



Poweshiek Post

February 2019



Hello to Poweshiek County 4-H Families!

Dates to Remember:

Feb 1 - State 4-H Scholarship & Award Applications Due

Feb 7 - Leaders and Fair Board Meeting

Feb 10 - Healthy Living Challenge Tracker for January is Due

Feb 14 & 15 - Babysitting Basics in Grinnell

Feb 17 - Youth Entertainment Committee Meeting at 2:00 at the Extension Office

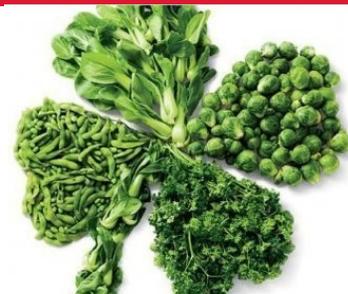
Feb 18 - Babysitting Basics in Brooklyn

Feb 25 - Monte Nature Club

Feb 26 - Grinnell Nature Club

Feb 27 - BGM Nature Club

Healthy Living Challenge: PowCo4H Edition



Join this competition between the county clubs, hosted by the County Youth Council. Participating is simple! All you have to do at your club meetings is

1. Eat Healthy
2. Drink water!
3. Be active!

Winning clubs will receive prizes for each club member! Look for more information on page 6 of the newsletter!

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

FAR OUT DATES



**MARCH
2019**

8 Babysitting Basics | Montezuma
22-24 Equine Extravaganza

13 4-H Livestock Quiz Bowl Competition



**APRIL
2019**



**JUNE
2019**

25-27 State Youth Conference &
Animal Science Round-Up | Ames
29 4-H Event Day

13 Indoor Exhibit Judging | Fairgrounds
18-22 Poweshiek County Fair | Fairgrounds



**JULY
2019**



4-H OPPORTUNITIES



Hands on Workshop

Want to practice your photography skills and learn more about your camera!? We will cover tips and tricks for all ages. Location will be in

Williamsburg, Iowa from 2-5 pm on March 13th. Spots are limited, please sign up online at <https://form.jotform.com/83376670639974>.



Professional Photography Workshop

PPI Portrait Photography Workshop: Learn how to take amazing portraits of your friends and family or maybe even start an entrepreneurial side job. Come learn from professionals at the Professional Photographers of Iowa Portrait photography workshop.

Who: Any 4-H'er
When: February 3 | 1-4 pm
Where: Cedar Rapids
Cost: FREE!
Registration: Register for the workshop online at: <https://form.jotform.com/83376551341962>

February Workshop: Canvas Painting with Messy Missy's



Come paint with Messy Missy!
Learn about brush techniques while Missy guides you through creating your own masterpiece! You will be making the picture shown here. All materials provided!

messy missy's
artsy-fartsy stuff

Date: Sunday, February 24th | 2-4pm
Cost: \$20 for 4-H members | \$30 non-member
Location: Poweshiek County Fairgrounds
Project Area: Visual Arts

Register by February 21st!
Poweshiek County Extension
641-623-5188 | samasper@iastate.edu



4-H OPPORTUNITIES

OMAHA ZOO TRIP

Lions, Tigers and... Polar Bears? Join a group of other 4-Her's to explore the zoo, and spend the night there!

Who: 4th-6th Graders

When: May 18-19

- Pick-Up in Newton on May 18 at 3:30 pm
- Back to Newton on May 19 at 5:00 pm

Where: Omaha Zoo—Omaha, NE

Cost: \$130

Registration: Request a registration form by calling 641.623.5188 or emailing samasper@iastate.edu.

Register by April 20!

Spend a fun night at the Omaha Zoo which will include a night hike, IMAX movie, and fun games.



Healthy Living Club Challenge: PowCo4H Edition

This year, the Poweshiek County Council is hosting a **county-wide competition** for the Healthy Living Club Challenge! Contest will run from January – May 2019, with winning clubs announced at the Community Awards night at the 2019 Poweshiek County Fair.

Competing in the Healthy Living Club Challenge is easy! Just follow these steps:

1. Register your club at <https://form.jotform.com/83022911015948>.
2. Earn miles by having water, fruits and vegetables, and doing physical activity at your club meetings!
3. Track your miles each month here: <https://www.extension.iastate.edu/4h/healthy-living-club-challenge>
4. Earn extra miles with the bonus challenges each month! The bonus challenge for January will be Personal Wellbeing.

The state competition has already begun, but there's still time to join the fun! The PowCo4H Edition begins with club meetings in January, so all our clubs are on the same page. Each month, the County Council will be posting the progress of each club as you race across Iowa.

Winning clubs will be announced at the Community Awards night at the 2019 Poweshiek County Fair. The top 3 clubs will receive plaques, along with these prizes *for each club member*:

- ⇒ 1st Place: T-Shirt and Water Bottle
- ⇒ 2nd Place: Water Bottle
- ⇒ 3rd Place: Reusable Tote Bag

Please contact Sam (samasper@iastate.edu) or any of the County Council members if you have questions about the Healthy Living Club Challenge.



4-H 
FUELS
WELLNESS





LIVESTOCK OPPORTUNITIES

Fire Up Goat Camp



Hosted by the JIMGA . Open to **EVERYONE**

Ignite Your Passion

Fire Up Camp

May 11, 2019 . 9:00 AM
Southern Iowa Fairgrounds, Oskaloosa, IA

-  **Sessions: Showmanship, Nutrition, Judging, and more**
-  **Shirts & a Show for youth participants**
-  **Food on grounds**
-  **Pre-Registration open now**
-  **Visit iowameatgoat.com for forms and more info**

Dairy Goat Share-A-Kid Opportunity

Are you looking for a new and exciting way to expand your 4-H experience?

Each year, the Iowa Dairy Goat Association promotes interest in dairy goats in our state. One of the ways they encourage young people in this aspect of agriculture is through their Share-A-Kid program.

Winning applicants are selected from the essays they send in. This statewide contest is open to youth in 4th thru 12th grades and who are a member of IDGA, 4-H, FFA, or other agricultural groups. IDGA can only award one goat per family per year; however, siblings are encouraged to apply.

An essay of 100 words or more, should tell why the applicant would like to have a dairy goat, how they are going to take care of her (food, shelter, and medical care), if they have ever raised a goat before and if not, who will help them, why they love goats, and what they love about goats. Spelling, content, and effort count. [The essay can include drawings, photos, or any other creative touches.](#)

If you are interested visit <https://www.iowadairygoat.org/share-a-kid-program/> for more details and an application form. Entries must be postmarked by **March 15, 2019**.



OPPORTUNITIES

Register for the ALL NEW Hippology Academy!

Announcing...
HIPPOLOGY ACADEMY

ALL NEW online course for youth & adults. Practice tests, slides, digital stations, & twice weekly lectures in 6 content areas. Participants can interact with the Equine Professors from Universities across the United States!

FEBRUARY 11-MARCH 24

STARTING AT
\$50
for all 6 weeks!

Visit www.ExtensionHorses.org for details

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EXTENSIONHORSES.ORG

This 6-week online course is ideal for Hippology participants, coaches and any horse owner who desires to understand their horse better. Practice tests, slides and digital stations in six content areas, will be included, in addition to twice weekly lectures.

Registration is now open at www.ExtensionHorses.org. Registration runs January 15 – February 10, and closes when we reach enrollment capacity of 100 participants.

For more information contact:

Dr. Kathy Anderson - University of Nebraska, Extension Horse Specialist kanderson1@unl.edu

Native Bee Challenge

Iowa 4-H is looking for youth in grades 9th-12th to be teen leaders for the 2019 Native Bee Challenge. For more information visit the Iowa 4-H Native Bee Challenge webpage at <https://www.extension.iastate.edu/4h/native-bee-challenge>.

To apply, complete a short online application found at: https://docs.google.com/forms/d/e/1FAIpQLSdc6_e0NvqY3kgdyuJf0bs_OxOjI0mE9HymbDD_7D1TFyeGeA/viewform. Applications are due **February 15th**.

Intermediate & Senior Trip: Kansas City

Join other 4-H members in the region and explore Kansas City! Ride a coach bus down to see a Kansas City Royals game, explore the Steamboat Arabia Museum, ride rollercoasters at Worlds of Fun Amusement Pak, and more!

Who: 7th-12th Grade 4-H Members

When: June 11-12

Cost: \$265 | Covers all accommodations, entrance fees, and lodging. Participants are only responsible for dinners and Wednesday lunch.

Registration: Request a registration form by calling 641.623.5188 or emailing samasper@iastate.edu. **Register by May 1!**



4-H NEWS AND REMINDERS

YQCA/FSQA

YQCA is an online livestock quality assurance education program for youth.

For 2019, all 4-H livestock exhibitors will be required to be YQCA certified for county and State Fair exhibition. This will be replacing FSQA. Youth can login to complete YQCA training through 4HOnline here: <https://yqca.learnrow.io/Account/Login>

Exhibitors for the following species will be required to have YQCA certification by July 1st, 2019:

- Beef
- Dairy Cattle/Dairy Goat
- Meat Goat
- Poultry
- Rabbit
- Sheep
- Swine

Youth who completed the FSQA test-out option previously, will be granted certification through their respective expiration date!

YQCA certification costs \$12 per test, with test-out options for first year Intermediates and Seniors. You will not be charged the fee until you pass your test. Financial assistance is available- please contact our office if you are in need.

For questions or more information about registering, please check out the state 4-H webpage (<https://www.extension.iastate.edu/4h/yqca>) or contact our office.



**FAIR
THEME!**

2019 Fair Theme is...
"Barn in the USA"

Meet the County Council!



Parker Volkman, 11th Grade
Club: Mighty Golden Clovers
Years in 4-H: 8
Favorite 4-H Projects: Photography and Science, Engineering, & Technology
What are your favorite 4-H memories?: State 4-H conference and taking pictures



Ella Stephens
Grade: 9th
Club: Mighty Golden Clovers
Years in 4-H: 5
Favorite 4-H Projects: Horticulture, Food & Nutrition, Music, and Dog
What animals represents your personality?: Hippopotamus



2018-2019 Clover Kids After School Program

February's Clover Kids theme is **SEEDS**

Our presenters for this month will be the Bayer Foundation (formerly Monsanto Foundation). They will be teaching kids how seeds turn into plants and different steps of the growing process. The lesson will include making a garden in a glove!

Grinnell:

- February 12 | 3:30-5:00 pm
- Bailey Park Elementary

Montezuma:

- February 4 | 3:30-5:00 pm
- Montezuma School

BGM Group 1:

- February 6 | 2:30-4:00 pm
- BGM School

BGM Group 2:

- February 13 | 2:30-4:00 pm
- BGM School