



IOWA STATE UNIVERSITY University Extension

Guthrie County

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Awards Day

You are invited to attend the 4-H Awards Day on Sunday, November 1 at 2 p.m. at Guthrie Center High School Auditorium. Please come and help recognize outstanding volunteers and 4-H'ers, celebrating their accomplishments from the past year.

Enrollment Forms

...Are due to the Extension Office on December 1. We also need an updated medical form for each member. At the time of publication, the 4-H development fee has not been finalized.

Operation Military Kids

...will pay the 4-H youth development fee of all 4-H members whose parents are in the military: Guard, Reserve, Active, and all service branches (Army, Air Force, Marines, Navy, Coast Guard). Contact the Extension Office if you qualify.

Dates to Remember

October

- 4-10 National 4-H Week
- 19 4-H Find Out –EO 6 pm
- 27 4-H Find Out – Bagley Library 4:30 – 5:30 pm

November

- 1 Awards Day – Guthrie Center HS 2 pm
- 2 Youth Committee Meeting 7 pm
- 27-28 Holiday – Extension Office Closed

December

- 1 Enrollment Forms Due
- 5 Officer Training – 9:30am EO
- 7 Youth Committee Meeting 7 pm
- 25 Holiday – Extension Office Closed

January

- 1 Holiday – Extension Office Closed
- 2 Beef Weigh-in –Guthrie Livestock



Officer Training Scheduled

Officer training will be held on Saturday, December 5 from 9:30 – 11:30 at the Extension Office. All club officers are strongly encouraged to attend. Each person will learn and practice the skills of their office.

Award Plaque Information Needed

If you need an award plaque; please call Carolyn at the Extension Office by October 15. All members receiving a record keeping or other award for the first time are given a plaque and any members who have filled their plaque will need to order and pay for an additional plaque. Call 641- 747-2276 if you need a first time or an additional plaque.



Prudential Spirit of Community Awards

The search is on to find a top youth volunteer. If selected, you could receive \$1000, a silver medallion, and a trip to Washington, D.C. in May, 2010. If you feel you've made a positive difference

through a volunteer activity during the past year, please contact the Extension Office for an application. Deadline is October 31, 2009.



Pioneer Community Improvement...

Applications are available for 4-H clubs to apply for money to fund a community improvement project. Check with agencies in your area for ideas of where you can help. Information and forms can be picked up at the Extension Office or found at:

<http://www.extension.iastate.edu/4H/PioneerGrants.html>.

Youth Committee Applicants

The Youth Committee is in need of new adult and youth members beginning in January, 2010. A job description and application can be found on our website or picked up at the Extension Office. Applications are due November 1.

4-H Find Out...

Will be held Monday, October 19 at 6 p.m. at the Extension Office or from 4:30 to 5:30 p.m. at the Bagley Library. This is an opportunity for new (and newer) 4-H members and their families to learn about 4-H and ask questions. We will have displays, activities and refreshments. If you or a friend wants to know more about 4-H, stop by and *Find Out*.

4-H Food Stand Wish List

There are some items that the food stand could use. If your club is looking for a place to contribute, these might be a consideration:

- Trays
- Good used refrigerator(s) for dining room
- Good used oven

Coat Swap

Please bring gently used, good condition coats or jackets to be donated or swapped. If you are in need, please come and take.

Where: Extension Office

When : October 20 – 5 – 7 p.m.



Sponsored by Harmony Hour Women's Club. Call Sheri at 747-3288 or Kim at 747-8167 for more information.

Surfing in Home Improvement!

Take a minute to explore

<http://artsconnected.org/toolkit>. This fun website – complete with video clips and sound showcases design elements and principals. The site features famous works of art relating to the element/principal being studied. This site asks youth to watch, find and create the element/principal (even allows for printing too!). Highly interactive and a great site for getting started in home improvement. It is a winner!

Lost and Found

We have two sweaters that were found at the county fair. They are in the conference room of the Extension Office if you want to claim them.

Save Money and Eat Healthy with Spend Smart Eat Smart

Are you spending more and more on food and ending up with less and less? Does the thought of meal



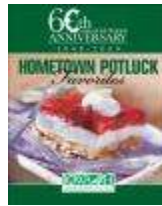
planning make your head spin? Do leftovers become mold-covered “science projects” cluttering your refrigerator?

Barb Fuller, ISU Extension

Nutrition and Health Program Specialist, will present a free program on October 19 from 6:30 to 8:30 pm at the ISU Extension office in Guthrie County. Information on using the Spend Smart, Eat Smart website and other tools in saving money on food will be presented. For more information contact the Guthrie County office at 641-747-2276.

4-H Foundation Cookbook

The Iowa 4-H Foundation is celebrating its 60th anniversary and to commemorate this special event they have worked with Meredith Corporation’s Better Homes & Gardens Test Kitchen to create a full color 192-page, hard bound cookbook. You will find recipes for Hometown



Potlucks ranging from delicious snack mixes and dips to enchilada casseroles and a variety of fresh salads. You will even find yummy desserts including chocolate goody bars, cranberry apple casserole and praline

cheesecake squares. People who have bought this cookbook have made many of the recipes within the first few weeks! The photos are so attractive you won’t want to wait another minute to purchase! Sale of these books can be a club fund raiser.

Give the Gift of Grain to Benefit Iowa 4-H

Crop producers who want to support Iowa 4-H Youth Development can decrease their federal income taxes by as much as 40%. By giving the gift of grain, farmers impact youth across the state and can also avoid including the sale of the cash crop in income and can still deduct the cost of growing the crop. This results in saving self-employment tax, federal income tax and state income tax.



Here’s how you can make a difference for 4-H.

The typical procedure of a farmer delivering, selling and ordering the proceeds sent to the Iowa 4-H Foundation does not work. Instead, the grain should be delivered and a warehouse receipt showing the Iowa 4-H Foundation as the owner should be executed. The Iowa 4-H Foundation would then order the sale of the grain, with the original sales invoice showing the Iowa 4-H Foundation as the seller. These funds can be directed to local county endowments through the Iowa 4-H Foundation to make an impact on your local 4-H program.

Note: To qualify for the highest tax savings, crops must be donated from the previous tax year. If you have grain left over from 2008, it will qualify, otherwise wait until January 1st to donate grain from 2009. Gifts of grain grown in the current year are welcome, but do not incur the same tax advantages. For instructions on how to donate grain to support 4-H, contact Albert Grunenwald at (515) 294-4780 or abgrunen@iastate.edu.

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Babysitting

Basics

A babysitting workshop

series for those in grade 5 or higher will be held at Mary J. Barnett Memorial Library November 9, 16, and 23 from 4 – 6 p.m. If you are planning to enroll in the child development project this would be a good workshop to consider. Registration forms can be found at

<http://www.extension.iastate.edu/guthrie/kidsteens.htm> or at the Extension Office.



Wanted: 4-H Stories Award

In honor of their 60th Anniversary, the Iowa 4-H Foundation would like to hear how 4-H has impacted your life. Whether it connected you to your spouse, built leadership skills or jump-started goals for your future, we want to hear about it. 4-H stories may be submitted as an essay with a maximum of 500 words or in a video with a maximum of five minutes. Check out video submissions at www.youtube.com/iowa4h.