



**Tiffany Blair** | County Youth Coordinator  
Iowa State University Extension and Outreach Calhoun County  
325 Court Street, P. O. Box 233  
Rockwell City, IA 50579  
[tifblair@iastate.edu](mailto:tifblair@iastate.edu)  
Phone: 712-297-8611  
Fax: 712-297-7011  
[www.extension.iastate.edu](http://www.extension.iastate.edu)



## *From the Desk of Tiffany Blair*

Wow! What a great year we had for the 2018 Calhoun County Expo! I am so proud of all of your hard work and dedication to the Calhoun County 4-H program. Thank you to all the 4-H members, club leaders, and parents who volunteered in any way during the Expo. We couldn't make it all happen without your help and support. Also, please help me in giving a BIG thank you to the Calhoun County Fairboard for their countless hours of volunteering during the Expo. Be sure to send them your appreciation and let them know what it means to our program. Since the Expo, I have mailed out some important papers for those of you advancing with your exhibits to the Iowa State Fair. Please be sure to call with any questions you may still have about those instructions. We still have a few more fun events planned before we end our summer. Be sure to watch the ISU Extension and Outreach Calhoun County Facebook page for event reminders and updates!

Before the new 4-H year begins in September, we need to wrap up with this year. Record books are due to your club leaders 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 this newsletter, ask your leader, or call the Extension Office if you have any questions.

If you have any questions about anything in this newsletter or other 4-H items, please give me a call at 712-297-8611 or email me at [tifblair@iastate.edu](mailto:tifblair@iastate.edu).

Sincerely,

**Tiffany Blair**

Calhoun County Youth Coordinator

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**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 2017-2018, 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](http://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 healthy 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 healthy choice or not; I might include researching the internet for the food pyramid and talking to my parents 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 when I make banana bread again. 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 National 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 others besides family members.

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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 \$8.79 and red and participation ribbons are worth \$5.86. 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.

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**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 completed 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.

Completely fill information into the "Project Award Application" 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.

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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.

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**Race It, Fling It, Fly It Summer Camp**– We have one final summer camp offered for all youth who have completed 3rd-8th grade. This camp is being held on August 1 at the ISU Extension and Outreach Office in Rockwell City from 9:00 A.M.-3:00 P.M. The cost of this camp is \$20 and current 4-H members can receive a \$10 campership reimbursement after they complete and send in an activity report following the camp. Camp description is as follows: Aspiring scientists...study, build, design and launch your own rockets! Test Newton's Laws of motion, force and gravity as you race, fling, fly, launch or blast off a variety of rocketry designs. Registration for this camp is due July 30 by 4:30 P.M. Please call the Extension Office with any questions or to register at 712-297-8611.

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**Food Preservation 101 Course**– Do you have extra produce from your garden and do not know what to do with it? Do you want to learn how to preserve food safely at home? Then this is the course for you! Join ISU Nutrition and Wellness Specialist, Ann Heuer, on August 9 from 6:00-8:00 P.M. at the ISU Extension and Outreach Office in Rockwell City for an introductory course on home food preservation. This course is being offered for all adults in Calhoun County for \$10.00 each and current 4-H members are invited to join with their parents for FREE! Registrations are now being accepted online only at <http://bit.ly/fp/10506>. We ask that all adults please complete the online registration and then call the Extension Office at 712-297-8611 if your 4-H youth plans to attend with you. Please do not register any 4-H'ers online to avoid the \$10.00 fee. All registrations are due by August 7.

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**Iowa State Fair 2018**- Reminder to youth who have exhibits advancing to the Iowa State Fair. Your exhibits need to be dropped off to my office by 12:00 noon on Monday, August 6. Each item in your exhibit must be securely labeled, wrapped, and ready for me to transport to Des Moines. Labels and additional instructions were mailed. If you do not plan to send your exhibit for any reason, please let me know by July 30 so I can arrange for State Fair Alternates to attend. Please remember that large exhibits selected for State Fair will need to have special travel arrangements. Those instructions were also mailed. If you are unable to make those arrangements, it is also an option to send just your write up information with pictures instead of the actual exhibit. Please call and let me know your plans so I can provide additional information if needed. If you bring your own exhibits and are picking them up, they will need to be picked up on Monday, August 20 between 10:45 A.M-11:15 A.M.

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**Fall Leaders Meeting**– All 4-H club leaders should plan to attend the Fall Leaders meeting on Tuesday, August 28 from 6:00-7:30 P.M. at the Extension Office. Packets containing club ribbon premiums, yearly planning worksheets, and other important information for the coming 4-H year will be handed out. Brenda Welch will also be here to go over the new Financial Policy for the 2018-2019 4-H year. Please call to RSVP by August 24.



**NEW for District 4-H Entry for the Clay County Fair-** Clay County will now be using a NEW program, FairEntry, (this is the program that we use in Calhoun County) to make entry for all 4-H/FFA livestock events at the Clay County Fair. There will be NO entry cards this year. FairEntry will be open for entry from July 2-August 1 (there will still be a late entry period August 2-15 for a \$25 fee). Visit their fair page for more information about the Clay County Fair at [www.extension.iastate.edu/clay/page/clay-county-fair-information](http://www.extension.iastate.edu/clay/page/clay-county-fair-information). Starting on July 2 there will be a direct link to FairEntry on their fair page. If you have any questions please contact the Clay County Extension Office at 712-262- 2264 or email [forrette@iastate.edu](mailto:forrette@iastate.edu).

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**2018 AKSARBEN Stock Show-**The 2018 AKSARBEN Entry process will be an online entry process again this year. The entry process is open now and will be accepted through August 31 for the published entry fee rates. Entries submitted between September 1 and September 14 will automatically be charged a late fee which will be two (2) times the original entry fee. Entries submitted after September 14 will not be accepted! The online entry process will require parent contact information and verification of 4-H member information. Payment will be processed via credit or debit card prior to leaving the entry page. Each family will be able to create a unique password to ensure security of information. Complete login and entry instructions will be posted on [www.aksarbenstockshow.com](http://www.aksarbenstockshow.com). For any questions or assistance with the online process, please contact Greg Harder at 308-385-3968 or at [gharder@Akasarben.com](mailto:gharder@Akasarben.com).

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**2018-2019 County Youth Council–** Congratulations to your 2018-2019 County Youth Council members: Jacob Nicholson, Teyah Jackson, Holly Hammen, Heidi Hammen, Maggie Armstrong, Kilynn Westcott, David Wedemeyer, Lauren Ukena, Spencer Moon, Colin Johnson, and Alicia Westering. These 11 Senior level 4-H members have completed the necessary steps to serve as your youth council for this coming year. If you have any workshop requests or ideas you would like to see offered in our county, please be sure to contact one of them and we will see what we can do! We have some fun ideas already being discussed and I am excited to see them in action this year!

# Save the Date

- **August 2– 3rd-8th grade ‘Race It, Fling It, Fly It’ Summer Camp– in Rockwell City**
- **August 7- State Fair exhibits due to the Extension Office by 12:00 Noon (unless too big for me to transport)**
- **August 9-19– Iowa State Fair**
- **August 21– State Fair exhibits need to be picked up at the Extension Office**
- **August 28– Fall Leader Meeting 6:00-7:30 P.M. at the Extension Office**
- **September 8-16– Clay County Fair**
- **September 15– Record Books and County Project awards due to your Club Leaders**
- **October 7-13, 2018- National 4-H Week**
- **November 4– Roun-da Vu awards ceremony at 3:00 P.M.**

