



Adair County 4-H News

Volume 1 Issue 11

December 2007

Special points of interest:

- Increase Community Club Membership Numbers
- Countywide Beef Weigh-in
- Community Service Opportunities
- Club Officer Training

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Congratulations

Congratulations to every 4-H'er and volunteer who was recognized at Awards Day. Hopefully you will take to heart the challenge K Cass ended the program with by finding ways to put the BIG-M (Belonging, Independence, Generosity, and Mastery) to work.

A special thank you to the Harrison Hummers and the Jefferson Pioneers for providing excellent refreshments. We also greatly appreciated all the help we got in set-up and take-down from 4-H'ers and parents.

You can find Awards Day results and many photos posted on our website <http://www.extension.iastate.edu/adair/news/awardsday2007.htm> If you'd like a hardcopy of the program, we have a few left at the Extension office.

Start tracking your volunteer hours now so you can be one of the President's Student Service Award winners next year. Volunteer hour forms can be found at <http://www.extension.iastate.edu/adair/news/communityservice.htm>

If you would like to know more about requirements for project awards check out <http://www.extension.iastate.edu/adair/news/records.htm> Click on 4-H Record Book Instructions.

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Welcome New Members

- Adair County Hot Shots - O Hensley
- Grove Champions - K Wessel
- Summit Super Stars - S Sorensen

Extension Office
will be closed
December 24th & 25th
and January 1st

Our total club membership goal for 2007-08 including Clover Kids is **300**. We have 150 4-H members and 25 Clover Kids members enrolled at this time. If you have not turned in your re-enrollment form, please do so immediately. If you're not sure if you have, call the Extension office at 743-8412 or 1-800-ISUE 399. **Help recruit new members to your club.** Invite a friend to join 4-H and bring them to your next club meeting. Recruiting a friend is one way you can let others know that 4-H is a great organization. **Remember - people join 4-H because they are asked and welcomed into a club.** Enrollment forms for new members can be picked up at the Extension office, are available from club leaders, and are on our web-site at <http://www.extension.iastate.edu/adair/info/4henrollmentforms.htm>

Have You Heard?

The Richland Royals provided free baby-sitting service to parents attending parent/teacher conferences at the O-M school. Activities included: marker boards, play dough, snacks, books, and games. What a great way to use their child development skills to help others.

Summerset Citizens just completed another very successful poinsettia sale as their club fundraiser.

Be sure to drive through the fairgrounds to view the holiday lights. Adair County Wing Walkers, Grove Champions, Harrison Hummers, Nodaway Valley Clover Kids, Orient Bulldogs, Richland Royals, Summerset Citizens, Washington Stars, Adair County Youth Council and Greenfield Girl Scouts are all taking part in the Holiday Lighting Spectacular. Lights are on nightly 4:30 - 10:00 pm. Clubs can take down decorations anytime after January 1.

Adair County Wing Walkers provided healthy snacks during recent flu shot clinics at Adair County Home Care. Snacks included 100% juice boxes, apples, animal crackers, boxes of raisins, and cheese & cracker packages. Keep Food and Fitness alive and well in Adair County.

Thanks to the Adair County Wing Walkers, Jefferson Pioneers, Summit Super Stars, and Washington Stars for making holiday cards for the Iowa 4-H Foundation.

The theme for the 2008 Iowa 4-H Conference is "Ignite the Flame". State 4-H Conference is open to 8th - 12th graders and will be held June 24 - 26. Our own K Schulteis and K Cass are helping plan 4-H Conference.

Nodaway Valley Clover Kids and Adair County Wing Walkers participated in the Lighted Holiday Parade in Greenfield.

Summit Super Stars enjoyed supper and a hay ride at their Fall Party. Members created holiday cards and had a record book workshop to record activities to date.

Club workshops are a great way to learn new skills and are tons of fun, too. Members of the Richland Royals made dinner rolls from scratch at a recent workshop.

The Adair County 4-H Youth Council is planning to attend an ISU Women's Basketball game the afternoon of December 30th. They will get their tickets for youth at a group discount rate of \$3.00 each. If any club or family would like to be added to their ticket order, please let the Extension office know by December 14th.

Club treasurers C Edwards, J Martin, and M Spainhower attended special training. If you missed the training and would like materials to help you as you do your job, call the Extension office.

Leadership Opportunities

Youth Action Committee

We're in need of high school and adult volunteers who would like to be members of the Youth Action Committee. High school members serve a one-year term and can be re-appointed. Adult members serve a two-year term and a maximum of two consecutive terms. Contact the Extension office for an application or on the web <http://www.extension.iastate.edu/adair/kidsteens.htm> Complete the application form and return it to the Extension office ASAP. We really need at least one high school male to serve on the committee.

Aiming High Workshop

High school students and their parents who want to learn about state awards, leadership opportunities and special honor trips should attend the **Aiming High** workshop January 2nd designed for 9th - 12th grade 4-H'ers. The workshop will be from 1:15 a.m. - 12:30 p.m. Lunch will be provided 12:30 - 1:15 p.m. for all participants. There is no charge to attend, but pre-registration is required by December 26th.

Applications for awards and state leadership positions are due to our office by February 14. Area award interviews will be Sunday, March 30th in Atlantic.

Winter Fashion Show

We are looking for a team of adults and 4-H'ers who are interested in organizing a March fashion show featuring work-out clothes as part of the **L i g h t e n U p A d a i r C o u n t y** program. This would be a great clothing junior leadership project. Contact the Extension office if you are interested.

Help Grow the 4-H Program

4-H is a great organization and we want to grow it. The state has set a goal of increasing membership of 4th—12th graders by 3% this year.

Each Adair County 4-H club that meets the goal of increasing 4th—12th grade membership by 3% by May 15th will be awarded pizza gift certificates so their club can celebrate. **Congratulations to the Adair County Hot Shots for being the first club to meet and surpass their membership goal for 2007-08.** The chart below shows the 4th—12th grade membership for each club last year along with the number required to receive free pizza.

To meet the goal, your club will need to focus on re-enrolling members from last year and recruiting new members, too. Don't stop recruiting when you meet the goal. The club that shows the most growth will get a grand prize of an afternoon of swimming or bowling along with pizza.

Club Name	Members (4th-12th grades) 2006-07	Current Members	Members (4th-12 grades) Goal for 2007-08
Hot Shots	13	18	14
Wing Walkers	16	6	17
Grove Champions	23	10	24
Harrison Hummers	12	9	13
Jefferson Pioneers	29	15	30
NV Clover Kids	16	7	17
Orient Bulldogs	33	20	34
Richland Royals	5	3	6
Summerset Citizens	34	32	36
Summit Super Stars	11	10	12
Washington Stars	29	13	30
Way Out Walnuts	15	7	16

Club Officer Training

4-H club officer trainings will be held from 2:00 - 3:30 for the following officers:

December 2nd - Club reporters and secretaries at 4-H and FFA Center

January 6th - Presidents and vice-presidents at Extension office

February 3rd - Historians at Extension office

An adult is encouraged to attend with each club officer. Call the Extension office or email wallaced@iastate.edu to sign-up.

I Pledge My Hands to Larger Service

Volunteer part of a day over your holiday break from school to call 4-H'ers who have not turned in their enrollment cards and potential new members. Call the Extension office to set up a time to come and use their phones. Find a partner to work with you.

Collect and donate items to the area food pantries. We have three in our county including one in Adair, Neighborhood Center in Greenfield and Greenfield Methodist Church. They are in need of canned fruit, pastas, spaghetti sauce, tomato juice for soups, canned soup (tomato, vegetable and chicken/noodle), tuna, peanut butter, and pudding mixes. Meat gift certificates, available for purchase from commodity groups and ethanol gift certificates available from the Iowa Corn Growers, are also welcome items.

Donate non-food items to the pantry at the Presbyterian Church in Greenfield. They have a need for toilet tissue, diapers and personal care products (i.e. deodorant, shampoo).

Ronald McDonald House in Des Moines is in need of laundry detergent, Dreft baby detergent, fabric softener, white hand towels and bleach. They also need all-purpose cleaners, toilet bowl and bathroom cleansers, and disinfectant spray. The Youth Council will deliver these items for you when they make their annual community service trip to Ronald McDonald House.

Make plans now to assemble a Valentine Day care package to send to a local service member. At the same time, put together a care package for their family or fix them a special supper.

4-H and FFA Market Beef Weigh-In

All market beef (market steers, market heifers, junior feeder pens, return bucket/bottle calves shown in the market division (excludes breeding heifers) must be weighed at the countywide weigh-in Thursday, December 27 to be eligible to exhibit at the Adair County Fair and other 4-H shows. Members who exhibited a feeder calf or bucket/bottle calf at the 2007 county fair are encouraged to show their animal as a market beef at the 2008 fair. **Remember it must be weighed-in.**

Each 4-H or FFA member may weigh six market beef for lead animals and six head for a junior feeder pen. A junior feeder pen needs a minimum of three head at county fair. We do not have a minimum or maximum weigh limit at the December 27 weigh-in, but animals entered in the Carcass Contest at county fair can not weigh over 1500 pounds when weighed in at county fair. **Select your animals accordingly.**

Weigh-in will run from 8:30 - 11:30 a.m. at the fairgrounds in Greenfield. Exhibitors planning to show their animals at the Iowa State Fair or Ak-Sar-Ben must bring their animals to the weigh-in between 8:30 - 9:15 a.m. 4-H and FFA members planning to exhibit only at the county fair need to come between 9:30 - 11:30 a.m. When you arrive at weigh-in, be prepared to:

- ◆ Pay \$1.50 per head for the special 4-H tag. All ear tags will be removed before the 4-H ear tag is put in your animal's ear. If you need your old ear tag number for reference, have it written down and be ready to record your corresponding 4-H ear tag number when you come to weigh-in.
- ◆ Identify in which category each animal will be entered (i.e. market beef, junior feeder, or returning bucket/bottle calf). Separate market steer and market heifer classes will be offered providing there are a minimum of 3 head of market heifers checked in at the fair.
- ◆ Indicate which animals are 4-H and which are FFA.

Special Requirements for Market Beef Going to Iowa State Fair & Ak-Sar-Ben

4-H members who are currently in 5th grade or above are eligible to nominate market beef for the Iowa State Fair. The new process requires that animals being nominated for the Iowa State Fair & Ak-Sar-Ben be tagged and a retinal image and DNA sample be taken at the December 27th weigh-in. Verification forms must be completed at weigh-in and must be signed by the exhibitor and his/her parent. If either, member or parent is unable to attend weigh-in, notify the Extension office in advance. A \$5.00 per head nomination fee must be paid at weigh-in. An additional \$1 per head will be charged for the same animal being verified for both State Fair and for Ak-Sar-Ben. This is in addition to the ear tag fee. If it is a breed steer, you must be sure that the animal has a legible tattoo in its ear by our weigh-in date and can be recorded on the verification form.

Call the Extension office at 743-8412 or 1-800-ISUE399 or email wallaced@iastate.edu **ASAP** with the number of market beef you plan to nominate for the Iowa State Fair or Ak-Sar-Ben. We will also give you an appointment time.

FFA animals nominated for the Iowa State Fair will be nose printed and have a DNA sample taken. Please talk to your FFA advisor **BEFORE** weigh-in to assure that they have the proper supplies on hand.

Leader Notes

Iowa 4-H requires all 4-H leaders (organizational, assistant, and countywide project leaders) to participate in 2 trainings (1 1/2 hour sessions) each year.

If you did not attend leader training on September 30th at the 4-H Kickoff and haven't checked out the DVD to complete your Fall leader training requirement, please contact Donna at the Extension office to make arrangements to do so immediately. Only leaders who have met the requirement are covered as part of our insurance plan and eligible for tort liability coverage.

Remember to call the Extension office or email wallaced@iastate.edu before your club goes on field trips or outings so the activities can be added as approved 4-H events.

Capture the Spirit at the State Volunteer Retreat scheduled for February 8 & 9 at the DMACC facility in Newton. 4-H volunteers, staff, parents, & teen leaders can learn about innovative programs that will help bring new perspectives and activities to Iowa 4-H programs. Hands-on activities Friday evening are free except for the cost of the craft materials. Registration for Saturday workshops is only \$10 and includes lunch. Registration information will be available at

<http://www.extension.iastate.edu/4H/volretreat.htm>

Thinking Ahead to College

Preparing for College workshop will be held January 2nd for students and their parents. There will be two sessions:
10:00—11:00 a.m. for 9th—11th graders and their parents and
1:15—2:15 p.m. for 12th graders and their parents.

Information about exploring all college options, positioning yourself for scholarships, and finding and applying for scholarships will be covered. There is no cost, but pre-registration is needed by December 26th.

Preparing for ACT

Check-out Number 2.com's on-line test preparation courses. There is no fee. Spending 15 minutes a day can pay big dividends. When you run into problems you can't solve, make sure to ask the appropriate teacher at your school to show you how to arrive at the answer. This website also has a vocabulary builder that would be great for any middle school/high school student or adult.

Scholarship Alert

Never pay anyone to help you find scholarships. Your guidance counselor along with several reputable free on-line sites can help you at no cost.

If you're planning to enroll at **ISU in the College of Ag and Life Sciences**, check out their information about scholarships at <http://www.ag.iastate.edu/scholarships/freshman> Applications must be submitted online between October 15th and January 15th. Applications will not be accepted after January 15th. Do not send applications by mail.

The **4-H Scholarship Handbook** is now available at <http://www.extension.iastate.edu/4H/grants.html> All application forms and instructions for use by applicants are available at this location. Iowa 4-H scholarship application materials must be received in Ames before or by February 1, 2008.

The **Hixson Opportunity Award is a \$10,000 scholarship** (distributed \$2,500 per year) offered annually to one student from each of Iowa's 99 counties. Once enrolled, Hixson Scholars at Iowa State regularly surpass national and university averages for grade-point, persistence, and graduation. The online application is now available at www.dso.iastate.edu/hixson/application/

Application brochures are available for the **Herbert Hoover Uncommon Student award**, a \$5,000 scholarship program for Iowa high school juniors. The postmark deadline is March 31, 2008. Students chosen for the program receive a \$750 stipend. In addition, three \$5,000 scholarships are awarded for study at an accredited two or four-year college or university anywhere in the country. For more info, visit www.hooverassociation.org or contact Patricia Hand at 800-828-0475.

West Central Co-operative is once again offering a college scholarship program for the children of members. They will award three \$1500 scholarships to students pursuing a career in agriculture or an ag-related field of study. Applications are available at the Extension office and must be returned to the West Central office by February 8, 2008.

I Pledge My Health

Go The Distance is a four-month competition (January 23 - May 1) that encourages youth of all ages to be physically active and show them that fitness is fun! Form a team (up to 30 members) with your 4-H clubs or group of friends. Teams track minutes of physical activity. Each team averaging 4200 minutes per team member during the 100-day challenge will qualify for the monetary awards at the conclusion of the program. All youth teams are able to enter this competition free of charge, but are required to have an adult team leader. For details on the complete program, contact the Extension office or visit <http://www.iowasportsfoundation.org/goTheDistance/default.aspx>

Volunteer your family for a **Food and Fitness Make-Over**. We're looking for five Adair County families who are willing to track what they eat and their exercise for three days. A registered dietician will meet with the families to review their log and make suggestions for simple changes. If you are interested in applying to be one of the families complete an application found at <http://www.extension.iastate.edu/adair/news/lightenupadaircounty.htm> and return it to the Extension office by Tuesday, December 4th.

Find a new snack to serve at your next 4-H club meeting at the **Pick a Better Snack** website: <http://www.idph.state.ia.us/pickabettersnack/recipes.asp>

I highly recommend the Pocket Apple Pie made with flour tortillas, apples, nutmeg, cinnamon, and brown sugar.

December

January 2 Aiming High & Scholarship Workshops
 January 6 4-H Club President & V. Pres. Workshop
 January 23 Go The Distance begins

* E.O.—Extension Office

Sun	Mon →	Tue	Wed	Thu	Fri	Sat
						1 Clover Kids 10:00-11:30 am, *E.O.
2 SOFA Planning Committee 1:30 pm, Massena 4-H Club Reporter/Secretary Workshop, 2:00-3:30 pm Youth Council, 4:00 pm 4-H/FFA Center	3 Extension Council 6:30 pm HAW Country Life Center	4	5 Stretching Hay Supplies for Beef Cows meeting 10 am - 12 noon, E.O.*	6 Private Pesticide Applicator Training 9:30 - 11:30 am and 1:30 - 3:30 pm *E.O.	7	8
9	10	11 Preschool Networking Session, 5:30 - 7:15 pm	12 Winning the Game Marketing workshop 10 am - 2 pm, E.O.*	13	14	15 CWF trip application due to Clarke County Extension Office
16	17 IDALS Pesticide Applicator Testing 10 am - 2 pm, E.O.*	18 NRCS Landowners meeting 10 am - 1 pm Adair County YMCA	19	20	21	22
23	24 ← Extension Office Closed Happy Holidays!	→ 25	26	27 4-H/FFA Beef Weigh-in Adair County Fairgrounds	28	29
30	31					

January

* E.O.—Extension Office

- Feb. 1 4-H Scholarship Applications due in Ames
- Feb. 2 Clover Kids
- Feb. 3 Historian's Workshop
- Feb. 14 Area award applications due in Extension office

Sun	Mon →	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Clover Kids 10 - 11:30 am, E.O.*
6 4-H Club President & Vice-President Workshop 2 - 3:30 pm, E.O.* Youth Council, 4 pm, E.O.*	7	8	9	10	11	12
13	14	15	16 Youth Action Committee 6:30 - 8:00 pm	17	18	19
20	21	22	23 Go The Distance begins	24	25	26
27	28	29	30	31		

ADAIR COUNTY EXTENSION
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GREENFIELD IA 50849

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Fax: 641-743-0023
E-mail: wallaced@iastate.edu

Check out our website -
www.extension.iastate.edu/adair/

Holiday Gift Ideas

The ISU garden calendar is a must for horticulture enthusiasts. Purchase a calendar for \$8 at the extension office.

Buy a county fair trophy to honor someone you know. The cost of a trophy is \$17.50 (all livestock and clothing event), \$13 for communication, and \$12 for the skill-a-thon trophies.

Order items online for your 4-H'er from the 4-H Mall at <http://www.4-hmall.org/> Ten percent of all online orders from National 4-H Supply come back to support Iowa 4-H programs.

Future Dates

December 27, 2007, Beef Weigh-in

February 14, 2008, Area Award Applications due

March 30, 2008, Area Award Interviews, Atlantic

June 15 - 18, 2008, SW Iowa Junior Camp

June 24 - 26, 2008, State 4-H Conference

July 23 - 27, 2008, Adair County Fair

Extension programs are available to all without regard to race, color, national origin, religion, sex, age, or disability.

Club Checklist

- ◇ Check how you're doing on membership. Make personal calls to retain members who did not graduate last spring.
- ◇ Distribute awards from Recognition Day if you haven't already done so. Review how to write a thank-you note. All 4-H'ers and clubs receiving special awards or earning the \$10 Recordkeeper premium should write a thank-you to the donor.
- ◇ Decide how to raise the \$10/member 4-H Development Fee and \$2/member 4-H'ers for 4-H. See Money Craze for tips on organizing a club fundraiser.
- ◇ Recognize retiring leaders if you haven't done so.
- ◇ Encourage high school members and their parents to attend scholarship and award workshops January 2.
- ◇ Send your club president and vice-president to workshop on January 6. A leader is encouraged to attend with the officers.
- ◇ Select a group service project. Look in to partnering with another community group and applying for a Pioneer or Iowa Promise grant to help carry-out your project. Information available at <http://www.extension.iastate.edu/4H/grants.html> or call the Extension office.
- ◇ Talk about participating in the Go the Distance as a club. Consider dividing your club into separate teams and challenging each other.
- ◇ Hold a mini- 4-H record book workshop. Work as a group on updating 4-H Participation Summary. Showcase the top record books from last year.
- ◇ Review requirements for market beef projects.
- ◇ Make a plan to keep your club moving. Consider signing up for Go the Distance. Go to the following website for details: <http://www.iowasportsfoundation.org/goTheDistance/default.aspx>

Wishing you a safe and healthy holiday season,

*Deb Angie Donna Kathy Janalee
Nina Leslie Lynn Kelsie*

