August 2015

Dear 4-H Families:

Wow, what a wonderful 4-H year we had in Calhoun County! We have so many kids participate in workshops and trainings, and take advantage of opportunities beyond the county. I am looking forward to what lies ahead for next year.

Before the new 4-H year begins, we need to wrap up with this year. Record books are due to your leader by September 15. Leaders will have your ribbon premium checks and will give them to you when you turn your record book in. Along with record books, county award applications are due as well. Please refer to the instructions later in the newsletter, ask your leader, or call the Extension office if you have questions.

I hope everyone has been having a great summer!

Sincerely,

Jill Mims - County Youth Coordinator

Record Book Instructions: Your record book is very important. It is where you document all the things you have learned in 4-H over the past year and your entire 4-H career. It will come in handy when filling out applications for awards and scholarships and when applying for college. That may not seem important now, but ask anyone who recently graduated how easy it was to go to their record book and get the details of how many hours of service they gave to their school or a community organization, and they will tell you their record book was invaluable. You forget a lot, but the record book keeps those details for you. It also helps you compare the cost of a new feeding program you tried for your livestock projects, or how much money you made selling your eggs or produce. Again, this may not seem important right now, but it will at some point and you will be grateful you took the time to do it.

Your record book is a record of facts, not a scrap book. Any pictures and comments should be used for historical value and should support your work and things you learned. Ribbons, and other keepsake items should be kept in another location, not your record book.

Your record book should include a cover page which should have a picture of you, the 4-H year, your club, and a sentence or two about you. Remember, this is a record of the year you are just finishing so the year would be 2014-2015, and your grade is the grade you just completed not the one you are going into.

After your cover sheet, you should have the Yearly Summary. This form and other record keeping forms can be found at: www.extension.iastate.edu/calhoun/4h. Scroll down to the 4-H Record Book Forms link.
Please remember this is your 4-H record and should focus on your 4-H experience. When it asks for offices held and committees, please list only your 4-H related offices and committees. If you were class president or on student council, you can include that later when it asks about your school involvement.

After the Yearly Summary, you will include each of your project records. I recommend the Experienced record for anyone who is in grades 4-8. The Basic Record is nice, but it does not include a spot for income and expenses. One of the requirements for county awards is that you show income and expenses for the project area, and the Experienced form has that built in.

Remember, the project record is a record of your experience in an area for the whole year, not just a record for one exhibit. For example, if I signed up for food and nutrition, I would want to list several goals for that area which may have included shopping for health choices, learning how to distinguish between dry and liquid measuring cups, and making banana bread. I would explain what I did while shopping and how I learned if an item was a health choice or not, I might include researching the internet for the food pyramid, and talking to my parent about those choices. I would also explain how my grandma talked to me about the different types of measuring cups, and I may include learning how to level dry ingredients as well. Then I would talk about selecting my recipe for banana bread and my experiences as I practiced making it. I would include the mistakes I made and how I would correct those mistakes. And I would include that I took a loaf of banana bread to the county fair.

On the project record it asks about citizenship and leadership. This is where you document that you helped your club at a food stand, or made cookies and gave to the coop for 4-H Week. And if you taught someone else a skill you learned, maybe taught a friend the difference between measuring cups, you would include that here. For Junior members, this is really hard because you are just learning and may not be confident in your skills yet, but try. Intermediate and Senior members are at a level they should be helping more than family members.

You will also be asked about communication opportunities, and you should list any that relate to this project area. If you gave a club demonstration about measuring cups, or a Working Exhibit about fruit kabobs, that would be related to the food and nutrition project. A presentation about your dog would not go on your Food and Nutrition record, but would go on your Pets record.

The thing about 4-H is that you are learning life skills and you will share those skills in other areas of your life as well. On the record where it asks about other things related to this area, you would include those things like making tacos for your class’s Cinco de Mayo celebration, or working in the food stand for your soccer team. It’s great that you are taking your 4-H experience and expanding it into your life, so please share that.

When it comes to the expense and income chart, you will want to include livestock premiums and ribbon premiums as income. Blue ribbons are worth $6.76, red and participation ribbons are worth $4.51, and white ribbons are worth $2.25.
Livestock project areas have worksheets to help you document expenses. Those are found at the link listed above too. Just remember you only need one project form for your entire project, beef for example, even if you use both the breeding and market animal worksheets.

And remember if you have questions or need help, please ask your leader or call the Extension office.

**County Awards Instructions:** Information about county awards can be found at: [www.extension.iastate.edu/calhoun/4h](http://www.extension.iastate.edu/calhoun/4h). Scroll down to the Project Award Information link.

Project awards can be applied for and received once as a Junior (4th-6th grade), once as an Intermediate (7th-8th grade), and once as a Senior (9th-12th grade) 4-H member. To receive an award you must fill out one Project Award Application form per award you are applying for. Please do not put multiple awards on one form.

The requirements for project awards are found in the first document, Project Award Requirements. Please notice that there are different requirements depending on your 4-H level. Also remember this is an award for work complete this year, so if you are going into 7th grade, you will be filling the application out for your 6th grade experience and will follow Junior requirements, not Intermediate.

Fill information into the charted area to help leaders. For example, fill in the blanks with the number of meetings you attended along with the number of meetings held, list club activities, communication, and leadership, etc. All of this information should be included in your record book on your Yearly Summary or Project Record form for your leader to verify. For example, if you listed the Calhoun County Expo as a county event you attended, your leader should be able to go to your yearly summary and check under the section labeled “4-H Participation” and see the Expo listed.

Special Awards include Top Junior, Intermediate, and Senior 4-H member, Ak-Sar-Ben, Achievement, Merit, and I Dare You awards. Please refer to the Special Award Requirements for these awards, and fill out one Special Award Application per award. When you look at the award application, you will notice there is not much room to document the information. Please feel free to attach additional pages if needed. Each award may be received only one time.

The Reading Award is something all 4-H members should qualify for and can be received each year. The only requirement is that you have read 6 books over the past year. You will need to document the title, author, where you got the book, and a few sentences about the book.

All award applications need to be submitted along with your record book to your leader by September 15, unless they have requested them earlier.

If you have questions about awards, please ask your leader or call the Extension office at 712-297-8611.
Congratulations and Best of Luck: We have several 4-H members who participated in the Pocahontas and Sac County fairs, and will be participating in the Iowa State Fair, Clay County Fair, and Ak-Sar-Ben Livestock show. I would like to take a moment to thank all of the families who have been so supportive of all 4-H members. Without your help, these kids may not be able to enjoy all of these opportunities. And I want to congratulate all of the 4-H members. It takes a lot of time and dedication, whether it be practicing communications events, working with horticulture or static exhibits, or a livestock project. I wish you the best.

Thank You Notes: Please remember to thank the sponsor of any trophies or special awards you may have received. A list of addresses is included in this newsletter to help you.

Post Fair Evaluation: There were several changes this year and I would like your feedback on what went well, and suggestions of how things could go better. Please think about your entire Expo experience; livestock weigh-ins and identification, Communications and Clothing judging, fair entry, static judging, livestock shows, grand stand events, family fun day, etc. What things could change to make the Expo even better? Are there old classes or events you would like back or new classes or events you would like to see?

Please send any thoughts, comments, or suggestions to:

ISU Extension and Outreach- Calhoun County
521 4th St., PO Box 233
Rockwell City, IA 50579

I will share all responses with the Expo Fairboard. If you would like someone to contact you, please make sure you include your name and contact information. Or if you would prefer to stay anonymous, that is fine as well. Thank you in advance for your input.

County Youth Council: There will be a meeting for youth entering 9th through 12th grade interested in joining County Youth Council for the 2015-2016 year on Tuesday, August 18 at 4:00 p.m. at the Extension office. The Council provides an opportunity for youth to develop leadership skills through trainings and planning county wide events for other 4-H members. If you would like to be part of the Council, please fill out the enclosed application and either mail it to the Extension office or bring it with you to the meeting. Council expectations will be discussed and we will set dates for the coming year. Please bring your personal and school calendars.

If you cannot attend the meeting, but wish to be part of County Council, please call the Extension office at 712-297-8611. Any adult willing to volunteer to help with the County Youth Council is encouraged to contact the Extension office as well.

Fall Leaders Meeting: A meeting for all 4-H Leaders will be held from 6:00-7:30 p.m. on Tuesday, September 1 at the Extension office. Materials for the new 4-H year will be distributed and pizza will be served. Please call the office at 712-297-8611 and confirm if you can attend or not.