



CLOVER CONNECTION – FEBRUARY 2012



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It's Goal-Time!

As we are getting well underway with the year 2012, we are also elbows-deep in our 4-H year! It is time to begin (if you haven't already) setting your yearly and project goals. When setting goals make sure you include the three basic parts: *the action, the result and the timetable*. After you have written your goal, here are three basic questions to check to see if you have written a good goal: *does it have the three basic parts, do you have control over your goal, and is it measurable*. After you have your goals written, start making plans on how you are going to go about achieving that goal!

We have many opportunities coming up this spring and summer for 4-Hers and their families. Yes, parents, you can be part of 4-H too, you are always welcome!

It is not too late to enroll for 1st time members or re-enroll for returning members; we still want you and any new members you know! If you would like help with the re-enrollment process or need internet access, call the office and I'd be happy to set up an appointment with you! Help us reach our goal of 236 members, we are 91% of the way there!

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Kaitlin Hanson



Soap & Lip Balm Making Workshop

IOWA STATE UNIVERSITY
University Extension

4-H
GROWING TOGETHER

Howard County 132 1st Avenue West, Cresco, IA 52136 Ph 563-547-3001 Hours 8-12 Noon 12:30 -4:30
Learn More at www.extension.iastate.edu/4h/howard

Iowa State University Extension programs are available to all without regard to race, color, national origin, religion, sex, age, or disability.



EVENTS CALENDAR

February

- 1 – 4-H Alumni Committee Meeting
7:00 pm, Cresco Assisted Living
- 6 – Riceville Clover Kids
3:15 pm, Riceville School
- 6 – New Family Night
7:00 pm, Extension Office
- 8 – Cresco Clover Kids
3:30 pm, Notre Dame School
- 12 – County Council Meeting
4:30 pm, Extension Office
- 25 – Regional Judges Training
9:00 am, Independence

March

- 11 – Dairy Judging Workshop
1:00-3:00 pm, Extension Office
- 12 – Spring Leader Meeting
6:30 pm, Extension Office
- 14 – 4-H Citizenship Trip, Des Moines
- 16 – Swine Weigh-In Riceville, 4:00-6:00 pm
- 17 – Swine Weigh-In Cresco, 10:00-11:00 am
- 24-25 – State Horse Jamboree, Ames

April

- 5 – Intermediate 4-H Event, TENATIVE DATE
- 21 – Sheep & Meat Goat Weigh-In, 10 am - noon

4-H FOOD & FITNESS TEAMS



WHY EAT LOCALLY GROWN FOOD?

BECAUSE WHAT WE EAT MATTERS.

How our food is grown, processed, and packaged really does matter. Our food choices influence our health, our family, farmers, our community and schools and quality of our environment.

4-H'ers involved in their Food & Fitness 4-H Teams at school are investigating the importance of local foods for themselves, their school and their community. Many participated in an ICN (Iowa Communications Network) Program on January 19 with a focus on using local foods in schools. Teresa Wiemerslage, ISU Extension Education & Communication Coordinator, led the discussion involving nine area schools.

Youth and adults were challenged to learn more about geographic preference, define local for their school district and apply it to securing local foods for their school districts. The next step will be to share information with their School Wellness Committees and then determine readiness to connect with school policy-makers about local food procurement.

Talking points include:

- Buying locally grown food is good for YOU - Eating a balanced diet with plenty of fruits, vegetables and minimally processed foods is one of the most important medicines: it can prevent, treat, and cure disease.
- Buying locally grown food is good for your FAMILY - Food brings people together. Planning, cooking and eating healthy meals are a time when busy families can sit down together.
- Buying locally grown food is good for our COMMUNITY - Dollars spent close to home tend to stay close to home and supports schools and communities.
- Buying locally grown food is good for FARMERS - Keeping our local farmers and producers in business supports our local economy. Area farmers are vested in our communities and are concerned for the health of our people, land, and economies.
- Buying locally grown food is good for the ENVIRONMENT - Most of the food we eat travels an average of 1,500 miles from the farm to our table. By reducing the travel distance our food takes, we save energy, packaging and resources.

For more information on joining 4-H, contact your County ISU Extension Office. To learn more about the Northeast Iowa Food and Fitness Initiative go to iowafoodandfitness.org.

CITIZENSHIP GROUP

ATTENTION : GRADES 7 – 12!

We will meet again soon! The next meeting will be held on **Friday, February 17th** at **3:00 pm** at the **Extension Office**.



We will finalize details of our trip to Des Moines on March 14th. We need to finalize numbers for the trip at this February meeting. Cost of the trip will be announced at this meeting as well. Please come prepared to have fun! Contact Kaitlin with any conflicts prior to the meeting.

FSQA

MARK YOUR CALENDARS!

All youth in grades 4th, 5th and 6th (junior 4-Hers) planning to exhibit livestock at the 2012 Howard County Fair are required to attend a training to become FSQA certified.

The training is also open to youth in grades 7th-12th who choose not to participate in the "test-out" option. Testing appointments will be available after May 1st. The training has been scheduled for May 23, 2012 at the Cresco Bank & Trust from 5:30-7:30 pm.

MISSION STATEMENT

4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL WORKING AND LEARNING IN PARTNERSHIP WITH CARING ADULTS

OPPORTUNITIES WITHIN THE COUNTY



NEW FAMILY / MEMBER NIGHTS

MAKE PLANS TO ATTEND!

Make plans to attend this two-night series designed for new 4-H families and new 4-H members. Come and meet other new members like yourself and get your questions answered.

When: Monday, February 6th

Time: 7:00-8:00 pm

Where: Extension Office
Please RSVP by February 1st for this evening!

When: Monday, April 23rd

Time: 6:30-7:30 pm

Where: Howard County
Fairgrounds, Cresco

Contact Kaitlin with questions about this great two-night series!

OPPORTUNITIES & RESOURCES

PRACTICE FOR SPRING FAIR!

The Cresco Care & Patty Elwood Center would like to extend the invitation to 4-Hers who would like to practice their talents for Spring Fair's Share the Fun.

To set up a time to come and share your talents, call Rhonda Bergan, Activities Director, at 563-547-2398.

NEW ANIMAL WELFARE WEBSITE LAUNCHED!

New resources are available on the State 4-H website regarding Animal Care. Check out these information sheets at:
www.extension.iastate.edu/4h/projects/livestock/animalcare.htm

4-H EVENTS

JUNIOR 4-H SKATING EVENT

The 4-H County Council is planning a Junior 4-H Skating event for junior members in grades 4th-6th and their families.

The event date is being determined. It will be an afternoon from **1:00-4:00 p.m.** at the **Chester Roller Rink**. Youth can bring 2 friends and families are welcome to participate. Watch your mail and email for details!

INTERMEDIATE EVENT!

The 4-H County Council is planning an event for intermediate 4-Hers in grades 7th-8th. Mark **April 5th** on your calendars and watch future newsletters for more details!

COUNTY FAIR & SPRING FAIR ANNOUNCEMENTS

HOWARD COUNTY SPRING FAIR



Start planning your Clothing Selection, Fashion Revue, \$15 Challenge, Working Exhibits, Educational Presentations and Share The Fun for this year's Spring Fair! Mark your calendars for **Saturday, May 5th**, judges orientation begins at 8:00 a.m.

and judging begins at 8:30 a.m. A public program is again scheduled for 1:00 p.m.

Leaders will have more information for you regarding spring fair at your upcoming club meetings.

SHEEP AND MEAT GOAT WEIGH-IN



The sheep and meat goat weigh-in has been scheduled for Saturday, April 21st from 10:00 am – noon at the Fairgrounds.

For those 4-H members that are signed up for these project areas you will receive your letter and weigh-in information later this spring. However, if you have not signed up for either of these project areas but intend to weigh animals in on April 21st, please call the Extension Office as soon as possible to ensure that you receive the proper information regarding weigh-in.

NEW CHALLENGE CLASS!



The 4-H & Youth committee of Howard County is excited to announce a new challenge class coming to the Mighty Howard County Fair! This class will be much like the current cookie challenge (don't worry the cookie challenge isn't going away) but will focus on the photography project area.

Requirements:

- Any 4-Her can enter – there will be a junior, intermediate and senior division
- Photos must be taken in Howard County after July 1, 2011.
- Photos must be black & white & a 5x7 size
- Photos must be unmated
- A creative photo title
- Photo descriptions must be included telling where the photo was taken and what the 4-Hers were doing in less than 50 words.
- Photos will not be conference judged.

Theme: **4-Hers in Action**

COOKIE CHALLENGE RECIPE

The recipe for the cookie challenge will be released in an upcoming issue of the Clover Connection.



PROJECTS & WORKSHOPS

HORSE

HORSE JAMBOREE PRACTICE

When: Every Tuesday Night

Time: 6:00-8:00 pm

Where: Extension Office

Prepare for Horse Jamboree in March. Be part of Team Howard County and compete in Ames. Watch the 4-H Bytes or call the office for meeting dates.

Contact Tess Kennon with questions!

WOODWORKING & DOG

WOODWORKING

For those interested in the woodworking project, please call the Extension Office and we will put you in touch with our project leader. If there is enough interest, we can develop a workshop.

DOG

First Meeting without dogs has been scheduled by Vicki, Monday, **March 5th** at NICC Cresco Center. Watch your mail for more details.

DAIRY

DAIRY JUDGING WORKSHOP

A workshop be held **Sunday, March 11th from 1:00-3:00 pm.**

If you are interested in learning about judging cattle and improving your communication, come to the workshop and find out more. You do not have to own dairy cattle to attend. There are no costs to attend, please RSVP to the office by March 1st.

REGIONAL 4-H OPPORTUNITIES

FAYETTE COUNTY LOCK-IN INVITATION

The Fayette County 4-H Council is extending an invitation to attend their annual Fayette County 4-H Lock-in to be held **Friday, March 2nd and Saturday, March 3rd**, beginning at 9:00 p.m. and ending at 7:00 a.m. This event is open to youth in grades 7th - 12th.

If you are interested, please contact Kaitlin by **February 10th**. There is a \$10 registration fee and a registration form that we need to submit. If there is enough interest in attending this event, we will need to supply adequate chaperones from our county and organize a county group to go.

WATERLOO BLACKHAWKS HOCKEY GAME



The Waterloo Blackhawks Hockey Team are once again offering opportunities for 4-H youth and their families and 4-H clubs an opportunity at discounted game tickets. Nights that tickets are being offered to

4-Hers include Saturday, March 10 or Friday, March 16. Both games are at 7:05 pm at the Young Arena. Ticket price is \$7 each (a discounted rate!) Deadline for advance tickets is March 8 for the March 10 game or March 15 for the March 16 game. Contact Time Harwood at 319-296-7581 to order tickets and for more information!

AREA 4-H CAMPS COMING JUNE 2012!

AREA 4-H CAMPERS WANTED



It's time to think about summer, warmer temperatures and registering for our area 4-H camps at Pinebluff 4-H Camp near Decorah.

Campers will be **Unraveling the 4-H Mystery** while exploring the campgrounds, enjoying fun activities and meeting other 4-Hers! **Junior Camp** for 4th-6th graders (\$65) will be held *June 7-8* or *June 13-14*.

Intermediate camp for 7th-8th graders (\$70) will be held *June 11-12*. A camp t-shirt is included with each camp. Registrations are due to the county extension office by April 16 and will be available soon in our Howard County office.

AREA 4-H CAMP COUNSELORS WANTED

High school students interested in serving as camp counselors should check their summer calendars and fill out a camp counselor application. Junior Camps will be held *June 7-8* and *13-14*. Intermediate Camp will be held *June 11-12*. All camps will have the theme **Unravel the 4-H Mystery**.

Applications are available at the Extension Office or you may request an electronic version from Joni Bruvold in Winneshiek County (jbruvold@iastate.edu). Applications should be returned to Joni Bruvold in Winneshiek County by April 16. Camp Counselor Training will be scheduled soon.



LEADER'S CORNER

SAVE THE DATE

NEW VOLUNTEER ORIENTATION & TRAINING

For those that are new volunteers, especially within the last four years, new this year are the regional new volunteer training meetings.

The next closest training for us is **MARCH 24TH** in Nashua. Training will be from 9:30 am – 3:30 pm. You do not need to be a new volunteer to attend!

If you are interested or have questions, please contact the office at (563)547-3001.

SPRING LEADER MEETING

The next Leader meeting will be held at the Extension Office on March 12th at 6:30 pm. We will be covering Livestock IDs, Dan Lane will also present some very helpful information to aid you as leaders.

WHAT'S DUE

- ✓ Club Program Books
 - Afton Aces
 - Heritage Homesteaders
 - Howard Co Hot Rods
 - Millenium Masters
 - Shooting Clovers

- ✓ Treasurer Reports
 - Afton Aces
 - Howard Co. Hot Rods
 - Shooting Clovers
 - Space Age Farmers

- ✓ 4-H ONLINE Enrollment

- ✓ 4-H Fees

Club bills for members were sent, please pay as soon as possible with one check per club. If clubs have new club members, you will need to add them to your payment or submit a second check. For additional, re-enrolled members, please add \$30 per member, for new year 1 members please add \$10.

REGIONAL JUDGE TRAINING

Our state 4-H region is hosting a regional judges training with regions 9 & 11. The training will be held on Saturday, February 25th in Independence at Immanuel Lutheran Church at 9:00 am.

This training is designed for individuals with an interest in becoming a 4-H judge as well as those that want to gain more understanding of what judges look for. Pre-registration and payment are required, please let Kaitlin know if you are interested and she will get you a packet.

MAILBOXES

Please stop into the office to pick-up any flyers and information that has been left for you in your club's mailbox!

4-H HIGHLIGHTS!

WEIGH-IN & VERIFICATION!

SWINE WEIGH-IN!

When: Friday, March 16th

Time: 4:00-6:00 pm

Where: Vo-Ag Shop, Riceville

When: Saturday, March 17th

Time: 10:00-11:00 am

Where: Vo-Ag Shop, Cresco

Swine weigh-in letters will go out soon. Please let the office know if you aren't sure if you are in the swine project but intend on weighing animals in!

WEIGH-IN VERIFICATION

New this year is the weigh-in verification step! All animals that are weighed in will need to be verified in your youth record on 4hOnline. If you do not verify but the deadline date, the information will be assumed correct!

STATE CONFERENCE!

Make plans to attend the State Youth Conference this summer in Ames! Any senior 4-Hers may attend any of the three amazing opportunities:

- State Youth Conference
- Animal Science Roundup
- CSI: Crops

Conference is scheduled for June 26th -28th - make plans to attend, meet youth from across Iowa and *Brighten Your World!*

SHOWMASTER LIVESTOCK CLINIC

This educational opportunity for youth showing cattle & hogs and will be held **March 4th** at Blackhawk Community College in Kewanee, IL. To make your reservation go to: www.showmasterfeedinfo.com/SMBC12

COUNTY COUNCIL

NEXT MEETING:

Our next meeting and will be held **Sunday, February 12th at 4:30 pm.** The Fun Night committee will meet at 4:00 pm.

We will be meeting at the Extension Office *in the front* to finalize details for upcoming events and begin preparing for Spring Fair and County Fair! Bring your ideas and be ready to plan!

A LOOK AHEAD...

Our Spring Fair and New Family/New Member Night committees will be meeting before our March meeting.

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.