

# POLK COUNTY 4-H CLOVER POWER

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

## IN THIS ISSUE

**Focus:** Deadlines and announcements.

**Spotlight:** Club features, highlights, and events.

**Attention Leaders:**  
Information on leader meetings, trainings, and other related topics.

**Animal & Livestock News:**  
Updates for livestock and animal exhibitors.

**Events & Opportunities:**  
Upcoming events and opportunity within Polk County 4-H and across the state.

**Calendar & Contact:** Listing of events, meetings, workshops, and deadlines, and how to reach us.

## February at a Glance

- Planning to exhibit in food and nutrition at the Polk County Fair? Make sure you review the recently updated rules and guidance.
- If you're interested in dairy goats, the Iowa Dairy Goat Association has opened their Share-A-Kid opportunity and will host a free showing and fitting clinic!
- Leaders—check out a new learning opportunity on mental health and wellbeing from NAMI and Iowa 4-H!

## Super Spotlight Edition!

This month's Clover Power full of the many amazing spotlights submitted from the end of 2022 into the new year! Be sure to celebrate all the good times and great friends in your 4-H life.

Clover Power is a few more pages than usual this month—you can use the links in the menu to your left to navigate the sections.

## 4-H Pledge

I pledge my **HEAD** to clearer thinking,  
My **HEART** to greater loyalty,  
My **HANDS** to larger service,  
My **HEALTH** to better living,  
For my club, my community,  
my country, and my world.



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## FOCUS

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

### ***Foods for Iowa 4-H Fairs***

Planning to exhibit in food and nutrition at the Polk County Fair, make sure to check up on the [Foods for Iowa 4-H Fairs](#) document that has been updated. This document and the [AnswerLine](#), set the rules for food safety when it concerns exhibited food for fairs.

### ***Iowa 4-H Foundation College Scholarships***

The Iowa 4-H Foundation has announced applications are available for the 4-H scholarship program with over 90 scholarship opportunities to be awarded valued at over \$100,000. A complete list of scholarships, eligibility, helpful hints, instructions, and [applications are available online](#). **Online deadline is 11:59 PM, March 1.** If you have questions or concerns, please contact Marci Vinsand.

### ***Enrollment 2.0 is OPEN!***

4-H Online enrollment is live for the 2022-2023 program year! Visit [4-H Online 2.0](#), and use the same email and password as last year. You can find a [help sheet](#) located on the Iowa 4-H page to assist you with the registration process. Youth in 4-H (4th-12th grade) are \$40 and youth in Clover Kids (K-3rd grade) are \$5. Financial assistance is available through the [Iowa 4-H Foundation](#).

**4-H members must be enrolled to participate in Polk County 4-H programs.** While the deadline is May 15, youth are not covered under our insurance until they are enrolled and approved in 4-H Online. Questions can be directed to Virginia Atwell.

### ***Do All the Good You Can***

We are excited to announce the State 4-H Council newest service initiative, Do All the Good You Can. Sign up with the link below to receive bi-monthly service challenges to give back to your community! Your club or group will log hours or things donated. **The counties with the most hours by Youth Conference in June will receive an award.** We look forward to hearing all the good you can do this year!

If you have any questions, please contact Bridget Johnson: (515) 505-2142. [Sign up here!](#)



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## SPOTLIGHT

Take a peek at what our local clubs are doing! Submit your clubs spotlight moments [here](#).

### Valley Pacers

“At the Valley Pacers 4-H club in December, our club made two different ornaments to donate to a local senior apartment complex. We made wreaths and globe ornaments during our meeting. Members then met December 17th to ring the bells for Salvation Army at Hyvee. We also met December 18th to deliver our ornaments also with some candy. Lastly our club members participated in a secret Santa gift exchange and some fun games.”



### Altoona Adventurers

“The Altoona Adventurers were in the holiday spirit in December! Through the local school district, they were paired with family in need this Christmas season. Club members received a list of needed items, set a budget, and selected gifts for family members. Following the shopping experience, they enjoyed their annual Salvation Army Red Kettle Bell ringing, despite the cold temperature! During the December meeting they wrapped the gifts and enjoyed some holiday games together.”



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## **Bright Sparks 4-H Club**



“Bright Sparks 4-H Club wrapped up 6 months of clean-ups at Woodland Cemetery in Des Moines. Once a month for 6 months, members and their families met at their assigned sections of Woodland to pick up branches, trash, and fallen flags. We enjoyed the fresh air and quiet mornings, as well as learning about historical figures of Des Moines through the QR codes planted throughout the cemetery. The club voted to participate in this project again next spring. Pictured: Liliana Lozano, Sophia Schulenburg, Silas Roe, David Schulenburg, and Stone Heuer.”

“Congratulations to Bright Sparks' 4-H Club officers for 2022-23! President: Stone Heuer, Vice President: Sophia Schulenburg, Treasurer: David Schulenburg, Secretary: Jerrod Van Wyk, Photographers: Vanessa Negrete, Harrison Smith, and Kurtis Johnson, Historian: Luna Wright, Recreation Leader: Mia Carroll. Not pictured: Luna Wright, Mia Carroll.”



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## ***Bondurant Go Getters***

"The Bondurant Go Getters collected snacks and pajamas for residents of Courtyard Estates. The club also made and donated fleece lap blankets."



## ***Clover Power Submissions***

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 AND Virginia.

For January's newsletter, submit by 2/27.



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## ATTENTION LEADERS

*All information pertaining to leader meetings, events, and expectations.*

### ***Annual Leader Training***

Our 2023 **Annual Leader Training: Helping 4-H Youth Thrive** will be held at the Extension office in Altoona. Please mark your calendars for February 23 from 1-3 pm or 6:30-8:30 pm. This training is required and will be held in person.

We will be offering FREE PIZZA during the training, so please let us know which training you are attending by responding to this [form](#). If you have any questions, contact Megan.

### ***Learning Opportunity: Mental Health & Wellbeing***

Iowa 4-H volunteers—as we continue to do our best to equip both staff *and* volunteers with the skills and tools needed to support our youth, Iowa 4-H invites **you** to attend a free one-hour webinar from NAMI Iowa (National Alliance for Mental Illness), where you will learn about the signs and symptoms of mental health conditions and how to approach a youth or a loved one if you see these signs.

**Join us Wednesday March 8<sup>th</sup>, from 7-8pm via Zoom**

<https://iastate.zoom.us/j/97252307761?pwd=aDR0eIRZWGxJMFRldXZJemdUdlVZz09>

To learn more about NAMI Iowa and their Ending the Silence Presentation you can go to: [NAMI Ending the Silence - NAMI Iowa](#). Iowa 4-H also has several great resources on the topic of mental health & wellbeing to support volunteers and staff that you can utilize in club meetings and programs with the youth you work with. The Mental Health Matters! publication series are one-page resources that you can download for free from the Extension store [Extension Store \(iastate.edu\)](#). Please reach out 4-H with any questions, or if you need assistance accessing the Mental Health Matters! publications.

### ***Leader Turnover and New Volunteers***

New leaders: please be sure to follow the **required** onboarding process. Clubs that do not will be placed in provisional status. New volunteers must:

- Successfully pass background check
- Meet with Megan for a volunteer interview
- Watch training videos in 4-H Online
- Attend new volunteer training

Returning leaders and volunteers must still complete annual volunteer training on 4-H Online. Contact **Megan** or **Marci** with questions.



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## ANIMAL & LIVESTOCK

Stay connected with Polk County 4-H Animal and Livestock news, deadlines, and requirements.

### **2023 Dairy Goat Share-a-Kid Opportunity**

Are you looking for a new and exciting way to expand your 4-H experience? Interested in showing an animal but don't know where to start? Each year the Iowa Dairy Goat Association promotes interest in dairy goats across our state. One of the ways IDGA encourages young people to explore dairy goats is through its Share-A-Kid program. This statewide contest is open to youth in 4<sup>th</sup> thru 12<sup>th</sup> grades and are a member of 4-H, FFA, IDGA, or any other agricultural group. Winning applicants are selected from an essay they submit. The essay can include drawings, photos, or any other creative touches.

IDGA can only award one goat per family per year; however, siblings are encouraged to apply. Previous winners are ineligible. If you are interested in this opportunity, visit <http://www.iowadairygoat.org/share-a-kid-program/> for more details and an application. Entries must be postmarked by **March 15, 2023**.

### **Dairy Goat Showing and Fitting Clinic**

On May 6<sup>th</sup> from 9 am-3 pm at Ma's Acres in Bondurant, IA, the Iowa Dairy Goat Association is hosting a **FREE** dairy goat showing and fitting clinic. No need to bring a goat with you; there will be plenty to practice with. This is a hands-on clinic. Ring procedures and goat care will be covered. If you have a goat or want one, this is an excellent opportunity to see what it's all about. Please RSVP by texting Judi McIvor at 515-250-4836 for this **FREE** event by April 30. Any questions can be directed to Judi or Wendy Peffers, IDGA's Youth Coordinator at 641-780-8600. Hope to see you there!

### **Weigh-in and Tagging Dates**

- **Swine tagging** – Saturday, April 15, 2023 from 8:00 am-11:00 am at the Iowa State Fair Grounds Sheep Barn
- **Sheep and Goat** – Saturday, April 29, 2023 from 8:00 am-11:00 am at the Iowa State Fair Grounds Sheep Barn

Beef, sheep, and goat may be weighed-in in any county as the processes are very similar. **If you choose to attend another county's weigh-in, please coordinate this in advance with Marci, vinsand@iastate.edu or 957.9770.** Swine for the Polk County Fair **MUST** be tagged in on our date due to varying county processes.



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## Youth For the Quality Care of Animals (YQCA)

**Everyone's certification will expire before the 2023 fair!** This is a required certification for all youth who exhibit the following animals at the county or state fair. **Certification must be completed by July 1.**

- Cattle- Breeding, Market & Dairy
- Swine- Breeding & Market
- Sheep- Breeding & Market
- Goats- Breeding, Market & Dairy
- Poultry
- Rabbits

### Training Options for 2023 Fair Season:

#### Online YQCA class option for all age levels (Certification is good for 1 year)

- The online option costs \$12 per youth—*payable online only!* Via <https://yqcaprogram.org/>
- Youth must pass 3 quizzes with a score of 80% or above. If youth do not pass, they must wait 1 hour before retaking the quiz (without additional fees). This can be done as many times as necessary.

#### Face to Face class options (Certification is good for 1 year):

- The cost is \$3 per youth—*payable online only!*
  - *Pre-registration is required via <https://yqcaprogram.org/>*
- **March 9, 2023** | YQCA Training 6:00 – 8:00 pm
- **March 14, 2023** | YQCA Training 1:00 – 3:00 pm

## Horse Department Facebook Group

Hey, horse exhibitors! Check out the horse department Facebook group to connect with other exhibitors and keep up with announcements. You can use the QR code provided to join!

**4-H & CLOVER KID  
HORSE EXHIBITORS**



There is a Facebook Group  
for the horse department!  
**Announcements are shared  
to Polk Co 4-H & FFA Horse**  
Be sure to JOIN!



**DID YOU  
KNOW?**



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## EVENTS & OPPORTUNITIES

*Upcoming events and opportunities from Polk County 4-H and throughout the state.*

### ***Polk County Conservation Youth Corps***

Polk County Conservation Youth Corps is a work program for teens in the Des Moines Metro where they can network with industry professionals while completing environmental stewardship projects. Not only do the students build their resume, but they make new friends, grow their passion for all things outdoors, and they get paid!

This program also provides transportation for the teens and a daily meal—providing a great work opportunity for those who might otherwise not be able to due to transportation. While we work approximately 75% of the time, the other 25% of the time introduce these students to outdoor recreation and a camping trip.

Interested youth should email [pccb\\_info@polkcountyiowa.gov](mailto:pccb_info@polkcountyiowa.gov).

### ***Taste of Camp June 2023***

Join us for a FUN camp experience where youth will participate in archery, swimming, climbing wall, skits and so much more!

Clarke, Dallas, Decatur, Madison, Polk, and Warren County youth are invited to Taste of Camp! Youth going into 5th-8th grade in the fall of 2023 are eligible to attend Thursday, June 8th—Saturday, June 10th. Youth going into 1st-4th grade in the fall of 2023 are eligible to attend Friday, June 9th —Saturday, June 10th. 4-H/Clover Kids enrollment is not required, so bring a friend! Cost is \$90 per Clover Kid age camper, \$160 per 4-H age camper.



Register online at <https://form.jotform.com/223267256067055> Please keep an eye on your email for updates and additional forms that will need completed. Contact Lindsey Young for assistance with registration ([lindseyy@iastate.edu](mailto:lindseyy@iastate.edu) or 515-520-3783).



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## CALENDAR

### February

- 1 State Award Applications Due
- 1 Scholarship Applications Due
- 1 County Council Meeting 7:00 pm
- 15 Fair Board Meeting 7:30 pm
- 23 Annual Volunteer Training 1:00–3:00 pm or 6:30–8:30 pm
- 24 4-H Legacy Awards, Iowa 4-H Foundation

### March

- 1 County Council Meeting 7:00 pm
- 9 YQCA Training 6:00 – 8:00 pm
- 14 YQCA Training 1:00 – 3:00 pm
- 15 Fair Board Meeting 7:30 pm

### April

- 5 County Council Meeting 7:00 pm
- 15 Swine tagging 8:00–11:00 am
- 19 Fair Board Meeting 7:30 pm
- 27 Pre-Fair Meeting 1:00–3:00 pm or 6:30–8:30 pm
- 29 Sheep Weigh-In 8:00–11:00 am

### May

- 2 Virtual Pre-Fair Meeting 6:30 pm
- 3 County Council Meeting 7:00 pm
- 15 Livestock ID's Due in 4-H Online
- 15 Last Day to Enroll in 4-H
- 15 Polk County Fair King and Queen Applications Due
- 15 Clover Dash 5K Scholarship Applications Due
- 17 Fair Board Meeting 7:30 pm
- 30 Office Closed, Memorial Day

### June

- 7 County Council Meeting 7:00 pm
- 17 King and Queen Candidate Interviews
- 21 Fair Board Meeting 7:30 pm

### July

- 1 Polk County & Iowa State Fair Entries Due to Extension Office
- 4 Office Closed
- 5 County Council Meeting 7:00 pm
- 8 Clothing Event
- 12 Fair Board Meeting 7:30 pm
- 15-21 Polk County Fair

### August

- 10-20 Iowa State Fair

## CONTACT

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

#### Megan Freely

County Youth Coordinator  
[meganmae@iastate.edu](mailto:meganmae@iastate.edu)  
515-957-5763

#### Marci Vinsand

County Youth Coordinator  
[vinsand@iastate.edu](mailto:vinsand@iastate.edu)  
515-957-5770

#### Virginia Atwell

4-H and Family Life Educator  
[vatwell@iastate.edu](mailto:vatwell@iastate.edu)  
515-957-5783

## 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](https://www.polkcountyiowa.org/) to learn more.



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