



Poweshiek Post

April 2020



Hello to Poweshiek County 4-H Families!

Dates to Remember:

All April programs have been canceled due to the current COVID-19 situation.

We are wishing you all the best as you adapt to these challenging times.

Stay home and stay healthy!

HELLO FROM *Ashtin Walker!*



My name is Ashtin Walker and I am super excited to be starting my role here in Poweshiek as the CYC. A little bit about me: I have been in Jefferson County with 4-H for almost three years and love working with 4-H and youth, helping you all find what you are passionate about! I grew up in 4-H and was very active with cattle and horses. I did some indoor projects such as photography! The skills I learned in 4-H I still use today in my current role! I can't wait to get to know everyone here! Please know if you ever have questions, please let me know!

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LEARN MORE AT WWW.EXTENSION.IASTATE.EDU/4H/POWESHIEK



LIVESTOCK INFORMATION

ANIMAL ID DEADLINE

Animal ID deadline has been extended to June 1st.

- ⇒ This means that the following animals must be identified on 4honline **by June 1st**: Breeding Beef, Dairy Cattle, Dairy Goat, Dog, Horse, Meat Goat, Poultry, Sheep and Swine.

- ⇒ Rabbit IDs will remain due by July 1.
- ⇒ More information on weigh-in and animal IDs can be found at <https://www.extension.iastate.edu/4h/livestock-id> under Official Announcement of Livestock Weigh-in & ID Deadline Changes

SHEEP AND MEAT GOAT INFORMATION

- ⇒ There will be **no more county weigh-ins**.
- ⇒ Exhibitors only showing at the county level will need to **contact the Extension Office to request tags and taggers**. Please note our office is closed to the public, so the request must be made by email (xpoweshiek@iastate.edu) or phone (641.623.5188). We will then make sure we have everything ready for you.
- ⇒ All tags are **\$1 each**
- ⇒ **State Fair exhibitors are asked to PLEASE WAIT to tag their state fair animals**. We are hoping we will be able to tag and retinal scan these animals at a later date in May.
- ⇒ **ID Deadline has been extended to June 1st** in hopes we can hold a set time for families to

- come in so we can retinal scan those animals going to state fair.
- ⇒ Families will need to fill out sheep or goat forms and input their data into 4-H online by June 1st. Help sheets can be found at <https://www.extension.iastate.edu/4h/livestock-id> under livestock identification in 4-H online.
- ⇒ **All tagged animals need to be documented by photo that is uploaded to 4-H Online**. Take a picture of the tag in the animal's ear to upload.

SWINE INFORMATION

- ⇒ Exhibitors need to **contact the Extension Office to request tags and taggers**. Please note our office is closed to the public, so the request must be made by email (xpoweshiek@iastate.edu) or phone (641.623.5188). We will then make sure we have everything ready for you.
- ⇒ **USDA county tags are \$1 each and DNA State Fair tags are \$8 each**. All hogs going to State Fair must have **BOTH** a DNA tag and a USDA tag.
- ⇒ Families will need to fill the form out and input

- the form to 4honline by June 1st. Help sheets can be found at <https://www.extension.iastate.edu/4h/livestock-id> Under Livestock Identification in 4-H online.
- ⇒ **All hogs must be ear notched**. Ear notches must be included in 4honline.



LIVESTOCK INFO CONT.

YQCA

- ⇒ For the month of April only (April 1-30), there will be a discounted price for taking YQCA online.
 - ⇒ YQCA will be offering a 25% discount on web-based trainings, decreasing the cost from \$12 to \$9.
- ⇒ Those wishing to take part in the flash sale will need to purchase \$9 web-based training coupons from YQCA. Coupon order forms are linked below or may be obtained by emailing sales@yqca.org. **THIS IS THE ONLY WAY TO RECEIVE THE DISCOUNTED PRICE.**
- ⇒ Once the order form and proof of payment is received, coupons will be issued and returned to the purchaser within 3-5 business days.
- ⇒ Coupons **MUST** be put towards a web-based training in the month of April.
- ⇒ Link to the Coupon Order Form: https://www.extension.iastate.edu/4h/files/page/files/yqcacouponorderform_flashsaleonly_march2020.pdf
- ⇒ **Check out the flyer regarding YQCA found later in this newsletter for more**



NATURE CLUB UPDATE

APRIL SESSIONS

- ⇒ All April Nature Club sessions are cancelled.
- ⇒ Please keep an eye out for an email regarding the month of May in hopes that we can meet one last time before school is out.
- ⇒ In the meantime, now is a good time to be working with those bottle babies, rabbits or poultry!
- ⇒ Also consider making a craft or art project, building a bat box or bird house, doing a little baking, getting out and taking a few outdoor photos, or making a nature poster! These are all things you can be working on to prepare for fair exhibits. If you need ideas or patterns for a project, please reach out to the extension office at 641-623-5188 or email xpoweshiek@iastate.edu
- ⇒ I have attached a flyer on how to make a bird house as a woodworking project.



LEARN AT HOME!

4-H PROJECT HOT SHEETS

Find Hot Sheets at: <https://store.extension.iastate.edu/product/15266>

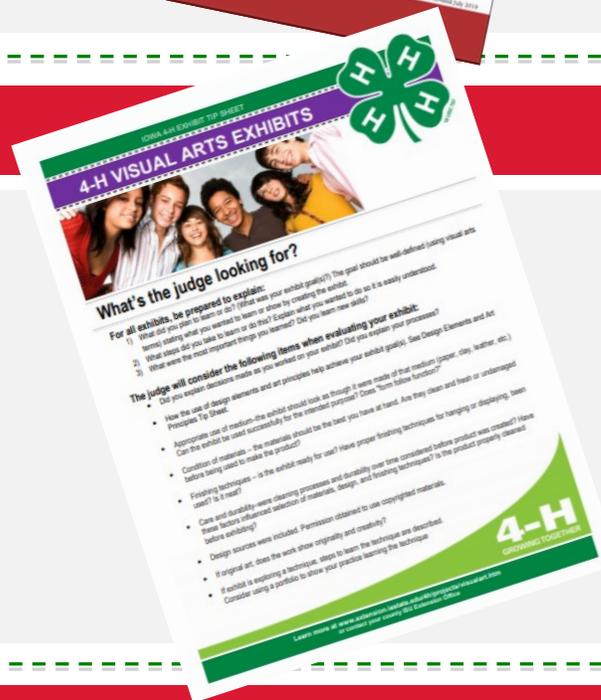
- ⇒ Check out the 4-H Project Hot Sheets for tons of ideas on how to learn within a specific project area
- ⇒ Hot Sheets will also provide ideas of how to turn your learning into a County Fair exhibit
- ⇒ At the very bottom of each Hot Sheet is a section that talks about Career Connections. Check out how that project area could lead to a job in your future!



4-H PROJECT TIP SHEETS

Find Tip Sheets at: <https://www.extension.iastate.edu/4hfiles/projects/hotsheets/AllTIPSheets.pdf>

- ⇒ 4-H families may find these sheets helpful when working on fair projects.
- ⇒ These sheets provide great ideas for project exhibits!
- ⇒ Sheets include a section on what the judge is looking for in exhibits within that project area.



AT HOME RESOURCES

- ⇒ This link gives a lot of great resources for youth to get hands on experience while being at home! <https://www.extension.iastate.edu/4h/4h-at-home-learning-resources>
- ⇒ There are activities that relate to all the 4-H priority areas,!
- ⇒ Each week there are challenges that relate to a certain area in 4-H! Make sure to check this website out and utilize these resources.

ANIMAL U

Check it out at: <https://www.extension.iastate.edu/animalu/>

- ⇒ This interactive animal science program provides numerous learning modules on swine and beef.



YOUTH CONFERENCE

CONSIDER ATTENDING YOUTH CONFERENCE!

- ⇒ Open to all youth that have finished 8th grade
- ⇒ Dates will be June 30th-July 2nd.
- ⇒ For more information please visit the following link: <https://www.extension.iastate.edu/4h/iowa4hyouthconference>

- ⇒ Regular registration for a fee of \$180 closes on June 1 with late registration for \$200 available until June 10. You can also check out financial aid applications, due May 1-June 15 to the Iowa 4-H Foundation.



CLOVER KIDS



After School Program

ALL April Clover Kid sessions are cancelled.

Please keep an eye out for an email regarding the month of May in hopes that we can meet one last time before school is out. In the meantime, now is a good time to be working with those bottle babies, rabbits or poultry if you are planning on bringing one to fair!

Make a craft or art project, do a little baking, get out and take a few photos, or make a poster of a vacation you have taken! These are all things you can be working on to prepare for a fair exhibit. If you need ideas or patterns for a project, please reach out to the Extension Office by calling 641.623.5188 or by emailing xpoweshiek@iastate.edu



NOTHING COMPARES



NEW FOR 2020: All FFA beef, dairy cattle, dairy goat, meat goat, poultry, rabbit, sheep, and swine exhibitors must be certified through the YQCA (Youth for the Quality Care of Animals) program or have previously tested out for their respective age division for FSQA (Food Safety & Quality Assurance) with valid certification.

Youth for the Quality Care of Animals (YQCA) is a national multi-species quality assurance program for youth ages 8 to 21 with a focus on three core pillars: food safety, animal well-being, and character development.

The YQCA curriculum is broken into four levels: Junior ages 8-11, Intermediate ages 12-14, Senior ages 15-18 and Young Adult ages 19-21. Three or four levels of content focused on food safety, animal well-being and character are outlined for each level. Topics include but are not limited to: The Basics of Animal Identification, Daily Animal Care, Administering Animal Health Products, Providing Quality Care, Herd Health Plan, Providing Quality Feed, Sharing The Story, Goals To Success, and Ethics In The Show Ring.

The program is designed to provide a minimum 60 minutes of education each year. There are three ways to earn YQCA certification. When you register for YQCA, you will be presented options for the online program, any applicable in-person training, or any applicable test-out options. The Iowa State Fair will accept all three types of certification.

Exhibitor’s birthdate and YQCA Certificate Number are required at time of Entry (on or before July 1).

Visit www.yqca.org to sign-up, log-in or get more information. Questions about YQCA: info@yqca.org

4-H’ers are also required to be YQCA certified to exhibit at the Iowa State Fair.

YQCA Implementation Options		
<p>Online Certification \$12/user online annually</p> <ul style="list-style-type: none"> • YQCA program is available on YQCA website • Complete customer support provided to user • User may log on using 4-H Online credentials or create YQCA credentials • Young adults, ages 19-21, must certify through the online program 	<p>Instructor-Led Training Certification \$3/user annually</p> <ul style="list-style-type: none"> • Instructors must complete an annual training provided by YQCA and must agree to the terms and conditions of use • YQCA certification trainings shall: <ul style="list-style-type: none"> ○ Be made available only to youth in Junior, Intermediate and Senior levels ○ Be provided in a workshop with a minimum of 1, 60-minute in-person, instructor-led session ○ Instructors must select one of the YQCA base trainings. They may add additional materials as they see fit, but may not modify or omit the base training ○ Trainers may charge local fees for materials and costs; those fees are collected locally • In person training locations can be found at https://yqca.learnrow.io/Training/Search 	<p>Test-Out Option \$36/user Intermediate (3 years) \$48/user Senior (4 years) \$36/user Young Adult (3 years)</p> <ul style="list-style-type: none"> • Option located on “Course List” page • Test consists of 50 questions with an 80% or better passing rate for certification • Participants will be charged upon successful completion of the test; failing will not result in payment • Upon passing, course materials may be located under user’s “My Library”

\$10 Meal Challenge

Planning, shopping and preparing a meal made up different foods and a variety of nutrients is an important life skill. This challenge encourages you to explore the grocery store and consider ways to select more nutritious foods while sticking to your budget. To achieve this challenge you will create a balanced meal (incorporating all five food groups) for a family of four offering the recommended serving size of each food item.



This meal must include a serving from each of the 5 food groups:

Fruit, Vegetable, Protein, Grain, Dairy

The meal must serve a family of 4 people and total expenses of receipt is \$10 or less.

Resources: Information regarding food groups and recommended serving sizes can be found on the USDA’s MyPlate website. www.choosemyplate.gov

Worksheet for \$10 Meal Challenge

1. Select the Meal type you are planning for: (Breakfast, Lunch, Dinner)
2. Describe the food item selected for each food group and the correct portion size:

Food Group	Food Item	Total Items Purchased	Portion Size (per person)	Total Servings needed per day	Cost
Fruit	<i>Example: Apples</i>	2	$\frac{1}{2}$ apple	2 Cups (4 servings)	
Fruit					
Vegetable					
Protein					
Grain					
Dairy					

3. How does your selection create a *balanced* meal?
4. Who are you cooking for? (Age of Youth, Adults, Family, etc.)
 - a. How does this meal plan appeal to your intended audience?
5. Explain the strategies that you utilized to complete this challenge related to:
 - a. Planning the Meal
 - b. Shopping for Ingredients
 - c. Preparation of the Recipes
6. What were the most important things you learned while you worked towards your goal? (Be sure to share a challenge that you may have experienced.)
7. What ideas or plans do you have for the future based on what you have learned or discovered?

BLUE BIRD BOX

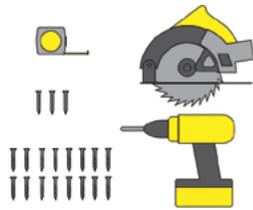
woodworking
FOR WILDLIFE

The eastern blue bird, with its deep blue wings and head and rusty-orange undersides is a welcome sight on farmsteads, suburban yards, and parks all across the Midwest. This summer insectivore thrives where forests meet open areas, a behavior that, along with their tendency to conspicuously perch on branches and fencerows, makes them an easy bird to recognize and enjoy. However, in many otherwise suitable habitats, eastern blue birds fail to find cavities in dead trees or branches to build nests and raise young. A well designed blue bird box can turn otherwise unsuitable areas into suitable ones. Build one or a few of these boxes, paying close attention to the size of the entrance hole and the dimensions of the box, and place it on a 4-6 foot post near a forest edge. Weekly monitoring during the nesting season to ensure exotic house sparrows or starlings haven't taken up residence will help blue birds or other native birds like black-capped chickadees make use of the boxes. Ideally boxes should be one hundred yards or more from human dwellings where starlings and house sparrows congregate. If a blue bird finds the box and successfully raises young, consider building more for families of blue birds to come back to every year. Clean out each box every winter and after a few years, you may have a whole community of blue birds making use of your boxes and lighting up summer days.

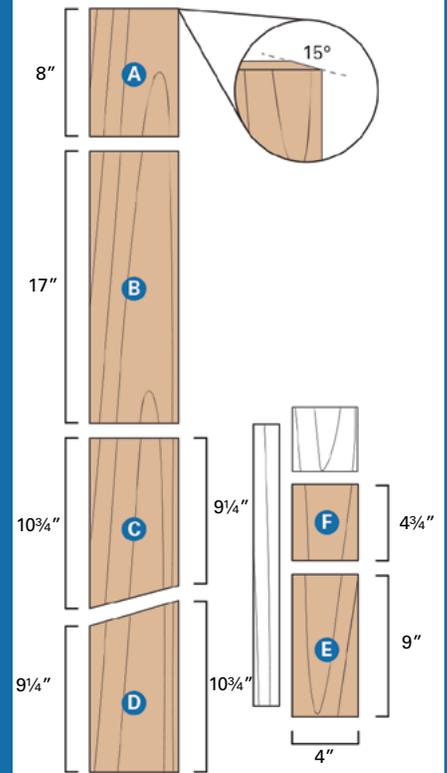
SUPPLIES

- 1 6 foot 1x6 of cedar (or other rot-resistant wood)
- 16 1½" deck screws
- 3 1½" nails

- Circular saw
- Tape measure
- Drill
- ¼" drill bit
- Drill bit the same diameter of nails
- 1½" Hole saw bit

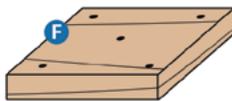


CUT SHEET

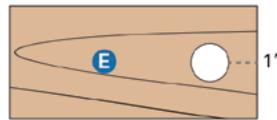


ASSEMBLY

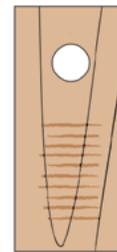
- 1** Drill five holes through the bottom **F** to allow for drainage.



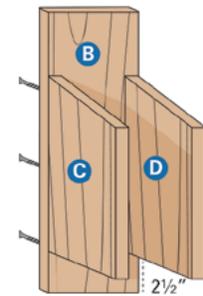
- 2** Use a hole saw to cut a 1½" entrance hole on **E**. Align the top of the hole 1" from the top of the board.



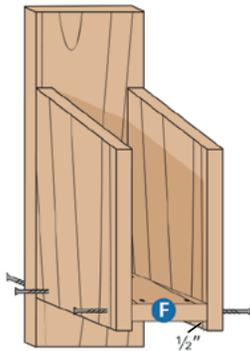
- 3** Roughen the inside surface of **E** with a rasp or utility knife.



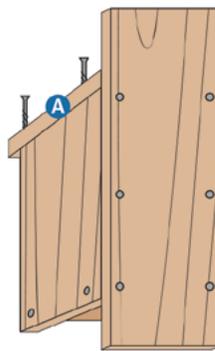
- 4** Attach the sides **C, D** to the back **B** 2 ½" from the bottom of **B**.



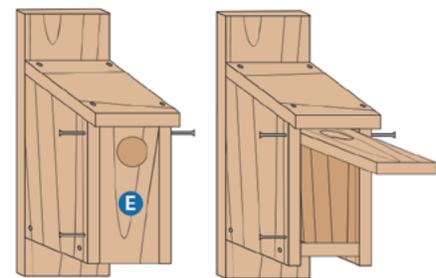
- 5** Mount the bottom **F** aligned ½" from the bottom of the sides.



- 6** Mount the roof **A** with the angled cut flush to the back.



- 7** Align the front **E** to be flush with the bottom of the sides. Drill two holes in a parallel plane from each side into the front and then push a nail into each hole to function as a hinge. Drill one additional hole at the bottom to keep the door closed with the third nail.



WL 0010 January 2019

IOWA STATE UNIVERSITY
Extension and Outreach

By Adam Janke, assistant professor and extension wildlife specialist at Iowa State. Adapted from plans distributed by the Iowa Department of Natural Resources.

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