

JANUARY 2006
4-H FAMILY NEWSLETTER

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Dear 4-H Families,

Welcome to 2006! The office remodeling is done and we are excited to share our new look with you!

Each year often has new year resolutions, so here are a few 4-H ideas:

- Highlight items in the newsletter for yourself, your family, and/or club meeting
- Try a new project area or new 4-H experience
- Write 3 project goals now (on record keeping forms)
- Help with a task at a club or county event
- Serve on the Inspiration Committee or the Youth Development Committee
- Plan a workshop for club members or make it available to all 4-H'ers in Story County

A variety of 4-H opportunities are available in 2006 so be sure to watch for deadlines!

Newsletter Contents & Websites

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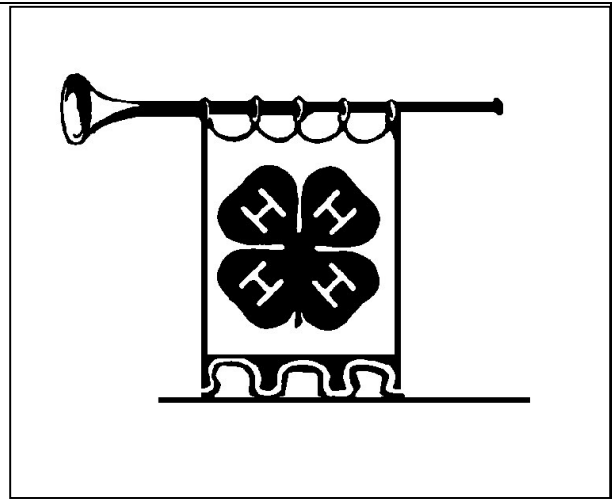
www.extension.iastate.edu/story

www.extension.iastate.edu/4h

www.extension.iastate.edu/4H/Agriculture/livestockhandbook.htm

<https://www.extension.iastate.edu/4h/rel.info.html>

<https://www.extension.iastate.edu/4h/memberresources.html>



BEGINS JANUARY 18 - GO THE DISTANCE

GO THE DISTANCE FOR IOWA YOUTH is a four-month competition (January 18-May 3, 2006) that encourages Iowa youth to develop better physical activity and eating habits. Youth are encouraged to form teams with 5-30 members. Teams will record activity (walking, swimming, etc) by minutes. Teams that average 2250 minutes per team member for the 4-month program will qualify for the monetary awards at the conclusion of the program. All youth teams are able to enter this competition free of charge, but are required to have an adult team leader. For details on the complete program visit www.lightenupiowa.org and click on GO THE DISTANCE.

Then, enter you or your club's activities into the *Go the Distance* Fair Class. Individuals, groups, or entire clubs can enter an exhibit in the *Go the Distance* class. Exhibits may focus on personal development, leadership or citizenship. Exhibits are required to have both a physical activity and nutrition component. 4-H clubs participating in Go the Distance are eligible to receive a \$250 mini-grant through Team Nutrition by teaming up with a school. Details and applications can be found at

<http://www.state.ia.us/educate/ecese/fn/tn/grant.html>.

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

JANUARY 6 - SAFETY & EDUCATION IN SHOOTING SPORTS (ARCHERY) Also January 20, February 3 and 17

The archery project is off to a great start! Currently, equipment (recurve and compound bows and arrows) being used is from the Iowa 4-H Center. Some participants already have their own bows. This group will meet on the listed Friday evenings from 6-8 pm at Jax Outdoor Gear located in West Ames on Lincolnway. Contacts are being made for additional resources, supplies, and an outdoor range.

JANUARY 6 - SEWING WORKSHOPS in Huxley (Also February 24)

I have set the dates for the sewing workshops but am still working on what we are going to do. We will have the workshops at Trinity United Methodist Church in Huxley. It is located on the North edge of Huxley and you enter off Lynwood. Please RSVP by email oxfrdfm@huxcomm.net or phone 515-597-2052 so that I know how much to have in supplies. There will be a charge to cover supplies which I will do my best to inform you ahead of time. Please contact me if the fee is a problem. There is plenty of sewing equipment and sewing machines available if you wish to use them. Do not be afraid to join us if you are a beginner. For youth, it is a great help if an adult comes with you to help. On a lot of projects, they can make their own if they wish. These workshops are open to everyone!

Friday nights 6:30 pm - 9:30 pm

Jan. 6--Fleece patchwork puppy pal pillow. Cute for your room or as a baby/youngster gift. If you wish to bring your own colors of fleece you must contact Sonya for information before the workshop. Cost to cover materials.

Feb. 24--Strip quilting. We will learn the concept of strip quilting and you can irk your pattern of quilt to make a hot pad, mini quilt, quilt, or other project. Cost to cover materials.

PLEASE pre-register so that I will have enough materials available. With the possibility of bad weather, class will be canceled if Ballard and other Story County schools let out early. I will let those that are pre-registered know of rescheduled date. If you have any question about weather, give me a call. Conditions have been known to be different around the county. Let me know if you have any questions, suggestions, or would like to help. If you need a craft or sewing project idea for fair or just to make, I will be glad to let you look at the many ideas I have collected. Sonya

JANUARY 22 – STORY COUNTY 4-H SKATE – sponsored by the Story County 4-H Leadership Team

Come ice skating with your 4-H friends at the Ames/ISU Ice Arena ([1507 Gateway Hills Park Dr.](#)) from 2-4 pm on Sunday, January 22. Wear your 4-H t-shirt and the admission fee will be \$2.75 and skate rental will be \$1.75.

JANUARY 22 – 4-H LEADERSHIP TEAM MEETING 1 PM Ames/ISU Ice Arena

Before the skating begins, the Leadership Team will meet at 1 pm at the Ames/ISU Ice Arena in the Igloo Room. Agenda items include: Setting a February date for the group's movie event and making a One Heart display, how members can help with the junior 4-H event February 10 if they are available, develop plans for a March dance, and possibly county fair items

JANUARY 26 – STORY COUNTY 4-H HORSE PROJECT MEETING 6:30 pm Extension Office

Welcome to 2006 and the Story County Horse Project! Please come to our county horse project meeting on Thursday, January 26, 2006 at 6:30PM at the Extension Office in Nevada. Topics will be Working Cow Horse and members of ISU Rodeo Club. We will also discuss all the opportunities in the horse project and the upcoming (March 25 & March 26) Horse Jamboree at ISU with the Hippology and Quiz Bowl contests. Learn how you can experience a horse without owning one through the Horseless Horse Project. Story County has a great horse project and we want you to be a part of it! Call Claire (515-382-2488) or Deanna (515-292-0414) for more information about the horse project and the state contests. Quiz Bowl practices are: 1 pm January 7 at Nevada Public Library, 10 am January 21 at the Nevada Public Library, time and location will be announced later for February 4 and 18.

JANUARY 27 4-H PROJECT ICN IN AMES - For 4-H Project Leaders

New project resources include Consumer Savvy, Outdoor Adventures, Sewing Expressions, and Communications: Express Yourself. There will also be a question and answer session for Shooting Sports. There is a \$10 and bringing these materials is encouraged. Contact Mary (515-382-6551 or mwilkins@iastate.edu) if you plan to attend. Financial assistance and project materials may be available through the Extension Office. The ICN website is <https://www.extension.iastate.edu/4h/Public06CurricFairICNLtrWReg.doc>

FEBRUARY 1 DEADLINE FOR 4-H SCHOLARSHIPS

4-H scholarship applications are available for graduating high school seniors and college students. For specific scholarship information and application procedures look at the website www.extension.iastate.edu/4H/grants.html or contact the Extension office. Applications are due to the State 4-H Office by February 1st.

FEBRUARY 17-18 STATE 4-H LEADER RETREAT at DMACC in Newton– For 4-H Volunteers & Intermediate/Senior 4-H'ers

Stepping Stones to the Future is this year's theme. 4-H'ers and volunteers are invited to participate and with their excitement take back ideas to their clubs and counties. Learn new activities, gather project ideas, get interview preparation tips, and so much more. Information is available at <http://www.extension.iastate.edu/4H/resources.html> and the Extension office. Early registration is due January 27. Financial assistance may be available through the Extension office. Let Mary (515-382-6551 or mwilkins@iastate.edu) know if you plan to attend.

MARCH 21 4-H DAY AT THE LEGISLATURE – Intermediate & Senior 4-H'ers and Chaperones

This is an opportunity for you and your fellow club members to share your 4-H experience with your Legislator and tour the State Capitol. Previously, there had been an omelet breakfast, tours, an opportunity to hear what a Page does at the Capitol, and so much more. Participating groups prepare a display about 4-H in their club or county and may include information on a service project, etc. More information will be available soon. Let Mary know if you and/or club members are interested in attending this event.

IOWA 4-H FOUNDATION THANK YOU TO 4-H CLUBS FOR HOLIDAY CARDS

Thank you for sending so many wonderful holiday cards to us at the Iowa 4-H Foundation. Thank you for adding to the joy of the Holiday Season for our many friends and 4-H supporters! We received well over 1,000 Christmas, Hanukkah, Kwanza and general Holiday Greetings cards – and all of them highlighted the creativity of Iowa 4-H'ers. Some cards served as citizenship projects for clubs or individual 4-H members, and others served as visual arts projects. Several cards utilized different medium (stamps, ribbon, material, glitter) and others showed off the computer and drawing skills of many youth. Thank you also for providing envelopes for your cards – that really helped us to send your greetings to our donors, board members and volunteers!

Cards were received from over 94 4-H clubs in many counties including Adair, Allamakee, Black Hawk, Boone, Bremer, Buchanan, Butler, Calhoun, Cass, Cherokee, Clay, Clayton, Davis, Decatur, Delaware, Des Moines, Emmet, Fayette, Floyd, .Greene, Hamilton, Henry, Humboldt, Iowa, Johnson, Keokuk, Linn, Lucas, Madison, Mahaska, Marshall, Mills, Osceola, Palo Alto, Polk, Pottawattamie, Sac, Sioux, Story, Tama, Washington, Wayne, Woodbury, Worth, and Wright. Thanks for helping us say thank you in this special way! Your cards helped us bring some holiday cheer to those who've supported our state-wide 4-H program year long. Best wishes to you all for a wonder-filled New Year!

FEBRUARY 1 DEADLINE FOR IOWA PROMISE YOUTH GRANT

"Iowa's Promise Youth" grants up to \$250 are available from the Iowa Commission on Volunteer Service in partnership with Iowa State University Extension 4-H Youth Development. Criteria for funding include involving two or more local groups (one must be a youth group such as a 4-H club, Scouts, church groups or school groups) in a community service or community improvement project. **Applications are due February 1 to the State 4-H Office.** View <http://www.extension.iastate.edu/4h/iowaspromise.html> or contact Mary at the Extension Office.

FEBRUARY 1 DEADLINE FOR COMMUNITY TREE PLANTING GRANT – Funded by Deft, Inc.

Application Deadline: February 1, 2006 The 2006 4-H Community Tree Planting Grant Program offers a limited number of youth grants in the amount of \$500 to \$1,750 to 4-H/Extension groups in local communities, in counties, and at the state level. This program provides opportunities for young people and adults to take action with ongoing community tree planting and/or reforestation projects or to stimulate new and creative youth-led projects. Youth are empowered to lead the planning, implementation, and evaluation process with minimal mentorship from adults. Youth will learn how their leadership can result in community collaborations that amplify the impact of their project. The application can be found at <http://www.fourhcouncil.edu/GrantsTreePlanting.aspx> on the bottom of the page under "Related Links." If you have any questions, email schaconas@fourhcouncil.edu.

WIN A LIMOUSIN BY SHOWING A LIMOUSIN

We want to remind you of the chance to win a free Limousin heifer JUST BY SHOWING A LIMOUSIN STEER OR HEIFER. To qualify contact Grant, ILA Secretary 641- 587-2198, with proof that you showed a Limousin at your county fair. This is good for 1 chance, if you also show at the Heartland Jr. Regional show (June 10, in Sedalia, MO) or the IJLA Field Day (June 24-25 in Spencer) or the Iowa State Fair (both 4-H, FFA, and Open) you will earn many more chances with each. All it takes is your extension office to verify that you did show Limousin and you are entered. How easy is that to be eligible to win a free heifer in 2006.

IOWA 4-H CENTER – SUMMER CAMPS AND SO MUCH MORE

Project Ideas: The Iowa 4-H Center staff are looking for youth across the state who might be interested in volunteering to work on a few projects for the camp. These projects vary in interest & skill level, but each of them could be potential fair exhibits and would be a great way to complete a project that would benefit a state-wide audience! Projects include: Green Banners with Head, Heart, Hands, or Health on them to hang in the camp dining hall (4 separate banners), 4-H Clover wall hangings or decorations to put in each of our 5 lodges & Linden Dining Hall, Sew curtains, Trail re-building, Build and/or design a skit night stage & seating area, Build camp livestock pens for the farm camp, Build new low rope elements, Build picnic tables, Build park benches and patio chairs, Take some of our historic black & white camp photos and find frames for them so we can display them in our main lodge along with some current camp photos enlarged & framed, Create a camp video on a CD for Marketing, Create a framed map of Linden patio & donated bricks with names, GPS mark some of the trails, Build storage shelves in cabins, Create 2 outpost kitchen boxes to store food, Landscaping around Linden patio & camp entrance, Volunteer at a summer Counselor In Training, Make a promotional poster about summer camp at the Iowa 4-H Center to showcase around your local area.

Iowa 4-H Center Wish List: We always appreciate donations of time and talent at the Iowa 4-H Center, but if you or clubs are interested and able, the following is an updated list of items we could use, which can either be donated new or kindly used. Thank you for supporting YOUR Iowa 4-H Center! **CRAFT ITEMS** - Felt, Foam shapes, Sheets of foam in various sizes, Lots of scissors in both youth & adult sizes, Hole punches, Card stock, Glow in the dark craft materials, Puffy paint, Pony beads various colors, Fabric markers in all colors, Markers in all colors, Construction paper, Glue & glue sticks, White material (like flat sheets) to be cut up to make cabin flags, Shoebox size plastic containers to store supplies, Ice cream buckets **CABIN AND LODGE ITEMS** - Couches, Vacuums, Solar Path lights, Treadle beds, Bookcases, Picnic Tables, Rechargeable hand vacuums, Carpet Sweepers for each carpeted cabin (similar to restaurant sweepers, non-electric), Doormats Area rugs, Pillows, Twin-size blankets, Fireplace poker sets, Box fans, Boot scrappers **OFFICE ITEMS**- Reams of colored paper, 3 Digital cameras for creating weekly camper slide shows, Poster board of all colors, Tape scotch, duct, masking, Two 3-hole punch, Staplers, Stickers **HEALTH ITEMS** - Burn cream, Knuckle band-aids, First aid cream, Ace wraps, Boxes of non-latex gloves, Diaper rash cream, Alcohol swabs, 8 oz. paper cups, Dixie cups, Calamine spray, Pocket sized CPR Masks, Blood pressure cuff, Magnifying glass, Eye glass repair kit, Lice combs, Sting-ease, Stick-on Hot/cold packs, Kid-size crutches, Cordless phone, **CAMP PROGRAM ITEMS**- Dress-up clothes for skits (youth & adult sizes), Board games, Snorkel & mask sets for the pool, Beach balls, kick balls, sports balls, 20 zip-up Life vests for river canoeing, 20 Canoe paddles, Rubbermaid containers of various sizes with lids, Large chest-size coolers on wheels, Large sponges for water games, Outdoor badminton sets, Volleyball nets, Head lamps with LED lights, 30 foot extension ladder for the high ropes course, 25 Small nets for collecting specimens in the creek, Bags of rock for the trails around camp, Fish aquariums of various sizes, Zip-Lock baggies of all sizes **MAINTENANCE ITEMS** - Garden hoses, Golf cart-sized trailer, Plastic gas cans, 30 foot extension ladder, Small step ladder, Potato forks, Golf Cart or Gator-type maintenance vehicle, Used Hayrack **BIG TICKET ITEMS** - 4-H & American Flags for Lodges, 4-H Pledge Banners for lodges, Gas powered hedge clippers, Used hayrack, Gravel and rock, Tandem axle flat bed trailer at least 6ft. Between fenders in any condition/shape, Laptop with PowerPoint program for summer camp slideshows & camp marketing, Portable non-gas grill, LCD Projector for camp slide shows, Gas powered branch trimmer with telescopic arm, Digital cameras, New chain saws, Gas powered log splitter, Roundup Spray, Golf Cart or Gator or other all purpose vehicle for camp health aid to get around camp faster & that fits down camp trails, Window A/C Units, Donations of carpet squares, Bird bath, Park Bench, Gas powered pressure washer, Bus to transport Day Campers & for field trips, Barn/shed we can transplant at the Farm camp site, Free standing podium with 4-H Clover on front, 12 horse power Landscape leaf blower, Bridge build between low & high ropes, Upgrade PA system in Linden to include exterior speakers on patio & a CD player, TVs, VCRs, DVD players

Camps: Camp information is available at <http://www.extension.iastate.edu/4hcenter/summercamp/index.php>

Check out Counselor in Training Volunteer opportunities and Junior Counselor Training Camps. Mother-Daughter, Bring a Big Person, Father-Son, Day Camps, Overnight Camps, and so much more! Campers do not have to be 4-H members to attend and there are early registration and family/sibling discounts.

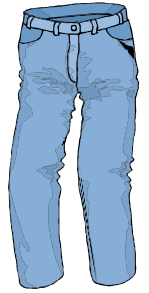
Money Skills for Life: Deciding Which to Buy!

...from the desk of Barb, Extension Family Resource Management Field Specialist

Managing money is all about setting priorities – knowing what is most important to you. But once you’ve decided what you need or want, does that take care of it? No – there are usually more decisions to make. For example, if you decided that a pair of jeans is first on your list, how do you decide which kind to buy?

Whether you’re buying jeans or any other product, there are usually dozens of choices. Have you ever looked at all the options and become so confused you just gave up? Or maybe you just did what someone else told you to do? Or finally just picked whichever one was handy? Or whichever was cheapest?

Important Note: the methods above are **not recommended**. None of them will help you make sure you get what you want and need. When there are lots of choices, **you need a system!**



Use a System for Comparing Your Options

The first step in the system is to decide what your *criteria* are – what are the *factors* that affect your decision, or what are you looking for in a product?

If you were buying jeans, what criteria would be important to you?

The second step is to make a chart, like the sample below. Start by listing your criteria across the top row. In this example, the shopper wanted to consider Fit & Appearance, Fit & Comfort, Durability, Style, and Price. Another shopper might add more criteria or take some criteria off.

Step three is to check out the choices, by looking at them in the store and trying them on. Then fill out the chart, listing the options in the first column, and writing how each option “scores” on each factor. In the sample, the shopper used words for scoring. You can use stars (3 ☆s = great), or any scoring you choose.

Sample Chart for Comparing Jeans

Your Criteria ⇒ ↓ Options Available	Do They Fit- Look Good?	Do They Fit- Comfortable?	Durable?	In- Style?	Price?
Brand X	Great	No	Okay	Great	High!!
Brand A	Good but need shortening	Yes	Good	Okay	Medium - Low
Brand M	No - tight	No!!	Okay	Good	Low
Brand Q	Great but need shortening	Okay	Poor	Good	Med-High

Fourth, use the information from the chart to decide which one is right for you. Remember, different people will make different choices. Given the options above, one person might choose Brand X if style was more important than anything else. Someone else might choose Brand A if comfort was most important.

➤ Which would *YOU* choose?

Exhibit Idea: Use the chart system for several purchase decisions you make. Put the charts in your record-book as examples of your learning, and choose an interesting one as the basis for a great exhibit at the fair!

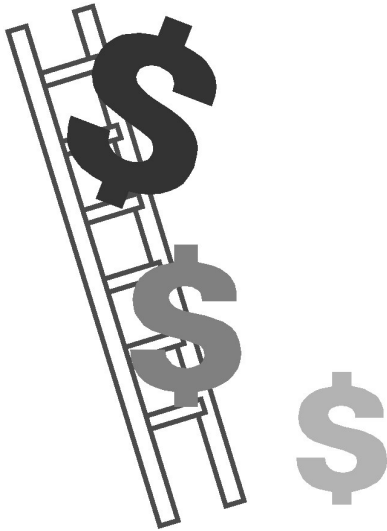
Parent Idea: Use the system yourself a few times. Then choose a purchase that affects the whole family – it could be a major decision, like which new recliner or new carpet to buy, or a minor decision, like which restaurant, or which brand of shampoo. Involve the family, or share your decision-making thoughts!

IOWA STATE UNIVERSITY
University Extension

Helping Iowans become their best.

... and justice for all

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JUNIOR 4-H EVENT

FUNNY MONEY

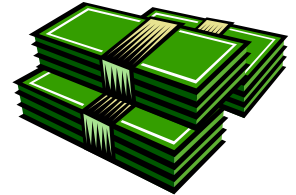
February 10

6:45 pm—10:45 pm

Christy Hall, Nevada

Funny Money

- Use magazines to determine your wants versus needs
- Find your money bill partner
- Develop your own advertisement
- Play a human size board game
- Make notecards with coin rubbings
- Use play money to purchase your snack at 9 pm
- Enjoy music or a movie



Event Details

- 4-H'ers may invite 1 friend to attend
- Donate 1 clean/empty gallon milk jug for a Clover kid activity
- Cost will be \$5.00 per person
- Please eat your evening meal before you arrive
- Parent/Adult must sign child in and out of event



Contact is Mary Wilkins at 515-382-6551 or mwilkins@iastate.edu

Return this portion with \$5.00 by January 30 to Story County Extension, PO Box 118, Nevada, Iowa 50201

Name _____ Grade ____ Boy ____ Girl ____ 4-H'er ____ Non 4-H'er ____

Parent _____ Phone _____

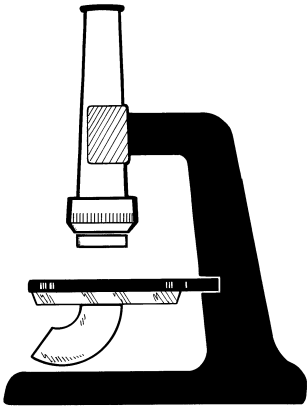
Food Allergies/Health Concerns _____

I give permission for my child to receive the appropriate medical attention if I can't be reached.

Yes ____ No ____

I grant permission for my child to be included in photographs that may be used for ISU Extension promotional or media uses. Yes _____ No _____

Parent Signature _____ Date _____



INTERMEDIATE 4-H OVERNIGHT SCIENCE CENTER OF IOWA START 6:45 PM FRIDAY, MARCH 3 END 9:00 AM SATURDAY, MARCH 4

Contact is Mary Wilkins at 515-382-6551 or mwilkins@iastate.edu

INFORMATION

Plans are to leave at 5:45 pm from a location TBA. Please eat before we leave. Parents of participants may need to help carpool youth to and from the science center.

1-2 additional chaperones may be needed

Bring sleeping bag (no cots, twin air mattresses are ok), pillow, & warm clothes

Locker rental is available, but leaving valuables at home is encouraged.



ENJOY

Overnight adventure (1 of 6 themes)
Popcorn while watching a film in the IMAX Dome Theater 9pm Friday
Breakfast at 7 am
Explore interactive platforms 8-9 am on Saturday
Shop the SCI's A-ha! Store 8-9 am on Saturday
A complementary souvenir

Notes

Lights out is at 11 pm
Animals (snakes, turtles, etc) may be used in adventures

Return this portion with \$35.00 by February 17 to Story County Extension, PO Box 118, Nevada, Iowa 50201

Name _____ Grade _____

Address _____

Parent _____ Phone _____

Emergency Contact _____ Phone _____

Food Allergies/Health Concerns _____

I give permission for my child to receive the appropriate medical attention if I can't be reached.
Yes ___ No: ___

I grant permission for my child to be included in photographs that may be used for ISU Extension promotional or media uses. Yes: _____ No: _____

Parent Signature _____ Date _____

4-H'ERS CURRENTLY IN GRADES 9-12 – APPLY FOR THESE AREA/STATE OPPORTUNITIES

You may have seen this information in your packet after the county award program.

State 4-H Council (June 2006 - June 2007) - ambassadors for the state 4-H program by providing input on 4-H program issues, planning and executing state events, and practicing leadership, citizenship and communication skills. Eight members of the State Council are selected from Central Iowa Area. **Must be in grade 10 or 11 at time of application.** To learn more about the State 4-H Council, check out their website <http://www.extension.iastate.edu/4H/statecouncil/index.htm>. Final selection will be made in March.

State Project Awards (state selection of fifty recipients will be at ISU in late August) - recognition for youth who have excelled in projects by participating, learning, and evaluating 4-H experiences. Approximately fifteen youth advance to state from the Central Iowa Area. **Must be in grade 9, 10, 11, or 12 at time of application.** Final selection will be made in August.

National 4-H Conference (March 23 – 27, 2007) - representative groups of 4-H'ers from each state discuss the future 4-H program needs at the national level. Four delegates are selected from Iowa and travel to the National 4-H Center, Chevy Chase, Maryland. **Must be in grade 9, 10, or 11 at time of application.** Final selection will be made in August.

National 4-H Congress (November 25-29, 2005 in Atlanta, GA) - a forum to discuss issues of concern to youth and to strengthen youth involvement in communities and in local, county and state 4-H programs. Twenty-six to thirty youth are selected from Iowa to attend. **Must be in grade 10 or 11 at time of application.** Final selection is made in August.

Iowa Youth Technology Team (June 2005 - June 2006) - teens from around the state will experience cutting-edge technology and work together to expand technology usage at 4-H events and activities. Three team members and one alternate will be selected from the Central Iowa Area. Computer, Internet, and email access is required. **Must be in grade 9, 10, or 11 at time of application.** To learn more about the Tech Team look at <http://www.extension.iastate.edu/4h/techteam/index.html>

There is an application and interview process at the area level for these opportunities. **Applications may be 5 written pages (one sided, no smaller than 10 pt) or a video or audio tape no longer than 10 minutes developed by you. The application cover page (not counted in the 5 pages) is available at the Extension Office. Applications are due to the Story County Extension Office by February 1st.** 4 copies (total) are needed for each application. Ten minute interviews will be scheduled for March 5th. These will be held at the United Community School on Highway 30 between Boone and Ames. For forms, criteria information, tips, and questions contact Mary at 515-382-6551 or mwilkins@iastate.edu or see the website <http://www.extension.iastate.edu/4h/recognition.htm>

Those selected to advance to state level for these opportunities (State 4-H Council and the Technology Team are not included) will submit their applications by July 1st to the State 4-H Office and will complete another interview on August 26.

ADULT VOLUNTEER OPPORTUNITY: Evaluate Area Award Applications. This is for college students and adults. In this experience, volunteers evaluate written (or video) applications for awards like State 4-H Council, National 4-H Conference, etc. See list below. Then the volunteer also conducts applicant interviews with other evaluators on March 4th. This is a great opportunity to encourage 4-H'ers and meet 4-H volunteers from Central Iowa.

THANK YOU TO ALL WHO HELPED WITH THE BEEF WEIGH-IN!

CALENDAR

January

- 5 Leader Meetings 1:30 pm and 6:30 pm at the Extension Office
- 6 Archery, 6:00 pm at Jax Outdoor Gear in Ames
- 6 Sewing Workshop, 6:30 pm at Trinity United Methodist Church in Huxley
- 7 Horse Quiz Bowl Practice, 1 pm at the Nevada Public Library
- 10 Group Financial Applications for Travel due to the Extension Office
- 11 Inspiration Committee Meeting, 5:30 pm at the Extension Office
- 16 Extension Office Closed
- 18 Fairboard, 7 pm, Extension Office
- 20 Archery, 6:00 pm at Jax Outdoor Gear in Ames
- 21 Horse Quiz Bowl Practice, 10 am at the Nevada Public Library
- 22 Leadership Team Meeting, 1 pm at the Ames/ISU Ice Arena
- 22 Story County & Boone County 4-H Skate, 2-4 pm at the Ames/ISU Ice Arena
- 26 Horse Project Meeting, 6:30 pm at the Extension Office
- 27 State 4-H Leader Retreat Early Registration Due to Ruth Wagner
- 30 Junior 4-H Event Registration Due to the Extension Office
- 30 Youth Development Committee Meeting, 7 pm at the Extension Office

February

- 1 State 4-H Scholarships due to the State 4-H Office
- 1 Iowa Promise Youth Grant due to the State 4-H Office
- 1 Area Award Applications due to the Extension Office
- 3 Archery, 6:00 pm at Jax Outdoor Gear in Ames
- 4 Horse Quiz Bowl Practice, Time and Location TBA
- 10 Junior 4-H Event, 6:45 pm at Christy Hall in Nevada
- 17 Intermediate Overnight Registration Due to the Extension Office
- 17 Archery, 6:00 pm at Jax Outdoor Gear in Ames
- 18 Horse Quiz Bowl Practice, Time and Location TBA
- 18 State 4-H Leader Retreat, Newton
- 24 Sewing Workshop, 6:30 pm at Trinity United Methodist Church in Huxley
- 27 Youth Development Committee Meeting, 7 pm at the Extension Office

March

- 3 Intermediate Overnight at the Science Center of Iowa
- 4 Area Awards Interviews
- 6 Fairboard Annual Meeting, 7 pm at the Extension Office
- 11 Clover Kid Fun Fest, 9-11 am at the Extension Office
- 21 4-H Day at the Legislature
- 25-26 Iowa 4-H Horse Jamboree, ISU
- 27 Youth Development Committee Meeting, 7pm at the Extension Office
- 31 Story County 4-H Communication Contest, Story City

April

- 1 Story County 4-H Communication Contest, Story City
- 3 Tri-County Junior 4-H Camp Planning Meeting, 6 pm at the Boone County Extension Office
- 15 County swine weigh-in
- 15 State 4-H Camp Registrations due
- 22 Iowa 4-H Center Spring Volunteer Day
- 30 Iowa 4-H Financial Aid Applications due to the Extension Office

May

- 15 4-H Livestock ID Forms Due to the Extension Office (Breeding beef and sheep, dog, dairy, dairy goat, and horse) There are no ID forms for rabbit or poultry and bottle bucket calves will be identified later.
- 22 Youth Development Committee Meeting, 7pm at the Extension Office

June

- 23 County Fair Entry Deadline
- 27-29 State 4-H Conference

July

- 1 State Fair 4-H Entries Due to the Extension Office
- 7-9 Fair at North Grand Mall, Ames
- 16 Inspiration Program, 6:30 pm at Gates Hall
- 21-26 Story County Youth Fair

August

- 2-4 Tri-County Junior 4-H Camp
- 10-20 Iowa State Fair

IFYE – INTERNATIONAL 4-H YOUTH EXCHANGE PROGRAM

Elizabeth, a former Story County 4-H'er, continues her 4-H experiences through the International 4-H Youth Exchange (IFYE) Program. She is completing a six-month 4-H exchange program in Costa Rica. In her writing, she notes the goal of being an IFYE is going beyond the experience as a tourist – getting to know the people, culture, and daily life in a host country.

She has shared her experience with Costa Rican 4-H as this: The 4-H Clubs in Costa Rica, called 4-S, are very different from the 4-H we know at home. The clubs meet after school in the high schools and are lead by a teacher. The whole club takes on a project or two for the year; kids do not have individual projects, nor are there county fairs. My current host family lives near a very active 4S club. I have had the chance to attend meetings, help with their trash clean up project in the mountains, and now we are planning a fundraiser to pay for attending the next national 4S camp. I have attended two of the several camps held each year. One focused on health, with speakers against drug use and alcoholism, and promoting exercise and sports. The second was an ecology camp. We learned about endangered sea turtles, went on nature hikes, picked up trash along the beach, and walked on the beach at night looking for nesting turtles. Another aspect of 4S is the women's clubs. 4S organizes groups of women with economic projects to help improve their quality of life. An example is my 3rd host mom's club. Working together, the group raised money to open a small grocery store, which the women now own and operate. Other 4S women sew hospital gowns to generate income and provide 75% or more of the country's hospital clothes. It is interesting to see how 4-H is adapted from our USA style to Costa Rica's version that fits the different needs of the members and the Tico culture.

If you would like to hear more about Elizabeth's trip, contact Mary at the Extension office and she may be able to set up a time for a group to visit with Elizabeth. And for more information about the IFYE Program (to be a participant or host family), view <http://www.ifyeusa.org/> or contact Brenda at the State 4-H Office at 515-294-1567 or bsallen@iastate.edu