



## Adair County Extension 4-H News

### 4-H Alumni Speak Out



#### **Austin Buckner**

**Education**-NV High School (2007);  
NW Missouri State University;  
Journalism/Broadcasting (2011)  
**Career**-News Director KSIB Radio,  
Creston IA

**4-H Involvement**-Helped start NV  
Clover Kids 4-H Club (9-year  
member); held offices of trea-  
surer, VP, and president; Youth  
Council; Project areas: clothing  
selection, photography, cooking,  
woodworking & communication  
**Favorite Part of 4-H**-Opportunity  
to travel. Community service gave  
me a greater appreciation of my  
own community. Volunteering at  
Micah House and Ronald  
McDonald House were great  
experiences.

**Life Skills Gained**-Ability to  
communicate with people from all  
walks of life; a vital skill in my  
current job.

**Advice to 4-H'ers**-Get involved;  
stay involved; join youth council;  
attend state conference; try a new  
project area each year; serve your  
community in any way possible.



## Celebrate National 4-H Week October 2<sup>nd</sup>-8<sup>th</sup>

*Join the Revolution of Responsibility*

Happy National 4-H Week! It is super to be a part of the Adair County 4-H program. Last year 866 youth participated in some aspect of the 4-H program in Adair County. Our club and independent members totaled 240. Use National 4-H Week as an opportunity to promote the benefits of 4-H to others and recruit new members.

We need your help to keep our program strong and growing. Here are three easy steps to follow. First, re-enroll. The 4-H Booster Fund will pay \$7.50 of each member's program development fee for those who sign-up by October 7<sup>th</sup>. Please flood our office with re-enrollment forms this week!

Second, encourage just one person to join 4-H. Youth join 4-H because they are asked. Talk to their parents and explain the benefits. Encourage them to come to your next meeting or attend one of the following 4-H Open Houses: Sunday, October 2<sup>nd</sup>, 3:30 – 4:30 p.m. at the Extension Office and Wednesday, October 5<sup>th</sup> from 4:00 – 5:30 p.m. at the Stuart Library.

The third and final step is to be a leader in 4-H. Take advantage of the many opportunities. Organize a service project. Try a new project. Show the entire community how much 4-H contributes to our community.

### **Monday, October 3<sup>rd</sup> is an Important Date**

#### **4-H Record Books**

#### **Volunteer Service Hours**

#### **Club Award Applications**

**Due to the Extension office by 4:30 p.m.**

**Plan now to attend 4-H Awards Day, Sunday, November 13,  
2:00 p.m. at the Nodaway Valley High School Auditorium.**

## National 4-H Week

National 4-H Week will be observed October 2<sup>nd</sup> – 8<sup>th</sup>. The theme is ***Join the Revolution of Responsibility***. We encourage every 4-H club to plan a special activity during this week to promote your own club and the Adair County 4-H program.

Here are some great ideas from the past:

Host a club party and invite potential members

Decorate a business window

Make 4-H cookies and deliver them to 4-H supporters

Visit 4th and 5th grade classrooms and promote 4-H

Wear your 4-H t-shirts to school

## 2011-12 Enrollment

Your 4-H re-enrollment form was enclosed with the September newsletter. Bring your 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 7<sup>th</sup> to receive \$7.50 off your program fee. Make sure a parent signs both your enrollment card and health info form.

If you select to receive your 4-H newsletter electronically, you will save \$2.50 on your program development fee. The program development fee is now \$30.00 per member. 100% of the program development fee goes to the State 4-H Program (none of the money stays locally).

Families that are eligible for free or reduced lunches or have pressing financial issues are strongly encouraged to contact the Extension office and apply for a waiver of fees from the Iowa 4-H Foundation. All information is kept strictly confidential. Please visit with Donna or Deb to complete the simple application.

## Independent 4-H Membership

If your work, school, or church commitments keep you from being an active member of a 4-H club, please 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.

## Awards Day Set

The annual 4-H Awards Day has been set for **Sunday, November 13<sup>th</sup>, 2 p.m.** at the Nodaway Valley High School auditorium. Each club will be introduced. All members who complete a record book will be recognized. Plan to attend the event as a family. Cookie and punch reception hosted by the Summerset Citizens will follow.

## Nominate an Adult for Special Honor

Nominations are being accepted through October 7<sup>th</sup> 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 14<sup>th</sup>.

## Community Service Opportunities

**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](mailto:powella@iastate.edu).

**Reach Out Iowa Grants Still Available**- Clubs or individual youth (6<sup>th</sup>-12<sup>th</sup> 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.

**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.

### **Make a Date with Residents at a Nursing Home-**

Consider planning regular activities with residents at local nursing home. They love to interact with kids all year round, not just over the holidays. Call the activities director at any of the area nursing homes and they will help you with a plan.

## **Leadership Opportunities**

### **Teens Needed for County 4-H Youth Council**

This is the last call for high school youth wishing to participate on 4-H Youth Council. The deadline has been extended to Sept. 30<sup>th</sup>. 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 by October 3<sup>rd</sup>.

**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 1½ 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 <http://www.extension.iastate.edu/adair/kidsteens.htm> or at the Extension office. Applications due October 3<sup>rd</sup>. Contact Deb or Kathy for more information.

**Citizenship Washington Focus (CWF)** is a nine-day trip for 4-H youth in grades 10, 11 and 12. The trip provides a setting to experience leadership and citizenship in a whole different way at the National 4-H Center. Youth who have participated in previous trips have returned to report that it has been the single most educational highlight of their 4-H career.

Participants can select either June 8 – 16 or June 15 – 23 to attend the trip. 4-H'ers and adult chaperone will travel by chartered bus to Washington D.C. Some highlights of the trip are: Lincoln's Springfield Home, Gettysburg Battlefield, Capitol Hill, Smithsonian Museums, Mount Vernon and Kennedy Center. Beside

tours and workshops you'll have time for socializing and meeting new friends.

Cost of the trip is \$1,370. This includes lodging, transportation, tour site admissions, and most meals. Registration and a \$350.00 deposit will be required to secure a spot. Registration opens October 1, 2011 and closes December 15, 2011. The YAC offers scholarships of \$100 to youth participating in the program.

To learn more about the trip and get registration information visit:

<http://www.extension.iastate.edu/4h/cwf>

### **Gear-Tech 21**

We are looking for a team of teen or adult volunteers who would be interested in participating in special Gear-Tech 21 training focused on robotics and GPS. The expectation is that the team would lead a camp in our county. The equipment is all new and features LegoNxt-G and new GPS units. There is grant money available for camp expenses. If you are interested, let us know right away so we can set up a training.

### **Hunter Safety Training Course Offered**

The Adair County Conservation Board is sponsoring a Hunter Safety Training Course. The class is open to all youth who are at least 12 years of age. You cannot obtain a hunting license without completing the class.

The first session will be Wednesday, October 19<sup>th</sup>, 6 – 9:30 p.m., at the Greenfield Library/City Hall. The second session will be Saturday, October 22<sup>nd</sup> 9:00 a.m. – 5:00 p.m., at Mormon Trail Park east of Bridgewater. You must attend both sessions. You should pre-register with your full name, birth date, current address, phone number, and social security number by calling 641-743-6450.

### **Have You Heard?**

McKenna Davenport, member of the Iowa Camera Corps, had a photo selected for the top 50 photos in the Corps. Her photo will be displayed in the St. Mark Art Gallery in Des Moines October 8 – November 8, 6 – 8 p.m. Congratulations, McKenna!

Richland Royals painted club signs for their member's livestock pens at the fairgrounds.

Grove Champions cleaned-up fairgrounds after Swap Meet.

Congratulations to former Adair County 4-H'ers, Dan Dreher and Alyse Herr, on their recent marriage. Thank you to Dan and Alyse for donating the money from their "\$1 Dance" to the Adair County 4-H Program.

Teresa Noland, Summit Super Star club leader, presented a program about Adair County 4-H to residents of Heritage House in Atlantic. Follow Teresa's lead and think about audiences you can share the 4-H story with.

## Adair County Farm Toy Show

Saturday, October 29<sup>th</sup>, 9:00 a.m. – 2:00 p.m.  
4-H/FFA Center  
Refreshments Available  
Hosted by Adair County Hot Shots  
Contact Merritt Caviness 641-221-0444

### Youth Loans

The Farm Service Agency (FSA) is the bridge that helps rural youth grow both personally and professionally in preparation for becoming tomorrow's leaders in agriculture. Youth loans, up to \$5000, are available to purchase feeder livestock, breeding stock, equipment and crop expenses. Loan applicants must be a 4-H'er or FFA member between 10 and 20 years old. For information contact: Farm Service Agency in Greenfield 641-343-7033.

### Ak-Sar-Ben Results

Congratulations to Adair County 4-H'ers who gave a super showing at Ak-Sar-Ben:

- Chisum Downing-2<sup>nd</sup> place purple feeder calf
- Heath Downing-3<sup>rd</sup> place purple feeder calf  
5<sup>th</sup> place blue market steer
- Kysa Downing-Champion Feeder Calf Steer  
1<sup>st</sup> place purple feeder calf heifer
- Leah Gilman-2<sup>nd</sup> place purple Shorthorn Heifer,  
blue beef showmanship
- Cody Long-4<sup>th</sup> place purple market lamb
- Tyler Long-Champion Simmental Heifer
- Cade Suhr-6<sup>th</sup> place purple market lamb

### SWCC Fitting/Showmanship Clinic

SWCC Livestock Judging Team will be hosting a fitting/showmanship clinic on Saturday, October 15<sup>th</sup>, 9 am – 2 pm at the SWCC Ag Farm. Registration form available on our website

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

### Featured Project

**Music rocks!** It's all around us. Music sets the mood and is the focus for vocal or instrumental performances.

Consider signing up for the music project this year.

Here are just a few things you could do:

- Use your talents to perform for a group.
- Create a family history that features music that has been important to family members. It could include the music that was performed at weddings or just the favorite songs of family members over time.
- Compose your own music or lyrics.
- Dig into the works of a composer or performer and create a display.

For more ideas go to

<http://www.extension.iastate.edu/4h/projects/hotsheets/4-HHotSheets-All.pdf>

### College Alert

If you plan to enroll at **ISU in the College of Agriculture and Life Sciences**, check out their information about scholarships at

<http://www.ag.iastate.edu/scholarships/freshman/>

Applications must be submitted online between October 15<sup>th</sup> and January 15<sup>th</sup>.

Never pay to help find scholarships. Start with your local guidance counselor.


It isn't just seniors that should be thinking about college. Take advantage of the <https://secure.ihaveaplaniowa.gov/default.aspx> It is packed with great tools including high school planning, career planning, financial aid tools, scholarship finder, and even a spot where you can create your own profile and save it to be used when applying for scholarships and college.

<p>*FG – Fairgrounds *EO – Extension Office</p> <h1 style="margin: 0;">October 2011</h1>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<p><b>2</b> 4-H Club Leader Training 1:30 – 3:30 pm, *EO Youth Council 2:30 pm, *EO 4-H Open House 3:30 – 4:30 pm *EO National 4-H Week</p>	<p><b>3</b> 4-H Recordbooks and volunteer logs due to Extension Office SOFA Planning Team ← applications due</p>	<p><b>4</b></p>	<p><b>5</b> 4-H Open House 4 – 5:30 pm Stuart Library</p>	<p><b>6</b> Healthy in a Hurry for child care providers 6:30 – 8:30 pm *EO \$10 pre-register</p>	<p><b>7</b></p>	<p><b>8</b> CPR and First Aid for child care providers 8 am – noon \$55 Adair County Memorial Hospital</p>
<p><b>9</b> SOFA Planning Committee 2 pm, *EO</p>	<p><b>10</b></p>	<p><b>11</b> Child Book Club 5:30 pm *EO</p>	<p><b>12</b> Youth Action Committee, 6:30 pm *EO</p>	<p><b>13</b> Family Nutrition Program (1 of 3) 10:30 – Noon 4-H/FFA Center *FG</p>	<p><b>14</b></p>	<p><b>15</b> “Scary Prairie”, 6 – 10 pm Country Life Center</p>
<p><b>16</b></p>	<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b> Family Nutrition Program (2 of 3) 10:30 – Noon 4-H/FFA Center *FG</p>	<p><b>21</b></p>	<p><b>22</b></p>
<p><b>23</b></p>	<p><b>24</b> Extension Council 7:30 pm, *EO</p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b> Family Nutrition Program (3 of 3) 10:30 – Noon 4-H/FFA Center *FG</p>	<p><b>28</b></p>	<p><b>29</b> Greenfield Community Halloween Event</p>
<p><b>30</b></p>	<p><b>31</b></p>	<p><b>Notes:</b></p>				

# November

\*FG – Fairgrounds

\*EO – Extension Office

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Youth Council 2:30 pm *EO	7	8	9	10	11	12
13 4-H Awards Day, 2 p.m. NV High School	14	15	16	17	18	19
20	21	22	23	24 Happy Thanksgiving Extension Office Closed 	25	26
27	28 Extension Council 7:30 pm *EO	29	30	Notes:		

## Club Checklist

As a Club:

- ✓ **Join the Revolution of Responsibility** by celebrating National 4-H Week (October 2<sup>nd</sup> – 8<sup>th</sup>) in your community.
- ✓ Distribute county fair ribbon premium checks if you have not already done so.
- ✓ Work on your membership recruitment plan. Each member invite a friend to be a part of your club. Make sure to think about home-schoolers. Remember to invite older youth to join or maybe someone who dropped out is ready to rejoin.
- ✓ Complete and submit enrollment forms and medical forms to the Extension office. You will get a \$7.50 discount for each re-enrollment turned in by October 7<sup>th</sup> and new enrollments submitted by December 1<sup>st</sup>.
- ✓ Recognize retiring leaders, if you haven't already done so.
- ✓ Elect club officers and turn the list of officers in to the Extension office. Use the officer books provided by the Extension office. If your club needs a new Secretary or Treasurer book, contact the Extension office.
- ✓ Create a club budget – Remember \$30/member for Development Fee (There is a discount for turning in enrollments early and for receiving the newsletter on-line). Clubs are also asked to support the county program by donating to the Silent Auction and buying a trophy.
- ✓ Review or establish club guidelines and expectations. Turn in a copy to the Extension office and make sure every family gets a copy.
- ✓ Develop a club program for the year. Make sure every family gets a copy.
- ✓ Encourage a parent or high school age youth to apply to be a member of the Youth Action Committee.
- ✓ Begin saving pop tabs for Ronald McDonald House.
- ✓ Make plans to attend 4-H Awards Day on November 13<sup>th</sup> as a club. Be sure parents are invited, too.

## Leader Reminders

### 4-H Online Training for Club Leaders

This deals with the 4-H record keeping system purchased by Ames 2 years ago. Adair County is joining 95 other Iowa counties in going 4HOnline. This system will allow families to re-enroll in 4-H and submit ID forms online. THIS DOES NOT MEAN THAT YOU HAVE TO HAVE ACCESS TO A COMPUTER TO BE IN 4-H. As a club leader you will have read-only access to your club member information; you'll be able to see who has their re-enrollment forms in. This will be a new learning experience for all of us. We will work on this new process from **1:30 – 2:15 p.m., Sunday, October 3<sup>rd</sup>** at the Extension office meeting room.

### Required Leader Training

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 2<sup>nd</sup>, 2:15 – 3:30 p.m.**, at the Extension office in Greenfield. Jane Hayes Johnk, youth field specialist assigned to Adair, Cass, Madison, Taylor, and Adams counties, will lead the training session.

Immediately following the trainings 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.

### New 4-H Volunteer Training

ISU Extension and 4-H staff will be providing training for new 4-H club/project volunteers on Saturday, November 12<sup>th</sup>, in Creston; and Saturday, March 17<sup>th</sup>, in Atlantic. Trainings are scheduled 9:30 am – 3:30 pm. Volunteers will receive a binder of resources to support their work with their club or group. Register at <http://www.extension.iastate.edu/4h/Volunteers/newvolregistration.htm>

## 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 7<sup>th</sup> to sign-up.

### Start Somewhere Walk

At noon on Friday, October 7<sup>th</sup>, all Iowans are asked to join in statewide walks of one kilometer or 7.5 blocks. Join your family, friends, and co-workers in taking the first step toward making Iowa the healthiest state. Go to the following for more info

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

### 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 is planned. Cost is \$5 per person. Event will be held rain or shine. Mark your calendar now.

### Growing Strong Families Expanding

BrandiAnn Wilson has joined the Adair County Extension staff as a parent educator. She will be working full-time with the Growing Strong Families program. The program is open to Adair County families expecting a baby or who have children under the age of 5-years. The program is designed to provide parents with fun resources that they can use to help their child learn and grow. If you know of someone who is expecting a child or has a preschool child, let us know so BrandiAnn can contact them and explain the program or they can call BrandiAnn at our office or on her cell at 641-221-0881. This is a great program and we'd like to have more families enrolled.

## Thank You to 4-H Donors

### Friends of 4-H Recordkeepers

Adair County Pork Producers  
Dan and Alyse Dreher, North Liberty IA  
First State Bank, Stuart  
Ron and Becky Dreher Family, Adair  
Wayne Bohling, Fontanelle

### Future Dates

November 13 – 4-H Awards Day  
December 26 – 4-H and FFA Beef Weigh-in  
July 18 - 22 – Adair County Fair  
August 9 - 19 – Iowa State Fair

## Check It Out

### Website Provides Lots of 4-H Resources

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

Spend some time exploring the website and discover the many resources available. If you have ideas about other things you would like to have on our website please let us know.

You will also find a calendar of Adair County Extension events on at the bottom of our homepage.

### 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! Encourage family and friends to do the same. There are tons of 4-H photos posted, announcements about upcoming events, and other 4-H news.

If you have items or photos that can be added to our facebook page e-mail them to [wallaced@iastate.edu](mailto:wallaced@iastate.edu)