FSQA dates at O’Brien County Extension Office:
January 23 9-10:30am
March 12 9-10:30am
May 14 9-10:30am
May 26 4:30-6pm at O’Brien fairgrounds
All 4-6th grade members who show livestock will have to take this course to show animals at the fair. They must take this every year until 7th grade. Contact your club leader or Extension Office to see if you need to update your FSQA. Tests can be taken until July 1st at the Extension Office during office hours.

~Sarah
The first **FQSA training** will be January 23rd from 9-10:30am in Primghar. All 4-6th graders who are showing an animal at fair need to attend an FSQA every year.

**LEADER NEWS**

Club dues need to be finalized and mailed into the Extension Office.

Wanted: Pictures! I would love to put current events into the newsletter. Please email photos to **sfiddelk@iastate.edu**

Leader Meeting January 27th at the Primghar Office from 7-8pm.

*Club Numbers  *Workshops  *Summer items  *Updates

**MISSION STATEMENT**

4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL WORKING
Grades 9-12 are able to attend the summit. Please contact Sarah by Jan.12th for more information or if you are interested in attending the Healthy Living Summit located in Washington D.C.

National Youth Summit on Healthy Living


Description: There is a health crisis across the United States and the time is now to work as a community to take on the challenge of better health for our citizens. 4-H has accepted this challenge and as a team we are ready to make it happen! Trained teams of youth and adults can truly make a difference in communities to promote healthier choices for young people and their families.

By being part of the National Youth Summit on Healthy Living you will gain new information and tools to get started in your own community. You will be provided with quality training, hands-on learning opportunities, contacts with agencies and materials to take home.

Goal: Participants will gain appreciation and knowledge of critical aspects and intricacies of health and its impact on the quality of life in their own communities.

Objectives: Teams of youth and adults from states across the country attending the NYSHL will:

- Increase their knowledge of ways to improve health through topical workshops focused on a variety of dimensions of health.

- Nutrition and healthy eating

- Personal activity and fitness

- Social and emotional well-being

- Identification of community issues and needs

- Gain access to current research, receive training in new and existing programs and receive quality resources and learning materials to take home with them

- Develop a state plan of action that can be replicated when they return home

4-H PLEDGE

I PLEDGE MY HEAD TO CLEARER THINKING, MY HEART TO GREATER LOYALTY, MY HANDS TO LARGER SERVICE, AND MY HEALTH TO BETTER LIVING, FOR MY CLUB, MY COMMUNITY, MY COUNTRY, AND MY WORLD.
4-H OPPORTUNITIES

Scholarship Opportunities

The Iowa 4-H Foundation is pleased to announce that the 2016 Iowa 4-H Scholarship Application is now available! All applications are due February 1st and must be submitted online. All seniors are encouraged to apply for scholarships. Please look over the list and determine what you want to apply for.

https://iowa4h.awardspring.com/Home/Scholarships

4-H OPPORTUNITIES

All 4th-8th graders are invited to attend this exciting event.

STEM Fest 2016
Saturday, February 20
8:45 a.m. registration, 9 a.m. — 3 p.m.
Dordt College
Sioux Center, Iowa

SAVE THE DATE!

... Creating opportunities for middle school students in addressing the Iowa Governor’s STEM initiative. Mark your calendar today!

Online registration open Jan. 25!
Market Beef

Please make sure to login to 4-H Online and verify your market beef information. If you find any errors please contact me before Jan 31st.

Retinal Imaging a calf for State Fair at weigh-in

The Bottle Bucket Calf Meeting was Monday December 28th and we had 7 excited 4-H’ers who received their information about having a bottle bucket calf this year. If you missed the meeting and would like to do this project this year please contact the Extension Office for a project folder. Bottle Calves must be born between Feb 1st and May 10th for this 4-H project.
January
2—Market Beef Weigh-In
23—FSQA 9-10:30am Primghar

February
20—STEM Fest at Dordt

March
5—Beginning Sewing
12—FSQA 9-10:30am Primghar