

# CLEVER POWER

The Polk County 4-H Newsletter - September 2008

*Pledging our heads, hearts, hands and health.*

ISU Extension, Polk County 1625 Adventureland Dr, Ste A, Altoona, IA 50009  
(515)957-5760 Fax (515)967-6164 www.extension.iastate.edu/polk

## We Have Moved!

As you all know, the last few weeks we have been working on our move, and we are pleased to announce that we are up and running in our new office in Altoona! The new address for our office is 1625 Adventureland Drive, Suite A, Altoona, IA 50009. Please note the new phone numbers for the 4-H staff on the back page of the newsletter. If you happen to call the old number, you will be reminded of our new main phone line number. Our e-mail addresses will remain the same. Please stop by to see our new office and we would be glad to give you a tour! We look forward to serving our 4-H families in our new and improved location!

Additionally, due to the move, this month's issue will be only distributed via E-mail and online. We do hope to continue to encourage you all to receive the Clover Power in these "greener," and more cost effective ways, but in the future we will continue to print and mail hardcopies to anyone who prefers receiving 4-H news in that way. If you know anyone who may not normally receive electronic communications, please help to share the news this month. You might even consider helping us out this month by printing a copy to bring to this month's club meeting. We are sorry for the inconvenience, and expect to have the copier back up and running like normal in time for next month.

Sincerely,



Erin Pierce  
County Youth Coordinator



Phil Heckman  
County Youth Coordinator

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

National Make a Difference Day is October 25<sup>th</sup> this year, and we wanted to use this opportunity to announce the first annual, county-wide, community service project. Since Make a Difference Day is so close to the holidays, we thought that a food drive would be a good way for Polk County 4-H to show just how big of a difference we can make. Since we know that we "can" make a difference, 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!



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University Extension

Extension programs are available to all without regard to race, color, national origin, religion,

## Recruitment Efforts for This Year

Even with the office move, 4-H recruitment for the 2008-2009 year has been going in full swing thanks to the help of many, many volunteers. Polk County 4-H has already been represented at 14 different elementary and middle schools in the county, and we are just getting warmed up. Special thanks go out to the Temeyer, Bargfrede, Nordstrom, Carroll, Hammes, Means, and Sickerson Families (and Beckah Ward) for all their help. We have made up several "recruitment kits," with various brochures, business cards, and things to give away, and we would be happy to assist any club or family that would like to recruit at their school or other appropriate event. If you know of an event in your area that you think would be a good opportunity for us to grow 4-H, just contact Phil at [pheckman@iastate.edu](mailto:pheckman@iastate.edu) or 515-957-5771.



## Ak-Sar-Ben

The 81<sup>st</sup> Ak-Sar-Ben 4-H Youth Livestock Exposition has been scheduled for September 23-28 at the Qwest Center in Omaha, Nebraska. A complete schedule of events can be found online at <http://www.aksarben.org/>. Matthew Smith, Rusty Friedrichson, Rebecca Engler, and Taylor Gondor will be exhibiting, poultry, swine, and sheep at this year's expo.



## Club Committee is Recruiting!

Club Committee is recruiting some new faces for this coming year. We want you to be involved! Club Committee 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 every quadrant 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.** If you are interested in serving on the club committee this year or would like more information, please call Erin at 957-5770 to get more information!

## Country of Origin Labeling Requirements

As many of you know, the USDA is preparing for the mandatory COOL (Country of Origin Labeling) that goes into effect September 30, 2008. There is an excellent website for those wanting to know more details on the Iowa Beef Center's webpage at, <http://www.iowabeefcenter.org/content/COOL.htm>.

The Iowa COOL Coalition has come up with a simple affidavit that can work for all species of livestock (beef, sheep, swine, poultry, goat). This affidavit is located at, <http://www.iowabeefcenter.org/content/COOL/COOL%20Forms.doc>. Page 1 explains the steps needed to be taken as well as example documents that can be used for an audit trail. Page 2 is the actual affidavit.



**4-H'ers who raise their own livestock** for their projects need to fill this affidavit out and keep it on file for a minimum of two years. In the case of an audit, 4-H'ers can provide authorities with this affidavit along with other documents listed at the bottom of page 1 of the affidavit document (birth records (calving report, Pig-Champ, PigTales, etc.), purchase/sales receipts, etc.)

**4-H'ers who purchase their livestock from others** MUST have the producer fill out the affidavit, give it to the 4-H'er, and the 4-H'er should keep the affidavit on file for a minimum of two years. For example, a 4-H'er goes to buy his steer from a producer. The 4-H'er needs the producer (seller) to fill out and sign the affidavit.

## Recognition

Polk County 4-H was well represented by the over 100 4-H'ers that participated in State Fair events. The following are some of the highlights of the 4-H shows. Congratulations to all of the Polk County Exhibitors that represented us so well.



### Special recognition goes to the following 4-H'ers for their special achievements at the Iowa State Fair 4-H Shows-

**Amy Bowers**, Photography Gallery Award Winner  
**Joshua Braun**, Rabbits – Best Opp. Sex of Variety (2), Reserve Champion Jr. Showmanship  
**Sarah Braun**, Rabbits – Best Opp. Sex of Variety  
**Taylor Gonder**, Breeding Sheep – Reserve White Face Influence  
**Morgan Green**, Horse – Western Pleasure Reserve Champion Junior, Western Horsemanship Championship Junior, Dog – Top Scoring Sub-Novice  
**Amber Hammes**, Dog – Top Scoring Junior Rally  
**Maggie Holzworth**, Horse – English Pleasure Champion  
**Lauren Kawamura**, Rabbits – Best of Variety  
**Haley Konrad**, Dairy Goat – Sr. Nubian Champion, and Nubian Grand Champion  
**Kari Konrad**, Dairy Goat – Sr. Nubian Champion, Nubian Reserve Grand Champion  
**Mena Nayeri**, Dairy Goat – Jr. Alpine Reserve Champion, Reserve Champion Intermediate Showperson  
**Emily Nelson**, Rabbits – Best of Breed  
**Hannah Nelson**, Rabbits – Best Opp. Sex of Variety  
**Meghan Nelson**, Rabbits – Best Opp. Sex of Variety  
**Tiffany Noble**, Photography Gallery Award Winner, Special Award from Ames/Central Area Sewing Guild  
**Jessica Taylor**, Showmanship Exhibitor Grade 8  
**Andi Wolfe**, Rabbits – Best of Breed

### Purple ribbons were awarded to

**(various divisions):** Kristy Adey, Amissa Arbogast, Joshua Braun, Colt Churchill, Allison Crawford, Taylor Gonder, Morgan Green, Austin Grimm, Maggie Holzworth, Mike Hughes, Brittney Kincaid, Haley Konrad, Kari Konrad, Mena Nayeri, Emily Nelson, Hannah Nelson, Meghan Nelson, Alex Pasker, Jason Scholbrock, Benjamin Shivers, Matthew Smith, Elizabeth Sweeney, Jessica Taylor, Allison Vincent, A.J. Vockings, Andi "Squirt" Wolfe, and Maggie Zimmerman.



**Arlette Hollister** of Polk County was inducted into the 2008 Iowa 4-H Hall of Fame during a ceremony at the 4-H Exhibit Building at the Iowa State Fair on August 17.

For more than 20 years Arlette has been an invaluable volunteer to Polk County's 4-H program, serving as a 4-H and Clover Kids club leader, sewing workshop coordinator, and BBQ Committee Chair. The BBQ is held during the Polk County Fair and gives back to 4-Hers through scholarships and other awards. Perhaps her success with the BBQ can be attributed to her position as the current Iowa State Fair Food Superintendent.

## New Member Workshops

We are going to continue the very popular series of workshops that we piloted last year for new members, new families, and all those 4-H'ers that are just plain confused. They will be held every Second Thursday of the month from 6:30-8:00 PM at the new extension office. A different topic of interest will be covered at each meeting, but 4-H staff will be on hand to help answer questions that you have. The schedule for next year will be as follows:

**October 9th:** Orientation to 4-H, 4-H - Then and Now, and a tour of the new Altoona Office  
**November 13th:** Election Procedures, Officer Roles, and Parliamentary Procedure  
**December 11th:** Team Building Activities, Service Project Activities, and Eats!  
**January 8th:** Goals-Projects-Exhibits  
**February 12th:** Project Help  
**March 12th:** Record Keeping  
**April 9th:** Overview of Communications, Presentations-Posters-Working Exhibits  
**May 14th:** Show and Tell- Project Work/Planned Exhibits, Time to practice Presentations/Working Exhibits  
**June 11th:** Polk County Fair Preview  
**July:** *No Meeting—See you at the Polk County Fair!*  
**August 13th:** Celebration and "Graduation" from 1st year in 4-H

Anyone is welcome to drop in for any of these meetings, you don't have to be a first year member to have questions about 4-H. If you plan on attending please let Diana know to so that we can plan for you!  
Sosalla@iastate.edu or 515-957-5772

## Make a Difference Day

Make a Difference Day 2008  
Saturday, October 11  
9:00 a.m. – 3:00 p.m.  
Iowa 4-H Center near Madrid, Iowa

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 11 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!

## National 4-H Week

National 4-H Week is October 5-11, 2008. 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 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!



## Record Keeping

Record keeping is an important part of 4-H. There are forms available at the Extension Office. You may also use the computer, a portfolio, a video, or whatever format you are most comfortable with for keeping your 4-H records. The records you keep now will help you when you apply for county, area or state 4-H awards as well as college scholarships when you are a senior in high school.



Record keeping forms may be downloaded at:  
[www.extension.iastate.edu/4H/memberresources.html](http://www.extension.iastate.edu/4H/memberresources.html)

How do you get started?

- Gather all of your 4-H project materials, exhibit folders, note cards from a fair exhibit, pictures, clippings, feed records, expense records, etc.
- Decide which projects you want to complete record-keeping for. Remember you do not have to keep records on every project you signed up for. When selecting the projects you want to complete for recordkeeping, consider which is your favorite project (s). Are there one or two projects you are really interested in?
- When you have decided which project(s) you are going to keep records on, you can determine which type of recordkeeping system you are going to use: the basic, experienced, or advanced project forms, portfolio, video or cassette, design your own system on the computer, etc. You can also download the forms from the web.
- You can now get started completing your forms. Besides the project record, you may complete the 3-page yearly summary telling about the 4-H events you have attended, recognition you have received, presentations you have given, as well as activities you have been involved in at school and in the community. You may also list all other project areas not in your records. You may include information from the fair, pictures, or newspaper articles to tell your experience.

Once you have completed the recordkeeping project forms, you can put it all together in a three-ring notebook, a folder, portfolio, video, cassette, or save it on a computer disc. If you want a Polk County 4-H record-keeping cover for your notebook, they are available at the Extension Office for no charge.

## County Awards

County award application forms are available at the Extension Office or can be downloaded from the awards website at: [www.extension.iastate.edu/polk/info/4h/recognition.htm](http://www.extension.iastate.edu/polk/info/4h/recognition.htm). There's also a link to the Recognition and Awards Booklet. The booklet explains the county awards available to Polk County 4-H members. The awards are based on the 4-H year from September 1, 2007 to August 31, 2008. All applicants will participate in an interview appropriate for their grade level.

All applications are due to the Extension Office by 5:00 p.m. October 1. Intermediate and Senior interviews are scheduled for Monday, October 13 starting at 5:00 p.m. at the Polk County Extension Office. Junior interviews are scheduled for Monday, October 20 starting at 5:00 p.m.

\* Members can apply for up to four project awards. Project award areas include: Aerospace, Agriculture, Automotive, Beef, Bicycle, Camping, Cat, Child Development, Citizenship, Clothing, Communication, Computer, Consumer Management, Crops, Dairy, Dog, Electricity, Engine, Tractor & Field, Entomology, Environment, Fashion Revue, Fishing, Food & Nutrition, Forestry, Goat, Health, Home Improvement, Horse, Horticulture, Leadership, Music, Personal Development, Pets, Photography, Poultry, Rabbit, Recreation, Safety, Science & Engineering, Self-Determined, Sheep, Shooting Sports, Swine, Veterinary Science, Visual Arts, Welding, Wildlife, and Woodworking

\* All awards will be presented at the Family Fun Celebration in November.

## Record Keeping and Award Applications

Record keeping is an important part of 4-H. There are record keeping forms available at the extension office or online at <http://www.extension.iastate.edu/polk/info/4h/records.htm>. Award applications can be found on the website at <http://www.extension.iastate.edu/polk/info/4h/awards.htm>. Having complete records will be very helpful in filling out applications for county and state awards.

## Senior Trip to Chicago

Polk County senior 4-H members have an opportunity to apply for the Senior Trip to Chicago! The trip to Chicago is scheduled for November 27-30. There will be 4-H'ers from Central Iowa Area counties attending. A schedule of planned activities is available on our website. If you would like to apply for this award trip, you must do so by Monday, October 1. An application is online at: [www.extension.iastate.edu/polk/info/4h/recognition.htm](http://www.extension.iastate.edu/polk/info/4h/recognition.htm). Contact Erin at 957-5770 if you have any questions.



## Special Intermediate Communication Award

Has the communication project helped shape you into a more productive citizen? Were you a seventh or eighth grader last 4-H year?

If you answered "yes" to both of these questions, you are eligible

to apply for the Virginia Thompson Award, to be given at the Family Fun Celebration. The recipient(s) will have their name permanently engraved on the plaque, and receive a gift certificate.

To apply, submit your record-keeping book to the Polk County Extension office by October 1. Evaluators consider communications and character development by looking through the record-keeping for evidence of growth in communication and character development.



## Polk County Award Interviews



All county award applications (besides Life Skills applications that were already due) are due to the Polk County Extension Office no later than **5:00 p.m. October 1, 2008.**

Applicants for awards will participate in an interview appropriate for their grade level. You must be available at the scheduled interview times:

Life Skills interview – by appointment

Intermediate and Senior interviews - Monday, October 13 starting at 5:00 p.m.

Junior interviews - Monday, October 20 starting at 5:00 p.m.

All 4-H members may apply for up to four project awards. Applications are available at the Extension Office or online.

The Family Fun Celebration date and time will be announced soon. Please watch Clover Power for more information.

## Leader Training

The next leader training will be Thursday, September 11th at 1:00 – 3:00 p.m. or 6:00 – 8:00 p.m. at the Polk County Extension Office. At this training we will complete the state mandated Fall training for General and Project Leaders. This training module will be delivered by Youth Field Specialist Jeff Macomber, and it will cover ways to make a more vibrant club experience.

## Polk County 4-H and FFA Fair Association Meeting

The Polk County 4-H and FFA Fair Association will hold their Yearly Election on Wednesday, October 15, 2008 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 Thursday, November 13 from 6:30 – 8:00 p.m. at the new Polk County Extension Office.

The workshop will include parliamentary procedure, working together as a group, and practicing the skills of their office. Jeff Macomber, Erin Pierce, 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 Erin at 957-5770.

## Enrollment Incentive

We need to know who's coming back! The re-enrollment forms have gone out to some club leaders, and we are going to try and get all of our re-enrollments back in a new record time. In order to accomplish our goal we have decided to implement a new re-enrollment deadline for this year, and to reward those clubs and 4-H'ers who get this important task done. This year all leaders and youth who turn in a new enrollment or a re-enrollment by Nov. 14<sup>th</sup> will receive this Polk County 4-H T-Shirt. It will *only* be given to those who have completed and turned in their enrollment form, their medical release, and have paid their \$30 program fee or submitted a scholarship form by the deadline. *New members will eligible for this incentive if they meet the May 15<sup>th</sup> deadline.* The Polk County Fair Board voted at their August meeting to approve this T-Shirt design as an approved exhibitor T-Shirt for the Polk County Fair, so get your enrollments in early and proudly display the fact that you are a responsible member of 4-H in Polk County.



## Dates to Remember!

### September

- 11 Leader Training 1:00 – 3:00 pm  
or 6:00 – 8:00 pm
- 15 4-H Enrollment Begins
- 17 Fair Board Meeting 7:30 pm
- 24-29 Ak-Sar-Ben

### October

- 1 County Award Applications Due
- 1 County & Intermediate Council Meeting 7:00
- 9 New Families Workshop 6:30 pm
- 11 Make a Difference Day at 4-H Camp
- 13 Inter./Sr. Award Interviews
- 19 Annual Fair Board Meeting 7:00 pm
- 15-20 American Royal, Kansas City
- 20 Junior Award Interviews
- 27 Clover Kids Leader Training 6:00 pm

### November

- 5 County & Intermediate Council Meeting 7:00
- TBA Family Fun Celebration
- 13 Officer Training 6:30 pm
- 13 New Families Workshop 6:30 pm
- 14 Re-Enrollment Deadline
- 19 Fair Board Meeting 7:30 pm
- 27-30 Senior Trip to Chicago

### December

- 2 Club Committee Meeting 7:00 pm
- 3 County & Intermediate Council Meeting 7:00
- 11 New Families Holiday Party 6:30 pm
- 13 Beef Weigh-In
- 17 Fair Board Meeting 7:30 pm

### January

- 7 County & Intermediate Council Meeting 7:00
- 8 New Families Workshop 6:30 pm
- 21 Fair Board Meeting 7:30 pm

### February

- 1 Area Award Applications Due
- 1 Scholarship Applications Due
- 4 County & Intermediate Council Meeting 7:00
- 12 New Families Workshop 6:30 pm
- 16 Leader Training 1:00 – 3:00 pm  
or 6:00 – 8:00 pm
- 18 Fair Board Meeting 7:30 pm

### March

- 3 Club Committee Meeting 7:00 pm
- 4 County & Intermediate Council Meeting 7:00
- 7 Area Award Interviews

- 11 FSQA 6:00 – 8:00 pm
- 12 New Families Workshop 6:30 pm
- 17 FSQA 1:00-3:00 pm
- 19 FSQA 1:00-3:00 pm

### April

- 1 County & Intermediate Council Meeting 7:00
- 4 Swine Weigh-In
- 9 New Families Workshop 6:30 pm
- 15 Fair Board Meeting 7:30 pm
- 27 Leader Meeting 1:00 – 3:00 pm  
or 6:00 – 8:00 pm

### May

- 2 Sheep Weigh-In
- 6 County & Intermediate Council Meeting 7:00
- 14 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
- 20 Fair Board Meeting 7:30 pm

### June

- 2 Club Committee Meeting 7:00 pm
- 3 County & Intermediate Council Meeting 7:00
- 6 King/Queen Candidate Interviews
- 11 New Families Workshop 6:30 pm
- 13 Communication Fun Day
- 17 Fair Board Meeting 7:30 pm
- TBA Intermediate Trip
- TBA Photography Camp
- 30-July 2 State 4-H Conference

### July

- 1 Polk County & Iowa State Fair Entry Packets Due to Extension Office
- 1 County & Intermediate Council Meeting 7:00 pm
- 8 Fair Board Meeting 7:30 pm
- TBA Clothing Event
- 15-20 Polk County Fair

### August

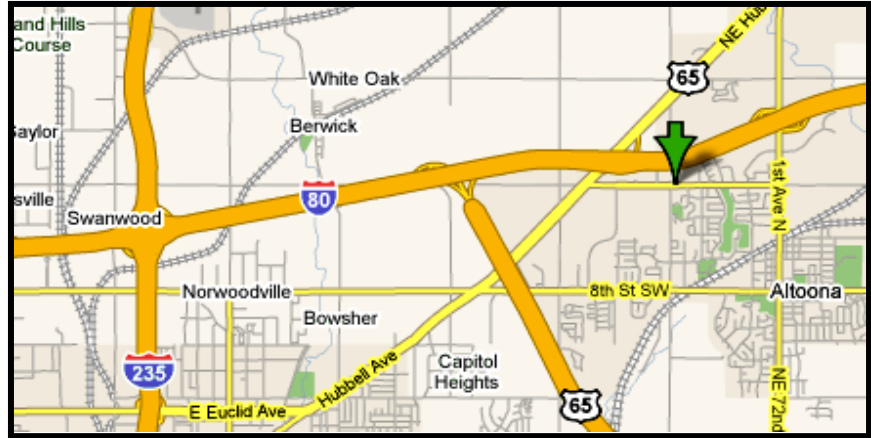
- 13 New Families Celebration 6:30 pm
- 13-23 Iowa State Fair



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## Our Office Has Moved!

We are now in our new location in Altoona! Our new contact information can be found inside.  
Please stop by to see our new location!



### Phone Numbers, E-Mail and Website Addresses

Erin Pierce – 957-5770  
[ekpierce@iastate.edu](mailto:ekpierce@iastate.edu)  
4-H County Youth Coordinator

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

Jeff Macomber – 993-4281  
[jmacombe@iastate.edu](mailto:jmacombe@iastate.edu)  
Youth Development Specialist

Polk County Extension Office  
1625 Adventureland Drive, Suite A  
Altoona, IA 50009

Polk Co. 4-H Club Page  
[www.extension.iastate.edu/polk/info/4h/club.htm](http://www.extension.iastate.edu/polk/info/4h/club.htm)