

POLK COUNTY 4-H CLOVER POWER

1625 Adventureland Drive, Suite A • Altoona, Iowa 50009 • 515-957-5760 • August 2023 Issue

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Upcoming events and opportunities in Polk County and across the state

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Calendar & Contacts:
Listing of events, meetings, workshops, and deadlines, and how to reach your County Youth Coordinators

August at a Glance

- Congratulations to our Polk County Fair participants and thank you to the volunteers who make it happen! Consider nominating someone who made your fair experience great—Annual Awards are now open!
- Enrollment for the new program year will open September 15th through 4-H Online. Stay tuned for more information!
- The Iowa State Fair is (almost) here—go check out exhibits from across the state and support our amazing Polk County participants! (Need a volunteer opportunity? Check out the [Events & Opportunities](#) section for a fun chance to help!)

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FOCUS

Keep up with the most important deadlines and announcements related to Polk County 4-H

County Council Applications

4-H members in grades 9-12 are eligible to apply for County Council. This is the group of youth who host officer training, help with awards, organize county wide service events, and organize various events at the Polk County Fair each year. If you are interested in applying, applications are available on the [Awards webpage](#) or a direct link to the fillable PDF can be found [here](#).

Applications are due by 5 pm on September 6, 2023. Applicants will be required to participate in an interview, which will take place the second week of September. Contact Megan with questions.

Annual County Awards

Annual Awards are a great opportunity to showcase all the new knowledge you've gained this year! It is a common misconception that youth can only apply for an award for a project they entered at the fair. 4-H Annual Awards is about explaining what you've learned about a specific topic and how you can share that with others.

Not only are youth able to apply for an award for any topic that they learned about, but they can also nominate others, like a Peer, for something awesome that they've done throughout the year, or maybe there is a Caring Adult in their 4-H life that they would like to have honored at the Awards Ceremony, there's an award for that too.

The applications and descriptions for the 2023 Awards are available [here](#), toward the bottom of the page. Youth will also have the opportunity to interview with a judge as part of the application process.

All applications/nominations are due to Megan Freel by **12pm on Oct. 6th**.

Award interviews will be held in October, with dates to be announced later. (Accommodations for interviews are available.) Awards will be announced and celebrated on **Sunday, November 12, in the afternoon. Location is TBD.**



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Polk County Fair and Polk County 4-H 2022-2023 End of Year Survey

Polk County 4-H staff is looking for your input and opinions from the last year related to programming, communication, and the Polk County Fair.

Please take a few minutes to complete this [survey](#). Information collected will be taken into account as we plan the 2023-2024 year!

Polk County 4-H and FFA Fair Association Meeting

The Polk County 4-H and FFA Fair Association will hold their Annual Meeting on Wednesday, September 13, 2023, at 7:00 PM, at the Polk County Extension Office.

Directors for each of the four districts of the county and at-large members will be elected for 3-year terms in accordance with the bylaws. Any registered voter in Polk County is eligible to vote for Fair Board members.

If you are interested in holding a position on the Fairboard, please contact Nominating Committee Chair, Brian Wilkinson at 515-202-5317.

Clover Power Submission Deadlines

As a new program year begins, don't forget to send in Spotlight submissions to get featured in Clover Power! In addition to email, you can now submit your Spotlight and other club submissions through this Spotlight [submission form](#).

If you email submissions for *Clover Power*, send to both to Megan AND Marci.

For September, submit by 8/28

For October, submit by 9/25

For November, submit by 10/26

For December, submit by 11/27



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SPOTLIGHT

Check out these highlights from clubs across the county

Thank you, thank you!

We would like to give a big thank you to the Polk County Fair Board members, superintendents, volunteers, parents, and 4-H'ers who helped before, during, and after the Polk County Fair. It takes many volunteers to make the fair a success! Thank you to all who did their part in keeping our fair safe, clean, and fun for everyone!

Polk County King and Queen Contest

Award	Youth	Club	City
Polk County Fair Queen	Emma Lihs	Beaver Hustlers	Bondurant
Polk County Fair King	Noah Ford	Ankeny 4-H	Ankeny
Queen's Court 1 st Runner Up	Rylee Wells	Southeast Polk FFA	
King's Court 1 st Runner Up	Colin Giles	Urbandale 4-H Club	Urbandale
Queen's Court 2 nd Runner Up	Jenna Freeseaman	Ankeny 4-H	Ankeny
King's Court 2 nd Runner Up	Tanner Twedt	Alleman Aces	Alleman
Queen's Court 3 rd Runner Up	Jade Osborn	Polk Producers	Mitchellville
King's Court 3 rd Runner Up	Garrett Von Stein	Beaver Hustlers	Bondurant
Queen's Court 4 th Runner Up	Sami Sagar	Polk Producers	Runnells
King's Court 4 th Runner Up	Lincoln Jascke	Freedom Riders	Polk City

To see more county fair photos, [visit our Facebook page](#). Marci posts them *all*—find your favorite silly candid shot and comment!



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EVENTS & OPPORTUNITIES

See what events and opportunities are happening in the 4-H world

Little Hands on the Farm

The Iowa State Fair needs your help! They are looking for volunteers for Little Hands on the Farm during the Iowa State Fair.

Volunteers receive admission to the Fair, parking, and a volunteer t-shirt. Groups and individuals are encouraged to sign-up and it's a great silver cord opportunity.

[Sign up online!](#)

THRIVE Youth-Adult Retreat

September 22-24, 2023

Location: Des Moines YMCA Camp, Boone, IA

Cost: \$60/person *There is financial assistance available for youth registration fees.

Research shows that mindfulness benefits overall well-being, such as better focus and concentration, improved self-awareness, increased empathy, decreased stress and anxiety, improved sleep, and better performance in school, work, sports, and other activities.

THRIVE is a unique opportunity for any 7th-12th grade youth and their parent or other caring adult to step away from the busyness and stressors of life to explore healthy, fun ways to recharge their mind, heart, and body!

THRIVE participants get to take time for themselves, connect with each other and new friends, and discover the benefits of mindfulness and other positive, healthy skills through workshops, nature, the arts, and movement to support their mental health and overall well-being. They also get to enjoy camp activities like zip-lining, climbing wall, canoeing, horseback riding, and night photography.

[Learn more and register here.](#)



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ATTENTION! LEADERS

Important information for leaders and volunteers

Sign Up for Fall One-on-One Meetings

Leaders, it's time to sign up for your one-on-ones with Polk County 4-H staff. These meetings are for two-way feedback, ensuring chartering standards are met, and discussing ways to ensure success for the upcoming program year.

This year, the meetings will take place on a few different days throughout September and October. All club leaders should attend the meeting together. At the meeting you will receive the premium checks for your club members.

Use this [link](#) to sign up. For questions, contact Megan.

Leader Turnover and Volunteer Training

If your club is experiencing leader turnover or welcoming new leaders to assist the club, please be sure to follow the **required** onboarding process. Clubs that fail to follow the process below will be placed in provisional status. Contact Megan as soon as there are new and/or additional leaders.

New volunteers must:

- Complete and successfully pass background check
- Meet with Megan for a volunteer interview
- Watch volunteer training videos in 4-H online
- Attend new volunteer training.

Returning leaders and volunteers must still complete volunteer training on 4-H Online. 4-H Online will open for the new program year on September 15th.

Clover Power Submission Deadlines

In addition to email you can now submit your Spotlight and other club submissions through this [Spotlight submission form](#)

Email submissions for Clover Power to Megan AND Marci

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2023 CALENDAR

August

10-20 Iowa State Fair

September

4 Office Closed
6 County Council Applications Due
12-13 County Council Interviews
13 Fair Board Annual Meeting 7:00 pm
15 Enrollment begins for 2023-2024
20 Fair Board Meeting 7:30 pm

October

1-7 National 4-H Week
2 County Award Applications Due
2 Lifeskills Award Applications Due
17 County Award Interviews 5:00-9:00 pm
18 Fair Board Meeting 7:30 pm
19 County Award Interviews 5:00-9:00 pm
22 County Council Retreat 12:00 pm

November

1 County Council Meeting 7:00 pm
12 County Awards Ceremony 2:00 pm
15 Fair Board Meeting 7:30 pm.
16 Club Officer Training 6:30 pm
23-24 Office Closed, Happy Thanksgiving!

**Stay tuned for a link to the
updated 2023-2024 4-H Program
Year Calendar!**

CONTACT

If you have any questions or comments, please don't hesitate to reach out to the Polk County 4-H staff!

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County Youth Coordinator

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Marci Vinsand

County Youth Coordinator

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ABOUT US

ISU Extension and Outreach, Polk County offers research-based youth development programs aimed at preparing young people for the future. Polk County 4-H and its programs empower youth to reach their full potential through caring youth-adult partnerships, hands-on skill-building projects, and meaningful leadership opportunities. Visit the [Polk County 4-H website](#) to learn more.



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