

CLEVER POWER

The Polk County 4-H Newsletter - July 2009

Pledging our heads, hearts, hands and health.

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

It's Fair Time!

It's hard to believe it's July and that the fair will be here before we know it! Please read this newsletter closely to make sure you have all the updates and information to prepare you for the 2009 Polk County Fair.

The fair will kick off Wednesday, July 15th with Conference Judging in the 4-H Building and continue throughout the week with all the livestock and animal shows. Stay tuned about some fun new activities planned for the exhibit building Thursday and Saturday afternoon. Fair information and schedules can be found at the following link: www.extension.iastate.edu/polk/info/4h/fair.htm. Copies of the schedule can also be picked up in our office to promote the fair to friends, family and the public.



Our Jammin' Junior for the Month of July

(Try saying that 10 times fast!)

Maria Arreola has been an exceptional first year member of the Innovators 4-H Club. In her six months of membership, she has attended three club workshops, one of which was a 5-week course on quilting. She has also attended the club spring break field trip, given a presentation, and recruited a new member to the club. Maria is also actively participating in the county dog obedience course. Even though Maria did not know any of the members when she joined the club, she has mixed well and made friends. Maria's enthusiasm for 4-H is great!

Inspiring Intermediates

Intermediate 4-H'ers Jordan Timmins (Altoona Hustling Herdsmen), Erin McIlheren (Lucky Charmers), and Taylor Hawkins (New Beginnings) attended the **Intermediate trip to Minneapolis this year. This year they visited Cabela's, the Minnesota Zoo, the Mall of America, the Science Museum of Minnesota, Mills City Museum, the Minneapolis Sculpture Garden, a performance by the University of Minnesota Theatre and Dance performers, and a day at Valley Fair.** Give them a few days to recover, and then be sure to ask them about their trip and about how you can sign up for next year!

IOWA STATE UNIVERSITY
University Extension

Extension programs are available to all without regard to race, color, national origin, religion, sex, age, or disability.

Sensational Seniors

Megan Howard, member and vice-president of the Alleman Aces 4-H Club, has been sharing her passion for basketball with elementary girls. She recently helped teach and coach at the North Polk elementary basketball camp. She also refereed for the newly formed North Polk Runnin' Comets basketball league last winter. She has been a great role model and her actions definitely model the 4-H pledge.

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 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 date has been set for the final 4-H Rabbit Club Project Workshop:

DATE	TIME	PLACE
July 9, Thurs.	6:30pm to 8:30pm	Polk County Extension Office Altoona in Multipurpose Room

This workshop will discuss rabbit care, fair entries, showing your rabbit at the county fair & state fair 4-H show and rabbit breeds. Tattooing will be available at 50 cents per rabbit to cover the club's county fair trophy. Bring a carpet square and one rabbit to work on showmanship skills. If you are interested in attending these workshops or have general questions please contact Carol Stock at 225-7032.

Polk County 4-H and FFA Fair

The Polk County Fair will be July 15-20, 2009 at the Iowa State Fairgrounds. The new fair book 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.



- 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:**

- 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)

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 pick-

ing 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.

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 9:00 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.

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.

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 needed to be filled and have been assigned. Please read the Hosting and Night Watch letter posted on our website at: <http://www.extension.iastate.edu/polk/info/4h/fairhelps.htm>.

Day Care Tour Guides

Would you or a 4-H member you know like to guide children around the Polk County Fair? We are looking for youth and adults to lead day care tours during the Polk County Fair this year. The day care tours will be held on Thursday, July 16 and Friday, July 17. The tours are scheduled to be one hour in length, with the first tour starting at 10:00 am and the last tour ending at 3:00 p.m. We would love to have your help in guiding our guests around the 4-H building and in the livestock barns. A script will be provided for you. All you need to do is lead the group around the fairgrounds, show enthusiasm and answer questions! Please contact Phil at 957-5771 or pheckman@extension.iastate.edu, if you would like to help.

Polk County Fair UPDATE!

The Advanced Cattle Feeder Show at the Polk County Fair this year will begin at 10:00 am rather than 11:00 am as it has been in the past.

Bucket Calf Exhibitors: Despite what it says in the general schedule in the Fair book the bucket bottle calf show will begin check-in at 3:00 with the show to follow at 5:00 on Thursday the 16th.

New! Arts and Crafts Afternoon:

Saturday, July 18
3:00 – 5:00 p.m.
4-H Exhibit Building

Stop in the 4-H Exhibit Building on Saturday afternoon from 3:00 – 5:00 p.m. for fun crafts and working exhibits lead by volunteers and 4-H members! All ages are welcome to participate!

Also, consider entering in the Ugly Cake Contest!! Cakes entered should arrive at the 4-H Exhibit Building at 3:00 p.m. If interested in entering this youth open class event, see rules and entry information at: www.extension.iastate.edu/polk/info/4h/fair.htm

New! Science Afternoon:

Thursday, July 16
1:00-4:00 p.m.
4-H Exhibit Building

Stop in the 4-H Exhibit Building on Thursday Afternoon from 1-4 to build and race solar cars! The state 4-H office E-SET staff will be bringing solar car kits down to the Polk County Fair, so come and play, and if you like what you see consider joining our new Science club starting next fall.

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 collected per Dog for the vet check.

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.

Ak-Sar-Ben

The 82st 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.

County Council and Intermediate Council Applications

Anyone interested in participating in either the County Council (9th – 12th graders) or Intermediate Council (7th – 8th graders) needs to fill out the application and turn into the Extension Office by August 21. Application forms are available online or by stopping by the Extension Office. All interested members must complete an interview to be eligible for either of the councils. Please contact Phil to schedule your interview. Interviews will be held September 9 from 5:00 pm – 9:00 pm or September 12 from 8:00 am – 12:00 noon. You must sign up for an interview time as well as turn in your application by August 21 to be eligible for membership on the council. If you have questions about County Council or the Intermediate Council contact Phil.

Leader Training

The next leader training will be Thursday, September 10 at 1:00 – 3:00 p.m. or 6:00 – 8:00 p.m. at the Polk County Extension Office. This will be the first of the mandatory training sessions for the 2009-2010 4-H year. Enrollments will be available to pick up, so please make sure someone from your club attends to pick up this information. Hope you can make it!

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

Dates to Remember

July 8 Fair Board Meeting 7:30 p.m. Extension Office
July 11 Clothing Event – Extension Office
July 15 -20 Polk County Fair at Iowa State Fairgrounds
August 13 – 23 Iowa State Fair
August 17 Ak-Sar-Ben deadline
August 21 Deadline for Intermediate Council and County Council Applications
September 10 Fall Leader Training

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



Polk County 4-H
ISU Extension, Polk County
1625 Adventureland Dr., Ste A
Altoona, IA 50009