

# CL<sup>4H</sup>VERP<sup>4H</sup>WER

## The Polk County 4-H Newsletter - January 2011



POLK COUNTY EXTENSION



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The New Year, a time to turn 4 new leaves.

You guys really stepped up after last month's newsletter, and according to the database we are only missing about 100 enrollments to bring us to where we were last year. Keep bringing those enrollment forms into your club leaders and the extension office. As we continue on with this new on-line era having your enrollment turned in in a timely manner will become more and more important, as there are some aspects of 4-H, like **animal ID's for instance, that I will not be able to process until you are enrolled for the year.** Speaking of the online system, I would encourage you all to visit the site, and check out your information. It will have your most current information in it, and you will be able to review, update, and add projects. Some of you who attended the Beef weigh-in should be able to review those records, and sometime this month, I should be able to get the Food Safety and Quality Assurance records for those of you with current certifications on-line as well.

If you would like to try the new on-line enrollment system you will find the log-in screen and directions for re-enrolling by visiting <http://iowa.4honline.com>. For questions or to request assistance, please contact Phil at 957-5771 or [pheckman@iastate.edu](mailto:pheckman@iastate.edu) or Amy at [amarek@iastate.edu](mailto:amarek@iastate.edu) or 957-5763.

Sincerely,

County Youth Coordinator

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



## Recognition



and Jack Bair for taking time to help 4-H members get their calves weighed in. A total of 104 calves were weighed and ear tagged, many of which were verified for State Fair and Ak-Sar-Ben.

We would like to thank everyone who helped make the beef weigh-in run smoothly. Thanks to Jim, Judy, and Andrea Nelson, Eric and Stacia Sanny, Mike Cory, Marty Vermeer,

### UPCOMING WORKSHOPS

- Fun & Safety in the Kitchen, Saturday, January 22nd 1-3 PM
- "Fancy" Bread Making, Saturday, February 19th 1-3 PM
- Elements and Principles of Design, February 26th, 1-4 PM
- Bowling Ball Garden Ornaments, Saturday March 5th, 1-4 PM

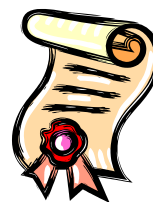
To RSVP for this workshop, please contact: Diana Sosalla  
957-5772 [sosalla@iastate.edu](mailto:sosalla@iastate.edu)



## State Awards

This year marks a new era in the state 4-H awards process. It is a much leaner, quicker, and simpler process than it has been in past years, and I would encourage senior 4-Hers eligible to apply to take advantage of this new process. All applications for state recognition opportunities will consist of a cover sheet, written answers (up to 2 pages) to a set of questions specific to the recognition opportunity, and up to 2 pages of support materials. These support materials are essentially summaries, 4-H "resumes", and pictures of your 4-H experience that can be taken directly from your 4-H record books. Many of these recognition opportunities are rewarded with \$100 savings bonds or out of state trips. Application materials are available by visiting: <http://www.extension.iastate.edu/4h/teens/awards.htm>, and are due to the Extension Office by February 1<sup>st</sup>. If you have any questions about the new process, please feel free to contact Phil at 515-957-5771 or [pheckman@iastate.edu](mailto:pheckman@iastate.edu)

## 2011 Iowa 4-H Scholarships Available



Are you a high school senior preparing to graduate in May? You have probably already started pursuing scholarship opportunities, but don't forget about the Iowa 4-H Scholarships that are available to you as a 4-H member! Check out this website to get proper forms and information: <http://www.extension.iastate.edu/4h/teens/scholarships>. Please remember that these applications need to be in the State 4-H Office by February 1<sup>st</sup> so they will need to arrive in the Polk County Office by Jan 27<sup>th</sup> if you would like us to forward them on for you otherwise you will need to arrange to get them to the state office by February 1<sup>st</sup>. If your materials arrive at the Polk County Extension Office on February 1<sup>st</sup>, they will not make it to the State 4-H Office by the deadline. Please contact Phil at 957-5771 or [pheckman@iastate.edu](mailto:pheckman@iastate.edu) if you have any questions about the application process or if you would like assistance in preparing your application.

## MISSION STATEMENT

4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL WORKING AND LEARNING IN PARTNERSHIP WITH CARING ADULTS

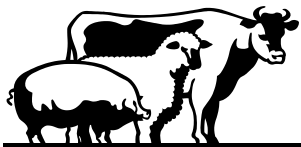
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## Weigh-In Dates

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

**Swine** – Saturday, April 2 from 8:00 –11:00 a.m. at Don Timmins’ farm in Altoona.

**Sheep** – Saturday, May 7 from 8:00 – 11:00 a.m. at the State Fairgrounds – Sheep Barn



## 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 16, 2011 at 5:00 PM. This is one day later by virtue of the fact that the 15<sup>th</sup> falls on a Sunday this year. 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.



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## 2011 State Volunteer Retreat

The 2011 State Volunteer Retreat, Keep Soaring With 4-H! is scheduled for Feb. 11 and 12.

This annual event brings together 4-H volunteers, staff, parents, and intermediate and senior 4-H members to network and participate in innovative programs that will help bring fresh perspectives and activities to Iowa 4-H programs. Friday evening workshops offer hands-on activities and resources to take back to use in your county and club. Workshops and networking fill the day on Saturday, February 12. A wide variety of workshop sessions will meet the needs of both new and experienced volunteers, staff, and 4-H members.

To access session descriptions and registration forms, go to <http://www.extension.iastate.edu/4h/Volunteers/retreat.htm>

A grant from Monsanto and National 4-H Council has reduced the cost this year. Early Bird registration is \$10.00 and ends with a postmark on or before January 21<sup>st</sup>. Late registration is \$15.00 and must be post-marked by January 28<sup>th</sup>. The registration fee covers sessions during the time you are registered, a snack on Friday evening and snacks and lunch on Saturday.

This year's Retreat is hosted by DMACC Continuing Education, and sponsored by ISU Extension and Monsanto. All activities, Friday evening and Saturday, will take place at the Des Moines Area Community College (DMACC) Campus in Ankeny, located a few miles off I-80 and I-35 north of Des Moines.

<https://go.dmacc.edu/ankeny/Pages/directions.aspx> DMACC will provide general CEU credit for attending the sessions. If you are traveling from a distance and attending both Friday and Saturday, check the registration information on the website for hotel arrangements on Friday night.

If you have questions about registration, please contact Ruth Wagner at [radwagner@q.com](mailto:radwagner@q.com), or 515-964-1965. Come join us for a great weekend of fun and learning.



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## OUR VISION

A WORLD IN WHICH YOUTH AND ADULTS LEARN, GROW, AND WORK TOGETHER AS CATALYSTS FOR POSITIVE CHANGE



## FSQA 2010

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 affects the food on our plates. Knowing the importance of good recordkeeping, 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 will be covered during the certification training.

All 4-H'ers exhibiting in the above livestock areas and also currently in the 4<sup>th</sup>-6<sup>th</sup> grades will be required to attend FSQA training. 4-H'ers currently in the 7<sup>th</sup>-9<sup>th</sup> Grades will be eligible to take the intermediate test,

and those in 10<sup>th</sup>-12<sup>th</sup> grades will be eligible to take the senior test. These eligibilities will no longer be tied to the 4-H'ers age. **This will mean that many 6<sup>th</sup> graders** who were eligible to test out this year will instead need to attend one of the FSQA training sessions held this spring. Polk County will be offering FSQA Training in the evening of March 9<sup>th</sup> from 6-8 and in afternoon of June 15<sup>th</sup> from 1-3. This is a change from the previous calendar so please note the new date. These are currently the only two sessions scheduled for Polk County. Be sure to check your calendars to make sure that one of those dates will work for you and your family, or contact Phil ([pheckman@iastate.edu](mailto:pheckman@iastate.edu)) to make arrangements for an alternative FSQA certification site.

## Country of Origin Labeling Requirements

As many of you know, the USDA mandated COOL (Country of Origin Labeling) requirements that went into effect September 30, 2008. The state 4-H office has provided an excellent publication to explain what 4-H'ers will need to do. It can be found at <http://www.extension.iastate.edu/4H/Agriculture/Documents/4H231.pdf>.

## Dog Obedience Classes Beginning Soon

The First meeting will be at the Extension Office on March 2nd, 2010 at 6:30 PM. I would like for ALL persons that will be training at this meeting. Since we will be meeting in a private facility, we need to go over all of the rules. After we do this, members who have been through Dog Obedience before will be excused and we will begin our meeting for new Dog trainers.



If you have questions call Sally Martin at 967-5358 or the Extension office at 957-5771.

## 2011 Fair Dates

The 2011 Polk County Fair is currently scheduled for July 20-25 at the Iowa State Fair Grounds.



## 4-H PLEDGE

I PLEDGE MY HEAD TO CLEARER THINKING, MY HEART TO GREATER LOYALTY, MY HANDS TO LARGER SERVICE, AND MY HEALTH TO BETTER LIVING, FOR MY CLUB, MY COMMUNITY, MY COUNTRY, AND MY WORLD.



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## 4-H Day at ISU Women's Basketball

January 22<sup>nd</sup>, 2011 at the game vs. Texas A&M. Tickets are \$15/person and the pre-game tailgate will be held at the Scheman Building with a brunch from 8-11 AM. The past two years we have entertained 1,000 4-H members, volunteers, staff and families. Order tickets and

submit t-shirt sizes here :

<http://www.extension.iastate.edu/4h/explore/isuwbb>

Contact Shelly Greving for more information. (Shelly Greving, [shellyg@iastate.edu](mailto:shellyg@iastate.edu))



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## Leader Training

Leadership Module #2 will be presented on Monday, February 17. An afternoon session from 1-3 pm and an evening session from 6:30-8:30 pm will be offered.

The online training for module #1 is now available and can be found at the Polk County 4-H leader Site. ([www.extension.iastate.edu/polk/info/4h/leaders.htm](http://www.extension.iastate.edu/polk/info/4h/leaders.htm)) Simple directions for completing the trainings are available there as well, or you might consider attending the 2011 State volunteer retreat where both sessions will be offered.

Deadline to complete two credits of training is July 15, 2011. Every organizational and project leader need to complete two training credits each year.

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## Iowa 4-H Youth Conference 2011

It may seem early, but mark your calendars now for the 2011 Iowa 4-H Youth Conference, June 28-30, 2011. The Conference theme has been set: Aim for Adventure. More details, sample news releases, logos, etc. will be shared in the coming months. Do you have questions about the Iowa 4-H Youth Conference? Contact your state 4-H council member ambassador, Abbey Smith at [abey.smith92@gmail.com](mailto:abey.smith92@gmail.com) , or Brenda Allen at [bsallen@iastate.edu](mailto:bsallen@iastate.edu) or 515-294-1567.

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## New 2011 Polk County Fair Theme!

The Polk County Fair Board has made a decision on the Fair theme for the next two years. There were many fine submissions, and the fair board chose the theme that was submitted by Ellen Sattler of the **Polk Possibilities Club**. **This Year's fair theme will be "Pathway to Possibilities."**

**4-H IS BASED ON RESEARCH**



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## Discovering Chicago – Intermediate (7<sup>th</sup> & 8<sup>th</sup> grade) Trip

Make plans to join the fun on June 14 & 15 and discover some great places in the Chicago area. You will meet 4-H'ers from Dallas, Jasper Mahaska, and Marion, Polk, Poweshiek and Warren counties.

A few of the places you'll be visiting are:

- Museum of Science and Industry & IMAX show.
- Medieval Times Dinner and Tournament
- Sears Tower Sky Deck
- Lincoln Park Zoo
- Lunch at Hard Rock Café
- Navy Pier & ride the large Ferris wheel

Trip cost is \$195. Make checks payable to ISU Extension. This covers all attractions, hotel, transportation and all but 2 meals.



For registration information please visit the website at [www.extension.iastate.edu/polk/info/4h/members.htm](http://www.extension.iastate.edu/polk/info/4h/members.htm). Registration deadline is April 30. Space is limited.

Chaperone opportunities do exist. If interested contact Jeff Macomber at 515-993-4281 or [jmacombe@iastate.edu](mailto:jmacombe@iastate.edu)

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## Be a “Buddy” for Miracle League

Miracle League provides children with physical or mental challenges a safe and spirited program in which **they can hit, run, and catch on a baseball field**. Every player is matched with a “buddy” who helps them with hitting, running, catching, fielding and throwing the ball. The Kiwanis Miracle League at Principal Park is looking for youth (ages 12 and older) and adults who would like to be trained to be “Angels in the Outfield” for these special players. Volunteer as a club or members can volunteer individually. Questions? Contact: Jan Burch at [MLVolunteers@downtowndesmoineskiwanis.org](mailto:MLVolunteers@downtowndesmoineskiwanis.org) or 515-457-7691.



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# WANT TO KNOW MORE?

FIND US AT: [EXTENSION.IASTATE.EDU/4H/POLK](http://EXTENSION.IASTATE.EDU/4H/POLK)



# Dates to Remember!

The 2011 Polk County Fair is scheduled for July 20-25 at the Iowa State Fair Grounds. Conference Judging Day will be held on Wednesday, July 20.

Workshops are being added to the calendar keep checking it.

## January

- 5 County Council Meeting 7:00 pm
- 13 New Families Workshop 6:30 pm
- 17 Office Closed
- 19 Fair Board Meeting 7:30 pm

## February

- 1 State Award Applications Due
- 1 Scholarship Applications Due
- 1 Intermediate Council Meeting 7-8:30
- 1 4-H Program Advisory board 7-8:30
- 2 County Council Meeting 7:00 pm
- 16 Fair Board Meeting 7:30 pm
- 17 Spring Leader Training Meeting 1-3 or 6:30-8:30

## March

- 1 Intermediate Council Meeting 7-8:30
- 1 4-H Program Advisory board 7-8:30
- 2 County Council Meeting 7:00 pm
- 9 FSQA 6:00 – 8:00 pm
- 10 New Families Workshop 6:30 pm

## April

- 2 Swine Weigh-In 8:00-11:00
- 5 Intermediate Council Meeting 7-8:30
- 5 4-H Program Advisory board 7-8:30
- 6 County Council Meeting 7:00 pm
- 5 Intermediate Council Meeting 7-8:30
- 5 4-H Program Advisory board 7-8:30
- 20 Fair Board Meeting 7:30 pm
- 26 Leader Meeting 1- 3 or 6:30–8:30
- 29 Deadline for Financial Aid from the 4-H Foundation

## May

- 3 Intermediate Council Meeting 7-8:30
- 3 4-H Program Advisory board 7-8:30
- 4 County Council Meeting 7:00 pm
- 7 Sheep Weigh-In
- 12 New Families Workshop 6:30 pm
- 15 **Livestock ID's Due**
- 15 Last Day to Enroll in 4-H
- 15 Polk County Fair King and Queen Applications Due
- 18 Fair Board Meeting 7:30 pm

## June

- 4 King/Queen Candidate Interviews
- 7 Intermediate Council Meeting 7-8:30
- 8 County Council Meeting 7:00 pm
- 9 New Families Workshop 6:30 pm
- 15 FSQA 1:00 – 3:00 pm
- 15 Fair Board Meeting 7:30 pm
- TBA Intermediate Trip
- TBA Photography Camp
- 28-30 State 4-H Conference

## July

- 1 Polk County & Iowa State Fair Entry Packets Due to Extension Office
- 5 Intermediate Council Meeting 7-8:30
- 5 4-H Program Advisory board 7-8:30
- 6 County Council Meeting 7:00 pm
- 13 Fair Board Meeting 7:30 pm
- 16 Clothing Event (Tentative)
- 20-25 Polk County Fair (Tentative)

## August

- 11 New Families Celebration 6:30 pm
- 11-21 Iowa State Fair





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

«AddressBlock»

Polk Co. 4-H Club Page  
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