scoring based on speed through an obstacle course and completion of challenging games. Entry fee is \$1 per club by July 1st. Late registration (after July 1st) will be \$5 per club. Complete set of rules and regulations are on page 92 of Fair Book.

Hosting the Building and Night Watch



We have passed the deadline to sign up for hosting the building and

night watch shifts, or risk having a shift assigned for you. A few shifts were still needing to be filled and have been assigned. Please read the Hosting and Night Watch letter posted on our website at: www.extension.iastate.edu/polk/info/4h/club.htm.

Health Certificate Requirements for the Polk County Fair

Cats & Dogs
A vet will be at check-in, but a current rabies certificate is required.

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.

2009 Iowa State Fair

Looking ahead, the 2009 Iowa State Fair will be August 13 – 23, 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.



Ak-Sar-Ben

The 82nd Annual Ak-Sar-Ben 4-H Livestock Exposition will take place September 22 – September 27, 2009 at the Qwest Center in Omaha, Nebraska. Entries are due to the Polk Co Extension Office by August 17. A reminder that all market animals must have gone through the verification process to be eligible to exhibit at Ak-Sar-Ben.



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

- 13 Rockets Away Workshop 9:30-11:00 am
- 13 Bicycle Safety Workshop – Clover Kids Only 1:00-2:30 pm
- 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
- 22 Photography Workshop 6:00-8:00 PM
- 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



Up Coming Dates

June

- 1 **Deadline for IFAA Winner's Circle Scholarship**
- 2 Intermediate Council Meeting 7:00 pm
- 3 County Council Meeting 7:00 pm
- 4 Communications Practice Night (Call to schedule a time 957-5772)
- 6 King/Queen Candidate Interviews
- 10 Baby Sitting Workshop 8:30-3:30
- 11 New Families Workshop: Fair Find Out 6:30-8:00 pm (County Fair Preview)
- 13 Communication Fun Day



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Polk County 4-H
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