



# POWESHIEK COUNTY 4-H NEWS

**February 2021**

## SAVE THE DATE

Feb 1st– Market Beef must be entered into 4-H online by Family

Feb 1st– State Recognition & Iowa 4-H Foundation Scholarships Due

Feb 5th– Babysitting Basics– Monte

Feb 15th– Babysitting Basics–Brooklyn

Feb 17th– Legislative Day (Virtual)

Feb 12-14th– Healthy Living Summit

Feb 20th– Nature Club Winter Camp

Hello Families!

Hard to believe we are already a month into 2021. Before we know it, County Fair will be here. It is the perfect time to start thinking about projects for the fair and want to highlight a new project sheet for you.

This month's hot sheet will be Home Improvement. Home improvement is such a wide array of project types. To explore in area of Home Improvement visit this link to the project sheet: <https://store.extension.iastate.edu/product/15282>

We want to hear from youth about areas they would like to see a project workshop held. If you have an idea for a workshop, please reach out to us and we will do our best to make it happen. Remember when thinking of a project, think about your goal with the project. What do you want to get out of the project? This will help you to know what area, the project will fit.

I highly encourage youth to take the time to explore the project sheets, as they provide examples and career exploration.



**IOWA STATE UNIVERSITY**  
Extension and Outreach

# LOOKING AHEAD

## March

March 5th-7th Agri-Science Summit

March 6th– Babysitting Basics– Grinnell

March 13th– Floral Arrangement Workshop

March 23rd– State Recognition Virtual Interviews

March 27th– State Recognition in person interviews

## Babysitting Basics– Brooklyn

We will be offering a babysitting basics course in Brooklyn on February 15th from 8am-4pm at the Brooklyn Farm Bureau Building. This course will be in person and we will be following CDC and Iowa 4-H Guidelines.

Youth that wish to learn about safety, first aid, age appropriate activities this is the course for you!

Open to youth in grades 5th and up. Cost is \$35 for non-4-H members and 25 for 4-H members. To register for the course please visit the following site: <https://www.extension.iastate.edu/poweshiek/news/babysitting-basics-course>

### BABYSITTING BASICS

Are you ready to start babysitting for your family, neighbors, or friends? Then don't miss this class designed to help you learn numerous babysitting skills including basic first aid, home safety, age appropriate activities, and caring for infants and toddlers!

COST: \$35 PER STUDENT  
(\$25 FOR 4-H MEMBERS)

Fees will be used to offset direct expenses and to support the 4-H youth development program in Poweshiek County

GRADES 5 AND UP

FACE TO FACE FOLLOWING:  
IOWA 4-H & CDC GUIDELINES

#### DATES & LOCATIONS

**MONTEZUMA | FEBRUARY 5, 2021**

8AM-4PM AT COMMUNITY HOPE CHURCH

REGISTRATION DEADLINE: JAN 29

**BROOKLYN | FEBRUARY 15, 2021**

8AM-4PM AT POWESHIEK COUNTY FARM BUREAU

REGISTRATION DEADLINE: FEB. 8TH

 **REGISTER NOW AT:** 

[HTTPS://FORM.JOTFORM.COM/203484996762168](https://form.jotform.com/203484996762168)

To request a paper copy for registration or ask any questions, please contact Poweshiek

County Extension at [spoweshiek@iastate.edu](mailto:spoweshiek@iastate.edu) or 641.622.5388

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to the Diversity Officer, 515-281-2282, [extdiversity@iastate.edu](mailto:extdiversity@iastate.edu)



# Opportunities

## Iowa Legislative Day

Open to youth in grades 8-12 to get an inside look at the legislative process. The event will be held **virtually via Zoom from 8:30am-10:45am on February 17th.**

Youth will register through 4-H online and the instructions for how to register can be found here: <https://www.extension.iastate.edu/4h/ieca-and-4-h-legislative-day>



## Flower Arrangement Workshop

We will be partnering with Montezuma Floral to host a Flower Arrangement workshop. This workshop will be **Saturday, March 13th from 10am-11am in Montezuma.** Open to all youth grades K-12. Cost will be \$15 a youth. Space is limited, so make sure to call the Extension Office at 641-623-5188 or email [ashtinw@iastate.edu](mailto:ashtinw@iastate.edu) to reserve your spot.



## 2021 Equine Extravaganza– Save the Date

**September 24-26th, 2021 at Ellsworth Community College, Iowa Fall.** Open to youth in grades 4th-12th share your knowledge in a variety of competitions and events.

Can enter individual or as a team. More information can be found here: <https://www.extension.iastate.edu/4h/equineextravaganza>



## National 4-H AgriScience Summit

AgriScience Summit will take place virtually on March 5th-7th, 2021. Great chance for youth to learn about agri-science careers and talk about current issue in agriculture. Must register by February 11th. More information can be found here: <https://www.extension.iastate.edu/4h/national-youth-summits?bblinkid=247797273&bbemailid=28113788&bbejrid=1839606888>



# Updates

## Snowshoes to be Reserved

Poweshiek County 4-H has Snowshoes that clubs can reserve to use at club meetings. They are stored out at Poweshiek County Conservation. To reserve the snowshoes, please contact Amy Andrews (Naturalist) at [aan-drews@poweshiekcounty.org](mailto:aan-drews@poweshiekcounty.org) or call 319-213-5607.



This is a super fun activity for clubs to do and get some fresh air.

## YQCA

All 4-H livestock exhibitors are required to be YQCA certified for the county/state fair exhibition for the following species: beef, dairy cattle/goat, meat goat, poultry, rabbit, sheep & swine.

### How to register for online:

1. Visit <https://yqca.learn-grow.io/Account/Login>
2. Login in with your 4-H Online username and password.
3. Select the course for the 4-H member based on their age as of 1/1/20.
4. Choose the Web-based training.
5. Complete registration by purchasing the course—\$12/member for Web-based training.



We hope to host another in person session in the spring. If you want to complete the course in person, please be watching out newsletter and weekly reminders for that date.

## Youth in Action Awards Application Open

Recognizes young leaders with diverse backgrounds & unique perspectives in core areas of agriculture, civic engagement, healthy living and STEM. Applications are due at 11:59pm on March 29th.

Applications can be found here: <https://4-h.org/parents/4-h-youth-in-action-awards/#!overview>



# Healthy Living Corner

## Healthy Living Challenge

### Brought to you by County Youth Council:

Continue working on eating healthy and exercising, but here is a new challenge for you to try! It is important to focus on gratitude and being thankful for everything that we have, which is part of practicing mindfulness. With COVID and everything going on right now, it's important to take time for yourself and to prioritize your mental health!

Create your own Mindfulness Journal!

Materials:

- Paper
- Pens, markers, or pencils



With your pieces of paper, fold them in half hamburger style. You can use colorful paper for the cover page if you want. Staple the pages so they stay together or take a piece of string and put two holes and tie them off. Write "4-H Mindfulness Journal" and add whatever drawings you want on the front. Write in your journal once a week about how your day was, a memorable moment, or anything else you want to. Be creative and have fun!

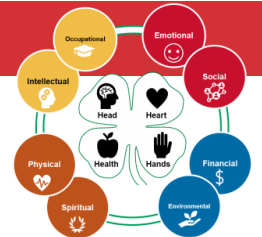
## Healthy Living Club Challenge

Every year County Youth Council hosts a Healthy Living Club Challenge . This is a county wide competition for clubs! Winners will be announced at County Fair.

How does your club register:

1. Register the club at: <https://www.extension.iastate.edu/4h/healthy-living-club-challenge>
2. Earn miles by having water, fruits and vegetables, wellness activity and doing physical activity at your meetings.

The top 3 clubs will be recognized and receive prizes for their members. So far we have Sugar Creek and Mighty Golden signed up!



## After-School Food Recipe!

Frozen Pudding Sandwiches:

Ingredients: 2 cups nonfat milk, 1 package (1-1.5 ounces) fat free, sugar free pudding mix, 1 cup creamy peanut butter, 50 graham cracker squares (25 full sheets broken in half

Instructions:

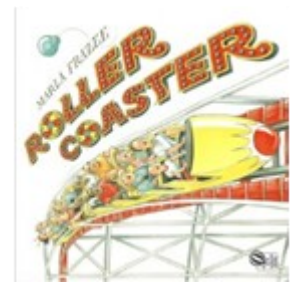
1. stir milk, pudding mix and peanut butter together with whisk or fork. Stir until smooth and thick.
2. Use tablespoon to spoon mixture onto 25 graham cracker squares. Top with the other 25 squares.
3. Place on baking sheet and put in freezer for about 3 hours. Put sandwiches in freezer bag or airtight container and store in freezer.

Tip: Thaw at room temperature for 3-5 minutes before eating. More recipes can be found at: <https://spendsmart.extension.iastate.edu/>



# Clover Kid After-School Program

This month the Clover Kids will be doing a lesson from the Iowa State University Extension and Outreach Stem Lit to Go. We will learn about speed and direction. Did you know that gravity affects all objects equally no matter how much they weigh?



Montezuma Clover Kids– February 1st & 8th– Via Zoom 5pm-6pm

Brooklyn Clover Kids– February 3rd & 10th—Via Zoom 5pm-6pm

Grinnell Clover Kids (Bailey Park) February 2nd– Via Zoom 5pm-6pm

Grinnell Clover Kids (Fairview) February 9th– Via Zoom 5pm-6pm

Davis (Grinnell 3rd & 4th Grade Adventures) February 18th– Via Zoom 5pm-6pm

Our staff will be taking activity bags to the school, so youth will have all supplies needed to participate.



**Ashtin Walker**

County Youth Coordinator  
ashtinw@iastate.edu



**Tammy Sutfin**

Youth Program Asst.  
tsutfin@iastate.edu



**Cathy Lents**

Executive Director  
clents@iastate.edu

## CONTACT US!

### ADDRESS

114 S 3rd St. Po Box 70  
Montezuma, IA 50171

### PHONE

[641-623-5188]

### HOURS

Monday-Friday,  
[8:00 a.m. to 4:30 p.m.]

### EMAIL

xpoweshiek@iastate.edu

### WEBSITE

extension.iastate.edu/poweshiek



**Vickie Beyer**

Office Manager  
vbeyer@iastate.edu



**CONNECT WITH US  
ON Facebook**



<https://www.facebook.com/PowCo4H>

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext).