



August 2015

# Poweshiek Post



## Dates to Remember:

**August 13-23** - Iowa State Fair

**September 14** - County Council Applications Due

**September 14** - Senior Level Awards Due

**September 20** - Senior Level Award Interviews

**October 2** - Record Books due to the Extension Office for Outstanding Record Book Consideration

**November 1** - Awards Day

Thank you to all the individuals who helped make the 2015 Poweshiek County Fair a success! We appreciate your willingness to create a memorable experience for the youth of Poweshiek County!

Congratulations to all of Poweshiek County's 4-H'ers for their outstanding efforts at the County Fair! We hope you had a great time displaying your exhibitors and spending time with family and friends. Please remember to write a thank you note to the sponsors of any awards you may have received!

In this newsletter you will find a lot of information regarding Record Books and Awards. Please look over this information carefully. We would encourage you to go through this process in order to learn the important life skill of record keeping and potentially receive an award! Please contact us if you have any questions about record keeping or award applications.

If you plan to attend the 2015 Iowa State Fair, we hope you have a great time!

**Cathy Lents  
Vickie Beyer  
Tammy Stufin  
Lauren Haglund**

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**4-H**  
GROWING TOGETHER

**IOWA STATE UNIVERSITY**  
Extension and Outreach

# Record Book Completion



## Why?

4-H record keeping helps 4-H'ers learn the following skills

- Setting goals, making plans to achieve them, and then evaluating your end results
- Record keeping and organization
- Responsibility

## Record Book Organization

You can find a lot of information on record keeping as well as many of the needed forms detailed below here: <http://www.extension.iastate.edu/poweshiek/news/record-keeping-forms>

Your Record Book should be put together in this order:

### 1.) Title Page

On this page include your name, age, grade last completed, club, number of years you have been in 4-H and a picture of yourself.

2.) **4-H Yearly Summary** (find this document under the “General Record Keeping Forms” tab on the afore mentioned website)

This is your opportunity to showcase everything you have done throughout your 4-H year. This should be the second document in your record book. You should have one for every 4-H year you have completed starting with the most recent year.

### 3.) Project Records

If you would like to receive project awards, you must complete a project record. Project records can be found at the site mentioned above under the “General Record Keeping Forms”

**Basic 4-H Project Record:** 4-H'ers who have completed 1-3 years in the project area

**Experienced 4-H Project Record:** 4-H'ers who have completed 4-6 years in the project area

**Advanced 4-H Project Record:** 4-H'ers who have completed 7-9 years in the project area

Please note that project records can be completed for any project area. You do not have to be an exhibitor in that project area at the County Fair. Also, please note that **an exhibit is different than a project**. An exhibit is one thing you created for display in relation to that project area. The project is everything you have done within that project area to advance your learning.

You may complete a project record (and apply for a project award) in the following areas:

Beef*	Dairy Cattle**	Dairy Goats* *	Dog
Bottle Calf*	Horse & Pony*	Meat Goats*	Pets
Poultry*	Rabbit*	Sheep*	Swine*
Veterinary Science	Music	Photography	Visual Art
Horticulture	Crop Production	Child Development	Clothing
Food & Nutrition	Consumer Management	Health	Home Improvement
Sewing	Citizenship	Communication	Digital Storytelling
Leadership	Self Determined	Mechanics & Design	Woodworking
Science, Engineering & Tech		Outdoor Adventures	
Safety & Education in Shooting Sports		Environment & Sustainability	

\*These projects require both a Project Record (you may complete the Livestock Project Goal Sheet instead) **AND** a Project Worksheet. Project Worksheets can be found online at the site above.

\*\* Please complete a Lifetime Project Worksheet for these animals.

# Applying for Awards



Once you have completed your record books, you can begin applying for County Awards! Juniors, Intermediates and Seniors may all apply for year member awards, project awards, project research awards and outstanding record keeping awards. Find out more about applying on this page!

## Getting Started

You can find all the awards information and forms you need at the following website: <http://www.extension.iastate.edu/poweshiek/news/awards>. Awards are detailed below.

## Year Member Award

**What:** Recognizes 4-H'ers who have met the minimum expectations of a 4-H'er

**Requirements:** Participant has been enrolled in 4-H for the current year, they have attended at least 50% of their club meetings, completed a record book, participated in at least one project area, participated in at least one county level activity or event (County Fair, FSQA, Event Day, etc.)

**How to Apply:** Sign up for and attend an Achievement Conference\* where you will discuss your 4-H year with a volunteer. Be sure to bring your record book to this Conference.

## Project Awards

**What:** Recognizes 4-H'ers who have demonstrated project learning. You may apply for as many Project Awards as you would like. Awards are given in the following project areas:

Beef	Dairy Cattle	Dairy Goats	Dog	Bottle Calf	Horse & Pony
Meat Goats	Pets	Poultry	Rabbit	Sheep	Swine
Veterinary Science	Music	Photography	Visual Art	Horticulture	Crop Production
Child Development	Clothing	Food & Nutrition	Consumer Management	Health	Digital Storytelling
Home Improvement	Sewing	Citizenship	Communication	Mechanics & Design	Woodworking
Leadership	Self Determined	Outdoor Adventures	Safety & Education in Shooting Sports		
Science, Engineering & Tech					
Environment & Sustainability					

**Requirements:** You must complete a Project Record and any required Project Worksheets for each project area you'd like to apply for. Other requirements are determined according to age level. You can find these requirements on the Project Award Nomination Form.

**How to Apply:** Sign up for and attend an Achievement Conference\* where you will discuss your project work with a volunteer. Be sure to bring your Records and Worksheets to this conference.

## Project Research Award

**What:** Recognizes 4-H'ers who have done project research outside of club and workshop activities

**Requirements:** 4-H'er must research one or more 4-H project areas (listed above) using at least 8 different sources (books, magazines, internet, project guides, etc.). Not all sources need to be for the same project area. Sources must be listed on the sheet you can find on the website above.

**How to Apply:** Complete a Project Research Award Application form which can be found on the website above. Sign up for and attend an Achievement Conference\* where you will discuss your 4-H year with a volunteer. Please bring the application form with you.

\***Achievement Conference Events** will be held in Grinnell, Montezuma, and Brooklyn. Dates and times of these events will be set at a later time. Once dates have been set, please contact the Extension Office to let us know which Event you will be attending. Each conference should take approximately 10-20 minutes.

# Applying for Awards Cont.



## Outstanding Record-Keeping Award

**What:** Recognizes 4-H'ers who have completed outstanding record keeping

**Requirements:** Member must meet the minimum record keeping requirements: title page, yearly summary, project record for each project area they participated in, other supporting materials (could include reflections of their year, pictures and clippings of project work or club activities, fair exhibit write-ups)

**How to Apply:** Complete your record keeping process and submit your Record Book to the Extension Office by October 2nd (you may either turn it in following your Achievement Conference for other awards or bring it to the Extension Office). For more information on what they will be looking for, visit the website listed on the previous page and go to "Record Book Evaluation" .

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## Senior Level Awards

These awards are available to 4-H'ers who have completed 9th, 10th, 11th or 12th grade. 4-H'ers may only receive each of these awards once. *No record book is required to apply.*

**How to Apply:** Application forms can be found online for each of these awards here: <http://www.extension.iastate.edu/poweshiek/news/awards>. Forms are due to the Extension Office (email to [xpoweshiek@iastate.edu](mailto:xpoweshiek@iastate.edu) or mail to PO Box 70, Montezuma, 50171) by **September 14th**. Interviews for these awards will be conducted on Sunday, September 20.

★ **Award:** Recipients of these awards will receive a paid registration to Iowa State 4-H Youth Conference or money toward attending a State 4-H Camp.

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### Merit Award

**What:** This award recognizes Senior 4-H'ers who have shown growth throughout their 4-H experiences in citizenship and community service.

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### Achievement Award

**What:** This award recognizes Senior 4-H'ers who show personal growth through participation in a variety of 4-H projects and activities.

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### Leadership Award

**What:** This award recognizes Senior 4-H'ers who show excellent leadership skills, demonstrated by leading others through club, county, and project activities.

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**William F. Danforth "I Dare You" Award** - *must have completed your Junior or Senior year of High School*

**What:** This award recognizes 4-H'ers who have an in-depth knowledge of the 4-H program. The goal is to challenge youth to develop their skills for future endeavors through life and most importantly service to others.

**Award:** Recipients of this award will receive a scholarship for the second semester of their first year of college.

★ Awards Day is going to be on Sunday, November 1 at the William J Manatt Community Center in Brooklyn. We hope to see you there!

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# County Council

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## What is County Council?

County Council is a group of 9th-12th grade 4-H members who are dedicated to planning, presenting at and sharing their ideas at fun 4-H youth programs throughout Poweshiek County. This leadership group helps Poweshiek County Extension Staff and Volunteers make the 4-H program dynamic, exciting and fun.

County Council members are asked to do the following

- Participate in leadership training and opportunities for older 4-H'ers
- Provide feedback on the County 4-H program, procedures, guidelines and activities
- Serve as a role model for peers and younger 4-H'ers
- Be a 4-H ambassador to the public
- Promote active participation by all county 4-H'ers
- Plan, conduct, and evaluate county 4-H events and activities
- Have Fun!

We would love to see you become involved in this leadership group! Please complete the form below and send the information to the Extension Office either by mail or email:

PO Box 70, Montezuma, 50171      [xpoweshiek@iastate.edu](mailto:xpoweshiek@iastate.edu)

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## Poweshiek County 4-H Council Application Form

*Due to the Extension Office by September 14*

Name \_\_\_\_\_ Club \_\_\_\_\_

Cell Phone Number \_\_\_\_\_ Grade \_\_\_\_\_  
*Only required if you would like to receive text message reminders from the CC Advisor*      *Grade going into*

Email Address \_\_\_\_\_  
*County Council meeting agendas and reminders will be sent to this email address*

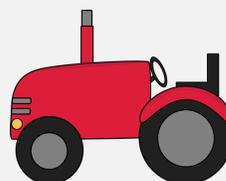
Why would you like to be on the 2015 Poweshiek County 4-H Council?

If you are a returning County Council member, can you tell us some ideas you have of ways we can improve the County Council?

## Thank You!



Thank you to everyone who supported the County Council at their Annual Ice Cream Social! We look forward to utilizing the funds raised to provide educational and fun programs for the youth of Poweshiek County!



Thank you to all those individuals who participated in the Poweshiek County Fun Run and the youth who participated in the Kiddie Tractor Pull! Congratulations to our race and tractor pull winners! We hope to see you again next year.

# Robotics Opportunities



## EV3 Robotics Classes

**What:** 5 classes to help you explore the world of EV3 robotics!

- Learn more about robot design, robot programming, and challenge completion
- Develop your teamwork skills
- Have fun with a group of peers as you explore the world of robotics!



**When:** Every Tuesday in September (September 1, 8, 15, 22, 29) from 3:15-5:00 pm

**Where:** Grinnell Area

**Who:** Any 5th-8th grader (class size is limited so sign up today!)

**Registration:** Contact the Extension Office to sign up: call 641.623.5188 or email [xpoweshiek@iastate.edu](mailto:xpoweshiek@iastate.edu).

## FLL 101—For Parents

**What:** FLL 101 (FLL is the acronym for “First Lego League”) meeting to discuss Junior FLL for youth in K- 3 grades, FLL for grades 4-9 and First Tech Challenge for High School age youth

The mission of FLL is to inspire young people to be science and technology leaders, by engaging them in exciting mentor-based programs that build science, engineering and technology skills, that inspire innovation, and that foster well-rounded life capabilities including self-confidence, communication, and leadership. Focusing on FLL - The mission is accomplished through teams of youth (no more than 10 on a team with two volunteer coaches) in grades 4-8 who come together to learn teamwork, communication skills, NXT software, and basic robotic building. Youth meet 4 – 7 times a month between September and December. During this time they will work on an assigned “challenge” of building a robot to perform challenge tasks, design and present a project based on the theme “Trash Trek”

*In the “Trash Trek” theme, youth will explore the fascinating world of trash. From collection, to sorting, to smart production and reuse, learning along the way that there is more to your trash than meets the eye. All the time being guided by FLL core values of “gracious professionalism in preparation for competition. Regional competition is held in early December and the State competition in mid- January. Junior FLL and First Tech Challenge have a different time line and we will share more of that with you on August 31. Come learn how to enroll your child and how you can help or assist the team.*

**Who:** Parents of youth ages 5-17 and/or interested volunteers

**When:** Monday, August 31 6:30-8:00pm

**Where:** Iowa State University Extension and Outreach—Jasper County  
Newton DMACC Building  
550 North 2nd Avenue West

For more information, please contact Marisue Hartung, 4-H Youth Program Specialist, at [mhartung@iastate.edu](mailto:mhartung@iastate.edu).



Junior First Lego League  
Kindergarten-3rd grades



First Lego League  
4th-8th grades



# Reminders

## We're Going Green

The 4-H Extension Staff has decided that following the 2015 4-H year we will primarily be offering our 4-H newsletter online (via email and on our website). This effort will allow the 4-H program to reduce paper waste and save approximately \$1500 a year. These funds will now be able to go towards programming for our 4H'ers.

**Thank you for helping us become even more green!**

If you would still like to receive a printed copy of the monthly 4-H newsletter, you must let the Extension Office know by **September 1, 2015**. Following this date, all 4-H families will be receiving an email newsletter only unless they have contacted us. Each family who does decide to have a printed copy must submit a yearly 4-H Newsletter Fee of \$10 to help cover printing and postage costs. Please contact the Extension Office if you have questions regarding this change.

## Thank You Notes



Please remember to write a Thank You note to anyone that may have supported you at the County Fair. This includes trophy sponsors, top indoor exhibit sponsors, and those who supported you at the Project Auction.

We encourage you to hand write your thank yous and make sure you explain what trophy or award you received or what animal they purchased from you.

## Hall of Fame Inductee

We are proud to have Betsy Cranston inducted into the Iowa 4-H Hall of Fame as a token of our appreciation for the positive impacts she has made. Betsy is a cherished asset within the Poweshiek County 4-H program due to her dedication to youth education. She has served as an active club leader to the Deep River Helping Hands 4-H club and is now a leader of the Poweshiek County Junior Master Gardeners. Betsy is also actively involved with the Poweshiek County Fair as she serves as both Poultry and Rabbit Superintendent, in which she has gone above and beyond by holding workshops and seminars for those interested in learning more.

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**Thank you, Betsy, for the impact you have made in Poweshiek County!**

Betsy will be inducted into the Iowa 4-H Hall of Fame at 3:30pm on Sunday, August 23 in the 4-H Exhibits Building at the Iowa State Fair.

## State 4-H Project Awards

Congratulations to these Poweshiek County 4-H'ers on receiving State 4-H Project Awards!

- **Catelyn Graham**– Communications
- **Christian Graham**– Leadership
- **Austin Henry**– Communications



# These Poweshiek County 4-H'ers will be exhibiting at the 2015 Iowa State Fair!



## **Event Day Selectees**

**Clothing:** Ashley Armstrong

**Communications:** Ashley Armstrong, Dillon Brady, Rebecca Crawford, Theresa Crawford, Austin Henry, Michelle Krumm, Maddeline Mintle, Amanda Osland, Henry Peterson, Molly Turley, Parker Volkman, Sloan Volkman

## **Creative Arts**

**Visual Arts:** Denali Conover, McKinley Conover, Haley Hood, Kynlee James, Shaeanna Lai

**Photography:** Kylie Cline, McKinley Conover, Miah Foubert, Abby Gruver, Lysandra James, Autumn Key, Danica Nolton, Hanna Saland, Madison Spencer, Kiersten VandeKamp, Libbie Vos

## **Personal Development**

**Communication:** Catelyn Graham, Maria Peterson

## **Family & Consumer Sciences**

**Food & Nutrition:** Ashlyn Huff, Jesse Moyer

**Health:** Dillon Brady

**Home Improvement:** Wesley Sebetka, Libbie Vos

**Other FCS:** Hayden Eaton

**Sewing:** Theresa Crawford, Jarrett DeKoning

## **Science, Engineering & Technology**

**Mechanics:** Sam Gensley

**Science, Engineering & Technology:** Sloan Volkman

**Woodworking:** Jack Smith

## **Animals/ Ag & Natural Resources**

**Animal Science:** Mikayla Henry

**Environment and Sustainability:** Addie Fenner

**Horticulture:** Junior Master Gardeners

**Other Ag & Natural Resources:** Abby, Adam and Alex Cheney, Gavin and Sawyer Tindle, Matthew Ranfeld

## **Horticulture Exhibitors**

Kaylene Corbin, Rebecca Crawford, Theresa Crawford, Thea Larsson, Ella Stephens, Jared Theis, Harleigh Wood

## **Livestock**

**Beef:** Kaity Berry, Kole Berry, Sterling Kriegel, Brandon VanWyk, Payton VanWyk

**Dog:** Alisha Ford

**Horse:** Kaity Berry, Alyssa Elliott, Amanda Elliott

**Meat Goats:** Ashlyn Huff, Lysandra James, Garner Lynn

**Rabbits:** Tanner Foster, Tucker Foster

**Sheep:** Dakota Hudnut, Corbin James, Lysandra James, Rylan James, Brooke Kuesel,

**Swine:** Caleb James, Corbin James, Megan Mauss, Payton Robison

# Poweshiek Post



## **Poweshiek County Extension**

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Montezuma, IA 50171

....and justice for all

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