



Adair County Extension 4-H News

4-H Alumni



Traci (Kordick) Erickson

Education: Grand View University, Des Moines; Missouri Western State University, St. Joseph MO

Career: Staff Nurse, RN, BSN
Nebraska Methodist Hospital, Omaha NE in Acute Care for Elders and Acute Rehabilitation Unit

4-H Involvement: Summerset Stars and Washington Stars 4-H Clubs; Youth Council, SWIA Area Council; National 4-H Congress, SOFA
Favorite Part of 4-H: Meeting people. People I met on Area Council and when I attended National Congress are some of my closest friends.

Life Skills Gained: Communication and organizational skills. Communicating with physicians, nurses, therapists, and patients is key to promoting positive patient outcomes and patient safety.

Advice to 4-H'ers: Always be willing to try something new; project area, different animal to bring to county fair, or different communication category to participate in. You will be amazed at what YOU can do, learn, and accomplish!

Be One of Our Members - Re-Enroll in 4-H for 2011-12

Sign up for the 2011-12 4-H program year by October 7 and save your club money. The statewide program development fee is \$30, but Adair County 4-H Booster Fund will pay \$7.50 of the fee for all members that enroll before October 7th. Select to receive your newsletter by e-mail and you will get an additional \$2.50 off your membership fee paid by the Adair County Extension office. Take advantage of this 33% off early-bird special by re-enrolling by **Friday, October 7!**

Your re-enrollment card is enclosed along with your health form. Find more information about the enrollment process on page 2.

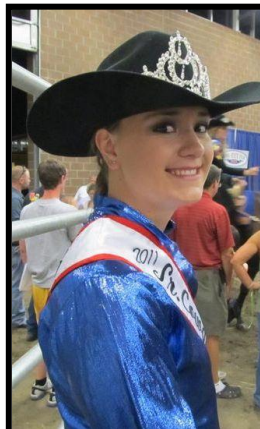
Each open house will feature light refreshments and prize drawings for cool 4-H items. Members, potential members, parents, and leaders are all invited.

National 4-H Week Open Houses

Sunday, October 2, 3:30-4:30 p.m. Extension Office, Greenfield

Wednesday, October 5, 4:00-5:30 p.m. Stuart Library

Scenes from the 2011 Iowa State Fair



Green and

Visit the Adair County Website at www.extension.iastate.edu/adair/

Iowa State University does not discriminate on the basis of race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran.

Inquiries can be directed to the Director of Equal Opportunity and Compliance, 3280 Beardshear Hall, (515) 294-7612.

4-H Re-enrollment Form is enclosed – Please follow the directions below to complete.

Front side

- **Member/Parent Info** Check name, address, phone number, email address. Make any changes. Do the same for each parent. **If you have an email address, be sure it is correct and include it on the enrollment form. Email must be one that is checked frequently.**
- **Cell Phone Option** If you have a cell number and would like to share it, please list. If you would like to receive text message reminders, please write the word TEXT and your provider behind the cell number/s that should receive the TEXT. For example, you write TEXT behind a cell number, we will text the phone to remind you of county fair entry deadline.
- **Second Household** Only complete this section if you have someone who you would like to receive the 4-H newsletter. This can be a parent, grandparent, or adult mentor who you are not living with.
- **Emergency Contact** Do not need to complete because it is listed on your 4-H Medical Information.
- **Enrollment-** Please check the information and make any changes. Add the name of your school and check the appropriate box.

Back side

- **Check club name** If you are switching clubs, please change the name.
- **Projects** If you are re-enrolling in a project, simply check the enroll box. If you are signing up for a new project, check the enclosed 4-H project list and write in the project name.
- **Behavior Expectations** Both member and parent/guardian need to sign this section.
- **Iowa 4-H Medical Information/Release Form:** A parent needs to complete this form – both sides – sign and date. Form needs to be returned to the Extension office.

Turn In

Bring the completed re-enrollment form and the medical info/release form to one of the National 4-H Week Open Houses or return to the Extension office by October 7th to receive \$7.50 off your program fee.

Independent 4-H Membership

If your work, school, or church commitments keep you from being an active member of a 4-H club, consider being an independent member. You are matched with a mentor and can still participate in project work, service projects, camps & conferences, competitive events, and county fair activities. There is a \$30 fee to be an independent member. If you are interested, give the Extension office a call for more details and to sign up.

Record Books Due October 3rd

Record Books – Now is the time to reflect on what you’ve accomplished during the past year. Your record book provides a place to record what you did and learned. Every 4-H’er in Adair County is strongly encouraged to complete a record book. Instructions for completing a record book were enclosed in last month’s newsletter. If you can’t find the instructions, contact our office and ask for another copy or print from our website at <http://www.extension.iastate.edu/adair/news/records.htm> All record books are due to the Extension office by **4:30 p.m., Monday, October 3rd.**

Changes have been made in the 4-H participation summary (4-H92) for first time record keepers. Members who have completed a record book before should just add to their old form.

If you’re missing the inserts listed on the instructions, please stop by our office or give us a call. We’d be glad to mail out forms. Forms marked with an * on the instructions are also available on our website at <http://www.extension.iastate.edu/adair/news/records.htm>

4-H record book covers are available for purchase at the Extension office for \$2.50. Many members choose to buy a three-ring binder to hold their records. This is a great option. Binders that allow for a slip-in cover sheet work best. This allows you to create your own cover design that includes name, club, and county or you can slip the official 4-H record book cover in the front.

Ribbons, stall cards, and other memories should not be placed in your record book. Consider starting a scrapbook for these items.

Only members that turn in 4-H record books are eligible for project awards and special honors. Our Friends of

4-H Recordkeepers will once again provide a \$10 cash incentive to each 4-H'er who completes and turns in a completed 4-H record book. All record books are due to the Extension office by **4:30 p.m., Monday, October 3rd**.

Awards Day Set

The annual 4-H Awards Day has been set for **Sunday, November 13th, 2 p.m.** at the Nodaway Valley High School auditorium. All members who complete recordbooks will be recognized. Project award winners will also be announced. You must complete a record book to be eligible for a project award.

Nominations are being accepted through September for Friends of 4-H and 4-H Alumni. Call the Extension office with your nomination.

Friends of 4-H Recordkeepers

Donations are needed for Friends of 4-H Recordkeepers. A \$10 donation helps to recognize one member. If you would like to make a donation of \$10 to \$1000, simply drop off a check written to Adair County Extension-4-H Booster Fund by October 14th.

President's Service Challenge Hours Due

Many of you have carried through with your pledge to use your hands for larger service. It's time to document all your volunteer time for the year. Don't forget the time you volunteered with the Reach Out Iowa fairgrounds improvement project, cleaning the grandstand at the fairgrounds, helping with day camps, and working at community celebrations.

Volunteer logs are **due October 3rd** to the Extension office. The log needs to include the dates of service, type of service, and time spent. The volunteer report forms can be found at <http://www.extension.iastate.edu/adair/news/communityservice.htm> along with a definition of service and examples of what counts and what doesn't count.

Service Opportunities for Adults and Youth

Child Care Needed – Do you love small children and would like to provide child care during special programs? Adults are needed for Thursday mornings: October 13, 20, and 27. Meetings will be held at 4-H/FFA Center on the fairgrounds, 10:30 a.m. – 12 noon. Let Angie know by calling the Extension office at 743-8412 or e-mail her at powella@iastate.edu.

Reach Out Iowa Grants Still Available- Clubs or individual youth (6th-12th grade) can still apply for Reach

Out Iowa grants. We had some great projects from last year as part of this program including: Pillowcases for a Cause, Holiday Mail for Heroes, Farm Safety Kits, Holiday Food Baskets, and Fairgrounds Improvements. If you need an idea, Deb or Donna can help you get started and will assist as you write your grant.

Greenfield Halloween Event Saturday, October 29,- Clubs are needed to sponsor activities for this community Halloween event. Suggestions might be Make and Take activities, face painting, or youth games at the fairgrounds.

4-H Open House Helpers- Youth and adult helpers are needed for both of the 4-H Open House events. We'd love to have some hands-on activities that highlight a project area or showcase communication skills. If you are available to help with one or both of the Open Houses, please contact Donna.

Rumble, Tumble Night- We are looking for 4-H'ers of all ages and adults who are interested in promoting fitness among young children. Volunteer to help plan and lead a station at the annual Rumble, Tumble Night on January 30, 2012. Sounds like a long ways off, but the planning committee will meet soon.

Leadership Opportunities

Teens Needed for County 4-H Youth Council

All 4-H'ers who will be in high school this fall are eligible to be part of this leadership group. Members must be willing to attend monthly meetings, provide leadership for at least one community service project, assist with fundraising activities, and work as a team to improve the Adair County 4-H program.

Anyone interested must complete an application form and return it to the Extension office by **September 16th**. Application forms are available at the Extension office or on our website at <http://www.extension.iastate.edu/adair/kidsteens.htm>

Youth Action Committee

Both high school teens and adults are needed to serve on the Youth Action Committee. This group is in charge of setting county policy including developing rules for the 4-H and FFA divisions at the county fair and assisting with fundraising. If you are interested contact the Extension office for an application or go online at <http://www.extension.iastate.edu/adair/kidsteens.htm> Applications are due **September 16th**.

Clover Kids Leader/s- We are in need of an adult or adult/teen team who are willing to take responsibility

for the Clover Kids program. The program meets once a month for 1 ½ hours. If you are interested, please call the Extension office.

SOFA Planning Team members- If you are in high school and have a passion for agriculture consider applying to be part of the Speak Out for Agriculture team. Applications are available on our website or at the Extension office. Applications due **October 3rd**. Contact Deb or Kathy for more information.

National 4-H Week

National 4-H Week will be observed October 2nd – 8th. We encourage every 4-H club to plan some special activities during this week to promote your own club and the Adair County 4-H program. Here are a few suggestions:

- Set up a display in your school's library or lunchroom.
- Invite a non 4-H member and their parent to attend a 4-H Open House with you.
- Create a window display in a local business.
- Display 4-H posters in businesses. Be sure to include information about how to join.
- Visit classrooms at your school. Put on a fun skit about 4-H and provide take-home information about how to join.
- Wear 4-H t-shirts to school as a club.
- Hold a membership drive. Each club member should contact one non-4-H'er and bring them to your next meeting. Do something special at the meeting to make all the potential members feel welcome.

Youth join 4-H because they are asked and welcomed into a club. Take time to make a personal contact with potential members in your community and invite them to be part of your group.

Have You Heard?

Summit Super Stars members and parents enjoyed Putt Putt Golf in Atlantic to celebrate their past 4-H year.

Hawley Brent, Harrison Hummer club member, has been selected to present an essay at the Global Youth Institute initiated by Iowans, John Ruan and Dr. Norman Borlaug, as part of the World Food Prize Foundation. Congratulations, Hawley!

Lisa Marnin, Adair County 4-H'er, placed in the top 10% of the \$15 Challenge Clothing Event participants at the state fair. Congratulations, Lisa!

Good luck to Ak-Sar-Ben exhibitors – Kysa, Chisum, and Heath Downing, Leah Gilman, Cody and Tyler Long, and Cade Suhr. Ak-Sar-Ben Livestock Show will be held September 22nd – 25th.

Beef weigh-in will be **Monday, December 26th**. Retinal imaging will be used at the weigh-in to verify animals for State Fair. State Fair and Ak-Sar-Ben verifications will be done first that morning with county fair animal weigh-in following. Mark the date on your calendar.

The 4-H Youth Council prepared and served supper to nearly 100 people at the 4-H volunteer recognition event. Amber Spainhower and McKenna Davenport provided entertainment.

Thank You Notes

At Awards Day last fall, Rob Mensing, challenged all 4-H'ers to say thanks more often. It is not too late to say thank you to all those that helped, supported and rewarded you at the fair. If you received a trophy or special prize, sold your animal as part of the fair sale, or advanced to state in the clothing event or communication, a thank you note is a must. Don't delay, get one out today! If you aren't sure who donated your trophy or prize, purchased your animal or paid your state fair entry fee, give Donna a call. Donors or buyers who don't get thanked frequently make a decision to invest their dollars elsewhere.

A written thank you note to papers, radio stations, the fair board, department superintendents and assistants, and sale help is also a nice gesture.

Thank you to everyone that contributed in any way to the success of the Adair County Fair. It was wonderful to see everyone working together for the Reach Out Iowa Grant to help prepare the grounds for the fair. We hope that we can continue these efforts in the future. We are very appreciative of the countless volunteer hours from each and every one of you.

With sincere thanks for all that you do,

THE ADAIR COUNTY FAIRBOARD

September 2011						
*FG – Fairgrounds *EO – Extension Office						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 LABOR DAY Extension Office Closed Youth Council, 3 p.m. Extension Office	6	7	8	9	10
11	12	13	14	15	16 Youth Council and Youth Action Committee applications due to Extension office	17
18	19	20	21 Neely-Kinyon Field Day 4 – 7 p.m.	22 AK-SAR-BEN September 22-25	23	24
25	26 Extension Council 7:30 pm *EO	27	28	29	30	Notes:

October 2011

*FG – Fairgrounds
 *EO – Extension Office

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 4-H Club Leader Training 1:30 – 3:30 pm, Chamber Building Youth Council 2:30 pm, *EO 4-H Open House 3:30 – 4:30 pm *EO National 4-H Week ←	3 4-H Recordbooks and volunteer logs due to Extension Office SOFA Planning Team applications due	4	5 4-H Open House 4 – 5:30 pm Stuart Library	6	7	8
9	10	11	12	13 Family Nutrition Program (1 of 3) 10:30 – Noon 4-H/FFA Center *FG	14	15 “Scary Prairie”, 6 – 10 pm Country Life Center
16	17	18	19	20 Family Nutrition Program (2 of 3) 10:30 – Noon 4-H/FFA Center *FG	21	22
23	24 Extension Council 7:30 pm, *EO	25	26	27 Family Nutrition Program (3 of 3) 10:30 – Noon 4-H/FFA Center *FG	28	29 Greenfield Community Halloween Event
30	31	Notes:				

Club Checklist

As a Club:

- ✓ Review your club year. Record the highlights and your accomplishments. Think about things you did to promote healthy lifestyles, service projects, educational programming, recruitment efforts, leadership skills gained and communication skills. Organize your accomplishments in a folder and submit by October 3rd to be considered for a club award.
- ✓ Identify your leaders for the 2011-12 year. The Extension office would like to know who your leaders will be by October 3rd. New leaders must go through a screening process before they can take on their new role as club leader.
- ✓ Make plans to elect new officers. Discuss what each officer does. Turn in the list of officers to the Extension office.
- ✓ Appoint a program planning committee for the year. Some clubs use their new officers. Bring a copy of your completed program to the Extension office or email wallaced@iastate.edu
- ✓ Recognize retiring leaders. Let them know how much you have appreciated the time and energy they put into your club.
- ✓ Develop a recruitment plan. Create a list of potential members. Ask your school for a class directory. Invite all 4th and 5th graders from your community to be part of your club. Don't forget to invite older youth to join or maybe someone who dropped out is ready to rejoin. Appoint a committee to make special invitations.
- ✓ Make plans to celebrate National 4-H Week, October 2nd – 8th.

Go to:

<http://www.extension.iastate.edu/adair/kidsteens.htm>

for the following information:

- Record book completion forms
- 2011-12 4-H Youth Council application
- 2011 Adair County Fair Making the Best Better feedback form

AmeriCorps Positions Available

Adair County Extension is looking for two AmeriCorps members. Must commit to serving 900 hours. Ideal candidate would be available after-school Monday-Thursday, on early-out school days, 1st Saturday morning of each month, and full-time in the summer. One year commitment required. Must be at least 17 years old. Contact Extension office 743-8412 for details.

Fair Ribbon Premiums

Ribbon premiums for the 2011 county fair along with a print out of each member's premium will be available at your October club meeting. Check this print out immediately and report any problems to Donna by November 1st.

Leader Reminders

Leader Training for 4-H Online

Adair County 4-H is joining 95 other Iowa counties. **We're going 4HOnline!** This is a new and exciting learning experience for all of us. **Training for club leaders will be held 1:30 – 2:15 p.m. on Sunday, October 2nd** preceding the required Fall Leader Training. Details for 4-H families will come in the October newsletter. Contact Donna for more details.

Required Leader Training

The Iowa 4-H program has established a policy that requires all 4-H volunteers who have continuous long-term or on-going contact and/or lead overnight activities with youth to complete two trainings a year on positive youth development and risks associated with working with youth audiences. Volunteers who do not complete this training are not covered under the tort liability act.

The theme for this year's training is Cooking Up a Healthy 4-H Program. The Fall session of leader training will be **Sunday, October 2nd, 2:15 – 3:30 p.m.**, at the chamber building (across the street from Extension office) in Greenfield. Jane Hayes Johnk, youth field specialist assigned to Adair, Cass, Madison, Taylor, and Adams counties, will lead the training session.

Please contact Donna to sign-up for the **4H Online and Fall Leader training**. Let's try for 100% attendance at this kick-off training. Immediately following the training we will have a National 4-H Week reception with refreshments, so plan to stay a few minutes after the training to visit with fellow leaders and pick up materials you can use to promote your club.

New Leader Screening

The safety of our members is important to us. All 4-H leaders must have a background check before assuming their responsibilities. If you have new leaders this year, please contact the Extension office immediately so we can begin the paper work.

Opportunities for All Ages

Nutrition Program for Families

Learn simple ways to get young children to eat nutritious foods and make family meals fun at this nutrition program offered by Adair County Extension. The three-part series, *Loving Your Family, Feeding Their Future*, is designed especially for families with children under the age of five. Each session features a new recipe that parents will help prepare, great nutritional information, and simple ideas to get your child and family eating healthy and staying physically active.

Series will be held on Thursday mornings, October 13, 20, and 27, 10:30 – 12 noon, at the 4-H/FFA Center on the Adair County fairgrounds.

No charge to attend, but advance registration is needed. Child care will be provided. Call the Extension office 741-8412 or 800-ISUE399 by Friday, October 7th to sign-up.

Neely-Kinyon Field Day

Neely-Kinyon Farm Field Day will be held on **Wednesday, September 21** at the ISU N-K Research and Demonstration Farm south of Greenfield. The event begins at 4:00 p.m. with wagon tours. Stops will feature pasture management, organic field crop production, and organic vegetable crop production. Be sure to arrive by 4:00 p.m. to get on the tour wagon.

Following the wagon tours there will be a weed ID contest, corn and soybean skill-a-thons, and displays at the building site along with a complimentary supper.

Two workshops are planned at 6:00 p.m. Dr. Ajay Nair, ISU Horticulture Department will present information on improving soil biology. Diane Weiland of Wallace Centers of Iowa will do a workshop on Growing and Marketing Vegetables.

The N-K Farm is located 2 miles south of Greenfield on Hwy 25, ½ mile East on 260th Street and ½ mile North on Norfolk Ave.

Greenhorn Grazing

Get the latest information about:

- ✓ Weed and brush management
- ✓ Iowa fence law
- ✓ Pasture leases, grazing fees, and contracts

Attend the Greenhorn Grazing series Module 4 on **Thursday, September 15** in Corning. The program starts at 10:00 a.m. and will continue into early afternoon. It includes classroom and field experiences. Pre-registration is required. Call the Adams County Extension office at 641-322-3184 or e-mail Joe Sellers, ISU Extension Livestock Program Specialist at sellers@iastate.edu for more information or to sign up.

Scary Prairie

Scary Prairie: A Different Kind of Halloween Fright will be held Saturday, October 15, 6 – 10 p.m. at the Henry A Wallace Country Life Center near Orient. Fun evening of events for ages 8 and older. Cost is \$5 per person. Event will be held rain or shine. Mark your calendar now.

Thank You to 4-H Donors

Summer Program Scholarships
Greenfield Optimist Club

Support for Performance Results Supper
Adams County Steer Carcass Futurity

Friends of 4-H Recordkeepers
Paul & Gini Herr Family, Fontanelle

2012 County Fair Trophy Donors
Pat & Barb Marnin, Stuart

Check Out

Adair County 4-H and Youth on Facebook

Join the other 300 facebook fans. Become a fan of Adair County 4-H and Youth Programs!

ADAIR COUNTY EXTENSION
202 SOUTH 1ST STREET, SUITE B
GREENFIELD IA 50849
<http://www.extension.iastate.edu/adair>
Phone: 641-743-8412 or 800-ISUE399
Fax: 641-743-0023
Email: walled@iastate.edu