



Clover Power

The 4-H Newsletter - March 2008

Pledging our heads, hearts, hands and health.

ISU Extension, Polk County 5201 NE 14th St, Ste A, Des Moines, IA 50313
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What time is it? Sorry, not summertime yet! But it is time for YOU to meet other Polk County 4-H members while having a lot of fun at this year's Midnight Madness sponsored by County Council. You can even invite your friends who are not currently in 4-H! It's a great time to break your cabin fever with open swim from 7pm-9pm. Open gym will be all night with basketball, volleyball and the ever popular dodge ball tournaments. Lots of door prizes will be given away at 9:30pm. Entry for 4th-12th graders is \$5, parents are free. About 100 youth join in the fun each year.

Also coming up this month are some very exciting workshop opportunities! Check out the flyers in this newsletter for information about the "Healthy Home, Healthy Weight" and "Entomology Workshop." The health workshop is a great opportunity to take a leadership role in your family to encourage healthy eating and promoting activity. Join us to learn more about general health, making your family environment healthier, and even use your experiences as a project at the fair!

Erin Pierce

Erin Pierce
County Youth Coordinator

Phil Heckman

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County Youth Coordinator

Recognition

A big thank you to our Polk County Volunteers that attended the State 4-H Leader's Retreat in February: Lynn Arterburn, Nancy Curry, Kris Davis Partridge, Cindy Hall, Andrea Nelson, Kay Sacquitne, Barb Timmins, and Ruth Wagner. Among our volunteers, we had workshop presenters and people serving on the planning committee. Thank you volunteers!

Best of luck to Grant Bargfrede and Dwight Lykins as they represent Polk County by participating in the Central Area Recognition Interviews on Saturday, March 1st!

Leader Training – RESCHEDULED!

Since the February 27th Leader Training was postponed due to weather, there will be a training Thursday, March 6 from 7:00 – 9:00 pm. This training will fulfill a mandatory leader training credit. Each leader is required to attend two trainings each year. We also have alternative ways of earning credits such as training available via the internet (check with the Extension Office for system requirements) or a DVD. Each of these alternative trainings have a short quiz at the end, which you are required to turn in.

IOWA STATE UNIVERSITY
University Extension

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



Midnight Madness

The 4-H County Council is planning on a fun night of competition and games on Saturday, March 15 from 7:00 p.m. – 12:00 midnight. All 4-H'ers and their friends are invited to 'Midnight Madness' at the Altoona Campus. There will be basketball, volleyball and dodge ball tournaments, swimming, and other games available for all to enjoy. The swimming pool will be open from 7:00 – 9:00 p.m. Entry is \$5 for each youth; parents are free. Beverages will be provided, but youth are encouraged to bring a snack to share. Door prizes will be announced at 9:30 p.m.

Communication Fun Day

Communication Fun Day will be Saturday, June 28 at the Polk County Extension Office. Deadline to submit entry forms will be June 1.

Be sure to download (or pickup in our office) Communication Fun Day forms on the Polk County 4-H website: www.extension.iastate.edu/polk/info/4h/club.htm.

This is for everyone planning on giving an educational presentation, doing a working exhibit, or a senior 4-H member doing extemporaneous speaking at the county level.

2008 State Conference

State 4-H Council would like to remind you to get ready for the State 4-H Youth Conference this summer, June 24 – June 26. The theme this year is "Ignite the Flame". Youth in grades 8th – 12th are welcome to attend. Watch Clover Power for more information. Polk County is also looking for an adult male and adult female chaperone to attend conference with our delegates.

Horse Jamboree

The 2008 State Youth Horse Jamboree is scheduled for April 12 and 13 at the Iowa State Fairgrounds. There are several non-riding competitions to compete in as an individual or team. For complete schedule and registration information, go to: www.extension.iastate.edu/4H/Agriculture/livestockhandbookHorse.htm and scroll down to the Horse Jamboree information.

Photo Camp

Plan NOW and be part of the 4th Iowa Photography Camp to be held June 18th – 20th, 2008 in Elm Village at the Iowa 4-H Camping Center. The cost of this camp will be \$150 which includes air conditioned lodging and all meals. (Registration forms available on the web site - fees paid to the Hamilton County 4-H Foundation) Photo equipment needed for camp includes: camera, a cable shutter release, film or digital card for your camera, lots of batteries and a tripod (if available).

Youth in 7th – 12th grades are invited to discover the thrills that lie in finding new ways to add interest in their photography. Participants will experience a smorgasbord of photography techniques from the use of digital technology to understanding the mystery of ghost photography. Activities will include sessions in Creativity, Still Life, Portraits and Landscapes.

With a critical eye, some imagination, a steady hand and a little technical know how anyone can capture exciting photographs. Check out the website-link found at <http://www.dodgenet.com/~fourhphotocamp/index.html>.

Central Iowa 4-H Intermediate Trip Discover the Twin Cities

Make plans to join the fun in discovering some great places around Minneapolis and St. Paul, June 17th – 19th, 2008. You'll also be meeting 4-H'ers from 16 other counties in central Iowa. A few of the places you'll be visiting are:

- Cabela's
- Minnesota Zoo
- Mall of America
- Rainforest Café
- Science Museum Of Minnesota
- Padelford Packet River Boat Cruise
- Hard Rock Café
- Musical Comedy Performance at Plymouth Theatre
- Valleyfair Amusement Park

Registration materials are available at the Extension Office. Registration deadline is May 1st. Trip cost is \$255. This covers all attractions, hotel, transportation and some meals. Space is limited, so register early.

4-H Discount Event Tickets Iowa Events Center

The Iowa State 4-H Office has worked with the Iowa Events Center to develop special educational opportunities for 4-Hers. Through this partnership, 4-Hers will be given the opportunity to purchase discounted event tickets for select events. We will feature a flyer of each month's events in the Clover Power Newsletter. Be sure to check out the flyer for this month's events!

High School Students!

Are you starting to think about attending college? Are you interested in attending Iowa State University after high school? Join other 4-Hers from the Central Area in learning more about Iowa State University at the Polk County Extension Office. The event will be held Thursday, March 27th at 7:00 pm. An ISU Admissions Representative will be present for a presentation and be available to answer your questions. Another event will be held in the Central Area at the Webster County Extension Office on March 31st at 7:00 pm. If you are interested in attending, please contact Marc Peterson at 515-261-4211 or marc@iastate.edu.

Spring Volunteer Day at the 4-H Center

The spring volunteer day at the Iowa 4-H Center will be Saturday, April 12 regardless of event conflicts and weather, and volunteers are encouraged to come for part of the day if they can't make it for all. Breakfast will be served at 9 a.m., a hot lunch will be provided at noon, and the day will conclude at 3 p.m. Projects for the day will focus on sprucing up the facilities and grounds, which includes raking dead leaves away from cabins, splitting campfire logs, chipping branches, cleaning cabins, trimming trails and staining projects. The camp welcomes all ages and groups to participate in the volunteer day, which in the past has had 4-H alumni, families with young children, 4-Hers and 4-H clubs come out. Interested 4-H clubs also can stay Friday or Saturday for a discounted price in Birch or Hickory Villages, an option that has often been used in the past for a mini-retreat. All interested volunteers can call the camp office at (515) 795-3338 to sign up themselves or their group for the day. If interested in other volunteering opportunities, contact John Roosa at jroosa@iastate.edu to set up a date and project.

Tractor Safety Certification Training Offered by Marshall County Extension

Do you plan to earn some extra money driving a tractor? The ISU Extension-Marshall County office will be conducting a Tractor Safety Certification Course for youth between the ages of 14-17. This certification is required by Iowa law for 14-17 year olds who will be operating a tractor over 20hp for neighbors or relatives.

Youth will receive a workbook in mid-March and must complete chapters and worksheets through May. A Tractor Safety Day will be held on June 14, 9:00am-4:30pm at the Central Iowa Fairgrounds in Marshalltown. All participants must attend. The course will teach youth how to operate a tractor safely, safety on the road, tractor controls and maintenance, how to avoid other farm accidents and other pertinent information.

The cost is \$40 and checks should be made payable to ISU Extension-Marshall County. Registration forms are available at your local extension office or at Marshall County Extension, 2501 S. Center St, Suite N, Marshalltown, IA 50158 and are to be returned by March 10th. Interested persons may also call the Marshall County Extension office (641-752-1551) and a registration form will be mailed to them. A minimum of 15 participants is needed to conduct the training.

The Homestead New Opportunity for Club Community Service

The Homestead is a community supported agriculture farm which provides fresh, local produce for Polk County's citizens. Much of the farm's work is performed by adults who have autism and live right on the farm. Their vocational director, Eric Ambrecht, is looking for clubs to partner with the Homestead to complete community service projects. The Homestead has a variety of projects that can be completed right on the farm's property, which is located across the road from SE Polk High School. Some projects could be arranged to be completed offsite. For more information, please contact: Eric Ambrecht, vocational director, the Homestead, earmbrecht@thehomestead.org or (515) 957-3361. The Extension Office also has a list of potential projects available through the Homestead.

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



Healthy Home, Healthy Weight

When: Saturday, March 8, 1:00 to 3:00 p.m.

Where: Polk County Extension Office

5201 NE 14th Street, Des Moines

Who: All 4-Hers — Bring a Friend, and family members too!

What: Learn how to find your body mass index and the benefits of a healthy BMI for the whole family. We will learn how family and school environments, healthy sleep, everyday play and delicious meals and snacks give us energy to follow our dreams.

With the help of Dr. Janet Graeve, pediatrician, this workshop can be the start of an 8-week project for you (and your family). As part of your health project, you will dive more deeply into the topic of healthy home/healthy weight, produce a public service announcement, make your home environment more healthy, create a menu, or even use your and your family's experiences as your project.

REGISTER NOW!

CONTACT:

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DISCOVER ENTOMOLOGY

Discover the
fascinating
world of insects
and how they
shape our
world!!



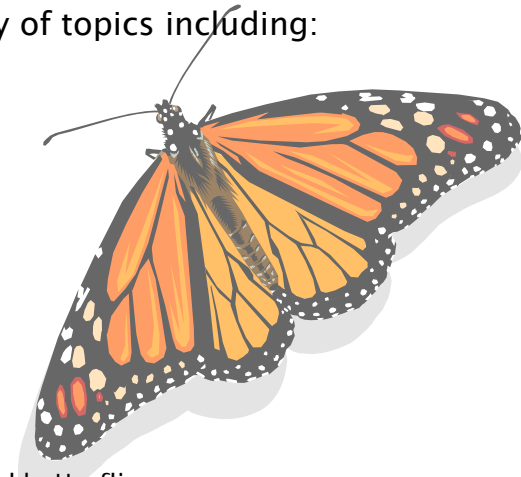
Thursday, March 27, 2008
6:00 – 8:00 p.m.



Carver Center, Pioneer Hi-Bred International, Inc.
Johnston, IA

Join a group of research entomologists from Pioneer Hi-Bred International in a fun “hands-on” workshop to learn more about bugs. We will cover a variety of topics including:

- Bug Collecting 101 - how to create and classify an insect collection
- The Bt Corn Story - how crops modified for insect resistance work
- Bugs as Pets - how to take care of bugs
- Bugs as Food - bon appétit!
- From Caterpillar to Moth - how insects develop
- Pesticides in the Home - safety and understanding of home-based products
- Butterfly Tent - step inside a large tent and share the same space with several butterflies



Call Diana Sosalla at ISU Extension, Polk County at 261-4202 to register. Pioneer requests a list of full names of 4-Hers and parents participating in the workshop. Spots will fill up quickly so please RSVP as soon as possible!

Directions to the Carver Center: Merle Hay Road north to 62nd Ave. in Johnston. Turn left on 62nd. Proceed past the Johnston Middle and High Schools. Turn left into Pioneer main entrance - Carver is slightly to the left. Look for the flagpoles. Gather in the lobby and wait to be escorted to the conference room.



Finance Workshops

There will be two one-hour finance workshops held on Saturday, April 12, during Money Smart Week. Both will be held at the Polk County Extension Office.

1:00 p.m. – 2:00 p.m. :

“\$ Shop Til You Drop \$” for 4th – 12th graders
Focusing on things to think about when shopping to make your money go further and making wise and economical decisions to get the clothes, etc. that you want/need.

2:30 p.m. – 3:30 pm :

“Who Wants to be a Millionaire?
Avoid the Credit Trap” for 9th – 12th graders
Focusing on credit card offers and the use of credit cards – the good, the bad and the ugly!



Growing Your 4-H Garden Workshop

Are you interested in learning about vegetable and flower gardening? Join us for the Growing Your 4-H Garden Workshop on Tuesday, April 29 from 6:00 – 7:30 pm at the Polk County Extension Office. You’ll learn to develop your Green Thumb while learning the basics of starting your own garden.

Please RSVP to Diana Sosalla at 261-4202 or sosalla@iastate.edu if you are interested in attending. There is no cost to attend.

Other Upcoming Workshops

You Made What? (2-session Sewing Workshop) –
Cost depends on fabric, etc. purchased for project.

Saturday, May 10 – 1:00 – 3:00 pm

Hancock Fabrics, Ankeny

Saturday, May 17 – 1:00 – 4:00 pm

Extension Office

**Cyber Safety Workshop by the
Iowa State Highway Patrol**

Thursday, May 15 – 6:30 – 8:00 pm

Extension Office

Horticulture Exhibits-Showing the Best

Saturday, May 31 - 1:00 pm – 4:00 pm

Extension Office

Visual Arts – Cost \$3.00

Friday, June 6 – 10:00 am – 12:00 Noon

Ankeny Arts Center

Photography – Shooting and Showing the Best

Saturday, June 7 – 1:00 – 3:00 pm

Extension Office

Dog Obedience Classes

Train your dog to be a better pet while preparing to show at the fair! Your dog will learn how to heel, sit, stay, come, and lay down. Orientation is Wednesday, March 12 at 7:00 p.m. at the Extension Office. Do not bring your dog to the first class. Please bring with you a copy of your dog’s rabies certificate, vaccination record and the \$15 class fee. Understand that your dog should be healthy and up-to-date on other vaccinations before bringing it to the weekly obedience classes beginning March 19.

Dog Obedience Classes will be held weekly from March 19 – July 16. The beginners (first year dogs and/or handler) will meet 6:30-7:30 p.m. and the advanced class will meet from 7:30-8:30 p.m. The class location will be at the Pleasant Hill Youth Center at Doanes Park. The Youth Center is on the east side of the park off of S. Pleasant Hill Blvd.

If you are an adult or graduate of the obedience class and are interested in assisting with the weekly classes, please contact Nancy Frantz at 967-4670.

Weigh-In Dates

Swine – Saturday, April 5 from 8:00 a.m. – 12:00 Noon at Don Timmins' farm in Altoona (Thanks Don!)

* Ak-Sar-Ben verification will be done at the county weigh-in this year rather than the Iowa State Fair verification. If you plan to verify swine for Ak-Sar-Ben please call Phil to let him know that you intend to verify for Ak-Sar-Ben.

State Fair Swine – Saturday, April 19 from 9:30 a.m. – 11:00 a.m. at the Iowa State Fairgrounds (South side of Swine Barn)

*Other times and locations are available. Please contact the Extension Office for more information.

Sheep and Meat Goat - Saturday, May 3 from 8:00 a.m. – 11:00 a.m. at the Iowa State Fairgrounds – Sheep Barn

Iowa State Fair Swine

****New for 2008**:** **ALL** swine (derby, market and breeding) must attend a regional verification site. A new DNA punch tag will be utilized and will serve as the ear tag for the animal and the DNA sample. Hair will not be pulled and tattoos will not be used. Please note that this is the only time you can nominate swine for the Iowa State Fair. Additionally, an Intent to Participate form must be turned into the Extension Office no later than March 14. This form is available online at www.extension.iastate.edu/4h/agriculture/documents/lhswineintent.pdf or in the Extension Office.

The closest **State Fair Swine Weigh-in regional** verification site is at the Iowa State Fairgrounds - south side of the swine barn on **Saturday, April 19 from 9:30 a.m. to 11:00 a.m.**

Additionally, all purebred registration papers (derby, market, breeding) must be presented at check-in at the Iowa State Fair. The ORIGINAL registration paper will be required. No copies need to be sent to the State 4-H Office prior to State Fair check-in as in the past.

*Ak-Sar-Ben verification will no longer be done at the State Fair Verification site. Verification must be done at the County Swine Weigh-in. Please call Phil with questions.

FSQA 2008

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.

Certification can be accomplished through a two-hour workshop (all age groups), or by testing out (ages 12-18). Hands-on activities will be done as part of the certification workshop. Exhibitors that wish to certify in 2008 by workshop need to attend one of the following certifications:

Thursday, March 13
6:00 – 8:00 p.m.
Polk County Extension

Tuesday, March 18
2:00 – 4:00 p.m.
Polk County Extension

Thursday, March 20
2:00 – 4:00 p.m.
Polk County Extension



Several 4-H members tested-out of FSQA and won't necessarily need to recertify this year. The Polk County Extension office sent out letters to individual exhibitors in regards to if 2008 recertification is necessary for each member or not. Please contact Phil with questions.

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, 2008. 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.

Dates to Remember

- March 4** 4-H Club Committee 7:00 p.m.
Extension Office
- March 5** County Council 7:00 p.m. Extension Office
- March 6** Leader Meeting 7:00 – 9:00 pm
Extension Office
- March 8** Healthy Home, Healthy Weight Workshop –
1:00 – 3:00 pm – Extension Office
- March 8** Showmaster Bootcamp 2008
- March 12** Dog Obedience Class Orientation 7:00 p.m.
Extension Office
- March 13** FSQA Workshop 6:00p.m. – 8:00 p.m. –
Extension Office
- March 15** Midnight Madness 7:00 p.m. – 12:00 a.m.
Altoona Campus
- March 18** FSQA Workshop 2:00 p.m. – 4:00 p.m. –
Extension Office
- March 20** FSQA Workshop 2:00 p.m. – 4:00 p.m. –
Extension Office
- March 27** Entomology Workshop 6:00 – 8:00 p.m.
Pioneer Hi-Bred
- March 27** Iowa State University Recruitment Night in
Polk County – 7:00 pm – Extension Office
- April 2** County Council 7:00 p.m. Extension Office
- April 4 – 6** Shooting Sports Volunteer Training at the
Iowa 4-H Center
- April 5** Swine Weigh-in 8:00 a.m. – 12:00 noon
Don Timmins' farm, Altoona
- April 12** Finance Workshops 1:00 p.m. – 2:00 pm and
2:30 pm – 3:30 pm – Extension Office
- April 12 – 13** Horse Jamboree Iowa State Fairgrounds
- April 16** Fair Board 7:30 p.m. Extension Office
- April 19** State Fair Swine Weigh-In
9:30 a.m. – 11:00 a.m. – Iowa State Fairgrounds
- April 22** Leader Training 1:00 – 3:00 p.m. or
7:00 – 9:00 p.m. Extension Office
- April 29** Growing Your 4-H Garden Workshop
6:00 – 7:30 pm – Extension Office
- May 3** Market Sheep and Meat Goat Weigh-In
8:00 a.m. – 11:00 a.m. - Iowa State Fairgrounds
- May 3** Annual Clarke County Classic Youth Rabbit
- May 7** County Council 7:00 p.m. Extension Office
- May 10** You Made What? Sewing Workshop Part 1 –
1:00 – 3:00 pm – Hancock Fabrics, Ankeny
- May 15** 4-H Enrollments due to Extension Office
- May 15** Livestock ID's due to Extension Office
- May 17** You Made What? Sewing Workshop Part 2 –
1:00 – 4:00 pm – Extension Office
- May 21** Fair Board 7:30 p.m. Extension Office
- May 31** Horticulture Exhibits Workshop
1:00 pm – 4:00 pm – Extension Office

- June 4** County Council 7:00 p.m. Extension Office
- June 6** Visual Arts Workshop 10:00 am – 12:00 Noon –
Ankeny Arts Center
- June 7** Photography Workshop – 1:00 – 3:00 pm –
Extension Office
- June 17 – 19** Central Iowa Intermediate 4-H Trip
to the Twin Cities
- June 18** Fair Board 7:30 p.m. Extension Office
- June 18 – 20** Photo Camp at the Iowa 4-H Camp
- June 24 – 26** State 4-H Conference ISU Campus, Ames
- June 28** Communication Fun Day Extension Office
- July 1** County Fair and State Fair Entry Deadline
- July 9** Fair Board Meeting 7:30 p.m. Extension Office
- July 16 -21** Polk County Fair at Iowa State Fairgrounds
- August 7 – 17** Iowa State Fair

2008 Polk County Fair Dates

The 2008 Polk County Fair is scheduled for July 16 – 21 at the Iowa State Fair Grounds. Conference Judging Day will be held on Wednesday, July 16.

2008 Iowa State Fair

Looking ahead, the 2008 Iowa State Fair will be August 7 – 17, 2008! Entry deadline for State Fair entries is July 1. The 2008 Iowa State Fair Premium Book will be available exclusively online at www.iowastatefair.org. No hard copies will be mailed to families or County Extension Offices this year.

Phone Numbers, E-Mail and Website

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4-H Internal Program Coordinator

Jeff Macomber – 993-4281
jmacombe@iastate.edu
Youth Development Specialist

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