

CLVER P WER

The Polk County 4-H Newsletter - October 2009

Pledging our heads, hearts, hands and health.

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During the month of September, we have gotten an avalanche of families interested in 4-H. For some, 4-H is a family tradition, in others this will be their family's first introduction to the program. While we are doing our best to welcome these new families, it will be their club meeting experience that will make the biggest impact on their initial reactions to 4-H. Please welcome new families to 4-H. Give them the knowledge you think is important for them to feel like they belong – you may even think back to your own first experience in 4-H and tell new members what you wish you would have known when you first started out, or provide them with the same mentoring that another member or leader provided you.

This is a new year, and we can use that feeling of renewal as an opportunity to expand our own 4-H experiences. Have you been interested in starting in a new project area, but would like to work with others in a project group? Have you considered applying for a county award, area trip, or some other greater role in 4-H? This could be your chance, invite other members to join you – **don't be afraid** to take the lead.

Sincerely,



Phil Heckman
County Youth Coordinator

Recognition

Congratulations to our 2009-2010 Intermediate and County Council Members! This year's Intermediate Councilors are: **Sophie Churchill, Matt DeDecker, Jessi Engle, Sam Feldstein, Emily Freel, Jasmine Hastie, Taylor Hawkins, Elizabeth Macro, Erin McIlheren, Rachael McIntosh, Emily Meeker, Andrea Nelson, Drew Nordstrum, Justin Roepsch, Emma Thayer, and Tayler Veldhuizen.**

This year's County Council includes: **Grant Bargfrede, Amy Bowers, Melinda Busch, Colt Churchill, Sarah Davis, Alex Feldstein, Evan Fischer, Megan Freel, Julia Griffieon, Amber Hammes, Taylor Jacobs, Kari Konrad, Mackenzie Meade, Alyssa Pinkley, Ryan Roepsch, Michelle Temeyer, Hannah Thayer, Brett Timmins, Katie Ussery, Grant Warner, and Maggie Zimmermann.**

County Council Members Ryan Roepsch and Grant Bargfrede participated in the State Awards Interviews at the end of August. Both were recognized for their accomplishments at a ceremony that evening.

Grant was chosen for special recognition as one of 51 project award recipients with an award for his leadership project work, and he was also chosen as one of four National 4-H Conference Delegates from the state of Iowa.

IOWA STATE UNIVERSITY
University Extension



Enrollment Forms

All 4-H'ers planning to re-enroll in 4-H will receive forms from the 4-H Leaders this fall. Once enrollment forms are turned into the ISU Extension office, we will be able to order any project literature you have selected and update your address for this monthly newsletter. If you have not received your re-enrollment form yet, please contact your leader or the extension office for assistance. We like to enroll as many 4-H'ers as early as possible so that we can update our records for the new 4-H year and take 4-H'ers who have graduated, moved away, or outdated addresses off of the mailing list.

Enrollment forms need to be turned in with the membership fee. This year's fee is \$30. Scholarships are available for families that need assistance. If you are interested in receiving this newsletter in hardcopy, please indicate that on your re-enrollment and include \$10 to cover the costs of printing and mailing for the year.

For questions or to request assistance, please contact Phil at 957-5771 or pheckman@iastate.edu.

"Can" We Make a Difference? ... Of Course We "Can!"

National Make a Difference Day is October 24th 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!



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 it is instrumental in planning and organizing the Family Fun Celebration 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 or you can simply come to the first meeting of the new 4-H year on October 6th from 7-8:30.

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.

Officer Training

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

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



Polk County Award Interviews

Applicants for awards will participate in an interview appropriate for their grade level. Interview times will be scheduled and sent out by mail. You will need to be available at the scheduled interview times:

Intermediate and Senior interviews Monday, October 12 starting at 5:00 p.m.
Junior interviews Tuesday, October 19 starting at 5:00 p.m.

County Awards Ceremony

Sunday, November 15, 2009
2:00 – 4:00 p.m.
Polk County Extension Office

Join Polk County 4-H Families at this year's Annual Awards Ceremony!

This year's ceremony is hosted by the Northwest Quadrant clubs and the 4-H Youth Committee

Project, leadership, citizenship, and life skill award recipients will be announced. The County Council and



Intermediate Council will be inducted, and the banner clubs will be recognized. All Polk County 4-Hers are welcome and are encouraged to attend!

This will be the last day of the County Wide Can Drive, so please feel free to drop off your donations that day.

4-H Camp Cleanup 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).

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 (gloves, rakes, buckets, old rags, chainsaws, gardening tools, shop vacs, step ladders, wheel barrows, etc.) to keep all hands busy. Please label your tools. Call 515-795-3338 to let us know you are going. We want to have enough morning refreshments for all our hard workers!

Prudential Spirit of Community Awards

The Prudential Spirit of Community Awards honor young people in middle level and high school grades for outstanding volunteer service to their communities. Created in 1995 by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP), the awards constitute the United States' largest youth recognition program based solely on volunteering. Over the past 11 years, the program has honored more than 70,000 young volunteers at the local, state and national level.

Iowa 4-H has been well represented in this program, and each year several state award winners are Iowa 4-H members. Plan now to nominate your top 4-H youth volunteers for The 2009 Prudential Spirit of Community Awards. Information and applications also are available at www.prudential.com/spirit or by calling 1-877-525-8491. Eligible 4-Hers in your county must complete their application forms by Nov. 2, 2009.

Festival of Trees and Lights Book Tree

The Festival of Trees and Lights is seeking books for **children who are patients at Blank Children's Hospital**. Child Life Specialists help young patients pass time by reading to them. In addition each child chooses a book to take home and enjoy. Donations of NEW, developmentally and culturally appropriate books are being accepted. The primary need is for books for children from toddlers to middle school, although books for older children are also needed. Please, no books about sensitive issues like divorce, abuse, or death.

If your club is interested in donating, books can be delivered to the dock at Capital Square on 5th Street between Walnut and Locust Street in downtown Des Moines during business hours between October 1-23. Books must be received by October 23rd to receive recognition during the Festival and be included in the Book Tree. Groups who donate 100 or more books will receive special recognition on signage next to the Book Tree at the event.

Plan to attend the Festival of Trees and Lights, November 25-29th at the Polk County Complex on 5th & Grand in Des Moines to see the 18 foot Book Tree!

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!

Weigh-In Dates

Please mark your calendars with the following weigh-in dates.

Market Beef – Saturday, December 12 from 8:00 – noon at the State Fairgrounds – Cattle Barn

Swine – Saturday, April 3 from 8:00 –noon at Don Timmins' farm in Altoona.

Sheep – Saturday, May 1 from 8:00 – 11:00 a.m. at the State Fairgrounds – Sheep Barn

Beef Weigh-in

All market beef and junior feeders will be weighed in December 12, 2009 from 8:00 a.m. to noon. The weigh-in will take place in the Cattle Barn of the State Fairgrounds.

Each ear tag is \$2.00 to be paid at the weigh-in.

Be sure that you have proof of Country of Origin either by keeping accurate farm records of animals produced on your farm, or by getting an affidavit of origin from the producer from which the animal was bought. Polk County produced beef will also be identified at the weigh-in using the ear tag number and producer as part of the identification. To show in the Polk County Produced class at the Polk County Fair, the beef must be born in Polk County.

The Polk County weigh-in is also a State Fair and Ak-Sar-Ben verification site. If you are planning on showing market beef at the State Fair or Ak-Sar-Ben, you will also need to weigh-in on December 12 from 8:00 a.m. to 12:00 noon at the Iowa State Fairgrounds. The cost is \$5.00 per head, per event. This will be in addition to the \$2.00 ear tag fee. The verification process for Iowa State Fair has changed this year and will be done by retinal scanning. Ak-Sar-Ben verification will continue to rely on ear tagging, and hair collection for DNA analysis. **4-H'ers will need to complete and sign the verification form, which is similar to the current livestock ID sheet.** Parents and member will be required to sign the verification form. If the parent or 4-H member is unable to attend the verification process, a Parental Waiver or Member Waiver will need to be signed and brought to the weigh-in. Those waiver forms are available at the Extension Office. Animals will NOT be eligible to show at the State Fair unless all the forms are signed. Your signature tells us that you have looked over the information and it is correct and that you have reviewed the rules on the back of the sheet as well. It is your responsibility to read and check the information before you sign it.

Any steers intending to show as a breed steer must bring their sire information to complete the verification form and have the registration tattoo in the animal's ear at verification time. **4-H'ers are limited to a maximum of six head to verify.**

Livestock ID's

All livestock ID's for breeding beef, horses, dairy, dairy goats, dogs, llamas, breeding sheep, and swine are due to the Polk Co. Extension Office no later than May 15, 2010 at 5:00 PM. **The ID's for market beef, market sheep and swine are brought to the office as soon as the weigh-ins are completed. Each 4-H member is responsible for turning in their ID's. Forms are available at the Extension Office or from your club leader.**

2010 Polk County Fair Dates

The 2010 Polk County Fair is currently scheduled for July 14-21 at the Iowa State Fair Grounds. These dates may still change! Stay tuned to the Clover Power for finalized dates.

Dates to Remember

October

- 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
- 12 Intermediate and Senior Awards Interviews
- 18 Annual Fair Board Meeting 7:00 PM
- 14-19 American Royal, Kansas City
- 19 Junior Award Interviews
- 27 New Families Orientation 6:30 PM

November

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

February

- 1 Area Award Applications Due
- 1 Scholarship Applications Due
- 2 Intermediate Council Meeting 7:00 pm
- 2 Youth Committee Meeting 7:00 pm
- 3 County Council Meeting 7:00 pm
- 15 Leader Training 1:00 – 4:00 pm
or 6:00 – 9:00 pm
- 17 Fair Board Meeting 7:30 pm

March

- 2 Intermediate Council Meeting 7:00 pm
- 2 Youth Committee Meeting 7:00 pm
- 3 County Council Meeting 7:00 pm
- 6??? Area Award Interviews
- 10 FSQA 6:00 – 8:00 pm
- 11 New Families Workshop 6:30 pm
- 16 FSQA 1:00-3:00 pm
- 18 FSQA 1:00-3:00 pm

April

- 3 Swine Weigh-In
- 6 Intermediate Council Meeting 7:00 pm
- 6 Youth Committee Meeting 7:00
- 7 County Council Meeting 7:00 pm
- 8 New Families Workshop 6:30 pm
- 21 Fair Board Meeting 7:30 pm
- 26 Leader Meeting 1:00 – 3:00 pm
or 6:00 – 8:00 pm
- 30 Deadline for Financial Aid from the 4-H Foundaion

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Starting soon!

Two New 4-H Horticulture Project Clubs

Polk County 4-H is excited to announce the start of two new Junior Master Gardener 4-H Clubs!

- Level 1 = 5th graders
- Level 2 = 6-8th graders

Club meetings will 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.)

Each club will offer the opportunity for in-depth horticulture learning patterned after the adult Master Gardener program.

There will be an annual club membership fee to help cover the cost of the member materials and supplies. (This fee is in addition to the annual \$30 state 4-H member enrollment fee).

Club enrollment will be limited, so call now!



For additional information and to sign up for this great opportunity, call Diana Sosalla (515-957-5772) or email sosalla@iastate.edu.



Polk County 4-H ... We Make the Best Better!



Bread Making 101

Learn how to make a special treat for your family for the holidays...home made bread!

Join other Polk County 4-Hers

Where: Polk County Extension Office

1625 Adventureland Dr., Altoona

When: Saturday, Nov. 21st, 1:00 to 3:00 p.m.

Who: All 4-Hers (4th–12th grades)

Make your reservation NOW! (Deadline: Tuesday, Nov. 17)

CONTACT:

Diana Sosalla

1625 Adventureland Dr.

Altoona, IA 50009

Phone: 515-957-5772

Fax: 515-967-6164

E-mail: sosalla@iastate.edu

Cost = \$5 (4Hers) \$8 (non-4Hers)

**Bring: Large mixing bowl (12")
Large mixing spoon
Set of measuring cups
4"x9" (approx.) metal bread pan
Clean towel cover pan**



Polk County 4-H
ISU Extension, Polk County
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