

# CLVER P WER

The Polk County 4-H Newsletter - September 2009

*Pledging our heads, hearts, hands and health.*

ISU Extension, Polk County 1625 Adventureland Dr, Ste A, Altoona, IA 50009  
(515)957-5760 Fax (515)967-6164 [www.extension.iastate.edu/polk](http://www.extension.iastate.edu/polk)

Welcome to a New Year!

As you may have heard, the state 4-H office has decided to raise the 4-H enrollment fee. In the past you paid \$20 per member to the state 4-H office to support the state program and \$10 per member to support the county program. Rather than allow this state increase to affect Polk County 4-H'ers, the **planning committee for the Polk County Agricultural Extension Council** has decided to waive their \$10 fee for this year. Because of their support, the 4-H youth program in Polk County will not feel the impact of this increase this year. The final decision on the fee amount should be made on September 8<sup>th</sup>. The need for a county fee will be reviewed in future years.

As a result of this decision, we will be making a few changes to help save the Polk County 4-H program some of this lost revenue. The first is that we will no longer be offering Polk County 4-H enrollment scholarships. Since 100% of the \$30 enrollment fee will be sent to the state 4-H office all requests for financial assistance for enrollment fees need to be made to the state 4-H Foundation. It will be the same application process used when applying for assistance for 4-H camp or for State Conference. Applications for assistance from the State 4-H Foundation should be turned in at the Polk County Extension office so that we may draft a letter of support. If you have any questions about this process do not hesitate to ask me, and I will be happy to help to guide any family through the process.

As an additional cost saving measure, we will be asking members who receive the Clover Power in hard copy to help us to defray some of the printing and mailing costs that the hardcopy version entails. Starting this 4-H year we will be asking those families who opt to receive the hardcopy in the mail to pay a \$10 subscription fee. The on-line version will remain free, and we will gladly add any family to our e-mail reminder list to notify them when a new issue has been posted. We will continue to provide hard copy versions of the Clover Power to all active leaders at no charge. We estimate that we will be able to save as much as \$3000 with this measure alone, let alone the amount of paper and carbon emissions from mailing so many copies of the newsletter. If you are interested in continuing to receive a hard copy of the clover power please indicate that on your re-enrollment form for this year.

Sincerely,



Phil Heckman  
County Youth Coordinator

IOWA STATE UNIVERSITY  
University Extension

## “Can” We Make a Difference? ... Of Course We “Can!”

National Make a Difference Day is October 24<sup>th</sup> this year, and we wanted to use this opportunity to continue to perform an annual, county-wide, community service project. Considering the state of the economy, we thought that continuing a food drive would be a good way for Polk County 4-H to show just how big of a difference we can make. Last year we were able to donate more than 500 non perishable food items to local DMARC food pantries, which was one of the largest single donations that they saw all year. We are asking that 4-H clubs find a way to try and collect as many cans of food to donate to Polk County Food Shelters as we “can” in advance of the Thanksgiving Season. Members “can” collect at school, ask their neighbors, or partner with a local grocery store. We are looking for however you and your club feel that you “can” make the biggest difference. We will be collecting donations at the new office, and making a display of just how big a difference Polk County 4-H “can” make!



each year, setting county program policies, establishing themes and recruitment ideas. It is important that youth and adult volunteers from across the county serve on the committee and we currently need members from all quadrants this year. Parents that actively **serve on the committee will have their child(ren)’s enrollment fee paid by the county for the following year.** If you are interested in serving on the club committee this year or would like more information, please call Phil at 957-5771 to get more information!

## National 4-H Week

National 4-H Week is October 4-10, 2009. Your 4-H club may want to celebrate it by volunteering to speak at a business or community service organization about the 4-H program and what you have learned. Write a feature story about your club for the local newspaper, put up a 4-H display in a business, library, or school window, or invite prospective members to your next 4-H meeting. Consider helping with the County-Wide Can Drive to raise 4-H awareness in your community!



## Recruitment Efforts for This Year

4-H recruitment for the 2009-2010 year is already in full swing thanks to the help of many, many volunteers. Polk



County 4-H has already been represented at several different elementary and middle schools in the county, and we are just getting warmed up. **We have made up several “recruitment kits,” with various brochures, business cards, and things to give away, and we would be happy to assist any club or family that would like to recruit at their school or other appropriate event.** If you know of an event in your area that you think would be a good opportunity for us to grow 4-H, just contact Diana at [Sosalla@iastate.edu](mailto:Sosalla@iastate.edu) or 515-957-5772 to check out some recruitment materials.

## Leader Training

The next leader training will be Thursday, September 10<sup>th</sup> at 1:00 – 4:00 p.m. or 6:00 – 9:00 p.m. at the Polk County Extension Office. We are trying something new this year to try and get our Clover Kid leaders together more often. Our meetings will once again be offered in the afternoon and again that evening, but the meeting time has been expanded 3 hours. The first hour is for Clover Kids leaders, the second hour is the Fall training module for all leaders, and the third hour for 4-H (4<sup>th</sup>-12<sup>th</sup>) club leaders.

At this training we will complete the state mandated Fall training for General and Project Leaders. This training module will be delivered by Program Specialist Jeff Macomber, and the topic will be supporting family involvement.

## Youth Committee is Recruiting!

Youth Committee is recruiting some new faces for this coming year. We want you to be involved! Last year saw dramatic growth in this group and is instrumental in planning and organizing the Family Fun Celebration

## Recognition

Polk County 4-H was well represented by the over 100 Sensational Seniors, Inspiring Intermediates and **Jammin' Juniors that participated in State Fair events.** A special Mention should be made to the Horse Exhibitors from Polk County for placing 3<sup>rd</sup> in Horse Herdsmanship in our category.

Special recognition also goes to the following 4-H'ers for their special achievements at the Iowa State Fair 4-H Shows-

Jillian Whitaker, Photography Gallery Award Winner  
Jacob Snyder, Special Award in Nutrition  
Katilin Hall, Special Award in Visual Arts  
Mickie Ryan, Special Award in Visual Arts  
A.J. Vockings, Rabbits – Best of Variety  
Jared Braun, Rabbits – Best of Variety  
Joshua Braun, Rabbits – Best of Variety, Best Opp. Sex of Variety (2), Best of Breed, Best Opp. Sex of Breed  
Mischa McErlean, Rabbits – Best of Breed, Best Opp. Sex of Variety, Best Opp. Sex of Breed  
Brandon Sjullie, Rabbits – Best of Variety  
Justin Sjullie, Rabbits – Best of Variety  
Taylor Gonder, Meat Goat –Grand Champion Meat Goat, 2<sup>nd</sup> place Sheep Premier Exhibitor.  
Jacob Cole, Horse - Champion Jr. Trail  
Amber Hammes, Reserve Champion Suffolk Ewe  
Gabrielle Weatherwax, Horse – Champion Jr. Showmanship, Champion Jr. Western Pleasure, Champion Jr. Western Pleasure.  
Colt Churchill, Dairy Goats – Res. Chmp. Int. Showmanship  
Sophie Churchill, Dairy Goats – Chmp Jr. Showmanship  
Haley Konrad, Dairy Goat –Sr, Reserve Champion Nubian, Sr. Reserve Grand Champion Nubian  
Kari Konrad, Dairy Goat – Sr. Nubian Champion, Jr. Nubian Champion, Grand Champion Nubian  
Mena Nayeri, Dairy Goat – Jr. Alpine Champion  
Austin Pinegar, Dairy Goat – Jr. Reserve Champion Nubian  
Matthew Smith, Poultry – Champion Market Broiler  
Allison Vincent, Meat Goat – Jr. Showmanship

Purple ribbons were awarded to (various divisions):  
Kyle Sutton, Austin Gallagher, Sophie Churchill, Haley Konrad, Kari Konrad, Mena Nayeri, Austin Pinegar, A.J. Vockings, Amber Hammes, Amy Lund, Taylor Gonder, Matthew Smith, Allison Vincent, Jacob Cole, Morgan green, Sydney Houde, Hillary Howdle, Mikayla Pfab, Gabrielle Weatherwax, Jared Braun, Joshua Braun, Matthew Braun, Micheal Hughes, Mischa McErlean, Brandon Sjullie, and Justin Sjullie.

Don and Cheryl Timmins of Polk County were inducted into the 2009 Iowa 4-H Hall of Fame during a



ceremony at the 4-H Exhibit Building at the Iowa State Fair on August 16.

Don and Cheryl Timmins have been involved in 4H since they were young children as they both participated in their county 4H clubs in Iowa. Don was a member of Southern Hustlers 4H club in Jasper County. Cheryl was raised on a farm in Wapello County and was a member of Pleasant U & I (girls club) for 8 years and Southeast Wapello (boys club) for 5 years, showing cattle and entering exhibits in the Exhibit Building. She then was elected president of Wapello County 4-H in 1963. In Polk County, Cheryl started as an assistant leader and later the organizational leader of the Four Mile Lassies and later of the Altoona Hustling Herdsmen. She continues to be a project leader with the Altoona Hustling Herdsmen. Over the past 30 years Don **has been an assistant leader, the club's organizational leader, and still is active in the club as a project leader with the Altoona Hustling Herdsmen.** Together they have been the Swine Co-Superintendents for the Polk County 4-H and FFA Fair for over 15 years. Don has also been a member of the Polk County 4-H and FFA Fair Board for over 15 years. Their children are following their great leadership and volunteerism by being club organizational leaders and project leaders for Polk County 4H.

## Ak-Sar-Ben

The 82<sup>nd</sup> Ak-Sar-Ben 4-H Youth Livestock Exposition has been scheduled for September 22-27 at the Qwest Center in Omaha, Nebraska. A complete schedule of events can be found online at <http://www.aksarben.org/>. Matthew Smith, Rusty Friedrichson, Hannah Shivers, Austin Gallagher, Trevor Gallagher, and Taylor Gondor will be exhibiting, poultry, beef, meat goats, and sheep at this year's expo.



## Record Keeping

Record keeping is an important part of 4-H. There are forms available at the Extension Office. You may also use the computer, a portfolio, a video, or whatever format you are most comfortable with for keeping your 4-H records. The records you keep now will help you when you apply for county, area or state 4-H awards as well as college scholarships when you are a senior in high school.

Record keeping forms may be downloaded at: [www.extension.iastate.edu/4H/memberresources.html](http://www.extension.iastate.edu/4H/memberresources.html)

How do you get started?

Gather all of your 4-H project materials, exhibit folders, note cards from a fair exhibit, pictures, clippings, feed records, expense records, etc.

Decide which projects you want to complete record-keeping for. Remember you do not have to keep records on every project you signed up for. When selecting the projects you want to complete for record-keeping, consider which is your favorite project (s). Are there one or two projects you are really interested in?

When you have decided which project(s) you are going to keep records on, you can determine which type of recordkeeping system you are going to use: the basic, experienced, or advanced project forms, portfolio, video or cassette, design your own system on the computer, etc. You can also download the forms from the web.

You can now get started completing your forms. Besides the project record, you may complete the 3-page yearly summary telling about the 4-H events you have attended, recognition you have received, presentations you have given, as well as activities you have been involved in at school and in the community. You may also list all other project areas not in your records. You may include information from the fair, pictures, or newspaper articles to tell your experience.

Once you have completed the recordkeeping project forms, you can put it all together in a three-ring notebook, a folder, portfolio, video, cassette, or save it on a computer disc. If you want a Polk County 4-H record-keeping cover for your notebook, they are available at the Extension Office for no charge.

## County Awards

County award application forms are available at the Extension Office or can be downloaded from the awards website at:

[www.extension.iastate.edu/polk/info/4h/recognition.htm](http://www.extension.iastate.edu/polk/info/4h/recognition.htm). There's

also a link to the Recognition and Awards Booklet. The booklet explains the county awards available to Polk County 4-H members. The

awards are based on the 4-H year from September 1, 2008 to August 31, 2009. All applicants will participate in an interview appropriate for their grade level.



All applications are due to the Extension Office by 5:00 p.m. October 2. Intermediate and Senior interviews are scheduled for Monday, October 12 starting at 5:00 p.m. at the Polk County Extension Office. Junior interviews are scheduled for Monday, October 19 starting at 5:00 p.m.

\* Members can apply for up to four project awards. Project award areas include: Aerospace, Agriculture, Automotive, Beef, Bicycle, Camping, Cat, Child Development, Citizenship, Clothing, Communication, Computer, Consumer Management, Crops, Dairy, Dog, Electricity, Engine, Tractor & Field, Entomology, Environment, Fashion Revue, Fishing, Food & Nutrition, Forestry, Goat, Health, Home Improvement, Horse, Horticulture, Leadership, Music, Personal Development, Pets, Photography, Poultry, Rabbit, Recreation, Safety, Science & Engineering, Self-Determined, Sheep, Shooting Sports, Swine, Veterinary Science, Visual Arts, Welding, Wildlife, and Woodworking

\* All awards will be presented at the Family Fun Celebration in November.

## Senior Trip to Chicago

Polk County senior 4-H members have an opportunity to apply for the Senior Trip to Chicago! The trip to Chicago is scheduled for November 26-29. There will be **4-H'ers from Central Iowa Area counties attending**. A schedule of planned activities is available on our website. If you would like to apply for this award trip, you must do so by Monday, October 1. An application is online at: [www.extension.iastate.edu/polk/info/4h/recognition.htm](http://www.extension.iastate.edu/polk/info/4h/recognition.htm). Contact Phil at 957-5771 if you have any questions.

## Special Intermediate Communication Award

Has the communication project helped shape you into a more productive citizen? Were you a seventh or eighth grader last 4-H year?

If you answered "yes" to both of these questions, you are eligible to apply for the Virginia Thompson Award, to be given at the Family Fun Celebration. The recipient(s) will have their name permanently engraved on the plaque, and receive a gift certificate.

To apply, submit your recordkeeping book to the Polk County Extension office by October 2. Evaluators consider communications and character development by looking through the recordkeeping for evidence of growth in communication and character development.



Intermediate and Senior interviews - Monday, October 12 starting at 5:00 p.m.

Junior interviews - Monday, October 19 starting at 5:00 p.m.

All 4-H members may apply for up to four project awards. Applications are available at the Extension Office or online.

The Family Fun Celebration date and time will be announced soon. Please watch Clover Power for more information.

## Officer Training

The Officer Training workshop will be held Wednesday, November 11 from 6:00 – 8:00 p.m. at the new Polk County Extension Office.

The workshop will include parliamentary procedure, working together as a group, and practicing the skills of their office. Jeff Macomber, Phil Heckman and County Council will lead the workshop.



## Record Keeping and Award Applications

Record keeping is an important part of 4-H. There are record keeping forms available at the extension office or online at <http://www.extension.iastate.edu/polk/info/4h/records.htm>. Award applications can be found on the website at <http://www.extension.iastate.edu/polk/info/4h/awards.htm>. Having complete records will be very helpful in filling out applications for county and state awards.



We will also be providing free pizza for all that attend!! You may register by calling Phil at 957-5771.

## Make a Difference Day

Want to spend some citizenship time with Mother Nature? Come for a day of volunteering to enhance the Iowa 4-H Camping Center near Madrid. 4-H clubs, families, friends, staff... everyone is invited to the camp on Saturday, October 3 from 9:00-3:00 (or whatever part of the day you can volunteer).

## Polk County Award Interviews

All county award applications (besides Life Skills applications that were already due) are due to the Polk County Extension Office no later than 5:00 p.m. October 2, 2009.

Applicants for awards will participate in an interview appropriate for their grade level. You must be available at the scheduled interview times:

Life Skills interview – by appointment

Wear your grubby clothes and help make a difference by painting, staining buildings, chipping trails, taking down dead trees, stacking fire wood, taking inventory, and general cleaning tasks. Free morning refreshments for all workers and a day of fun and nature await you! If you want to eat lunch at the camp bring a non-perishable sack lunch and beverage. Also extra tools are helpful to keep all hands busy. Please label your tools. Call 515-795-3338 to let us know you are coming.



## Horticulture Project Clubs!

We're celebrating the successful completion of the first year for the Junior Master Gardener 4-H program here in Polk County! This coming year, we're planning to offer two in-depth horticulture programs to our 4-Hers.

Level 1 = 4-5 graders

Level 2 = 6-8 graders (or those who have successfully completed Level 1)

Club meetings include:

independent and group learning experiences  
life/skill and career exploration

service learning opportunities for youth

(Students use what they have learned to be of service to others.)

The clubs will meet once a month, and some Saturdays for field trips and garden activities. (Times/Dates to be determined by 4-Hers and leaders of that club.)

An annual project club fee of \$10 helps cover the cost of the member workbook. (This fee is in addition to the annual \$30 4-H Polk County 4-H enrollment fee paid by each Polk County 4-Her.)

For additional information and to sign up for either of these great opportunities, call Diana Sosalla (957-5772) or email at [sosalla@iastate.edu](mailto:sosalla@iastate.edu).



## Polk County 4-H and FFA Fair Association Meeting

The Polk County 4-H and FFA Fair Association will hold their Annual Meeting on Wednesday, October 21, 2009 at 7:00 p.m. at the Polk County Extension Office. Directors for each of the four districts of the county and at large members will be elected for 3 year terms in accordance with the bylaws. Any registered voter in Polk County is eligible to vote for Fair Board members. The Polk County Fair Board meeting and election of officers will follow at 7:30 p.m.



## Informational Meeting for New Science Center Club!

(By Priscilla Delgato)

Greetings to Everyone!

My name is Priscilla and I am currently the head volunteer for the new 4H SCI Club! Most of you are probably aware of the SCI club and I would like to inform you that we will be hosting a rescheduled team building event to get to know each other and start building some friendships!

When: Saturday, September 19, 1PM-5PM (First Club meeting is planned for Sept 24<sup>th</sup> at the Science Center.)

Where: Living History Farms

What: Challenge Course Event

Pizza will be provided from 5-5:30 PM and a parent/kid meeting will be taking place from 5:30-6:30PM, with information about the next events coming up, paperwork and what science topics you guys want to do this Fall! Since we need a count of how many will be attending, I would like to ask to please email me at [Pretzel@iastate.edu](mailto:Pretzel@iastate.edu) so we can have an estimate of how much pizza and paperwork we need. No later than September 11<sup>th</sup> please!

Those that respond will receive more details for the meeting with driving directions and drop/pickup for your kids.

Thank you all for your interest!



## Dates To Remember

### September

- 9 County and Intermediate Council Interviews 5-9
- 10 Leader Training 1-4 or 6-9
- 12 County and Intermediate Council Interviews 8-12
- 15 4-H enrollment Begins
- 16 Fairboard Meeting 7:30 pm
- 24 Youth Committee Meeting 7:00 PM
- 22-27 Ak-Sar-Ben

### October

- 1 Life Skills Award Applications Due
- 2 County Award Applications Due
- 6 Intermediate Council Meeting 7-8:30
- 7 County Council Meeting 7-8:30
- 7 Youth Committee Meeting 7-8:30
- 9 New Family Orientation 6:30
- 10??? Make a Difference Day at the State 4-H Camp
- 12 Intermediate and Senior Awards Interviews
- 18 Annual Fair Board Meeting 7:00 PM
- 14-19 American Royal, Kansas City
- 19 Junior Award Interviews

### November

- 3 Intermediate Council Meeting 7:00 pm
- 4 County Council Meeting 7:00 pm
- 11 Officer Training 6:30 pm
- 12 New Families Orientation (This is a repeat of the October Orientation) 6:30 pm
- 14 Re-Enrollment Deadline
- 15 County Awards Ceremony 2:00 pm – Polk County Extension
- 18 Fair Board Meeting 7:30 pm
- 20 Holiday Cards Due to Extension Office
- 26-27 Office Closed
- 26-29 Senior Trip to Chicago

### December

- 1 Pioneer Grants Applications due to Extension Office
- 1 Intermediate Council Meeting 7:00 pm
- 2 County Council Meeting 7:00 pm
- 12 Beef Weigh-In - 8:00 a.m. – 12:00 noon Iowa State Fairgrounds Cattle Barn
- 16 Fair Board Meeting 7:30 pm
- 24-25 Office Closed

### January

- 1 Office Closed
- 5 Intermediate Council Meeting 7:00 pm
- 5 Club Committee Meeting 7:00 pm
- 6 Council Meeting 7:00 pm
- 7 New Families Workshop 6:30 pm
- 18 Office Closed
- 20 Fair Board Meeting 7:30 pm

## Phone Numbers, E-Mail and Website Addresses

Phil Heckman – 957-5771  
[pheckman@iastate.edu](mailto:pheckman@iastate.edu)  
 4-H County Youth Coordinator

Diana Sosalla – 957-5772  
[sosalla@iastate.edu](mailto:sosalla@iastate.edu)  
 4-H Volunteer Coordinator

Jeff Macomber – 993-4281  
[jmacombe@iastate.edu](mailto:jmacombe@iastate.edu)  
 Youth Development Specialist

Marc Peterson—957-5780  
[marc@iastate.edu](mailto:marc@iastate.edu)  
 Youth Development Specialist

Jeanine Baldwin – 957-5777  
[baldwinj@iastate.edu](mailto:baldwinj@iastate.edu)  
 County Extension Education Director

Polk Co. 4-H Club Page  
[www.extension.iastate.edu/polk/info/4h/club.htm](http://www.extension.iastate.edu/polk/info/4h/club.htm)



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  
1625 Adventureland Drive, Suite A  
Altoona, IA 50009