The 2014 Awards Night Banquet will be held November 8th at the West Elementary School in Independence with the banquet meal beginning at 6:00 pm and ceremony at 6:30 pm. The meal served includes ham, party potatoes, fruit salad, drinks and dessert. Dessert will be provided by the Wapsi Warriors club who is helping host the event. Remember to RSVP to the Extension Office by November 3rd. You can RSVP by phone or email 319-334-7161 or ahamlett@iastate.edu. We hope families will be able to attend and see the accomplishments each youth has done as well as the clubs.

As families are being welcomed by the greeters that evening, we are asking both parents and the youth to write your own suggestions on when you would like to see Communications Day for 2015. Selecting a day is trickier than it seems with so many other events going on. Some people like the event held in February, March, April or June. If you want June, is the preference during the week or on the weekend? We want to see what you, the families want.

Thanks!

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

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

November 3—Treasurer Book Deadline, Extension Office, 4:30 pm (treasurer book & bank statements or register)

November 5—Ornamental & Turf Applicators CIC, Extension Office, 1:30 pm-4:00 pm

**November 8—4-H Awards Banquet, West Elementary School, Independence, 6:00 pm**

November 10—Adventures in Nature, Independence Library, 6:00 pm-6:45 pm

November 10—Extension Council Meeting, Heartland Acres, 6:00 pm

November 12—Commercial Ag Weed, Insect & Plant Disease CIC, Extension Office, 9:00 am-11:45 am

November 14—Farm Bill Program Overview, Heartland Acres Great Spaces, 9:00 am-11:00 am

**November 16—Youth County Council Meeting, Heartland Acres Theater Room, 3:30 pm**

November 17-19—Youth Fest, Ames

November 18—Fumigation CIC, Extension Office, 9:00 am-11:30 am

November 25—Youth Advisory Committee Meeting, Heartland Acres Theater, 6:00 pm

November 27-28—Extension Office Closed

December 1—Farm Bill Program Overview, Heartland Acres Event Center, 6:00 pm-8:00 pm

December 2—Farm Bill Program Overview, Heartland Acres Event Center, 1:00 pm-3:00 pm

**December 2—Mandatory Leaders Training, Heartland Acres Event Center, 6:00 pm-8:00 pm**

December 3—Pest Control Operators CIC, Extension Office, 9:00 am-11:30 am

December 4—Wreath Making Workshop, Heartland Acres Great Spaces, 6:00 pm-7:30 pm

December 8—Holiday Centerpiece Making Workshop, Jesup Library, 6:00 pm-7:30 pm

**December 13—County and State Beef Weigh-In, Winthrop Vet Clinic, 8:00 am-10:00 am**

December 13—Make and Take, Independence Library, 9:30 am-11:30 am

December 25-26—Office Closed

**December 30—Mandatory Treasurer Training, Heartland Acres Theater Room, 1:00 pm**

December 31—4-H Enrollment Discount Deadline, Extension Office, 4:30 pm

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

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**Extension Opportunities**

Farm Bill Program Overview, go here for more information:
http://www.extension.iastate.edu/buchanan/news/isu-extension-farm-bill-program-overview-meetings

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MISSION STATEMENT

4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL
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: Remember Extension Council pays $10 of your $30 enrollment fee before December 31st. After this date you are responsible to pay the full $30. 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.

What does 4-H Online do?

◊ Check your enrollment from any internet location

◊ No special software needed

◊ ID your animals any time before May 15

◊ Password secure

◊ 24/7 Access

◊ Fast and Easy

◊ Club leaders have read-only access to member information

JOIN | THE REVOLUTION OF RESPONSIBILITY
Club Impact & Success Stories

The Boots-N-Bales club came to the October Fair Board meeting to present a check of $300 from the 2014 Buchanan County Fair Livestock Auction by selling a quilt that was made by the club. Way to go Boots-N-Bales club for giving back! In the picture front row, left to right: Nick Dennie, Janelle Vande Vorde, Leo Dettbarn, Spencer Michels. Back row: Jackson Vande Vorde and Naomi Gaede.

Earth, Too club during National 4-H Week went to the Farmers Market to showcase and display their club and state fair projects. One of the projects they showcased was their Rain Garden community service project.

Town & Kountry Kids club also helped at the Farmers Market by promoting 4-H! Thank you so much for helping out and volunteering your time on those Saturday mornings.

Next year, Extension hopes to see other clubs participate in this great opportunity at Farmers Market to showcase your club, recruit members, and/or do a fun craft and activity to engage the public walking by your booth.

Youth County Council

At the October meeting, members decorated a Christmas tree for the Depot in Independence. It is a fundraiser that the Tourism Bureau has done for years. In the picture you can see animals, a tiny barn as a topper, and the base is a hay bale. All had a fun time putting it together!

For the November 16th meeting, members will be asking for donations to send operation care packages to soldiers. For more information about this organization here is the site http://www.operationcarepackages.org. YCC will need all donations before the November 16th meeting as it will be a busy time to get packages shipped during December. The youth will be assembling snowman soup packages which includes hot chocolate packets, mini candy canes, Hershey kisses and a little poem to go with wishing soldiers a happy holiday. Not only will we be doing that but they are also accepting donations of: wash cloths, chapstick, Ramon noodle cup a soup, rice krispy treats, granola bars, men’s white or black work/crew socks, stocking caps (tan, brown, black or dark colors), feminine hygiene items, jerky or slim jims fruit snacks, any type of small gifts for Christmas like a DVD, card games, hand held games, sports tees, etc.

Wreath Making & Centerpiece Workshops—$20 per workshop or $35 to do both!

Buchanan County ISU Extension and Outreach will be hosting holiday craft programs for residents of Buchanan County to enjoy. There will be two programs to choose from: holiday wreath making, which will take place on Thursday, December 4, 6:00 pm-7:30 pm at Heartland Acres Agribition Center; or holiday centerpiece making, which will take place on Monday, December 8, 6:00 pm-7:30 pm at Jesup Public Library. Attendees should bring gloves, wire cutters, and any special decorations they would like to include. Hot glue guns and wire will be provided. To register, please contact 319-334-7161 or email sherrets@iastate.edu.
2015 County Fair

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. 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, bucket/bottle classes. Clover Kids will exhibit at the beginning of all shows for each species.

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**Single Source Swine Opportunity from the Swine Committee**

The swine committee is looking into bringing back the **single source** part of the Swine Show. They feel this portion of the show offers a way for interested exhibitors to start off on a level playing field with other individuals that would show single source. All single source hogs will come from the same producer. Hogs will be randomized with the use of drawings and selection of the hogs would take place at the weigh-in. After weigh-in the exhibitor is held fully responsible for the hogs.

The committee wants to see if there is interest at this time and would like to know by **January 2nd** if you would like to take part in the **single source** portion of the Swine Show. A final price has not been set but families should be aware that a 45 pound feeder pig is worth around $80/pig. **That price is subject to change.** A limit of 6 pigs can be signed up. Please contact the Extension Office if you are interested. The office will take your name and number to inform the swine committee of interest.

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**Beef Weigh-In**

County and State Fair beef weigh-in will be on **December 13th at the Winthrop Vet Clinic from 8:00 am to 10:00 am**. Those that plan on showing at State Fair and Ak-Sar-Ben, please contact the Extension Office prior to the weigh-in, so that at weigh-in all materials needed are prepared. Something new this year is members who want to show at the State Fair will not have to drive to another location to get their beef weighed-in. A retinal image scanner was purchased for our county and we will be using it at our weigh-in. Prices will be different for county and State Fair. Those who plan on just showing at the county fair will pay **$3 per tag**. For State Fair, members still pay for the $3 tag and also a scanning fee for the state. A maximum of 10 head can be identified per youth. After weigh-in, families planning to show at State Fair will need to go onto 4hOnline and verify the cattle that were weighed in. Extension will send an email to families as well as send a help sheet home the day of weigh-in. If there are any questions or you are unable to make it to the weigh-in contact the Extension Office so that we can make arrangements.
Annual 4-H Mandatory Volunteer Training: “The Heart of Belonging!”

The date for the mandatory training is December 2nd at Heartland Acres from 6:00 pm-8:00 pm in the Event Center. Leaders and assistant leaders must attend. Contact Alexia if you will or will not be attending at 319-334-7161 or ahamlett@iastate.edu.

- The Heart of Belonging is an inter-active, hands-on training that will help volunteers create a fun, safe, inclusive environment for all youth. “Belonging” is identified as a basic 4-H youth need and supportive, caring adults guide youth in creating an environment that is welcoming and engaging for all.
- During this training, 4-H leaders will learn how to guide youth in developing a list of club or group expectations that accommodates all members, learn how to support youth with special needs, and discover resources to help them in their role as caring adults. In addition, volunteers will learn new activities to take back to their clubs and groups to foster positive behavior and belonging.
- Katie Peterson, the specialist from Region 11 will be leading the training.

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 this year 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, “Our Feathered Friends.” Did you know that there are over 10,000 different species of birds worldwide and all eat different foods? Come and learn more about our feathered friends and discover the differences of what and how they eat as well as taking home a fun craft!

Below are the upcoming dates. Make sure to mark them on your calendars:

- **November 10th**—Our Feathered Friends
- **December 13th**—Holiday Make and Take
- **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.
MISSION STATEMENT
4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL

Count News

November Birthdays!!!

Maya Burkhart  Ella Cook  Collin Clayton  Kirby Cook  Spencer Cook
Elizabeth Crow  Levi DeBoer  Kayla Dudley  Cameren Happel  Keaton Kelly
Kayla Kress  Kyle Oline  Makayla Krogmann  Carter Palmer  Savannah Walvatne

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.

Nov 15  Region 3  Mason City, Cerro Gordo Ext. office 9:30 am - 3:30 pm
Nov 15  Region 7  Fort Dodge, Webster Co. Ext. office 9:00 am - 3:30 pm
Dec 6  Region 16  Muscatine, Muscatine Co. Ext. office, 9:30 am - 3:30 pm
Jan 10  Region 4  Location TBD
Jan 10  Region 6  Sac City, Sac County Ext. office, 8:30 am - 2:30 pm
Jan 17  Region 10  Monticello, Jones Co. Ext. office 9:00 am - 3:30 pm
Jan 24  Region 12  Carroll, Carroll Co. Ext. office 9:00 am - 3:00 pm
Feb 7  Region 8  Nevada, Story Co. Ext. office 9:00 am - 3:30 pm
Feb 7  Region 11  Dubuque, Dubuque Co. Ext. office 9:00 am - 3:00 pm
Feb 24  Region 19E  Bloomfield, Davis Co. Ext. office, PART 1, 6:00 pm - 9:00 pm
Feb 28  Region 17 & 18  Atlantic, Cass Co. Community Center 9:00 am - 3:30 pm

To register use the link below and make sure to contact the Extension Office of which one you will attend.

Materials for the training will need to be prepared ahead of time and will be done by the county Extension Office.

http://www.extension.iastate.edu/4h/page/training-registration-new-volunteers-fall-2012-winter-2013 OR

4-H Judges Training Opportunities

4-H Exhibit Judges Information webpage - http://www.extension.iastate.edu/4h/page/iowa-4-h-judges; also has information on becoming a judge. These are for anyone that is interested in judging at 4-H events.
Region 9 (Black Hawk, Bremer, Butler, Buchanan, Grundy, Tama) Events

Fall Fest that was held in Hudson and was a good time for the Youth County Council members from all counties in the region. Youth started the afternoon off with the pumpkin decorating contest, which was followed by the relay games. Later on there was a scarecrow decorating contest between all the counties. Before heading out on the haunted hayride a snack/supper was provided. While on the haunted hayride, Extension staff and volunteers took part in dressing up in costumes to scare the kids. Overall it was a fun event and was nice to see collegiate 4-H members come and attend as well. Winners for each contest were given gift cards and the top prize was four tickets to an ISU wrestling match.

FSQA—Mandatory Training and Testing

4-H and FFA members will need to be FSQA certified to show at the county and state fairs. To refresh your memories 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.

FSQA is mandatory for all 4th-12th graders showing those specific species above for county and state fairs. Youth will need to go through a training or take a test all at no cost. You need to check with the Extension Office to see if the member is certified or not for the new year. Youth who participate in the workshop will have to do this training once every year. 4th-6th graders have to attend the training but those in 7th-12th have the option of attending the training or take the 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. In order to attend a training, call or email the Extension Office so that we can sign you up for one of the dates below. Check with the office make sure if you need to take the exam or not.

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

- Hawkeye Community College: Saturday, March 28th, 9:00 am-10:30 am
- Farm Lab: Monday, March 30th, 6:30 pm-8:00 pm
- 5503 Hammond Ave.: Saturday, April 11th, 9:00 am-10:30 am
- Waterloo, IA 50701: Monday, April 13th, 6:30 pm-8:00 pm

Camps

Intermediate Bowl-A-Thon is set for January 4th for all 6th-8th graders at Maple Lanes in Waterloo. We will be bowling from 2:00 pm-4:00 pm. Cost to bowl for two hours is $10 per kid which includes the games and shoes. Kids are welcome to bring money for food and drinks. Will need to RSVP to Extension Office.

Jr Camp dates are set for June 19th-20th at Camp Eldora. More details to come!
Youth Poultry Workshop

Mark your calendars for an outstanding poultry educational workshop on **November 21-22, 2014, in Webster City, Iowa** (to be held in conjunction with the Master’s Cup Poultry Show.) ISU Block & Bridle Club will be hosting the following workshops: washing and show preparation of the birds, internal anatomy of poultry (dissection), egg quality lab, and Murray McMurray Hatchery Tour. This educational opportunity is open to all 4-H and FFA members who want to learn more about the poultry industry. Registration will be $10 per person (includes lunch and workshop fees). Registrations to Bart Pals 146, Brook Terrace, Mason City, IA 50401. To find the registration form go to www.mastercuppoultryshow.com.

DuPont Pioneer Seed Grants 2014 and 2015

Great news! The Iowa 4-H Foundation was able to secure funding for the Iowa 4-H program to continue DuPont Pioneer Seed Grants for Fall 2014 and Spring 2015. The objective of these grants is to stimulate local 4-H clubs in Iowa to plan and carry out community improvement activities by providing “seed money” needed to make the projects successful. Awards are given from $50 to $500 per club project. For more information, check out: [http://www.extension.iastate.edu/4h/pioneergrants](http://www.extension.iastate.edu/4h/pioneergrants) or [https://www.iowa4hfoundation.org/en/recognition/grants/](https://www.iowa4hfoundation.org/en/recognition/grants/)

Albert Grunenwald Named Executive Director

Albert Grunenwald has been named Executive Director of the Iowa 4-H Foundation by the organization’s governing board effective September 23, 2014. Grunenwald has more than 19 years of experience working with youth and the Iowa 4-H Foundation.

Albert is a former Minnesota 4-H member of ten years where he was active in the leadership, communication and performing arts project areas. He worked for the Redwood County Extension in Minnesota before making the move to Iowa to serve as the Development Assistant of the Iowa 4-H Foundation. He recently served as the Foundation’s Chief Operating Officer and Interim Executive Director.

Albert graduated from Concordia College in Moorhead, Minnesota with Bachelor of Arts degrees in Communication and English Writing. He is a member of the Association of Fundraising Professionals (AFP) in central Iowa and has been certified as a fundraising executive. The association fosters the development and growth of fundraising professionals and promotes high ethical standards in the fundraising profession.
American Soybean Association $5,000 Scholarship

The 2015-16 Secure Optimal Yield (SOY) Scholarship is a $5,000 one-time scholarship award presented to a high school senior who is going to pursue agriculture as an area of study at any accredited college or university. The scholarship is managed by the American Soybean Association and is made possible through a grant by BASF Corporation. Candidates may apply online now through Nov. 20, 2014. Final selection will be made the first week of December during the ASA Board meeting. For more information and application go to http://soygrowers.com/award-programs/soy-scholarship/.

IACEC Invites 4-H’ers to Join Legislative Day

The Iowa Association of County Extension Councils (IACEC) has set its legislative day for Wednesday, February 25, 2015. Youth staff members planning 4-H excursions to the Capitol are invited to join in this event. IACEC will reimburse drivers with four or more participants in their vehicle $50 to help cover mileage expenses.

The day will start at the Wallace Building (just north of the Capitol) with registration at 9:30 a.m. Participants will be briefed on the issues important to ISU Extension & Outreach and will be coached on how to talk with their legislators about the issues. Following the brief training, the group will proceed to the Capitol to visit with their legislators. Attendees are typically done by noon, allowing time for county and regional staff to plan tours of the Capitol, meals with their legislators, and/or visits to the nearby Historical Building and Iowa Judicial Branch (Supreme Court) building for their groups. All attendees are encouraged to wear red to make a bigger impact for ISUEO around the Capitol rotunda.

More information and pre-registration instructions will be provided as the date is nearer. Meanwhile, youth staff members are encouraged to put this date on your calendar.

4-H/FFA Horse Quiz Bowl

The horse quiz bowl is hosted by the Bremer County Rough Riders which will take place on November 23rd beginning at 1:30 pm. Location: Bremer County Extension Office, 720 7th Avenue SW, Tripoli, IA 50676. There will be various stations about breeds, colors, parts of a horse, equipment, safety, and more! Teams must include 3-4 participants or if you don’t have enough a team will be made. Registration is due November 14th. For the flyer and more information go to www.extension.iastate.edu/buchanan/news/4-hffa-horse-quiz-bowl.

November Opportunities from the Citizenship Intern

Kids Corner

Check this webpage out http://www.ars.usda.gov/is/kids/. An Agricultural Research Service SCI4Kids Science, Agriculture and You site that is educational. There are some fun videos & games offered.

1. What do batteries, low-fat snacks, daily newspapers, disposable diapers, and seedless grapes have in common?
   
   A. Soy Sauce
   B. Wide variety of everyday food & nonfood products
   C. Vegetarian foods

2. Soybeans are used mostly in
   
   A. Soy Sauce
   B. Wide variety of everyday food & nonfood products
   C. Vegetarian foods

3. More foods are made with wheat than with any other cereal grain. But wheat is also used in some nonfood products. Find one you think does: fuel filters, soccer balls, concrete, or fluorescent nail polish.

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/

Pumpkin Apple Cake

Ingredients:

1 package (1 lb., 2.25 oz.) white cake mix
1-16 oz. can pumpkin
1 tsp. cinnamon

2/3 C. apple juice
3 eggs
1 tsp. vanilla

Instructions:

1. Combine cake mix, pumpkin, cinnamon, apple juice, and eggs in large mixer bowl.
3. Pour into greased and floured 12 C. bundt pan or a 9 x 13" cake pan.
4. Bake in preheated 350° F oven for 35-40 minutes or until wooden pick inserted in cake center comes out clean.
5. Cool 10 minutes then invert onto wire rack to cool completely.

This is an ideal cake to bake in cans and give for gifts. Cans should be well-greased and filled 2/3 full. It is best to use smooth sided cans and cans without a lead seam.

Baking times for cans:

* 18 oz. can: 45 minutes or until done
* 16-17 oz. can: 40 minutes or until done
* 6 oz. can: 30 minutes or until done

Nutrition Facts

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Vitamin A 60% • Vitamin C 6%
Calcium 6% • Iron 4%
Awards Night—November 8, 2014