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The Polk County 4-H Newsletter - March 2011



POLK COUNTY EXTENSION



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Happy 
St. Patrick's Day

Dear Polk County 4-H Families,

Hello All!

Diana has been hard at work lining up a great series of Spring Project Workshops. If you are interested in Sewing, Visual Arts, Babysitting or Leather working, be sure to check out the workshop offerings later in the clover power.

If you have an idea for an adult volunteer willing to carry out a project workshop let Diana know, we are always on the lookout for new project workshops. If there is a Senior 4-Her in your club who has done a great club presentation this year they should consider taking their presentations to the next level. We are always glad to help our older 4-H'ers share what they have learned and a county wide workshop might be just the venue for that as well.

Don't forget that the next in the "New Family" Series of workshops will be coming up on March 10th at 6:30. Our general topic will be on record keeping, but please feel free to come and ask whatever questions you might have about the rest of this 4-H year. New Members, New families, New Leaders, heck even old members, families, and leaders are welcome to attend.

Hope to see a lot of you this spring!

Sincerely,

County Youth Coordinator



IOWA STATE UNIVERSITY
University Extension

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Feature Your 4-H Club

Have you done something awesome with your club? Would you like to feature it in the Clover Power? Email your articles and pictures to: Amy Marek at amarek@iastate.edu. One article will be featured per month. **ALL ARTICLES AND PICTURES MUST BE RECEIVED BY THE 15TH OF THE MONTH PRIOR TO THE MONTH OF PUBLICATION.**



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www.extension.iastate.edu/polk

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SENIOR Event

The Polk County Council will be hosting an event for all senior 4-H members and their friends in the surrounding counties. The event will be held February 26th 7:00 pm – March 7th 7:00 am at the Altoona Campus. The cost of the event is \$10 and all those that plan to attend must pre-register by February 15th. Come for a night full of fun, games, and new friendships! Registration forms can be found online at: www.extension.iastate.edu/polk/info/4h/SENIOR.htm or can be picked up at the Extension Office. You can contact Phil at 957-5771 or pheckman@iastate.edu with any questions.

Toys for Tails submitted by Intermediate Council

Beginning in March, the Intermediate Council will be having a Toy for Tails drive. We will be accepting any animal supplies that we will donate to animal shelters in need. We will be supporting the following animal shelters: Animal Rescue League, the Animal Life Line of Iowa, and Raccoon Valley Animal Sanctuary and Rescue. You can bring the supplies to the Polk County Extension Office and other locations yet to be determined. You can also donate money. If you would like to donate money please send straight to the Polk County Extension Office. A complete list of acceptable supplies is available by visiting the ARL Website, (http://www.arl-iowa.org/index.php?option=com_content&task=view&id=107&Itemid=161). With any further questions please contact Phil Heckman at 515-957-5771.



UPCOMING WORKSHOPS

- Leather Tooling Basics, March 12th 1:00 - 2:30 PM
- Babysitting Basics, March 16th 8:30 - 3:00 PM
- Sampler Workshop for **Clover Kids**, March 19th 10 - Noon
- Clothing Selection Workshop, April 2nd 8 -10 **AM**
- You Made What? (Sewing Basics), Saturday, April 2nd 1-3 PM **and** April 9th 12:30 - 4:30 PM
- Piece It Together (Quilt), April 16th 9:00 - Noon
- Making It A Quilt, April 23rd 9:00 - Noon
- Sewing With Patterns, April 30th 1-4 PM **and** May 7th 12:30 - 4:30 PM
- Making A Mosaic Design, May 14th 1:00 - 3:00 PM

To RSVP for this workshop, please contact: Diana Sosalla 957-5772 sosalla@iastate.edu

Midnight Madness

For those of you who were wondering, Midnight Madness has not been forgotten, just pushed back... The Intermediate Council has been hard at work to put together their Toys for Tails pet supply drive, and as soon as that is in the works they will turn to planning for Midnight Madness. More information will be coming as it becomes available.

MISSION STATEMENT

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



Dog Obedience Classes Beginning Soon

The Orientation 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 Polk County Fair

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

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."

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

Remember! The sheep department requires that all female and intact male animals being weighed-in have scrapie tags at the time of the weigh-in.

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 15th 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



FSQA 2011

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 4th-6th grades **will be required** to attend FSQA training. 4-H'ers currently in the 7th-9th Grades will be eligible to take the intermediate test, and those in 10th-12th 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 6th graders who were eligible to test out this year will instead need to attend one of the *(Continued on page 4)*

OUR VISION

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



(Continuation from page 3 FSQA 2011)

FSQA training sessions held this spring. Polk County will be offering FSQA Training in the evening of March 9th from 6-8 and in afternoon of June 15th 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) to make arrangements for an alternative FSQA certification site.



4H/FFA Rabbit/Cavy Workshop 2011 --- Grinnell, Iowa

The annual multicounty 4H/FFA rabbit and cavy workshop on raising rabbits and cavies will be held at the Poweshiek County Fairgrounds on Sunday, March 20, 2011 from 12:30 – 4:00 p.m. This workshop is sponsored by Cargill Animal Nutrition, Nutrena, the Central Iowa Rabbit Breeders and the Cedar Rapids Rabbit Breeders. Youth are encouraged to bring their rabbits to consult with speakers. Examples of rabbit breeds will be presented and discussed. Purebred rabbit breeders will have rabbits for sale. Youth will be able to ask housing questions and purchase rabbit equipment. A “make your own rabbit carrier” session will be held by Coats Equipment. Those youth wanting to participate in the carrier session will need to contact Randy or Bobbi Coats in advance at 515-231-4783 or email at coatfrm@opencominc.com.

There will be an opportunity to have rabbits tattooed. Youth need to decide on a short name or number to be tattooed in the rabbit's ear. Youth may show their rabbits in a “practice” rabbit show. This show is for youth who have not shown rabbits or who have shown in 2 or less ARBA shows in 2010. All rabbits showing in the practice show are required to be earmarked by a tattoo.

Poweshiek County Fairgrounds is located in central Iowa, south of the city of Grinnell. It is east of Des Moines at exit 182. Specific questions can be directed to Bill Wolfe at 515-285-6929 or Doug Zehr at 515-967-7947.

Horse Jamboree

Come and join the excitement March 26 & 27, 2011 in Ames. The Youth Horse Jamboree is an opportunity for youth to participate in a host of activities. From hippology to quiz bowl, public speaking, and horseless horse projects including photography, visual arts, woodworking, creative writing, and others.

Winners from the senior teams of Hippology, Quiz Bowl, and Public Speaking and Demonstration move on to the National Contest in Denver, Colorado!

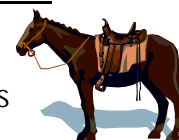
Find out more by visiting: www.extension.iastate.edu/4h/projects/livestock/jamboree.htm

Iowa Horse Fair

The annual Iowa Horse Fair is scheduled for April 1 – 3 at the State Fairgrounds in Des Moines at the new Jacobson Exhibition Center. Details can be found on the Iowa Horse Council website, <http://iowahorsecouncil.org/>. A new opportunity added this year is for 4-H'ers to participate in the Cowgirl Queen Contest. Information for that is on the Iowa Horse Fair link of the website above.

Block and Bridle Show

The Annual Block and Bridle Show will be held at ISU on April 15th, 16th, & 17th. Details and registration forms can be found at: <http://www.public.iastate.edu/~bbhorseshow/homepage.html>



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.



Horse Judging Team

The first meeting for the 2011 Polk County Horse Judging Team will be held here at the Extension office on Wednesday April 6th at 6:30 pm. The participation fee will be \$15 this year. Plan to attend for more information or contact Jessica Boor at (515) 708-3335 or boor.jessica@gmail.com.

2011 Federal Junior Duck Stamp Contest

Each year, students from across the state of Iowa are invited to submit their original artwork depicting North American waterfowl to the Iowa Junior Duck Stamp Contest. The Neal Smith National Wildlife Refuge is the receiving site for Iowa. Entries must be postmarked by March 15, 2011. A panel of five judges will select the winners in early April.

The Junior Duck Stamp Contest welcomes entries from students in kindergarten through 12th grade from public schools, private schools, and home schools, as well as on an individual basis. This program is designed to create an awareness of natural resources and wetland conservation.

Students may submit artwork from a list of permitted species found on the website. Other contest rules can be found on the website. Before judging, the entries are separated into four groups according to grade level: K-3, 4-6, 7-9, and 10-12. Three first, three second and three third place entries, along with 16 honorable mentions will be chosen from each group. Artwork entries will be judged on the basis of artistic merit and physical accuracy. The Iowa "Best of Show" is chosen, which is then submitted to the Federal Duck Stamp Office and entered into the National Junior Duck Stamp Contest held in April. A ceremony is held in May to honor the Iowa winners.

The entry form and contest information can be found at <http://www.fws.gov/juniorduck>. For questions, please contact Doreen Van Ryswyk, Iowa Junior Duck Stamp Coordinator, at (515) 994-3400 or Doreen_Vanryswyk@fws.gov. Entries must be postmarked by March 15, 2011 and mailed to: Neal Smith National Wildlife Refuge; Attn: Junior Duck Stamp Coordinator; 9981 Pacific Street; P.O. Box 399; Prairie City IA 50228.



The winning entry from the national contest is used to create a National Junior Duck Stamp. The Junior Duck Stamp is available for \$5 from the U.S. Postal Service, many National Wildlife Refuges, and www.amplex.com. Proceeds from the sale of the stamps support conservation education and provide awards and scholarships for participating students.

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, 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 abbey.smith92@gmail.com, or Brenda Allen at bsallen@iastate.edu or 515-294-1567.

4-H IS BASED ON RESEARCH



4-H Photo Camp

4-H Photo camp is designed to give kids, 7th through 12th grades, the opportunity to learn the basics and techniques of photography, while having a great time! Held in June at the beautiful Iowa 4-H Center near Madrid, Iowa, campers will learn from qualified professional photographers, and then get the chance to try out their new skills themselves.



The three-day event places emphasis on landscapes, close-ups, composition, and people photography, as well as painting with light, and other special effects. Both point-&-shoot and adjustable SLR camera operation are covered, as well as a complete section on computerized digital photographic enhancement. Field trips in the past have included the ISU campus, hands-on experience at the ISU Extension 4-H Computer Lab, Ledges State Park, the Iowa Arboretum, Reiman Gardens, The Bonebright Memorial Armory, and much more!

Since the first camp was held in the summer of 2005, campers have expressed enthusiasm and excitement. *"Photo camp 2007, through 2009 operated at near capacity enrollment, with camp 2010 completely full!". Iowa 4-H Photo camp is a truly unique and rewarding experience for young people, with the accent on learning and Fun! It's never too early to register. Visit the Photocamp Website for registration and contact information. <http://www.fourhphotocamp.com/>





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

Babysitting Basics

This workshop is designed to help you feel comfortable in the role of child care provider. The program covers topics such as:

- The business of babysitting
- Meal prep and bedtime
- Emergency situations
- Playtime

Participants will have the chance to practice their skills during the class.

Cost = \$30 (4Hers) \$50 (non-4Hers)
NOTE: Cost includes lunch

Bring: 3-ring binder (1")
Loose leaf lined paper
Pencil
Tote bag/Backpack

Where: ISU Extension Office, Polk County
1625 Adventureland Drive, Altoona

When: Wednesday, March 16, 8:30 a.m. to 3:00 p.m.

Who: 4-Hers & friends, 4th-12th grades

CONTACT:

Diana Sosalla
1625 Adventureland Dr.
Suite A, Altoona, IA 50009
Phone: 515-957-5772
FAX: 515-967-6164
E-mail:
sosalla@iastate.edu

Make your reservations NOW.
(Deadline: Friday, March 11)



"The fees for service will be used to off-set direct expenses and to support the County Extension Program."

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Discovering Chicago – Intermediate 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. 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

2011 4-H Financial Aid Deadlines

4-H member contributions to the annual 4-H'ers for 4-H Campaign along with other donor gifts to the Iowa 4-H Foundation provide the funds for 4-H financial aid programs. Here are the application deadlines for 2011:

March 1 – Financial Assistance for individuals attending a summer camp session at the Iowa 4-H Center

April 20 – Financial Assistance for State 4-H Youth Conference and other qualified 4-H activities (excluding 4-H Center camp sessions)

May 1 – Transportation Assistance for 4-H Groups traveling to the Iowa 4-H Center

4-H Program Fee Assistance – ongoing as funds are available for families that need help paying their annual program fee(s). Guidelines and application forms are available online at: <http://www.extension.iastate.edu/4h/serve/grants.htm>. Contact Albert Grunenwald at the Iowa 4-H Foundation for more information: abgrunen@iastate.edu, 515-294-4780

2011 4-Her's for 4-H Campaign

The State 4-H Council is adopting the Foundation theme, *my 4-H. My Commitment*, for their annual statewide fundraiser. Their goal is to raise \$30,000 by asking Iowa 4-H clubs to donate \$2.50 per member. Additionally, they have put out a challenge to past state 4-H council alumni to match the goal and raise a total of \$60,000 for 4-H! The state council alumni have already raised more than \$16,000 and are competing against each other for prizes and bragging rights. You can track the competition online at: <http://www.iowa4hfoundation.org/My%204-H/index.htm>. It's not too late to sign up your State Council alumni team. Contact Albert today to find out more!

The club campaign runs from March 1 to May 15. 4-H clubs that meet the per member goal receive a special campaign certificate. Top contributing counties are recognized at the State 4-H Youth Conference in June. Complete campaign information will be available early February. (Albert Grunenwald, 515-294-4780, abgrunen@iastate.edu).

NEW Studio 4-H Club is now available!

Future animators and filmmakers can build their digital storytelling skills through Studio 4-H. This new 4-H club is virtual: it exists online and is open to Iowa youth throughout the state. This is an opportunity open everyone, including current 4-H'ers, if you are interested in being a part of this virtual project club in addition to your regular club please let Phil know, as he can help get you enrolled in this new club, and get you in contact with the clubs leaders. For more information about the club itself, you can also contact Lisa Berkland at lisaberk@iastate.edu or Holly Bignall at hbignall@iastate.edu.



Shooting Sports Volunteer Training

The registration materials and information for the spring 2011 Iowa 4-H Safety and Education of Shooting Sports is now listed on-line on the 4-H Shooting Sports Webpage (<http://www.extension.iastate.edu/4H/SESS/Documents/SESSstateLeaderTrainingSpring11.pdf>).

The dates for the training are April 1-3, 2011 and will be held at the Iowa 4-H Center. Please register your volunteers early and make sure they have been through the CPSP process before they attend the training. Last year we had over 100 participants at the spring training and are hoping for another great set of volunteer instructors to attend this year.

Ag Enhancement Scholarship



Polk County Farm Bureau is offering a \$2,000 Ag Enhancement Scholarship to a Polk County resident, graduating senior of an accredited Polk County high school, enrolling in a post-secondary school in the state of Iowa as a full-time undergraduate student majoring in an agricultural related field. This \$2,000 scholarship will be given in \$500 increments over four years. Scholarship applications are available from Polk County Farm Bureau, local high schools, or online at www.iowafarmbureau.com. Applications may be sent to Polk County Farm Bureau c/o Paula Hylbak 300 SE Delaware Ave Ankeny, IA 50021. Applications must be postmarked no later than March 31st.

Dates to Remember! (Full Calendar is available at <http://www.extension.iastate.edu/calendar/>)

Workshops are being added to the calendar keep checking it.

March

- 1 Intermediate Council Meeting 7-8:30
- 1 4-H Program Advisory board 7-8:30
- 2 County Council Meeting 7:00 pm
- 5 Bowling Ball Garden Ornaments, 1-4 PM
- 9 FSQA 6:00 – 8:00 pm
- 10 New Families Workshop 6:30 pm
- 12 Leather Tooling Basics 1:00 - 2:30 PM
- 16 Babysitting Basics, 8:30 - 3:00 PM
- 19 Sampler Workshop for Clover Kids, 10 - Noon

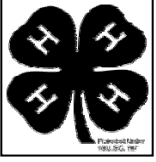
April

- 2 Swine Weigh-In 8:00-11:00
- 2 Clothing Selection Workshop, 8 - 10 AM
- 2 Sewing Basics, 1 - 3 PM Part 1
- 5 Intermediate Council Meeting 7-8:30
- 5 4-H Program Advisory board 7-8:30
- 6 County Council Meeting 7:00 PM
- 16 Piece it Together (Quilt), 9 - Noon
- 20 Fair Board Meeting 7:30 pm
- 23 Making It a Quilt, 9 - Noon
- 26 Leader Meeting 1- 3 or 6:30-8:30
- 29 **Deadline for Financial Aid from the 4-H Foundation**
- 30 Sewing With Patterns, 1 - 4 PM

May

- 3 Intermediate Council Meeting 7 - 8:30 PM
- 3 4-H Program Advisory Board 7 - 8:30 PM
- 4 County Council Meeting 7:00 PM
- 7 **Sheep & Market Goat Weigh In**
- 12 New Families Workshop 6:30 PM
- 14 Making a Mosaic Design 1 - 3:00 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





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

Polk Co. 4-H Club Page
www.extension.iastate.edu/polk/info/4h/
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