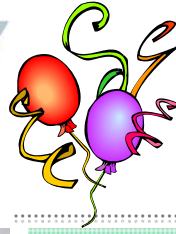




# CL<sub>4H</sub>VER P<sub>4H</sub>WER



Phil Heckman  
POLK COUNTY EXTENSION  
County Youth Coordinator  
[pheckman@iastate.edu](mailto:pheckman@iastate.edu)  
515-957-5771



## Dear 4-H Families, The New Year, a time to turn 4 new leaves.

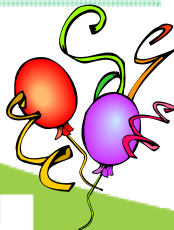
### WHAT'S INSIDE:

- Recognition
- Upcoming Workshops
- State Awards
- Annual 4-H Day at the ISU
- Women's Basketball Game
- County Wide Valentine's Card Making Workshop
- Country of Origin Labeling Requirements
- 2012 Iowa 4-H Scholarships
- 2012 State Volunteer Retreat
- Science Center Club
- Leader Training
- Intermediate Trip
- 4-H Youth Conference 2012

You guys really stepped up after last month's newsletter, but according to the database we are only missing about 180 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, it would be a good time to check your Food Safety and Quality Assurance records for those of you who intend to show FSQA animals at the fair.

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.

Phil Heckman



**4-H**  
GROWING TOGETHER

IOWA STATE UNIVERSITY  
Extension and Outreach



## LOCAL 4-H

# Recognition

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, Erik Olesen, Marty Vermeer, and Jack Bair for taking time to help 4-H members get their calves weighed in. A total of 115 calves were weighed and ear tagged, many of which were verified for State Fair and Ak-Sar-Ben.



## WORKSHOPS

# Upcoming Workshops

- Elements and Principles of Design, Saturday January 7th 9:30-12:30
- Home Improvement, Saturday, January 28, 9:00 - 12:00 p.m.
- "Fancy" Bread Making, Saturday, January 28th 1:00-3:00 p.m.



To RSVP for these workshops, please contact:

Diana Sosalla

957-5772

[sosalla@iastate.edu](mailto:sosalla@iastate.edu)

## STATE 4-H NEWS

# State Awards

Last year marked 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)



# MISSION STATEMENT

4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL WORKING



## 2012 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 March 1<sup>st</sup> so they will need to arrive in the Polk County Office by Feb 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

March 1<sup>st</sup>. If your materials arrive at the Polk County Extension Office on March 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.



## 2012 State Volunteer Retreat

The 2012 State Volunteer Retreat, Keep Soaring With 4-H! Is scheduled for February 10 and 11.

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>

Are you a **NEW** Volunteer registering for the **New Volunteer (Club & Clovers) Training**? If so, your registration is **FREE!** There is limited space so sign up early and register online for the Ankeny New Volunteer training track.

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 20<sup>th</sup>. Late registration is \$15.00 and must be postmarked by January 27<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 Outreach 4-H and Monsanto. All activities, Friday evening and Saturday, will take place at the Des Moines Area Community College (DMACC) Campus in Ankeny. It is located a few miles off I-80 and I-35 north of Des Moines. The registration fee covers sessions during the time you are registered, a snack on Friday evening and snacks and lunch on Saturday. 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 forms on the website for discounted 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.

## Science Center Club

The First Lego League season is over for 2011 and the Science Center club is starting up again in earnest. They plan to meet twice a month with the first meeting that month focusing on general science programming, and the second meeting focusing on 4-H robotics. If you are interested in science or would like to get a head start on next year's FLL season visit their website for more infor-



## OUR VISION

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



## Annual 4-H Day at the ISU Women's Basketball Game

The Cyclones will tip off at 7pm against Texas A&M on January 14, 2012. A dinner tailgate will be provided from 4:30-7pm at the Scheman Building before tipoff. This year's price to attend is \$20 per person. New for 2012 is a "4-H Leads to Careers" tour hosted by the College of Human Sciences. (Limited to the first 300 who sign up). Gather your club members and get ready



to have some fun and cheer on the Cyclones. [Purchase tickets here.](#) Contact Shelly Greving at [shellyg@iastate.edu](mailto:shellyg@iastate.edu) or [\(515\) 294-1607](tel:5152941607).



## County Wide Valentine's Card Making Workshop

Dear all 4-H'ers,

There will be a fun Valentine Card Making event on January 28th, 2012. It will be from 1-4 p.m at the Extension Office in Altoona. We would encourage you to bring your own materials, but we will have materials for you too. The cards will be going to the assisted living centers in Bondurant and Altoona. So tell all your 4-H friends to come and make Valentine Cards!



Anna Feldstein, Intermediate Council Member

## 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>

### What 4-H'ers Need to Do

• **Ask for Documentation** – 4-H'ers need to make sure they collect documentation from the seller when purchasing livestock projects. Documentation could include a signed affidavit from seller of livestock (an example can be found at, <http://www.extension.iastate.edu/4h/projects/livestock/index.htm>, under "Livestock ID")

• **Keep documentation for 2 years minimum** – 4-H'ers must keep the appropriate documentation for a minimum of two years in the case of a USDA audit. If the 4-H'er is the original producer of their own livestock project then the 4-H'er simply needs to keep copies of their production records for two years.

• **Provide documentation of animal's origin to the Fair Board** – This will come in the form of COOL verbiage added to their Fair entry. For exhibitors that also show at State Fair, you will recognize this form as the "Drug Form," but it will have COOL Verbiage added.



## 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.



#### LEADER TRAINING

The required Leadership Module will be presented on **Thursday, February 23**. An afternoon session from 1-3 pm and an evening session from 6:30-8:30 pm will be offered. The 4-H online training from this fall can be made up in person at the extension office. Call Phil or Amy to arrange a time to go over the basics of 4-H online.



#### INTERMEDIATE TRIP

##### DISCOVERING MINNEAPOLIS - INTERMEDIATE (7TH & 8TH GRADE) TRIP

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

More details will be coming soon.

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



#### IOWA 4-H YOUTH CONFERENCE 2012

It's not too early to start thinking about the upcoming Iowa 4-H Youth Conference—or to share the theme! **Brighten Your World** and attend June 26-28, 2012. More information will come after the first of the year. Do you have questions about the Iowa 4-H Youth Conference? Contact Brenda Allen at [bsallen@iastate.edu](mailto:bsallen@iastate.edu) or 515-294-1567.

#### LIVESTOCK ID'S

All livestock ID's will be done through 4-H Online ([iowa.4honline.com](http://iowa.4honline.com)) going forward. As has always been the case non weigh-in species ID's will be due by May 15th. To enter non-weigh in species, you will need to log into your 4-H online family record, and add the pertinent Animal ID's to the member record. Weigh-In animals will be entered into 4-H online by county extension staff. It will be the responsibility of the members to log into 4-H On-line to verify that all information is correct within one week of the weigh-in date. Information that is not verified by the members within the verification timeframe will be locked and will not be able to be changed after that date. If you have questions about this process feel free to contact Amy (957-5763 or [amarek@iastate.edu](mailto:amarek@iastate.edu)) or Phil (957-5771 or [pheckman@iastate.edu](mailto:pheckman@iastate.edu)).

#### WEIGH-IN DATES

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

**Swine** – Saturday, April 7 from 8:00 – 11:00 at Don Timmins' farm in Altoona.

**Sheep and Meat Goats**– Saturday, May 5 from 8:00 – 11:00 a.m. at the State Fairgrounds – Sheep Barn



#### CAT WORKSHOP

##### SAVE THE DATE CAT WORKSHOP - LATE FEBRUARY

We are planning a cat workshop to be held at the Polk County Extension Office on Saturday, February 18. Sarah Walker, 2011 CAT show judge, will give the workshop. We are going to discuss how to take care of your cat, prepare them for the show and then showing them. Look for more details to come.



Submitted by  
Deanna Benningsdorf

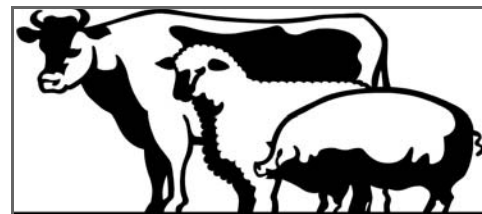


## FSQA 2012

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 project 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 FSGA training. 4-H'ers currently in the 7th - 9th 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 12<sup>th</sup> from 6-8 and in afternoon of June 15<sup>th</sup> from 6-8. 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.

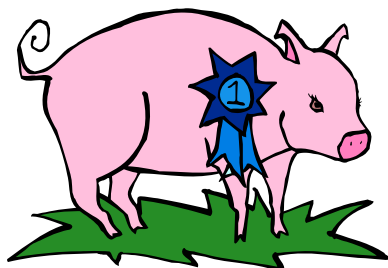


## 2012 POLK COUNTY FAIR DATES

The 2012 Polk County Fair is scheduled for July 18-23 at the Iowa State Fair Grounds.

## NEW POLK COUNTY FAIR THEME

The Polk County Fair Board is looking for a **NEW** theme for the 2012 Polk County Fair. Submissions need to be mailed, dropped off or e-mailed to Phil as soon as possible.





# DATES TO REMEMBER

## January

- 2 Office Closed
- 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 Elements & Principles of Design 9:00 am to Noon
- 12 New Families Workshop 6:30 pm
- 17 Office Closed
- 18 Fair Board Meeting 7:30 pm
- 28 Home Improvement Workshop 9:00 to Noon
- 28 "Fancy" Bread Making Workshop, 1:00 p.m. - 3:00 p.m.

## February

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


## March

- 1 **Deadline for Financial aid for Camp from the 4-H Foundation**
- 6 Intermediate Council Meeting 7-8:30 pm
- 6 4-H Program Advisory Board 7-8:30 pm
- 7 County Council Meeting 7:00 pm
- 8 New Families Workshop 6:30 pm
- 12 FSQA 6:00 – 8:00 pm
- 15 FSQA 6:00 – 8:00 pm


## April

- 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 **Swine Weigh-In 8:00-11:00**
- 18 Fair Board Meeting 7:30 pm
- 26 Leader Meeting 1:00 – 3:00 pm or 6:30 – 8:30 pm
- 29 **Deadline for Financial Aid for Conference from the 4-H Foundation**


## May

- 1 Intermediate Council Meeting 7-8:30 pm
- 1 4-H Program Advisory Board 7-8:30 pm
- 2 County Council Meeting 7:00 pm
- 5 **Sheep Weigh-In and Meat Goat Weigh-In**
- 10 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**
- 16 Fair Board Meeting 7:30 pm
- 28 Office Closed

## June

- 2 King/Queen Candidate Interviews 
- 5 Intermediate Council Meeting 7-8:30 pm
- 5 4-H Program Advisory Board 7-8:30 pm
- 6 County Council Meeting 7:00 pm
- 14 New Families Workshop 6:30 pm
- 20 Fair Board Meeting 7:30 pm

## June (continued)

- TBA Intermediate Trip
- TBA Photography Camp 
- 26-28 State 4-H Conference

## July

- 2 Polk County & Iowa State Fair Entry Packets Due to Extension Office
- 3 Intermediate Council Meeting 7-8:30 pm
- 3 4-H Program Advisory Board 7-8:30 pm
- 4 Office Closed
- 5 County Council Meeting 7:00 pm
- 11 Fair Board Meeting 7:30 pm
- 14 Clothing Event
- 18-23 Polk County Fair

## August

- 9-19 Iowa State Fair



# WANT TO KNOW MORE?

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



## 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

Amy Marek -957-5763

[amarek@iastate.edu](mailto:amarek@iastate.edu)

4-H Internal Program Coordinator

Jeanine Baldwin – 957-5777

[baldwinj@iastate.edu](mailto:baldwinj@iastate.edu)

County Extension Education Director

Jeff Macomber – 993-4281

[jmacombe@iastate.edu](mailto:jmacombe@iastate.edu)

Youth Development Specialist

Polk County 4-H Club Page

[www.extension.iastate.edu/polk/info/4h/club.htm](http://www.extension.iastate.edu/polk/info/4h/club.htm)

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