



4-H HORIZONS – OCTOBER 2010



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4-H is a Family Affair

Calendar of Upcoming Events

October

- 3-9 National 4-H Week
- 7 Record Keeping/Awards
Materials due to Ext. Office
- 12 Babysitting Basics, Indianola
- 14 Babysitting Basics, Indianola
- 19 Babysitting Basics, Indianola
- 21 Babysitting Basics, Indianola
- 21 Youth Committee Meeting and
Record Keeping Evaluations

November

- 11 Babysitting Basics, Norwalk
- 12 Babysitting Basics, Norwalk
- 15 Re-enrollment forms and fee
due to Extension Office
- 20 Awards Night

December

- 6 Club Officer Training
- 16 Youth Committee Meeting

Strong family support helps 4-Hers try harder, perform better, and sometimes even exceed expectations. Support from parents, guardians, siblings, grandparents, aunts/uncles and other significant adults and peers can make a difference in each youth's 4-H experience.

What better way to show a child you care, then to be spend quality time with them. According to decades of research, parental involvement enhances academic performance, raises self-esteem and is a great inspiration. Youth are more likely to participate in extracurricular activities, enjoy the experience and have less behavior problems when parents/guardians are involved.

Research validates what we know can exist in 4-H clubs with great positive parental support:

- Higher completion rate of 4-H projects;
- More in-depth exploration of a project or interest area in the 4-H program;
- Greater and more regular attendance at club meetings;
- More involvement in 4-H program opportunities beyond the club level; and
- More influence on member's attitudes, actions, behaviors and goals.

4-H
GROWING TOGETHER

IOWA STATE UNIVERSITY
University Extension



RE-ENROLLMENT

Have You Turned in Your Re-Enrollment Form yet?

Each year, returning members must re-enroll in the 4-H program. This is your opportunity to add or drop projects. Check out the new *Projects: Pick Your Adventure* guide and think about what you'd like to learn this year.

Re-enrollment also allows you to let the office know about other changes like your phone number, mailing address, or email.

What 4-Her's need to do:

1. Fill out/sign the enrollment form.
2. Read/sign Code of Ethics form.
3. Fill out Medical Release form.
4. Pay the program development fee of \$40/member (maximum of \$120/household). Financial assistance is available.

Additional Notes:

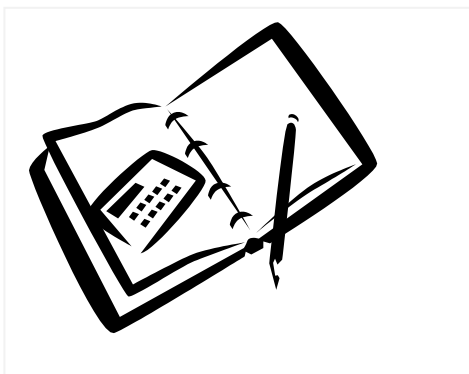
Parent/guardian must sign forms.

Incomplete/unsigned forms will NOT be accepted at the Ext. Office.

If forms and payment are not received by **November 15th, 4:30 pm**, a late fee of \$25 will be charged.

LOCAL 4-H NEWS

Record Books and Award Applications Due!



Now is the time to put all of your record keeping information together. Records and award applications are due at the Extension Office by Thursday, October 7.

See more information in this newsletter for assistance in completing your records, award

applications, and evaluation guides.

Forms are available at the Extension Office. Record keeping awards will be announced and given out at 4-H awards night on Saturday, November 20th. Stay tuned for more details!

4-H AWARDS NIGHT

Pictures Needed for Awards Night



4-H Awards night is scheduled for Saturday, November 20, 2010 at the New Virginia Legion Hall from 6-8 pm.

Awards night is a time to celebrate 4-H, 4-Her's accomplishments, and give out record keeping awards.

If you have digital photos of 4H activities or members doing community service or clubs having

fun, please email those photos to one of the following email addresses and so they can be included in the slideshow.

imthenewlaff@aim.com

cheerleadingchic01@hotmail.com

Emily_319@msn.com

MISSION STATEMENT

4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL, WORKING AND LEARNING IN PARTNERSHIP WITH CARING ADULTS



OPPORTUNITIES OUTSIDE THE COUNTY

Citizenship Washington Focus

4-Hers, ages 15-19 have a chance to experience the Summer of 2011 through a unique event known as Citizenship Washington Focus or CWF. CWF is an opportunity to participate in an eight-day trip through the heartland and our nation's capital.

The trip leaves from Central Iowa Saturday, June 18. The week includes tours of the Lincoln Memorial, Arlington National Cemetery, an orientation to Capitol Hill and a comedy show in the evening. This year participants will see the Broadway show *Wicked*.

Mid-week is when the 4-H delegation visits Capitol Hill to meet Iowa Representatives. The next day there are meetings, workshops, practice for the talent show, and a Night Out on the Town.

The final day allows continuation of sightseeing, shopping, and a farewell dinner and dance helping us say our goodbyes and concluding our visit before boarding the bus back home to Iowa.

Cost of the trip is \$1,550. The Youth Committee in conjunction with Friends of 4-H will contribute \$625 for each member who participates in the trip. The trip cost includes bus transportation, overnight stays, tours, accommodations at the National 4-H Center, insurance, and many meals and entertainment. Youth will be responsible for souvenirs and some meals. A \$300 deposit is due with registration forms by November 30.

For more information, contact Ashley at the Extension Office. Application forms can be found online at: <http://www.extension.iastate.edu/boone/news/CWF>.

OFFICER TRAINING

Club Officer Training Scheduled

Training will be held for club officers on **Monday, December 6th** at 6:30 p.m. at the Warren County Extension Office.

All club officers are encouraged to attend, and leaders are welcome. Each officer will learn and practice the responsibilities and skills of their office.

If you are planning to attend, please call or email the office at 515-961-6237 or amblake@iastate.edu.

OPPORTUNITIES FOR SENIOR LEVEL 4-HERS

Senior 4-H

Senior 4-H is for Warren County 4Hers that are in grades 9 - 12. The group meets on the first Thursday of the month in the basement of St. Thomas Aquinas Catholic Church on Iowa Street in Indianola.

Meetings are from 8:00 - 9:00 pm.

Senior 4-H plans and sponsors:

4H Awards Night in November

Junior Lock-in in March

Intermediate Swim Party in June

Mud Volleyball Tournament at the fair
Help with Clover Kids project judging at fair
Present 4-H Family Fun Night at the fair

Senior 4-H would welcome any 4-Hers who are willing to be actively involved and help with the planning and implementation of our annual activities.

For more information about senior 4-H contact leader Monty Freeman at 515-979-5843.

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.



More 4-H News

NATIONAL 4-H WEEK

Taking the Lead
National 4-H Week
October 3-9, 2010

Look at your local 4-H, and you will find young people taking the lead in addressing today's challenges. 4-H is where young people explore, learn and discover in a safe environment. In 4-H, youth find their true passions, gain confidence and give back to their community.

Celebrate 4-H as youth step up and take responsibility for their futures – and ours.

www.4-H.org

Celebrate National 4-H Week and help spruce up the camp! As we head into the fall camping season, we have an opportunity for 4-H families, individuals and clubs to have a fun weekend at camp.

The camp volunteer work day has been set for October 23rd from 9am – 3pm, rain or shine! Sign up to volunteer by contacting John Roosa at (515) 795-3338.

CHECK IT OUT! PROJECT RESOURCES

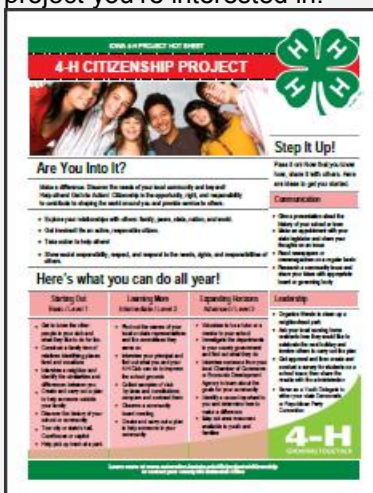
NEW this year, additional project resources are available to help you get started with your 4-H projects.

Check out the new **Iowa 4-H Project Hot Sheets**. There is a hot sheet for each 4-H project area.
<http://www.extension.iastate.edu/4h/projects>

Hot sheets include ideas for *year-long learning, communication, citizenship, and leadership ideas*, and ways to *take your project to the next level*.

Hot sheets also include *additional resources and exhibit ideas*. They are an excellent resource for project learning.

The best part about project hot sheets is that they are free and easily accessible online! Just go to the website and choose the project you're interested in.



REGGIE'S SLEEPOUT

The first annual Reggie's Sleepout was held in 2006 to help raise awareness and money for the critical problem of Youth Homelessness in central Iowa.

In 2009, over 1500 individuals contributed to the cause by sleeping out and/or fundraising. The event was a huge success with over \$166,000.

WHAT?
Sleep in a box, pup tent (no stakes) or sleeping bag at the new Drake Stadium on the Johnny Bright field.

There will be activities, music, assortment of games, and a Boxed-In Design Contest. Des Moines Area Religious Council (DMARC) Emergency Food Pantry will have bins available for the donation of non-perishable goods.

WHEN?
Saturday, October 16th, 2010
Registration from 3 - 7 p.m.
Sleepout from 3 - 7 a.m. (activities 3 - 10 p.m.)

WHERE?
Hosted by Drake University at the Drake Stadium
27th and Forest, Des Moines, IA

WHY?
To raise awareness and money to address youth homelessness in Central Iowa.

For more information go to <http://www.reggiessleepout.org>

WANT TO KNOW MORE?

FIND US AT: EXTENSION.IASTATE.EDU/4H/WARREN