New Year is here!!!

Hopefully everyone had a great holiday season and was able to celebrate the New Year with family and friends.

With the start of 2013 we are able to put the events of 2012 behind us and begin to look forward to new experiences and ventures for the new year.

4-H has much to offer each of you—How about trying a new project area, attending county wide events, apply for area awards, participate in Junior Camp, be a part of the Senior Mission Trip, or venture to Wisconsin Dells for the intermediate trip.

Citizenship and Leadership are also a big part of belonging to 4-H. This can be accomplished as an individual 4-H member, a group of members or as a 4-H club. If you have questions on what could be done for this—please contact me for ideas.

Joyce Coppess, Cedar County Youth Coordinator
2013 CITIZENSHIP WASHINGTON FOCUS

Citizenship Washington Focus is a ten-day trip for 4H youth in grades 10, 11, and 12 which provides a setting to experience leadership and citizenship in a whole different way at the National 4-H Center in Washington DC.

Participants can select either June 7—15 or June 14—22, to attend the trip. 4H members and adult chaperones will travel by charter bus to Washington DC. Some highlights of the trip are: Lincoln’s Springfield, Gettysburg Battlefield, Capitol Hill, Smithsonian Museums, Mt Vernon and Kennedy Center. Beside tours and workshops you will have time for socializing and meeting new friends.

◊ Cost of the trip is $1,420, which includes lodging, transportation, tour site admissions and most meals. Registration and a $350 deposit are required to secure a spot. Registration opened October 1 and closes December 15.

To learn more about the trip visit: extension.iastate.edu/4h/cwf. Contact Jeff Macomber, Regional Youth Program Specialist at jmacombe@iastate.edu with questions.

SHARE THE FUN

Once again this year—Share the Fun will be held during the Cedar County Lock-in on January 19th.

All clubs are encouraged to participate in the Share the Fun event. We are not going to ask for pre-registration for the Lock-in this year—just come to the lock-in and be ready to participate at the beginning of the evening.

If you have questions about being a part of the Share the Fun event—please contact the office. Winners will have an opportunity to do their Share the Fun at the Iowa State Fair.

2013 CEDAR COUNTY FAIR

The date for the 2013 Cedar County fair will be July 10—14, with conference judging being held on July 8.

Center Ring Leaders—Community Service Project

WHAT: Recycle your Christmas cards or other greeting cards

WHEN: Cards will be collected until February 1, 2013

WHERE: Drop your cards off at the Extension Office

WHY: Cards will be recycled and used for art projects at Camp Courageous.

They are able to use the entire card for their projects, you do not need to remove the back of the card.

4-H INTERMEDIATE TRIP

Cedar County 4-H members in grades 7th—9th are invited to join youth from Jackson, Clinton, Dubuque, Delaware, Jones and Muscatine on March 23rd—March 24th for a bus trip to the Wisconsin Dells. The cost will be $100 which will include two meals, overnight stay at the Chula Vista Water Park Resort, New Chester Dairy Tour, waterpark access, snacks and team building activities.

The registration form can be found on the Cedar County website. If you have questions, please contact us and we will find the answer for you.

4-H SENIOR SERVICE TRIP

Take the Urban Plunge—March 15—17th.

Join other 4-H members from Jackson, Clinton, Dubuque, Jones, Muscatine, Cedar and Delaware counties for an opportunity to make a difference in the Des Moines metro area.

4-H members will:
* Make an impact in a community unlike their own.
* Serve at a homeless shelter
* Visit a jail to meet with Youth in the Detention Center.
* And so much more.

Cost of the trip is $200 per person with Transportation, lodging and most meal provided. Fundraising opportunities can be available to help with the cost of the trip.
Cedar County Youth Committee Member

Hi, I am Deb Wenndt from Lowden, and I am the current Vice President of the youth committee. I am married to Jeff Wenndt and have a daughter Jenel. I am a Service Writer at Kunau Implement in Dewitt.

I became involved in 4H because of our daughter Jenel, who shows cattle. I am currently on my 3rd year on the youth committee; I got involved with the 4H program to help promote our youth of Cedar County. I have a strong passion for helping get our youth started in the 4H program; and a strong passion for what 4H does for our youth. 4H is just not for the typical farm kid; it for ALL youth. 4H is a great life learning tool, it teaches responsibility, record keeping, goal setting, and life’s lessons.

To help promote our youth, I am currently serving on the Finance Committee. Our committee is busy looking at ways we can work with the Cedar County Endowment Fund for Cedar County 4H.

I am looking forward to another successful year for the youth of Cedar County. Please feel free at any time to reach me if you have any questions or concerns for the CCYC.

Deb Wenndt

NEW MEMBER NIGHT

As a new 4-H member of the Cedar County 4-H program you are invited to attend a new member “Fun Night” at the Extension Office on January 27th.

Members of the Cedar County Youth Council will sponsor the event and will share their 4-H experiences with new members. Youth Council members will furnish refreshments during the “Fun Event”. Look for your letter in the mail about the “Fun Night” for new members.

NOTES FOR YOUR CALENDAR

January

19  Lock In—Tipton High School
20  Share the Fun—at lock in
21  Office Closed—Holiday
31  Market Beef verification to be completed

HIGH SCHOOL 4-H’ERS

Time to apply for State Recognition

High school 4-H youth should start planning now to apply for recognition at the state level. Four opportunities exist for your consideration.

State 4-H Council

Apply when you are in grades 10-11. This group of high school students works directly with Iowa 4-H Youth development staff to represent the program across the state. They speak to local 4-H groups, represent 4-H’ers ideas to staff, and work in committees to plan the Iowa 4-H Youth Conference. 4-H’ers for 4-H campaign and 4-H promotional ideas.

State Project Awards

Apply when you are in grades 9—12. 4-H members who have focused on specific project areas during their 4-H experience can apply for recognition for their efforts through this program. 4-H members who have demonstrated mastery, leadership, communication, and service in their project will be recognized as the top in the state.

National 4-H Congress

Apply when you are in grades 10-11. Congress is held over the Thanksgiving holiday each year in Atlanta GA. The event includes dynamic keynote speakers, community service in Atlanta area, workshops on leadership, cultural issues and team building. Delegates also get a chance to tour the city of Atlanta. Approximately 25 are selected state-wide.

National 4-H Conference

Apply when you are in grades 9—11. National 4-H Conference is a week-long trip in April 2013, to our national’s capital. Youth stay in the National 4-H Center with delegates from across the nation. The goal of the event is for youth to share their perspective on the 4-H program with national leaders, including congressional members. Four are selected state-wide.

More information and applications are available at www.extension.iastate.edu/4h/page/recognition-opportunities.

If you are interested in applying for any of the above opportunities, contact the Extension Office and help will be provided.
JUDGES TRAINING

Judges Training for 2012—2013 is now scheduled. New judges, experienced judges, volunteers, parents, and staff are welcome to attend. Cost is $20 for those attending all day and $5 for those attending just in the afternoon. Registration money will be collected onsite. Register online at www.extension.iastate.edu/4h/judgestraining

The judges training team is busy working to design a consistent training system for new and experienced judges.

Training agenda

- The first four hours (includes lunch) of the training builds knowledge and skills for new judges (as well as interested volunteers and parents) and the last two hours is project area content specific.
- Experienced judges will be presenting and all judges are welcome to attend to brush-up on their expertise or expand their knowledge base.

Dates and locations for training near our area are:

- January 19, 2013—Linn County Extension Office
- March 9, 2013—Johnson County Extension Office

FSQA TESTING

FSQA testing will be offered after January 1. You can schedule a time to come into the office to take the test or you can attend one of the scheduled testing times.

All youth who are in 7th and 8th grade can take the intermediate test which is good until you reach 9th grade.

All youth who are in 9th, 10th, 11th, 12th grade can take the senior test which is good until you are 19.

If you take the test you will not need to attend any of the training sessions.

If you have questions, please contact Joyce at the Extension Office—563-886-6157.

COUNTY WIDE LOCK IN

The Cedar County Youth Council will be sponsoring a county wide lock-in on January 19th at the Tipton High School.

Check in time for the lock in will be 8:00 pm—8:30 pm. If you plan to attend and will arrive after this time, please contact the office and let us know so we can make arrangements for this. Pick up time will be Sunday morning from 7:00 am—7:15 am.

All 4-H members (have the enrollment process completed) are invited to attend and are allowed to bring one (1) friend.

The cost of the event will be $20 per person if you have your forms and money in the Extension Office prior to January 16th by 4:00 pm.

Food and beverage will be provided during the event—so youth should not bring food in.

If you decide to come and pay at the door the cost will be $25 per person. You must still complete the forms and bring them with you.

Guests will be required to have a completed Medical Information/Release form and permission form (which are enclosed with the newsletter) before they will be allowed to attend the event.

All 4-H members need to complete the registration form as well as their guest. If you 4H enrollment is complete your Medical Information/release form is taken care of in 4hOnline.

SCHOLARSHIP TIME

High school seniors and current junior college and college students, check out all of the scholarships available to 4-H members. Applications are due March 1 to the State 4-H Office. High school juniors can apply for the Hills Bank Leadership grant, which is due February 1, 2013. Log on to: www.extension.iastate.edu/4h/scholarships for all of the latest information.

ATTENTION CLUB LEADERS

Have you been into 4hOnline.com and updated your leader records. You must do this before you will become an active leader and have access to your club records. It is important for you as a leader to look at club records and monitor your members to see that they are current in their enrollment, projects and FSQA.
<table>
<thead>
<tr>
<th>JANUARY 19 &amp; 20, 2013 4-H LOCK-IN PERMISSION FORM for 4-H MEMBER to complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>I ____________________________ am attending the 2013 Lock In and My guest will be ____________________________</td>
</tr>
<tr>
<td>(4-H Member)</td>
</tr>
<tr>
<td>Parents of 4-H member _________________________________</td>
</tr>
<tr>
<td>4-H Parents Phone # ___________________________________</td>
</tr>
<tr>
<td>I understand that no alcohol tobacco, smoking, drugs (unless Prescription) or inappropriate behavior is allowed. I understand that once I arrive I will not leave unless permission is granted by my parent/guardian and approved by the chaperoning staff.</td>
</tr>
<tr>
<td>No cell phones and no food should be brought to the lock in.</td>
</tr>
<tr>
<td>Signature of 4-H Member</td>
</tr>
<tr>
<td>I the parent/guardian of the above-named youth, hereby, give permission to participate in the 2013 4-H Lock-in. I also give permission for first aid and admittance to a hospital for necessary medical care in care of emergency.</td>
</tr>
<tr>
<td>Signature of Parent/Guardian of 4-H Member</td>
</tr>
</tbody>
</table>

*MUST ALSO HAVE MEDICAL INFORMATION/RELEASE FORM ON FILE IN OFFICE*

<table>
<thead>
<tr>
<th>JANUARY 19 &amp; 20, 2013 4-H LOCK-IN PERMISSION FORM for GUEST to complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>I ____________________________ am attending the 2013 Lock In and My guest will be ____________________________</td>
</tr>
<tr>
<td>(Guest Name)</td>
</tr>
<tr>
<td>Parents of Guest _________________________________</td>
</tr>
<tr>
<td>Guest Parents Phone # _________________________________</td>
</tr>
<tr>
<td>I understand that no alcohol tobacco, smoking, drugs (unless Prescription) or inappropriate behavior is allowed. I understand that once I arrive I will not leave unless permission is granted by my parent/guardian and approved by the chaperoning staff.</td>
</tr>
<tr>
<td>No cell phones and no food should be brought to the lock in.</td>
</tr>
<tr>
<td>Signature of Guest</td>
</tr>
<tr>
<td>I the parent/guardian of the above-named youth, hereby, give permission to participate in the 2013 4-H Lock-in. I also give permission for first aid and admittance to a hospital for necessary medical care in care of emergency.</td>
</tr>
<tr>
<td>Signature of Parent/Guardian of Guest</td>
</tr>
</tbody>
</table>

*MUST COMPLETE MEDICAL INFORMATION/RELEASE IN THIS NEWSLETTER*
# Iowa 4-H Medical Information/Release Form

(For all Non 4-H Club Members)

## PARTICIPANT INFORMATION

- **Participant’s Name**: __________________________________________
- **Permanent Address**: ____________________________________________
- **Date of Birth**: ____________________
- **Gender**: _______
- **City, State, Zip**: ____________________________
- **Home Phone**: _____________________________

## MEDICAL EMERGENCY CONTACT INFORMATION

<table>
<thead>
<tr>
<th>Person to Contact First</th>
<th>Backup Contact (Relative or Friend)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name: ___________________</td>
<td>Name: ___________________</td>
</tr>
<tr>
<td>Relation to Participant:</td>
<td>Relation to Participant:</td>
</tr>
<tr>
<td>Daytime Phone: __________</td>
<td>Daytime Phone: __________</td>
</tr>
<tr>
<td>Evening Phone: __________</td>
<td>Evening Phone: __________</td>
</tr>
<tr>
<td>E-mail: __________________</td>
<td>E-mail: __________________</td>
</tr>
<tr>
<td>Name of Family Doctor: __________</td>
<td>Office Number: __________</td>
</tr>
<tr>
<td>Name of Dentist: __________</td>
<td>Office Number: __________</td>
</tr>
</tbody>
</table>

## INSURANCE POLICY INFORMATION

*The above-named participant is covered by health insurance. Yes** No*

**If yes, provide the following information which is required by Iowa State University to expedite treatment and to facilitate the billing process.

- **Policy Holder’s (P.H.) Name**: __________________
- **P.H.’s Date of Birth**: __________________
- **Address**: __________________
- **Relation to Participant**: __________________
- **City, State, Zip**: __________________
- **Occupation**: __________________
- **P.H.’s Employer’s Name/Address**: __________________
- **Insurance Company Name**: __________________
- **Policy #**: __________________
- **Plan #**: __________________

## Health Information (Please Print)

Does the child have any of the following conditions or a history of any of the following conditions? (Circle all that apply.)

- Asthma
- Bronchitis
- Fainting Spells
- Diabetes
- Ear Infections
- Heart or cardio-vascular problems/disease
- Convulsions/seizure
- Hay Fever
- Chronic bone, muscle or joint injuries
- Migraine headaches
- Other condition(s): (Please list)_______________________________

Allergies or reactions: (Circle all that apply.)

- Aspirin
- Penicillin
- Dairy
- Gluten
- Peanuts
- Insect bites or stings
- Ivy/oak/sumac toxins
- Other (list) ________________________________

Is your child currently on any prescribed or over-the-counter medication? (If so, please record the condition/ailment, name of medication, dosage, time(s) of day, prescribing physician.) ________________________________

**Date of last tetanus shot (approximate if necessary):_________________________ (Over)**
BEHAVIOR EXPECTATIONS OF THE PARTICIPANT

It is important to follow the directions of the 4-H Club leader(s) at all times. I understand that as a participant I have the responsibility to help make the activity a safe experience for everyone through my behavior and conduct. I also understand the danger of not following rules and directions and agree to follow them. _______________________ participant signature

TO BE READ AND SIGNED BY PARENT OR GUARDIAN

I understand that my child must be healthy and reasonably fit in order to safely participate in 4-H recreation activities and that I will inform the program leader(s) of any medication, ailment, condition, or injury that may affect his/her ability to participate safely.

MEDICAL EMERGENCY PARENTAL PERMISSION*

The health history for my child is correct and complete to my knowledge. If an injury or other medical condition occurs or arises, I hereby give permission to the ISU Extension staff or volunteer to provide routine health care and seek emergency treatment including x-rays or routine tests. I agree to the release of any record necessary for treatment, referral, billing or insurance purposes. I understand that I am financially responsible for charges and hereby guarantee full payment to the attending physicians or health care unit. In the event of an emergency where I cannot decide for my child, I give permission to the physician/hospital selected by the ISU Extension staff or volunteer to secure and administer treatment for my child, including hospitalization. (*If you cannot sign this section of the form for any reason, contact the County Extension Director regarding a legal waiver in order to attend and participate.) ____________________________ parent signature

PUBLICITY/IMAGE/VOICE PERMISSION

The Iowa State University Extension 4-H Program normally takes photographs, video, and/or tape recording of our programs. During activities, a photograph or video/audio recording may be taken of you or your child. Unless you request otherwise, your initial below will be considered permission for Iowa State University and the 4-H Program to photograph, film, audio/video tape, record and/or televise your image and/or voice or the image and/or voice of your child for use in any publications or promotional materials, in any medium now known or developed in the future without any restrictions. If you object to ISU using you or your child’s image or voice in this manner, please notify the 4-H program leader. ____________________________ parent signature

TRANSPORTATION

I am giving my permission for my child to be transported to and from 4-H Club activities or events. I give my permission for:

(Circle all that apply.)

My child to ride with any adult volunteer driver.

My child to ride with an authorized adult volunteer driver who has completed an MVR check.

My child to ride in another youth’s (18 or younger) vehicle to 4-H Club activities.

My child to drive his/her vehicle to this 4-H activities or events.

My child to transport other 4-H Club participants in his/her or my vehicle.

I understand that if personally-owned vehicles are used as transportation to and from Iowa State University (ISU) 4-H Club events or activities that the owner of the vehicle is responsible for any liability that might occur during the transportation. ISU does not provide coverage for any property damage, personal injury or liability that may occur while using personal vehicles. Vehicle owners are required to carry automobile liability insurance as required by the State of Iowa. ____________________________ parent signature

4-H CLUB ASSUMPTION OF RISK AND RELEASE OF LIABILITY (Please read carefully.)

I give permission for __________________________ to participate in the 4-H program. I understand that 4-H club project activities/events may involve certain risks of physical activity and possible injury and that ISU cannot guarantee that my child will remain free of injury. I nonetheless wish to have my child participate as an Iowa 4-H club member in the 4-H club program and ASSUME the RISK of participating. I agree to RELEASE from LIABILITY, INDEMNIFY AND HOLD HARMLESS the State of Iowa, the Board of Regents of the State of Iowa, ISU and ISU Extension and their officers, employees and agents (hereinafter the RELEASEES) from any and all claim and/or cause of action arising out of and related to any injury, loss, penalties, damage, settlement, costs or other expenses or liabilities that occur as a result of my child’s participation in the 4-H program. This release, however, is not intended to release the above-mentioned RELEASEES from liability arising out of their sole negligence. ____________________________ Parent signature

MUST BE SIGNED BY THE PARENT OR GUARDIAN FOR THIS EVENT.