



Adair County Extension 4-H News

4-H Alumna



Connie Frank

Education- NV High School 2001; Morningside College, Sioux City IA to study psychology; Masters Degree in counseling, University South Dakota
Career- Licensed Mental Health Counselor; Certified Alcohol and Drug Counselor; Cornerstone Recovery, Ankeny IA serving youth struggling with mental health and chemical dependency issues.

4-H Involvement- Adair County Summerset Citizens 4-H Club; county and state fair, Youth Council, SW IA Area Council, State 4-H Conference, National 4-H Congress

Life Skills Gained- 4-H provided opportunities to give back to the community; gave me unique opportunities for education; leadership skills; self-confidence; motivation to pursue personal goals

Advice to 4-H'ers- Stay active and involved. 4-H provides many opportunities to develop life skills and personal confidence. Involvement and opportunities available to you through 4-H can set you up for great successes in your life.

Plan to attend - Soup Luncheon Sunday, February 5th 4-H/FFA Center

Serving 11:30 a.m. – 1:30 p.m.

**Chili soup, Cheesy Potato soup, relishes, assorted pies/bars
Free will donation toward meat products for local food pantries
and homeless shelters.**

Sponsored by Adair County 4-H Youth Council.

(Listen to local radio stations in case of inclement weather)

I Pledge My Heart

Great Ways to Celebrate Valentine's Day

- ♥ Write a thank you note to someone who has encouraged you as a 4-H member. It could be a parent, leader, or maybe another 4-H'er.
- ♥ Clean out your closet. Drop off gently used clothes you no longer wear at the Extension office for delivery to Micah House. Both kid and adult clothes needed.
- ♥ Stop by the 4-H Bake Sale on Saturday, February 11th at the Greenfield Pamida between 9 and 11. Buy a treat for someone special and support the 4-H Youth Council.
- ♥ Make bags of trail mix featuring a few red and pink M&Ms and deliver to a group of special people in your community like the teachers in your school, the police or fire department, or ministers at your local churches.
- ♥ Give the gift of time and visit someone at the nursing home or is homebound. Take your recordbook and show them some of things you have done in 4-H.

Adair County Extension Office is Moving!

With a tentative moving date of April 1st, the Adair County Extension Office will be housed in the south portion of the newly restored Warren Cultural Center on the Greenfield Square. The exact moving date will be announced through the local media, on our website <http://www.extension.iastate.edu/adair> and Adair County 4-H and Youth Programs Facebook page.

Thank you to the **Summit Super Stars 4-H Club** for their generous cash gift to help purchase new chairs for the conference room.

Leadership Opportunities

SW Iowa Junior Camp Counselors Needed

Teen counselors are needed for Area 4-H 5th & 6th Grade Jr. Camp June 10-13. Must be 16 years old by June 10th. Contact the Extension office or download application <http://www.extension.iastate.edu/adair/news/4hjuniocamp.htm> Applications are due April 6th.

Youth Action Committee

The Youth Action Committee is still seeking two high school students to serve on one year terms on this committee. The group meets approximately 6 times per year and is responsible for 4-H policy decisions. Contact Donna if you would like to know more.

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 2nd, 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 31st.

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/reachouthomelessfamilies.htm> for more details. Youth Council members will deliver all donations to Micah House on April 1st.

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. A huge thank you to the **Nodaway Valley Clover Kids** for the very large donation of diapers, baby wipes, and other necessities. Donations of diapers, wipes, new toys appropriate for children three and under, and cash are always needed and appreciated. 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 1st.

SOFA XVIII Facebook Photos

SOFA (Speak Out for Agriculture), has a Facebook page! Become a fan of SOFA – Speak Out for Agriculture. Keep up to date with photos and details for SOFA XVIII. Shutter bugs are encouraged to submit photos with a **Spring in the Country** theme, jpeg form, electronically to krohrig@iastate.edu Submit your photos by March 31st. Include: when, where and what/who the subject is; a title or caption (25 words or less) is optional. Watch for your photos to be posted on facebook!

Have You Heard?

- **Richland Royals** sewed school bags for rural Nigeria children during their January meeting; followed the meeting with bowling and pizza.
- **Summit Super Stars** celebrated Christmas in January with bowling, pizza party, and gift exchange.
- **Nodaway Valley Clover Kids** are selling Best in Show pet treats. Treats come in 5 oz. bags (with the 4-H Clover on the bags) and cost \$4 each. Treats for dogs, horses, and cats are available. Contact club members or leaders by February 12th to place an order.
- **Adair County Hot Shots** made cards and door decorations for Greenfield Manor residents.

- **Harrison Hummers** are having a Kids' Night of fun, games, and snacks Saturday, February 11th so their caregivers can have an evening out. Fun begins at 5 p.m. at the Heartland Baptist Church in Stuart. Cost is \$5/hour for one child; \$2/additional child; maximum of \$10/hr per family.
- Tessa Mittag and Leah Gilman were awarded scholarships from the Adair County Cattlemen.
- Brad Baudler, McKenna Davenport, Chisum and Kysa Downing, and Savannah Ruby applied for state recognition. Good luck at interviews Saturday, March 24th.
- Youth Action Committee elected Jim Williams, Chairman; Matt Rohrig, Vice-chairman; and Savannah Ruby, Secretary.

College Alert

If you need help finding scholarship options or forms, Deb Hall is available to assist juniors and seniors. Call and 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

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

March 1 – State 4-H Scholarships

Applications available at

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

March 1 – Adair County Corn & Soybean Association Fritz Langguth Memorial Scholarship*

Parent must be member. Applications available at

http://www.extension.iastate.edu/adair/info/scholarship_listing.htm

March 1 - Adair Co & Iowa Farm Bureau Federation Scholarship

*Parent must be member. Application available online www.iowafarmbureau.com Go to Members Only tab – Sign-in – Go to My Membership – Scholarships

March 2 – Adair Co Soil & Water Conservation District Scholarship*

at www.cdiowa.org/education.html

Three scholarships given locally. Call 641-743-6124.

March 15 – SWCC Education Foundation Scholarship

Application available at

<http://www.swcciowa.edu/index.php/future-students/financial-aid/scholarships/ef-scholarship-application> Call 641-782-1455.

High School Juniors

Application brochures are available for the **Herbert Hoover Uncommon Student Award**, a \$5000 scholarship program for Iowa high school juniors. Applications must be postmarked by March 31, 2012. For more info, visit www.hooverassociation.org

Applications due for **Washington DC Youth Tour 2012** February 17th. Open to juniors whose parent is customer of Farmer's Electric. Go to the following website <http://farmersrec.com/forms>

Fun Events Coming Up

Adair County Youth Council is sponsoring a **St. Patrick's Day Dance** for 6th – 8th graders on Friday, March 16th, 7 – 10 p.m. at the 4-H/FFA Center on the fairgrounds. Admission is \$3 per person. Wear green and you'll receive \$1 off. Bring an item for Micah House (canned fruit, toilet paper, paper towels, new books or puzzles for kids) to add to the Youth Council collection and get a free cookie. Mark the date and tell your friends. They don't need to be 4-H'ers to attend.

SW Iowa 4-H Junior Camp for 5th & 6th graders will be June 10-13 at the Iowa 4-H Camping Center near Madrid. Registration materials are available at the Extension office or online

<http://www.extension.iastate.edu/adair/news/4hjuniorcamp.htm> Registration deadline is May 25th. Cost is \$145 for four fun-packed days and three nights. Adair County 4-H'ers are eligible for a \$35 rebate.

Need based Financial Assistance to attend State 4-H camps, SW Iowa Junior Camp, and State 4-H Conference is available from the Iowa 4-H Foundation. April 25th is the deadline to apply for assistance. This is in addition to Adair County rebates. Contact the Extension office at 641-743-8412 or 1-800-ISUE399 for details.

Agriculture News

SOFA Offers Job Shadowing

Would you like to spend a day with an ag engineer or wildlife biologist just to learn about their career? Now 10th-12th graders have that chance. SOFA is setting up a shadowing program for all types of agricultural careers. If you are interested contact the Extension office and complete a simple application.

SOFA is also planning a bus trip west this year with stops at the University of Nebraska, Lincoln; and Case-New Holland combine factory in Grand Island. Mark June 12 & 13 on your calendar. Opportunity is open to 7th – 12th graders. Watch for more details.

The SOFA planning committee will meet Sunday, February 26th, 2:30 p.m., at the Extension office. Remember to bring sponsorship money.

FSQA Training

FSQA Training will be held at the Extension office Thursday, March 15th and Thursday, March 22nd, 6:30 – 8:00 p.m. both evenings. All youth exhibiting swine at the 2012 Adair County Fair must be FSQA certified. All youth exhibiting beef, sheep, swine, dairy, poultry, rabbit or goat at the 2012 Iowa State Fair or AK-SAR-BEN must be FSQA certified. Pick the session that works best and put it on your calendar.

Horse Project Meeting

Horse project members and parents are encouraged to attend a project meeting Sunday, March 25th, 1 – 3:30 p.m. at the Extension office meeting room. Bring your ideas for changes in the fair rules and activities. If you have a riding helmet in good condition that you've outgrown, bring it to the meeting to sell to a new member. Parents are especially encouraged to attend this meeting.

Iowa Youth Horse Jamboree

Mark your calendar now for March 24th and 25th. 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.

Weigh-in and Tagging Schedule

Swine tagging for all 4-H and FFA pigs to be shown at the Adair County Fair will be Friday, April 6th, 4 – 7 p.m. and Saturday, April 7th, 7:30 – 11:00 a.m. at the fairgrounds in Greenfield.

4-H'ers planning to exhibit swine at the State Fair and Ak-Sar-Ben must have their pigs weighed and verified on Saturday, April 21st, 8:00 – 10:30 a.m. at the Madison County Fairgrounds in Winterset.

Special note – With the new law effective January 1, 2012, isolation and testing for pseudorabies is no longer required by law for swine returning home or going to another location following exhibition. Therefore, swine shown at our county fair could be exhibited at the state fair or another event immediately following our county fair. Required documentation must be completed at the 4-H office on the fairgrounds for any swine not going to the packer.

Lamb and meat goat tagging and weigh-in is scheduled for Saturday, May 12th, 8:30 – 11:00 a.m. at the fairgrounds.

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.

<p>*FG – Fairgrounds *EO – Extension Office</p> <h2 style="margin: 0;">February 2012</h2>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Family Storyteller, 2 – 3 pm Fontanelle Library	4 Clover Kids, K-3 rd graders 10 – 11:30 am *EO
5 Youth Council Soup Luncheon, 11:30 am – 1:30 pm, 4-H/FFA Center with Youth Council meeting to follow	6	7 Heifer Development Workshop, all day Stuart Vet Clinic, \$15, registration required	8 NV MS Service Club, 11:15 am-3:00 pm, NV Middle School Bring sack lunch; drink provided	9	10 Family Storyteller, 2 – 3 pm Fontanelle Library	11 Youth Council Bake Sale 9 – 11 am, Pamida in Greenfield
12 Extension Council 6 pm, Wallace Center of Iowa	13 Spring Book Club 5:30 – 6:30 pm, *EO	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 Family Storyteller, 2 – 3 pm Fontanelle Library	18
19	20	21	22 Estate Planning Meeting 9 am – 3:30 pm, *EO	23	24 Family Storyteller, 2 – 3 pm Fontanelle Library	25 Healthy Meals in a Hurry, 9:30-11:30 am, Orient Public Library
26 SOFA meeting, 2:30 pm *EO	27 Dry Manure Applicator Training; 1 – 4 pm Chamber Building, Greenfield Extension Council	28	29	<p>Notes: March 16th – Middle School Dance 7 – 10 p.m., 4-H and FFA Center \$3 admission. Sponsored by Adair County 4-H Youth Council State 4-H Scholarships due March 1</p>		

March 2012

*FG – Fairgrounds

*EO – Extension Office

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 State 4-H Scholarships due	2 Family Storyteller, 2 – 3 pm Fontanelle Library	3 Clover Kids, K-3 rd graders 10 – 11:30 am *EO
4 Youth Council	5 Private Pesticide applicator Training, 6:30 – 8:30 pm, Adair Community Centre	6	7 Ornamental & Turf Applicators 1:30-4 p.m. EO	8	9	10 4-H Judges Training, Atlantic
11	12 Youth Action Committee 6:30 pm, *EO	13 Spring Book Club 5:30-6:30 p.m. *EO	14 Certified Handlers Training 9:00-11:30 a.m. *EO	15 FSQA Training, 6:30 – 8 pm *EO	16 Youth Council Middle School Dance, 4-H and FFA Center 7 – 10 pm, \$3 each. Bring a canned good.	17 Regional 4-H Leader Training, Atlantic
18	19 Ag Expo, 4-H/FFA Center 9 am – 1:30 pm	20	21	22 FSQA Training, 6:30 – 8 pm *EO	23	24 State Award Interviews Ames Henry Wallace Garden Workshop
25 Horse project members/parents meeting 1 pm, *EO	26 Extension Council	27	28	29	30	31

Club Checklist

As a Club:

- ✓ Plan a service activity around the second H (heart). It is National Heart Month, so an activity featuring heart healthy snacks or physical activity would be ideal.
- ✓ Decide if you would like to be part of the countywide effort to help Micah House, a homeless shelter for families. Check out the needs listed in the Community Service section of this newsletter.
- ✓ Start looking ahead to county fair. Think about a service project or educational workshop your club has or will complete. Appoint a small committee to document your activity and turn it into a club exhibit for the fair.
- ✓ Share information about the upcoming 6th-8th grade dance and remind members they can invite non-4-H friends to attend.
- ✓ Make a decision about donating a trophy for the county fair. The cost is \$17.50 for large trophies and \$12.50 for small trophies.
- ✓ Remind members to bring their Pop Tabs to the office by May 31st. The Youth Council is giving a cash prize to the top individual tab collector in each age category.
- ✓ Remind livestock exhibitors of FSQA (Food Safety Quality Assurance) trainings scheduled for Thursday, March 15, 6:30 – 8:00 and Thursday, March 22, 6:30 – 8:00. Members need to attend only one session. Parents are encouraged to attend.
- ✓ Check club membership list. Review project sign-up and make necessary changes.
- ✓ Make a plan for re-enrolling past members who haven't enrolled this year.
- ✓ Encourage members & parents to check out our website www.extension.iastate.edu/adair and to become a facebook fan of Adair County 4-H and Youth Programs and SOFA – Speak Out for Agriculture.
- ✓ Think about a club field trip.

Leader Info

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 wallaced@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 is expected to be available by March 1st for club leaders who were unable to attend the live training. Notice will be sent when these options are available.

Regional 4-H Leader Training

Leaders can still sign up for a fun day of training set for Saturday, March 17th in Atlantic. The training is scheduled for 9:30-3:30 and is open to relatively new club and project leaders (less than 3 years of experience). A special session is also planned for Clover Kids volunteers. All participants will receive a “toolbox”- a binder of resources to support their work with kids. Go to <http://extension.iastate.edu/4h/Volunteers> and click on the link under Training in the bottom right box. There is no charge to attend.

Judges Training

Judges, potential judges, leaders, and parents who are interested in learning more about the 4-H judging process are invited to sign up for a judging workshop on Saturday, March 10th in Atlantic. There will be a general session plus the chance to attend up to three break-out sessions. Tentative break-out sessions include new judges, photography, visual arts, communication, food and nutrition, personal development, and ag/natural resources/science and technology. If you are interested in this workshop, let the Extension office know and we will get you more information when it is available.

Adair County Extension
202 South 1st Street
Greenfield IA 50849
Phone: 641-743-8412 or 800-ISUE 399
Fax: 641-743-0023
Email: wallaced@iastate.edu

Programming for Adults

Evaluating Your Estate Plan –For Farm Families

Talking about estate planning can be difficult and implementing an estate plan can be even harder. A special workshop planned for **Wednesday, February 22nd** provides an opportunity to learn about options in transitioning assets to the next generation. The program starts at 9:00 a.m. and adjourns at 3:30 p.m. at the Adair County Extension Office. Advance registration is required and space is limited to the first 24 people to respond, so call the Extension office to sign up immediately. Cost is \$50 per person and includes lunch.

Healthy Meals in a Hurry

Barb Fuller, ISU Extension and Outreach Nutrition and Health Program specialist, will conduct an intro to Meals in a Hurry on Saturday, February 25th, 9:30-11:30 a.m. at the Orient Public Library. Tips and recipes for 14 meals under \$1 per main dish per person will be featured. The program is free to Adair County residents. All participants receive a cookbook, calendar, and small food sample. Register by February 21st by emailing OMpubliclib@yahoo.com or calling the library between 3 – 6 p.m. at 641-337-5061 Extension 124.

Crop Fair and Private Pesticide Class (PPAT)

Ag producers wishing to maintain their private pesticide certification by attending class can participate in a training session on Wednesday, February 15th at the Orient Methodist Church from 9:30-11:30 a.m. Plan to arrive at least 20 minutes early to register.

A Crop Fair is planned for the same date and location. It will begin at 11:45 with a complimentary lunch, followed by the program from 12:30-3:00 p.m.. Pre-registration is required. Call the Extension office to register.

An evening PPAT session is planned for Monday, March 5th at the Adair Community Centre from 6:30-8:30 p.m.

Future Dates

June 10 -13 – SW Iowa 4-H Junior Camp

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 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

Thank You to 4-H Donors

SOFA XVIII 2012

Adair County Pork Producers
Bax Inc./Fontanelle Drug
Lynn Bohling Family, Greenfield
Paul and Gini Herr Family, Fontanelle
Richland Royals 4-H Club
Titan Machinery, Greenfield
Union State Bank, Greenfield & Bridgewater

2012 County Fair Trophy Donors

Lynn Bohling Family, Greenfield
Summit Super Stars 4-H Club

2012 State Fair Entry Sponsors

Lynn Bohling Family, Greenfield

Friends of 4-H Record Keepers

Lynn Bohling Family, Greenfield