Happy New Year!

I hope everyone has enjoyed their winter breaks and spending time with your families over the holidays. Now that it is a beginning of a new year it’s time to start planning, thinking of goals you want to achieve and start taking action!

Are you trying to think of a project goal or area and not for sure what to do? Go to http://www.extension.iastate.edu/4h/page/project-helpers and there are some helpful tips and ideas for the different project areas. Do not be afraid to check the different tabs: agriculture & natural resources, animals, creative arts, family & consumer sciences, personal development, SET and tip sheets. There is tons of information available so please try to make use of it.

Communications Day will be held on June 17th at the Heartland Acres Event Center. Please stay tuned for more details!

Thanks!

Alexia Hamlett
Buchanan County | County Youth Coordinator
EXTENSION CALENDAR OF EVENTS

Calendar includes all Buchanan County Events. In **bold** are 4-H events.

**January 1**—Office Closed

**January 4**—Intermediate Grades 6th-8th Bowl-A-Thon, Maple Lanes Bowling Alley Waterloo, 2:00 pm-4:00 pm

**January 6**—Commercial Manure Program, Extension Office, 9:00 am-12:00 pm

**January 11**—Youth County Council Meeting, TBD, 3:30 pm

**January 12**—Adventures in Nature, Independence Library, 6:00 pm-6:45 pm

**January 12**—Extension Council Meeting, Heartland Acres, 6:00 pm-7:30 pm

**January 15**—Master Gardener 2015 Winter Webinar Series, Heartland Acres Theater, 6:30 pm-8:30 pm

**January 29**—Private Pesticide Applicator Training, Heartland Acres, 1:30 pm-3:30 pm

**February 5**—Scales and Tales, Jesup Library 1st-3rd grades, 3:30 pm-5:00 pm

**February 9**—Adventures in Nature, Independence Library, 6:00 pm-6:45 pm

**February 9**—Extension Council Meeting, Heartland Acres, 6:00 pm-7:30 pm

**February 10**—Commercial Ag Weed CIC, Extension Office, 9:00 am-11:45 am

**February 12**—Master Gardener 2015 Winter Webinar Series, Heartland Acres Theater, 6:30 pm-8:30 pm

**February 15**—Youth County Council Meeting, TBD, 3:30 pm

**February 18**—Seed Treatment CIC, Extension Office, 9:00 am-11:30 am

**February 19**—Scales and Tales, Jesup Library 1st-3rd grades, 3:30 pm-5:00 pm

**February 19**—Manure Applicator Certification, Heartland Acres, 1:30 pm-3:30 pm

**February 26**—Scales and Tales, Jesup Library 1st-3rd grades, 3:30 pm-5:00 pm

**February 26**—Private Pesticide Applicator Training, Heartland Acres, 7:00 pm-9:00 pm

**February 28**—Annual Master Gardener Symposium, First Presbyterian Church, 9:00 am-4:00 pm

**March 4**—Ornamental & Turf CIC, Extension Office, 9:00 am-11:30 am

**March 9**—Adventures in Nature, Independence Library, 6:00 pm-6:45 pm

**March 9**—Extension Council Meeting, Heartland Acres, 6:00 pm—7:30 pm

**March 12**—Master Gardener 2015 Winter Webinar Series, Heartland Acres Theater, 6:30 pm-8:30 pm

**March 15**—Youth County Council Meeting, TBD, 3:30 pm

**March 24**—Certified Handlers CIC, Extension Office, 9:00 am-11:30 am

**March 28**—FSQA Training, Hawkeye Community College Farm Lab Waterloo, 9:00 am-10:30 am

**March 30**—FSQA Training, Hawkeye Community College Farm Lab Waterloo, 6:30 pm-8:00 pm

**April 11**—FSQA Training, Hawkeye Community College Farm Lab Waterloo, 9:00 am-10:30 am

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**Extension Opportunities**

**Continuing Instruction Courses (CIC)**

http://www.extension.iastate.edu/buchanan/news/upcoming-continuing-instruction-courses

**Master Gardener 2015 Public Symposium Scheduled**

Call or stop by the Extension Office to pre-register for only $30 by February 1st. Payment due at registration.

4-H Recruitment Challenge

As of December 23rd, there are 166 youth enrolled in the Buchanan County 4-H and Clover Kid program. Last year we had a total of 266 4-H and Clover Kid members. This year the goal is set to reach 275 4-H members enrolled in our program. In order to reach this goal there are a few incentives for you:

- Anyone who recruits a new member will be put in a drawing for 2 Lost Island passes! The number of times you recruit a new member, your name will be put in the drawing.
- All 4-H members (new and returning) who were enrolled by December 31st will only pay $20 for a membership fee otherwise after that deadline, enrollment fee costs $30/youth. Must give dues to club leader.
- The club that increases their enrollment by the highest percentage by May 15th will receive a club pizza party

- See page 4 on how to re-enroll.

<table>
<thead>
<tr>
<th>Clubs</th>
<th>May 2014 Enrollments</th>
<th>January 2015</th>
<th>Difference</th>
<th>Percent Increase</th>
</tr>
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<tbody>
<tr>
<td>Atom Bombers</td>
<td>30</td>
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<tr>
<td>Boots-N-Bales</td>
<td>15</td>
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<td>-5</td>
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<tr>
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<td>-9</td>
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<td>5</td>
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</tr>
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<td>16</td>
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<tr>
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<tr>
<td>Wapsi Warriors</td>
<td>23</td>
<td>19</td>
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<tr>
<td>Jesup Clover Kids</td>
<td>8</td>
<td>10</td>
<td>2</td>
<td>20%</td>
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</table>
4hOnline “How to” Re-enroll:

Time to start re-enrolling and recruiting new members!!!

* Go to https://iowa.4honline.com (bookmark this page)
* Logged in before: Select “I have a Profile.” Enter family email address and password
* Forgot password: Select “I forgot my password” Check your email, you will have a password emailed to you—use that password on the login screen for 4-H Online (you will still need to choose a new password).
* Click “edit” next to name (under Member/Volunteer list).
* Verify or edit personal information. Don’t forget to add your email and cell number.
* Update Emergency Contact (someone other than yourself, if you cannot be reached).
* Update your additional information and health form.
* Click “Enroll for 2014-2015” to the 4-H member you are re-enrolling (bottom of page).
* Follow the steps to update all information as it is presented to you on the following screens, selecting “continue” until the process is complete (or until you have selected projects).
* When you are finished with all steps, select “Submit Enrollment”.

* Enrollment Fee: If you missed the December 31, 2014 enrollment discount deadline you are now responsible to pay the full $30 to your 4-H club. **All dues must be paid to the 4-H club.** Clover Kids do not pay a fee.

A link will be up on www.extension.iastate.edu/buchanan/4h to access helpful tips and where to log-in. After you are on this page scroll down and to the right, you will find a re-enrollment help sheet. The website is still undergoing some work, we appreciate your patience. For questions contact the Extension Office at 319-334-7161 or ahamlett@iastate.edu.

Buchanan County Extension 4-H Facebook Page—https://www.facebook.com/BuchananCountyISUExtension

Buchanan County ISU Extension and Outreach webpage—www.extension.iastate.edu/buchanan
Thank you to all the 4-H and FFA families who came to the county pre-fair weigh-in. We had 100 total county and state fair cattle weighed-in. Last year we had a total of 77 head weigh-in at the county and 9 head at Black Hawk. Also a big thank you goes out to the beef committee for helping. We apologize for the long wait and any inconvenience that it caused families. Now that cattle are weighed in, they need to be identified on 4hOnline. The county extension staff are entering the data onto 4hOnline. First things first, all members who plan to show must be enrolled on 4hOnline otherwise the livestock cannot be identified. Here are the steps to follow if you have not done so already:

- Enroll on 4hOnline with your username and password. If you forgot your password, select the option on the log-in page to send a new password to your email account. If more assistance is needed call the Extension Office.
- When members are enrolled, Extension staff will go in on 4hOnline and input the weigh-in information.
- Next families will need to verify that all data is correct. After logging in it will take you to the Member List which includes all of your family members enrolled.
  - Click “Edit” to the right of the member listed to go to that member’s Personal Information Screen
  - Locate and click on the Animals/Livestock link to go to your Animal ID screen
  - Click “Edit” button to view the information for this animal
  - Review all information entered by Extension Staff
  - **Note**: there are OPTIONAL fields to list a tattoo and/or birthdate for a heifer that could possibly end up showing as a breeding heifer instead of a market heifer. The tattoo field is important for state fair exhibitors; the birthdate is only important to county fair exhibitors
  - Please contact the Extension Office if anything is listed incorrectly
  - If everything looks correct, click on the box next to the statement “I verify the information above is accurate”. Be very certain you are approving the correct information! Do NOT verify incorrect information.
  - Click on “Save” button to submit your approval. This is your verification and can no longer be edited.
  - Deadline to complete this process is **February 1, 11:59 pm**.

For more information or help go to:
http://www.extension.iastate.edu/4h/page/4honline-information-families-and-leaders
2 Important Deadlines for county fair and state fair process:

- **Step 1: May 15** is the Animal Identification deadline, where all families who plan on showing will need to identify all animals on or before **May 15, 11:59 pm**. This makes the animals eligible for the second deadline. Note this is not the last step. **Both** county and state must be identified.

- **Step 2: June 15** is the Animal Fair Entry deadline for **county fair**. This will give families a better idea on what animals will be brought to the fair. Remember, animals must have been identified on 4hOnline to be eligible for the fair entry. Extension Office will provide more information in February Newsletter.

If a problem or issue arises during fair here there is a chain of command of who to go to first:

Committee Superintendent -> Extension Staff -> Joint Fair Board & Youth Advisory Committee (YAC)

- Beef fair weigh-in is **between 4:30 pm and 7:00 pm**.

- Mentor Agreement, this is for all species and 4-H/FFA members. See page 7 for form. Must be returned by May 15.

- **Grooming of animals should be done by the 4-H member and his/her immediate family, another 4-H/FFA member, guardian and/or a designated mentor with a signed agreement from the Extension Office.** This form can be found on page 7 or at [www.extension.iastate.edu/buchanan/4h](http://www.extension.iastate.edu/buchanan/4h) under 2015 County Fair.

- All horse must now follow the State 4-H 511C horse handbook. This is the states new rule so that all counties are consistent with each other and for state fair.

- A pet division, will be added to the dairy goat show. This will allow more members to participate. Rules are similar to the pet rabbit class.

- **ONLY dairy wethers can be shown in the specialty goat or meat goat category. A goat is considered a meat goat if any percentage of the animal is meat or if it is a wether.**

- Buchanan County Fair dates are set for July 8th-11th. All fairs base their dates around Labor Day. Due to this, all fairs are moving back one week. Fair Board wants to stay away from Delaware, Jones and Bremer County Fairs this year, so that is the reasoning why Buchanan is moved up one week in July. You will find a tentative schedule that the Extension Staff put together on the Buchanan County webpage [www.extension.iastate.edu/buchanan/4h](http://www.extension.iastate.edu/buchanan/4h). We realize that there is an overlap in shows which may affect some exhibitors. Staff, volunteers and livestock committees **WILL BE AVAILABLE** to help where needed. Please contact the livestock superintendent ahead of time if you need assistance.

- **NEW** for Clover Kids: Kindergarten, 1st, 2nd and 3rd grades. May participate in non-competitive, non-premium building exhibits, garden judging, dogs, pets, cat, poultry, rabbits and bucket/bottle classes.

- **Don’t forget**, in order to show at the county and/or State Fair all 4th-12th graders need to be FSQA certified. For more information about this see page 10. Check with the Extension Office to make sure you are certified.
Buchanan County Mentor Agreement

Due to the Extension Office May 15th

4-H/FFA Member:
I, _______________________, request __________________________ to serve as my Mentor for the ____________ project area.

1. I understand that this is to be a learning opportunity and that I will not depend on the mentor to complete the work for this project area.
2. I agree to follow the Iowa Youth Code of Ethics. Iowa Youth Code of Ethics is located in the Buchanan County Fair Book.

Mentor:
I, _______________________, agree to serve as a mentor for __________________________.

1. I understand this is to be a learning opportunity and that I will not complete the work for this project area but rather instruct and / or guide the youth in the process.
2. I will provide a safe learning environment and opportunities for the 4-H member to learn about this project area.
3. I will serve as a positive role model by what I say and do.
4. I agree to follow the rules in the Buchanan County Fair Book and respect the decisions of the Fair Officials.
5. I understand that this mentor agreement is contingent upon my successful completion of a background check. I will contact Buchanan County ISU Extension and Outreach office for the appropriate forms.

Date Signed: __________________________
4-H/FFA Member Signature: __________________________
4-H/FFA Parent / Guardian Signature: __________________________
Mentor Signature: __________________________

Office Only: _________
Date Received: ________
Approved: _________
**County News**

**Poultry Committee Update**

A poultry workshop will be planned this spring, possibly in March. There will be more information and details to come in the February Newsletter. The broiler project entry deadline is **April 15th** with the chick pick-up date on **May 26th**. PT testing will be done in the open air the first week of May. Broiler weigh-in is planned for Monday, July 6 at 7:30 pm. Only tested birds will be allowed to show. All birds except pigeons need to be tested or they need to have a PT certificate for the vet check-in. Hatchery papers **will not** be good enough. Stay tuned for more updates.

**Success and Impact Stories from 4-H Clubs/Members**

**Wapsi Warriors** donated gifts for a charity instead of exchanging gifts with each other. Kaylee Hosch is working on a citizenship project of organizing bags to foster children. Each bag contains a tooth brush, comb etc. Bags collected were of various sizes and ages. Kaylee will take all bags to DHS to be distributed to children as they enter the program. Kaylee was on KWWL as Someone You Should Know! As of December 22nd she had 75 bags! Her goal was to have 100 bags by January 1.

**Earth, Too club** member Tabitha Smith spoke to the Buchanan County Fair Board in December and presented her citizenship project idea to the members. She is planning and doing some more research on recycling cans and bottles. The Fair Board thought her idea was wonderful and are excited to see what she comes up with.

**Independence Library Program**

The Independence Library is partnering with Buchanan County ISU Extension and Outreach to put on programs once a month throughout the year. These programs are open to children of all ages, but the activities are most suitable for those in grades K-3. The theme is “Adventures in Nature.” All programs will be held at the **Independence Library from 6:00 pm-6:45 pm**. No registration is required and no library card is necessary to attend. Each month there will be a different topic. This month’s program is a Animal Trackers. Below are the upcoming dates. Make sure to mark them on your calendars:

- **January 12th**—Animal Trackers
- **February 9**—Health Hearty Snacks
- **March 9**—Eagles
- **April 13**—Earth Day
- **May 11**—Insect Inspection

For more information, please contact the library at 319-334-2470 or visit the library website [www.independence.lib.ia.us](http://www.independence.lib.ia.us).

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**Buchanan County Extension 4-H Facebook Page**—[https://www.facebook.com/BuchananCountyISUExtension](https://www.facebook.com/BuchananCountyISUExtension)

**Buchanan County ISU Extension and Outreach webpage**—[www.extension.iastate.edu/buchanan](http://www.extension.iastate.edu/buchanan)
Youth Loan Tips for Livestock Projects

If there are any youth that need help or assistance in purchasing livestock, there is a helpful way to do this. A link provided by the Farm Service Agency for livestock projects is http://www.fsa.usda.gov/FSA/webapp?area=home&subject=fmlp&topic=ryl. With high-priced feeder animals, this may be helpful information. Contact the Buchanan County Farm Service Agency at 319-334-2543 to set this up.

4-H Citizenship Project

Looking for a 4-H project? Mike Flaucher of Independence is seeking a junior or senior male who is looking to help with painting at the Buchanan County fairgrounds. This is not a paid but is a great citizenship project opportunity. For more information volunteers may contact Mike by calling his cell 319-361-5319.

January Birthdays!!!

Dustin Burco     Trenton Cabell     Collin Clayton     Anna Collison     Lydia Covington
Mikel Dolan      Landon Duffy       Avery Hanaway      Olivia Hershey      Dalton Hoover
Abigail Morgan   Jacob Rawson       Sierra Siems       Janelle Vande Vorde Jenna Weber
Cael Post        Laney Starling     Dylan Brehme-Hapel

Mandatory Volunteer Training Make-Up

For those leaders who were unable to attend the leaders training in December, there will be a webinar online that must be watched on your own time. There should be a link on the State 4-H website, the first week of January. An email or letter with directions will be sent to those that missed this.

New Year’s Resolution to Quit Smoking? Help is Available

Quitline Iowa offers support, nicotine replacement to eligible Buchanan County residents

- New Year resolutions are common this time of year. Some are easily broken; others are sincerely made, but hard to keep. The decision to eliminate tobacco from your life is a commitment that takes self-control and support. Buchanan County reminds residents who have made the healthy choice to quit smoking that help and support is available through Quitline Iowa. The no-cost program is offering eight weeks of nicotine replacement therapy - patches, gum or lozenges - to eligible participants.

- In Iowa, 18.1 percent of adults smoke. Tobacco is the leading cause of death for Iowans, taking the lives of more than 4,400 adults each year. The estimated annual Iowa health care costs directly associated with tobacco use now total $1 billion.

- Buchanan County residents can take advantage of the program by calling 1-800-QUIT-NOW (1-800-784-8669), or visiting www.quitlineiowa.org to enroll. Registration specialists and Quit Coaches® are available 24 hours a day.
FSQA—Mandatory Training and Testing

4-H and FFA members will need to be FSQA certified to show at the county and state fairs. FSQA stands for Food Safety Quality Assurance. Those that need to be certified include: market and breeding beef, swine, sheep and dairy (both dairy cattle and dairy goat), meat goat, rabbit and poultry. This is a great way to teach 4-H’ers and FFA members about record keeping, veterinarian and drug usage in project livestock, healthy production practices, care and handling, feed and feed additives, and biosecurity and ethics.

http://www.extension.iastate.edu/4h/page/fsqa-food-safety-quality-assurance

FSQA is mandatory throughout the state for all 4th-12th graders showing those specific species above for county and state fairs. Youth must attend a training or take a test all at no cost. Check with the Extension Office to see if the member is certified or not.

- Grades 4-6 Must attend a training each year
- Grades 7-9 Attend training each year OR complete the intermediate test
- Grades 10-12 Attend training each year OR complete senior test

Testing can be done either at the training dates at Hawkeye Community College Farm Lab or stop in at the Extension Office by making an appointment with Alexia. To attend a training, call or email the Extension Office to sign up for one of the dates below. There will be no show clinics at the trainings this year but there will be one later this spring at the Grundy County fairgrounds.

Training Dates and Location (Farm lab is located west of the main campus):

<table>
<thead>
<tr>
<th>Farm Lab</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hawkeye Community College Farm Lab</td>
<td>Saturday, March 28th</td>
<td>9:00 am-10:30 am</td>
</tr>
<tr>
<td>5503 Hammond Ave.</td>
<td>Monday, March 30th</td>
<td>6:30 pm-8:00 pm</td>
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<tr>
<td>Waterloo, IA 50701</td>
<td>Saturday, April 11th</td>
<td>9:00 am-10:30 am</td>
</tr>
<tr>
<td></td>
<td>Monday, April 13th</td>
<td>6:30 pm-8:00 pm</td>
</tr>
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New Volunteer Training

Interested in becoming a volunteer or know of anyone who would like to volunteer for Buchanan County 4-H? Posted below are each regions dates and locations. Starting times for all trainings vary.

<table>
<thead>
<tr>
<th>Region</th>
<th>Date</th>
<th>Location</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Region 6</td>
<td>Jan 10</td>
<td>Sac City, Sac County Ext. office</td>
<td>8:30 am - 2:30 pm</td>
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<tr>
<td>Region 10</td>
<td>Jan 17</td>
<td>Monticello, Jones Co. Ext. office</td>
<td>9:00 am - 3:30 pm</td>
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<tr>
<td>Region 12</td>
<td>Jan 24</td>
<td>Carroll, Carroll Co. Ext. office</td>
<td>9:00 am - 3:00 pm</td>
</tr>
<tr>
<td>Region 8</td>
<td>Feb 7</td>
<td>Nevada, Story Co. Ext. office</td>
<td>9:00 am - 3:30 pm</td>
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<tr>
<td>Region 11</td>
<td>Feb 7</td>
<td>Dubuque, Dubuque Co. Ext. office</td>
<td>9:00 am - 3:00 pm</td>
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</table>

To register use the link below and make sure to contact the Buchanan County Extension Office of where you will attend. Materials for the training will need to be prepared ahead of time and will be done by our Office.

**Kids Corner**

Check out the Farm Service Agency (FSA) website to learn some fun facts and play agriculture based games. To do this go to http://www.fsa.usda.gov/FSA/kidsapp?area=home&subject=gmzn&topic=landing. This may be a random question like how many glasses of milk can one cow produce in a year? To find the answer go to the website above and find it! The first Clover Kid or 4-H member to answer the question correctly by emailing or calling the Buchanan County Extension Office ahamlett@iastate.edu or 319-334-7161 will receive a prize! Ready, Set, Go!

**Healthy Food Corner**

Want to try a new healthy snack as well as spending smart? Here is one for you to try out at home!

For more recipes [http://www.extension.iastate.edu/foodsavings/](http://www.extension.iastate.edu/foodsavings/)

**Mini Berry Pie**

**Pie Crust:**
- Nonstick cooking spray
- 5 whole wheat tortillas (6 inch)
- 1 tsp. sugar
- 1/4 tsp. cinnamon

**Pie Filling:**
- 1 bag (16 oz.) frozen mixed berries (2 1/2 cups)
- 1 1/2 tsp. sugar
- 1 tsp. cornstarch

**Instructions:**
1. Preheat oven to 375°F.
2. Spray muffin tin with nonstick cooking spray.
3. Lay tortillas flat. Spray one side of each tortilla with cooking spray.
5. Place tortillas in muffin tin. Fit them into muffin bowls. Cinnamon and sugar will be on the inside of the bowls. Bake tortillas for 13-15 minutes. They will be light brown and crisp.
7. Stir sugar and cornstarch in small bowl. Add mixture to thawed berries.
8. Cook over medium heat. Mixture will start to get thick and bubble. Cook one minute more. Remove from heat.
9. Put 1/4 cup berry filling into each tortilla bowl

**Tips:**
- Mini pies have a great fresh taste in the middle of winter. Make tortilla bowls ahead of time. Store in airtight container. Do not add filling until serving. Add a spoonful of yogurt to the top of the filling.

**Nutrition Facts**

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<td>3%</td>
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<tr>
<td>Servings Per Recipe</td>
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</tbody>
</table>

| Total Fat | 7g | 3% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 200mg | 8% |
| Total Carbohydrate | 20g | 7% |
| Dietary Fiber | 9g | 36% |
| Sugars | 6g | |
| Protein | 3g | |

| Vitamin A | 2% |
| Vitamin C | 25% |
| Calcium | 2% |
| Iron | 2% |
HAPPY NEW YEAR