



## Adair County Extension 4-H News

### 4-H Alumna



**Beth Davenport**

**Education-** BS Elementary/Special Education from NWMS University

**Career-** Special Education Teacher 5 years at Adair-Casey; 14 years at NV Community Schools; 2 years substitute teacher

**4-H Involvement-** Cass County Glad Girls of Grove 4-H Club; exhibited in Food & Nutrition, Photography, and Home Improvement; Co-leader of Summit Super Stars 4-H Club, Adair County Extension Council member

**Life Skills Gained-** I have gained lots of patience, caring for and giving to kids throughout the area; gained a better understanding for what some individuals go through to gain success.

**Volunteering as an Adult-** I volunteer at Adair-Casey School, Adair Lion's Club, and Good Shepherd Lutheran Church along with 4-H.

**Advice to 4-H'ers-** Set high goals for yourself and don't be afraid to try new projects. Never be satisfied with what you have done and be willing to go that extra mile to help others.

Did you know that 45% of American's make New Year Resolutions? One of Adair County 4-H New Year Resolutions is to increase the number of exhibits at the 2012 Adair County Fair. Last year there were a total of 1417 entries. Help us increase the total number of exhibits by 3% or 43 in 2012. Consider making a personal resolution to help reach this goal and make the Adair County Fair bigger and better!!



**Master A New Skill or Learn New Information-** Think about your interests. What is one thing you would like to say you can do at the end of the year? Make a quilt, build a trophy case, write a children's book, be a better bargain shopper, take a still life photo, bake yeast bread, create a working exhibit, learn CPR, clip a calf, raise a meat goat, or train your dog to heel. The list can go on and on. Almost any new skill you learn can be turned into a 4-H exhibit.

**Be Fit-** Eat healthy and move more in 2012. Track your eating habits for a week and identify small changes you can make. Alter recipes to reduce the amount of fat. Organize fun active games to get your club moving. Learn a new sport. Keep a walking or running log. Turn your fitness activities into a fair exhibit. It might be a poster, display, notebook, cookbook, or an actual food exhibit.

**Make a Difference-** Pick a cause and research it. Volunteer your time and talents to a cause such as reading to younger children, spending time with residents at the nursing home, recycling at home, planting and caring for trees in a park or public area, or donating your slightly used clothing to those in need. Document why the cause is important to you and what you did. Take photos as you go. Showcase what you did as an individual, group or club at the county fair as an exhibit. Log your hours to be eligible for a President's Volunteer Service Award.

**Get Organized-** Don't wait. Identify three or four possible fair exhibits now. Check out the Iowa 4-H Project Hot Sheets at <http://www.extension.iastate.edu/4h/projects> for ideas. Ask adults or other 4-H'ers for help as you learn new skills. Create a timeline. July always seems like the shortest month of the year, so plan to create one exhibit each month beginning in January and you will have six exhibits ready to go in July!

## **Clover Kids Group at Stuart**

A Clover Kids group for K-3<sup>rd</sup> graders is being planned for the Stuart area. Meetings will be held once a month at the Stuart Library. Anyone interested, please call the Adair County Extension Office 641-743-8412 or 800-ISUE 399 for more details.

## **Leadership Opportunities**

### **State Award Honors**

High school students and their parents who want to learn about state project awards and special honor trips to National 4-H Congress and National 4-H Conference should go to

<http://www.extension.iastate.edu/4h/teens/awards.htm>

Contact Deb Hall at the Extension Office for help in starting your application. Applications are due to the Extension office January 23, 2012.

### **State 4-H Council & Tech Team**

Apply to be part of the State 4-H Council. Savannah Ruby is currently a member. The group plans State 4-H conference, works at the State Fair, and much more. Must be in grades 10-11<sup>th</sup> to apply.

If technology is your thing, apply to be part of the State tech team. Jennie Stamper is currently a member. Open to 9 – 11<sup>th</sup> graders. Applications for both leadership teams are due to the Extension office January 23<sup>rd</sup>. Call the Extension office now for help getting started with your applications.

### **Girls at the Capitol**

High school girls can apply to spend a day at the Statehouse and learn how laws and budgets are developed and approved. The third annual Capitol Girls program will take place in Des Moines on February 8. The event gives students an inside look at the Iowa General Assembly by pairing them with women legislators for the day. To participate, girls must complete an application available at [www.women.iowa.gov/just\\_for\\_girls](http://www.women.iowa.gov/just_for_girls) and submit it via e-mail to [women@iowa.gov](mailto:women@iowa.gov) or by fax to 515-242-6119 by January 13 to be considered.

### **Students Taking Charge**

High school students interested in speaking out for healthy and active schools are invited to participate in a one-day workshop on Friday, March 2<sup>nd</sup>, 9:00 am – 2:30 pm at the FFA Enrichment Center, DMACC Ankeny Campus. This would be a great opportunity to develop

leadership skills, learn about school health issues, share ideas, make new friends, and have fun. Teams are limited to four students and one adult advisor. Space is limited. Contact the Extension office immediately to get registered.

## **Community Service Opportunities**

### **Youth Council Beverage Tab Challenge-Win Prizes**

Every 4-H member is challenged to participate in the Beverage Tab Collection for Ronald McDonald House. \$25 and \$10 cash prizes will be awarded to the top tab collectors in each age division (senior, intermediate, and junior). Tabs must be turned into the Extension office by Thursday, May 31<sup>st</sup>.

### **Rumble Tumble Night**

Adult and youth volunteers are needed for Rumble Tumble Night for preschoolers on Monday, January 30 at the Adair County Health & Fitness Center. We need volunteers to lead games, dances, take photos and help with snacks. It would be a great child development, photography, or food and nutrition project activity.

### **Micah House**

Adair County 4-H Youth Council volunteers at Micah House, a homeless shelter for families in Council Bluffs, each year. They are asking clubs and individuals to contribute to Micah House, too. The list of needs include: toilet paper, laundry soap, toiletries, canned fruit, and new or gently used clothing of all sizes. Go to <http://www.extension.iastate.edu/adair/news/reachout/homelessfamilies.htm> for more details. Youth Council members will deliver all donations to Micah House on April 1<sup>st</sup>.

### **Growing Strong Families**

The Growing Strong Families program offers incentives of diapers and other baby supplies to parents of young children participating in this educational program. Donations of diapers, wipes, new toys appropriate for children three and under and cash are needed. Contact Angie at the Extension office for more information.

### **President's Volunteer Service Challenge**

Remember to log your volunteer service hours. A log sheet along with an explanation of what qualifies as community service is posted on our website <http://www.extension.iastate.edu/adair/news/communityservice.htm> or can be picked up at the Extension office. Volunteer logs are due to the Extension office every October 1<sup>st</sup>.

## Grant Money Available for Service Projects

**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 last year as part of this program. If you need an idea, Deb or Donna can help you get started and will assist as you write your grant.

Hank Bohling, Cody Jacobson, Josie Clarke, Paige McElfish, Riley Lonsdale, and Elaine Bohling attended Reach Out Iowa training presented by Jane Hayes-Johnk, area youth specialist. The group has identified some areas of improvement they are interested in within the community and will be researching project costs and availability.

### SOFA XVIII Facebook Photo Contest

Speak Out For Agriculture, SOFA, is launching its inaugural Photo Contest. The winning photo will be used as the profile picture for SOFA's facebook page.

**Contest Theme: Joys & Frustrations of Agriculture**

Photos must have been taken between November 1, 2011 – January 31, 2012.

**Deadline:** January 31, 2012

Submit photos in jpeg form electronically to [krohrig@iastate.edu](mailto:krohrig@iastate.edu)

Include: when, where and what/who the subject is; a title or caption (25 words or less) is optional.

**Limit:** 3 entries

**Prize:** \$15 of SOFA XVIII registration fee. Prize is transferrable if winner is not eligible for the SOFA trip. Two winners will be selected – 1. People's Choice – determined by likes on Facebook; 2. Judges selection.

**Contest is open to all ages, including adults.** By entering photographers give SOFA and Adair County Extension the right to use the submitted images. When submitting photos of people be sure you have their permission to publish their picture. Minimal photo editing is allowed (i.e. – cropping, auto enhance, converting to black & white or sepia).

**SOFA** planning committee will meet Sunday, January 22<sup>nd</sup>, 2 – 4 pm, at the YMCA in Atlantic. Remember to bring your calendars and all the information that you have gathered.

## Have You Heard?

Thanks to all the clubs and individuals that shared the holiday spirit.

**Adair County Hot Shots** hosted a food drive with all donations going to the Neighborhood Center; prepared goodie boxes for area residents and businesses;

**Adair County Wing Walkers** provided food and help at Southside Park supper fundraiser, sang carols at Greenfield Manor, made cookie platters for area banks and newspapers in appreciation of 4-H support;

**Grove Champions** served supper to fair board members prior to their December board meeting;

**Harrison Hummers** enjoyed a Christmas party and cookie exchange;

**Jefferson Pioneers** prepared and delivered Christmas fruit and baked goods baskets to elderly in the area;

**Nodaway Valley Clover Kids** wrapped presents they had purchased for their sponsored family and enjoyed a Christmas party and grab bag gifts;

**Orient Bulldogs** signed greeting cards for Holiday Mail for Heroes project. Regina and Samantha Long helped pack food baskets at the Orient Methodist Church;

**Richland Royals** prepared "appreciation" and "thinking of you" food baskets for area residents;

**Summerset Citizens** shopped for needy families for the holidays; provided meat certificates and personal hygiene products to the Neighborhood Center; prepared and delivered cookie platters to elderly community residents;

**Summit Super Stars** donated money to Adair Fire Department; made and delivered Christmas decorations to residents at Atlantic Care Center; and

**Washington Stars** made cheer plates for area residents and businesses in appreciation for supporting 4-H.

**Hank Bohling** collected 1108 cards from the Fontanelle, Greenfield, and Orient communities for the Holiday Mail for Heroes project. Thank you to everyone who helped with this project.

**Michael Miller, Chantel Sevier, Rachel and Brenna Bruns, Polly Miller, and Karen Stamper** helped with serving and clean-up at the Christmas Hospital Gala.

Thank you to Lori Nelson whose term is expiring as a member of the Youth Action Committee. Your support and guidance has been appreciated.

Ninety-two head of market beef were weighed-in for county fair. Chisum, Heath, and Kysa Downing; Tyler Ford, and Joe and Annie Herr verified animals for the 2012 Iowa State Fair and Ak-Sar-Ben.

## College Alert

**Scholarship Application Help Available** –Deb Hall is willing to meet with high school juniors & seniors & their parents to discuss how to find & apply for scholarships. Set up an appointment today.

A listing of local scholarships can be found on our website

[http://www.extension.iastate.edu/adair/info/scholarship\\_listing.htm](http://www.extension.iastate.edu/adair/info/scholarship_listing.htm)

**January 15 – ISU College of Ag and Life Sciences**

Apply on-line at

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

**January 16 – Adair County Cattlemen Scholarship\***

Parent must be member for two years, including current year.

**January 16 - Adair County Pork Producers Scholarship\***

Parent must be member for two years, including current year.

**January 27 – West Central Cooperative\***

Parent must be member. Applicant must pursue career in agriculture.

**February 3 – Iowa Corn Growers Association \***

Parent must be member.

\*Applications available at the Extension office or

[http://www.extension.iastate.edu/adair/info/scholarship\\_listing.htm](http://www.extension.iastate.edu/adair/info/scholarship_listing.htm)

Graduating seniors and current college students should check out the State 4-H Scholarships

<http://www.extension.iastate.edu/4h/teens/scholarships.htm> The deadline for application is March 1<sup>st</sup>.

## Agriculture News

### Breeding Heifer Tattoos

Breeding Beef must be identified with a tattoo. If you already have your heifer, now is the time to tattoo her. The International year/letter designation for animals born in 2011 is Y. If you start the tattoo sequence with Y you'll always know the year of birth.

### COOL Applies to All Livestock Members

COOL, a federal law stands for Country Of Origin Labeling. If you have market beef, lamb, hog, meat goat or poultry, you need to keep records so you can prove your animal or birds were born and raised in the U.S.

### Premise ID

All 4-H & FFA swine exhibitors are required to have a Premise ID (covers all family members) in order to sell at the Adair County Fair sale. The number issued from

the Iowa Department of Ag and Land Stewardship (IDALS) is permanent so you do not have to re-apply each year. If you do not already have a Premise ID number apply now. You can access the form at <http://www.iowaagriculture.gov/animalindustry/pdf/premiseIDapp.pdf> or pick one up at the Extension office.

### Iowa Youth Horse Jamboree

Mark your calendar now for March 24<sup>th</sup> and 25<sup>th</sup>. There are many contests to enter including public speaking, photography, visual arts, and woodworking. Capture a great horse photo for your photography project or draw one for visual arts to enter in competition.

## Photography

Photography is one of the most popular 4-H projects in the nation. There are plenty of things to do year round. Photography member McKenna Davenport offers some ideas of things to do now:

1. Capture images of the different seasons and scenery around you.
2. Take photos documenting a club service project and create a power point to present at a club meeting to show the success of your project.
3. Enter the SOFA photo contest. The theme is *Joys and Frustrations of Agriculture*. Entries due January 31<sup>st</sup>.
4. Lead a club workshop to teach other members how to evaluate composition. Use actual photos to look for the use of the Rules of Thirds, the Golden Triangle, and Golden Rectangle. (If these terms are unfamiliar, ask the Extension office for more information.) Keep a record of your lesson plans and create a leadership exhibit for the county fair.
5. Organize a photo exhibit within your community. Find a good location (i.e. library, school, bank). You can borrow a couple of the fair dividers to display the photos.
6. If you are an advanced photographer take on the challenge of capturing action shots at sporting events. Visit with a local newspaper photographer for tips on live action shots.
7. Volunteer to take pictures of residents at a local nursing home or a senior center. Help them use their photo to create a Valentine's Day card for a family member. Document what you do for a citizenship exhibit for the county fair.

Take action now to help fill the 4-H and FFA Exhibit Building at the Adair County Fair with great photography exhibits.

# January 2012

\*FG – Fairgrounds  
\*EO – Extension Office

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Happy New Year!</b>  Extension Office Closed	3	4 Extension Council, 6:30 pm *EO	5 Commercial Manure Applicator Training, 9:00 am – noon *EO	6	7 Clover Kids, K-3 <sup>rd</sup> graders 10 – 11:30 am *EO
8	9	10 Winter Book Club 5:30 – 6:30 pm, *EO	11 Youth Action Committee 6 pm, *EO	12	13	14
15 Fair Board Soup Luncheon, 11:00 am- 2:00 pm, 4-H/FFA Center  Youth Council meeting and outing	16	17	18 NV MS Service Club, 11:15 am-3:00 pm, NV Middle School Bring sack lunch; drink provided	19	20	21 Cow-Calf Conference 8:00 a.m. – 4:00 pm Bridge View Center Ottumwa
22 SOFA Planning Committee, 2 – 4 pm YMCA, Atlantic  Youth Council, 4 pm YMCA, Atlantic	23 Confinement Site Manure Training 1:30 – 3:30 pm, Adair City Hall	24	25	26 Grain Handling Meeting 10:00 am – noon; Private Pesticide Applicator Training 1:30 – 3:30 pm, *FG	27	28 Adair County Cattlemen Banquet, 6 pm, \$15/person 4-H/FFA Center
29	30 Rumble Tumble Night 5 – 6:30 pm, Adair County Fitness Center	31	<b>Notes: State 4-H Award Applications are due to the Extension Office Monday, January 23, 2012.</b>			

## February 2012

\*FG – Fairgrounds  
\*EO – Extension Office

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Clover Kids, K-3 <sup>rd</sup> graders 10 – 11:30 am *EO
5 Youth Council Soup Luncheon, 4-H/FFA Center with Youth Council meeting to follow	6	7 Heifer Development Workshop, all day Stuart Vet Clinic	8 NV MS Service Club, 11:15 am-3:00 pm, NV Middle School Bring sack lunch; drink provided	9	10	11 Youth Council Bake Sale 9 – 11 am, Pamida in Greenfield
12	13	14	15 Orient Crop Fair Private Pesticide Training 9:30 am-11:30 am Lunch 11:45 – 12:30 pm Crop Fair 12:30 – 3 pm Orient Methodist Church	16	17	18
19	20	21	22 Estate Planning Meeting 9 am – 4:30 pm	23	24	25
26	27 Dry Manure Applicator Training; 1 – 4 pm Chamber Building, Greenfield	28	29	Notes: March 16 <sup>th</sup> – Middle School Dance 7 – 10 p.m., 4-H and FFA Center \$3 admission. Sponsored by Adair County 4-H Youth Council		

## Club Checklist

As a Club:

- ✓ Check your club enrollments. Contact members that have not re-enrolled, plus potential new members. Make 4-H the club of choice!
- ✓ Make plans to participate in the Beverage Tab Challenge to benefit Ronald McDonald House. Find ways to get your entire community involved. Check out the cash prizes.
- ✓ Announce the Youth Council soup luncheon scheduled for Sunday, February 5th, at the 4-H and FFA Building.
- ✓ Hold a mini-record book workshop. Focus on writing project goals and documenting project work with journaling and photos.
- ✓ Take club photo to have ready for County Fair display board. Keep a running list of club service activities to include with your photo.
- ✓ Update community service logs.
- ✓ Continue to promote physical activity and healthy eating at club events. Plan a fun indoor or outdoor fitness activity. Sign up for Live Healthy Iowa Kids. The program starts January 17 and runs through April 25.
- ✓ Decide if your club would like to be a county fair trophy donor this year. Trophy prices are \$17.50 (all livestock and clothing event), and \$12.00 for Skill-A-Thon, Top Fashion Revue/CS, B/B class winner, and Communication trophies.
- ✓ Hold an officer meeting. Review roles and responsibilities. Check to see how you're doing in terms of BIG-M (Belonging, Independence, Generosity, and Mastery).
- ✓ Encourage 9<sup>th</sup>-12<sup>th</sup> graders to apply for state awards, trips, and leadership roles. Written applications due to Extension office January 23<sup>rd</sup>.
- ✓ Remind high school seniors of March 1<sup>st</sup> deadline for state 4-H scholarship applications.
- ✓ Begin to think about the decorating theme for the 2012 Adair County Fair, Brighten Your World. Make plans as a club about you will do to help reach the goal of 1460 exhibits.
- ✓ Encourage your adult and teen 4-H leaders to sign up for the State Leader's Retreat, February 10-11 at Ankeny DMACC. Registration fee is \$10 by January 20<sup>th</sup>. Late registration fee is \$15.

## Leader Info

### State 4-H Volunteer Retreat

The State 4-H Volunteer Retreat is scheduled for February 10 & 11 at the DMACC facility in Ankeny. 4-H volunteers, staff, parents, and teen leaders can learn about innovative programs. Friday evening volunteers will learn how to help 4-H members improve their communication skills and demonstrate them through quality working exhibits. Saturday is filled with workshops. The registration fee of \$10 (postmarked by January 20<sup>th</sup>) or \$15 (postmarked by January 27<sup>th</sup>) covers materials and food. If you are registering for the New Volunteer (Club & Clovers) Training, registration is free. For complete details call the Extension office or go to:

<http://www.extension.iastate.edu/4h/Volunteers/retreat.htm> Registration forms need to be sent ASAP as workshop choices are filled on a first come basis.

### Insurance Coverage

Adair County Extension maintains an insurance policy for all youth enrolled in 4-H. **Members must have current completed enrollment forms on file at the Extension office for coverage. It is a high priority that members get their completed enrollment forms to the office immediately.** If a member becomes sick or is injured at a club meeting and requires medical treatment, contact the Extension office as soon as possible. To make sure club outings/activities are covered, notify the Extension office by emailing [walleded@iastate.edu](mailto:walleded@iastate.edu) in advance. The policy also covers youth at other 4-H activities including county and state fair, day camps, workshops, and State 4-H Conference.

### Required Leader Training

The online and DVD versions of the required leader training for 2011-2012 will be available after January 1<sup>st</sup> for club leaders who were unable to attend the live training. Notice will be sent when these options are available.

## Programming for Adults

### Growing Strong Families

If you are expecting a new baby or have a young child (not yet in kindergarten) you can sign up for the Growing Strong Families program. It is a great way to get the latest child development information and ideas for interactive activities you can do with your child to encourage growth and development. If you are interested in finding out more, contact our office and ask to talk with one of our parent educators, BrandiAnn Wilson or Angie Engles.

### Cow-Calf Conference – Saturday, January 21, 2012

8 am – 4 pm, Bridge View Center, 102 Church Street, Ottumwa; \$15 admission

### Private Pesticide Continuing Education Classes and Other Ag Related Programs

#### Thursday, January 26

Grain Handling Meeting, 10 a.m. - noon  
Private Pesticide Training, 1:30 – 3:30 p.m.  
4-H/FFA Center, Adair County Fairgrounds

#### Wednesday, February 15

Orient Crop Fair, 9 a.m. – 3 p.m.  
Private Pesticide Training, 9:30 – 11:30 a.m.  
Lunch, 11:45 a.m. – 12:30 p.m.  
Crop Fair, 12:30 a.m. – 3 p.m.  
Orient Methodist Church – Orient

#### Monday, March 5

Private Pesticide Training, 6:30 – 8:30 p.m.  
Adair Community Centre – Adair

### Future Dates

June 26 -28 – State 4-H Conference-*Brighten Your World*  
July 18 - 22 – Adair County Fair  
August 9 - 19 – Iowa State Fair  
September 27 - 30 – Ak-Sar-Ben

### County Fair Trophy Donors Needed

Donors are needed for trophies to be presented to 4-H and FFA exhibitors during the Adair County Fair. Trophy prices are \$17.50 (large) and \$12 (Skill-A-Thon, Top FR/CS, Communications). Contact the Adair County Extension Office or email [wallaced@iastate.edu](mailto:wallaced@iastate.edu) to become a trophy donor.

## Check It Out

### Website Provides Lots of 4-H Resources

Go to:

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

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 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. Check out the Awards Day photos.

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)

## Thank You to 4-H Donors

### SOFA XVIII 2012

1<sup>st</sup> State Bank, Stuart  
1<sup>st</sup> Whitney Bank & Trust, Atlantic  
Adair County Mutual Insurance  
Bridgewater Oil  
Cass County Farm Bureau  
Everett and Julie Shepherd, Stuart  
First National Bank  
Fontanelle, Greenfield, Massena, Anita, Correctionville  
KJAN Radio, Atlantic  
Rich and Deb Hall, Massena  
Southwest Iowa Egg, Massena

### 2012 County Fair Trophy Donors

Dave and Connie Wallace, Greenfield  
Pat and Barb Marnin, Stuart  
Rich and Deb Hall, Massena

### Adair County Extension

202 South 1<sup>st</sup> Street

Greenfield IA 50849

Phone: 641-743-8412 or 800-ISUE 399

Fax: 641-743-0023

Email: [wallaced@iastate.edu](mailto:wallaced@iastate.edu)