THE BROADCAST
Benton County 4-H Monthly Newsletter for 4-H Members, Leaders, and Volunteers

IN THIS ISSUE
Benton County 4-H Events & Information
- 4-H Online Enrollment Open!
- Fall 4-H Leader’s Appreciation Dinner & Annual Training
- Record Book & Club Books Deadline
- County Youth Council Applications Deadline
- Benton County 4-H Awards & Recognitions Celebration
- Information for NEW 4-H Volunteers/Club Leaders
- 4-H Club Spotlight
- Benton County at the Iowa State Fair
- New Calendar for Benton County 4-H
- Upcoming County Youth Council Meetings
- Deadlines & Important Dates

Iowa 4-H Events & Information
- Iowa 4-H Hall of Fame Inductee: Brian McNulty
- Equine Extravaganza
- 2,642 Projects Displayed at the Iowa State Fair
- State Fair 4-H Livestock Updates
- Suicide Prevention Awareness Month
- THRIVE Mindfulness Retreat
- 2021-22 State 4-H Council Announced

National 4-H Announcements
- 2022 National 4-H Summits

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Sheila Hlas, CYC
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CYC MESSAGE
4-H ONLINE ENROLLMENT IS OPEN FOR THE 2021-22 4-H PROGRAM YEAR!

This is such an exciting time of year for Benton County 4-H! The 2020-21 program year is wrapping up and we turn our focus to the upcoming 2021-22 program year and celebrate all the exciting possibilities!

4-H Online is OPEN: All new and returning 4th–12th grade club members and volunteers will need to Enroll/Re-Enroll in 4-H Online.

- All 4-H Youth and 4-H Volunteers must re-enroll annually (just like registration for sports or school!). Leaders should work with families to complete enrollment as soon as the first club meeting they attend. Enrollment is the key to receiving correspondence such as broadcast emails and newsletters from the office and must be completed for youth to participate in county or club activities.
- Cloverbuds do not need to register until January.
- If you need assistance with 4-H Online, please visit our website: https://www.extension.iastate.edu/benton/ under the 4-H Youth and Development, Member Info tab where you’ll find the Family Enrollment Guide to assist in using the 4-H Online system.
- When you’re ready to enroll/re-enroll, visit https://v2.4honline.com/ to get started.

Payment: Must be made in the form of check or cash sent to the Benton County Extension Office at the time of enrollment.

- Checks payable to Benton County Extension and Outreach. Please include your club member’s name and club on the memo line so payments are posted correctly.

2021-22 Fees: $30 4-H Member ($40 after 12/31/20) and $30 Cloverbud Members.
IMPORTANT UPCOMING DATES

**Fall 4-H Leader's Appreciation Dinner & Annual Training**

This is for ALL 4-H Club and Cloverbud Leaders!

- **Date:** October 4
- **Time:** 6:00 PM-8:00 PM
- **Location:** Van Horne Community Center
- **RSVP Required by 9/27:** [https://iastate.qualtrics.com/jfe/form/SV_9zsq8AxdAI8WlkW](https://iastate.qualtrics.com/jfe/form/SV_9zsq8AxdAI8WlkW)
  - Please complete this link even if you aren't able to attend!

**Record Book & Club Books Deadline**

This includes Secretary, Treasurer, Historian, etc.

- **Date:** October 8
- **Time:** 4:30 PM
- **Location:** Benton County Extension and Outreach office

The purpose of 4-H record keeping is to teach how to keep records, which is an important life skill. Record keeping is an ongoing process that does not end when the 4-H year ends. Youth are encouraged to select from a variety of alternatives to meet their individual record keeping needs and learning styles.

**RECORD BOOK RESOURCES:** All record book resources are available on the Benton County Extension and Outreach Website under the Member Info tab. [https://www.extension.iastate.edu/benton/page/member-info](https://www.extension.iastate.edu/benton/page/member-info)

**RECORD BOOK HELP SHEET:** Before starting this year’s section of your record book, please view the record book help sheet. [https://www.extension.iastate.edu/benton/sites/www.extension.iastate.edu/files/benton/4-H%20Record%20Book%20Help%20Sheetbb.pdf](https://www.extension.iastate.edu/benton/sites/www.extension.iastate.edu/files/benton/4-H%20Record%20Book%20Help%20Sheetbb.pdf)

**4-H AWARD BOOKLET:** There are many awards available to Benton County 4-H Members who submit their record books for evaluation. Please refer to the 4-H Award Booklet for more details. [https://www.extension.iastate.edu/benton/sites/www.extension.iastate.edu/files/benton/Awards%20Booklet.pdf](https://www.extension.iastate.edu/benton/sites/www.extension.iastate.edu/files/benton/Awards%20Booklet.pdf)

**PROJECT AWARD EVALUATION SHEET:**

**MAJOR AWARD EVALUATION SHEET:**

**OPTIONAL PROJECT AREA RECORD KEEPING FORMS:** Please refer to this section for more information on 4-H Record Keeping and specific Project Area Recordkeeping Forms. [https://www.extension.iastate.edu/4h/record-keeping](https://www.extension.iastate.edu/4h/record-keeping)
4-H County Youth Council Applications Deadline

Are you a 4-H member willing to rise above the general 4-H member’s expectations?
If so, then YOU should apply to be a Benton County Youth Council Member! Grades 9-12.

- **Application Due Date:** October 8 by 4:30PM
- **Application Link:** https://forms.gle/yrmgafDMS7kndHM57
- **Paper Application Due to Location:** Benton County Extension and Outreach office

All 4-H Youth (grades 9 - 12) are eligible to apply to be a Benton County Youth Council Member. You must be currently re-enrolled in 4HOnline and club fees paid.

**APPLICATION PROCESS FOR NEW APPLICANTS:** Submit the 2021-22 County Youth Council Application electronically or paper.

- **Electronic Application:** Click on the Application Link above to complete and submit the 2021-22 County Youth Council Application. Please have a parent or guardian with you when completing the application, as they will be asked to electronically sign off on the application.
- **Paper Application:** Paper Applications are available for pick up at the Benton County Extension Office located at 501 1st Avenue, Vinton or you can contact Sheila at 319.472.4739 or shlas@iastate.edu to have an application mailed to you. Applications are due back to the Benton County Extension and Outreach office.

**APPLICANT INTERVIEWS:** Applicants will be required to attend a 15 minute, in-person interview. Interviews will be held at the Benton County Extension office on Wednesday, October 13 starting at 6PM. Applicants will be notified at the email address provided on the application to schedule an interview via Sign Up Genius.

The Interview Committee will consist of: 1 Council Advisor, 1 4-H Staff Member and 1 current County Youth Council Member. All applicants will be asked the same interview questions and rated on their responses to the following criteria:

- Understanding of Roles and Responsibilities
- Ability to influence positive change through Leadership
- Demonstrate an awareness of Civic Engagement and Service to Others
- Potential for Growth
- Goal Setting / Self Evaluation
- Interview Skills
  - Refer to the Communications: Interview Tips and Tricks Help Sheet: https://store.extension.iastate.edu/product/15714

**CURRENT COUNTY YOUTH COUNCIL MEMBERS:** ALL Current County Youth Council members will need to submit an application for the 2021-22 Program Year. You will not; however, be re-interviewed.

**2021-22 BENTON COUNTY YOUTH COUNCIL ANNOUNCEMENT:** All applicants will receive notification announcing the Members of the 2021-22 Benton County Youth Council via email from Sheila at shlas@iastate.edu on Friday, October 15 by 4:30PM.
**IMPORTANT UPCOMING DATES**

**Benton County 4-H Awards & Recognitions Celebration**

This is the Time that we Celebrate all of YOUR Accomplishments!

- **Date:** October 14
- **Time:** TBD
- **Location:** TBD

More details will be available once finalized.

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**ATTENTION: NEW 4-H VOLUNTEERS**

We are so excited to have many new 4-H Volunteers (Club Leaders)!

As a reminder, in addition to the Annual Leader Training that will be held on October 4, all New Volunteers must complete New Volunteer Training also!

New volunteer training is designed for new 4-H volunteers committing to a long term experience working with 4-H youth as club, project, Clover Kid leaders and assistants. Volunteers committing to these roles are required to attend a regional new volunteer training within the first 12 months of being screened and approved as a 4-H volunteer.

The blended learning training is designed to give new volunteers a better working knowledge of positive youth development, the Iowa 4-H Equation, and tools that will help them be more confident and capable in their roles working with youth.

The training will be delivered in two components:

- The first includes four online training modules (delivered through 4HOnline) that help create a baseline for 4-H volunteers.
  - Click the following link to access a Help Sheet for New Volunteer Training via 4HOnline: [https://ia/state.box.com/v/webdoc4HP215O](https://ia/state.box.com/v/webdoc4HP215O)
  - Don't forget that you need to be Enrolled/Re-Enrolled in 4HOnline first before you can access training!
    - Click the following link for a Help Sheet for Club Leader Login: [https://www.extension.iastate.edu/4h/files/page/files/club.leader.login2_0rm.doc](https://www.extension.iastate.edu/4h/files/page/files/club.leader.login2_0rm.doc)
- It is followed by a regional, three hour face-to-face training that will allow volunteers to apply some of their learning.

Emily Damro, Benton and Linn County’s Youth Program Specialist has scheduled a face-to-face training to take place on Saturday, October 9, from 9AM - 12PM in Linn County. You must register to attend at: [https://www.extension.iastate.edu/4h/volunteertraining](https://www.extension.iastate.edu/4h/volunteertraining). As a reminder, you can also attend any training opportunity listed at the website above to fulfill your first year training requirements.

Many of our volunteers are at different stages of their required trainings. If you have not started or finished the County Based Orientation & Training with Sheila, please contact me asap so that we can arrange a time to complete this part of your volunteer training.
BENTON COUNTY LIVESTOCK JUDGING TEAM

Members of Benton County’s Livestock Judging Team participated in the Iowa State Fair Livestock Judging contest on August 15, 2021, in Des Moines. Here are the results:

Senior Team 1 – 1st Place
Josh Wiley: 3rd Individual
Gabe Hanson: 4th Individual
Alex Ludeking
Steiger Manson

Junior Team 1 – 2nd Place
Jill Hanson: 3rd Individual
Andrew Pingenot: 8th Individual
Kinze Manson: 10th Individual
Colton Kroneman

Junior Team 2 – 6th Place
Makenna Burmeister: 1st Individual
Haddie Kroneman
Will McKenna

Senior Team 2 – 5th Place
N OT PICTURE D
Clayton McKenna: 7th Individual
Olivia Hanson
Noah Kaiser
William Kroneman

Top 10 Seniors
Great job representing Benton County 4-H at the Iowa State Fair!
IOWA 4-H FOUNDATION INDUCTS BRIAN MCNULTY OF WATKINS INTO 2021 HALL OF FAME

[Des Moines, Iowa] – The final day of the Iowa State Fair, Brian McNulty, of Watkins, joined a group of Iowans who have exemplified outstanding service and dedication to the 4-H youth program in their county. On Sunday, August 22, McNulty was inducted into the 2021 Iowa 4-H Foundation Hall of Fame in a ceremony at the Iowa State Fair.

McNulty became involved in 4-H in the late 1980s as a member of the Eldorado Young Master Farmers 4-H Club. His project was showing dairy cattle, a natural progression from living and working on the family dairy farm with his dad and uncle.

He became even further involved in 4-H on a county level after graduating from high school. He has always been first in line to assist whenever there is a call for help, whether composing questions for County Youth Council interviews, helping with livestock weigh-in days, or emceeing at the Benton County Fair. As advisor to the Youth County Council, he challenges youth to set a good example and not be afraid to try new experiences.

McNulty serves on the Benton County 4-H Foundation Board, Benton County Extension Council as the chair, and has been a prominent fixture at the Benton County Fair.

ABOUT IOWA 4-H FOUNDATION HALL OF FAME

The Iowa 4-H Hall of Fame was established in 2002 as 4-H celebrated 100 years of a program dedicated to teaching youth life skills. During those 100 years, it became evident that one of the essential elements of the 4-H program was the caring adults who were committed to the program. Counties nominate volunteers, community leaders, and Extension staff members who have exemplified outstanding service and dedication to the 4-H youth program in their county. Only one individual or couple per county can be nominated each year.

Inductees into the Iowa 4-H Hall of Fame represent the many people in Iowa who have contributed countless hours to the 4-H program. They work tirelessly to see that Iowa’s youth have a great learning experience in a safe and fun environment. These adults have modeled volunteerism, community service, integrity, and leadership to Iowa’s youth. Their legacy is the young people they have mentored who will in turn support the continuation of a 4-H program that builds Iowa’s leaders.

EQUINE EXTRAVAGANZA

Equine Extravaganza provides opportunities for all youth in grades 4 through 12 to share their knowledge of the equine industry through a variety of competitions and participatory events. You do not need to be a member of 4-H to register. For 2021, we are planning to bring back all competitions to the event including Horseless Horse projects, quiz bowl, hippology and horse judging. Check back for updated rules and entry forms throughout the spring.

Click the following link for more information: https://www.extension.iastate.edu/4h/equineextravaganza
2,642 IOWA 4-H YOUTH DISPLAYED PROJECTS AT THE IOWA STATE FAIR

September 2, 2021, 1:37 pm | Valyn Bodensteiner, Mitchell Hoyer

AMES, Iowa – Nearly 3,200 static 4-H exhibits created by 2,642 youth exhibitors were displayed in the Bruce L. Rastetter 4-H Exhibits Building at the 2021 Iowa State Fair.

Youth showcased cumulative learning projects in the areas of agriculture and natural resources; food and nutrition; home improvement; consumer management; child development; science, engineering and technology; visual arts; photography; personal development; clothing and fashion; and sewing and needle arts.

“Each exhibit is an outgrowth of year-long project area work done by the 4-H member,” said Mitchell Hoyer, Iowa State University Extension and Outreach 4-H youth development program specialist. “The exhibits displayed at the Iowa State Fair are a celebration of the educational and personal accomplishments of our Iowa 4-H members and a way for them to share what they’ve learned with the public.”

Click the following link for the full article:

STATE FAIR 4-H LIVESTOCK UPDATES

- Results for all 4-H Livestock shows are on the Public Results page. https://fairentry.com/Fair/Results/15526
- 4-H Sheep Carcass and 4-H Beef of Merit Results will be posted as they are available on the State Fair 4-H Livestock page. https://www.extension.iastate.edu/4h/statefair/livestock
- 4-H Livestock Premium checks are being processed and will be mailed out by State Fair staff as soon as possible in a couple of weeks.

NEW CALENDAR

The Benton County 4-H Staff is excited to share that we are preparing a 2021-2022 Calendar of IMPORTANT BENTON COUNTY 4-H DATES! This document will be available soon and will be an excellent resource for 4-H Members, Volunteers and Leaders.

The calendar will list Activities/Events, Links to more Information and include Deadlines/Timeframes. It will also be an ongoing document that will be updated frequently and notification will be sent when new or updated information is available. In the meantime, some events might appear on the calendar, but have TBD listed until final approved dates/times are confirmed.

Delivery of the new calendar will be via email to all 4-H Members/Families, Volunteers and Leaders. Keep in mind that this document is a “work in progress”. The Benton County Extension website will be undergoing some major updates in future, and the calendar will be available there at that time. We’ll keep you posted!
NATIONAL SUICIDE PREVENTION AWARENESS MONTH

September is National Suicide Prevention Awareness Month. Raise awareness for suicide prevention and treatment, know the risks of warning signs for suicide and what to do in a crisis. #TogetherForMentalHealth @NAMI2.

Did You Know? Suicide is the 2nd leading cause of death for people ages 10–34 in the U.S. The overall suicide rate has increased by 31% since 2001. Raise awareness for suicide prevention and treatment know the risks and warning signs of suicide and what to do in a crisis. #NationalSuicidePreventionAwareness #TogetherForMentalHealth@NAMI

Resources for National Suicide Prevention Month

September 1, 2021, 11:26 am | David Brown, Demi Johnson

AMES, Iowa – Iowa’s communities, schools and families are still facing challenges and uncertainty imposed by the COVID-19 pandemic. After coping for months when so many things were different, Iowans now face decisions about COVID-19 vaccinations and other safety precautions that may result in worry, stress or other reactions. “That is why it is so important for our friends, family members and colleagues to help each other,” said David Brown, behavioral health state specialist with Iowa State University Extension and Outreach.

“September is National Suicide Prevention Month and is a reminder that everyone needs to understand the warning signs of chronic stress or when a person may be contemplating suicide,” Brown said. Such signs could include updating a will, giving away prized possessions, or posting Facebook messages about death. When a friend, family member or colleague notices such signs, they need to act boldly to engage the person they are concerned about. They need to work together with this person to help them make the choice to stay alive and accept professional help.

In response to such concerns, ISU Extension and Outreach continues to offer Mental Health First Aid. The course provides adults with tools they can use to identify when someone might be struggling with a mental health and/or substance use problem. Participants also will learn a five-step action plan for how to help in crisis and non-crisis situations, as well as how to connect adults and youth to appropriate support and resources when necessary.

“Everyone can benefit from taking a mental health first aid course, from agribusiness professionals, producers, paramedics, and faith leaders to teachers, mothers, fathers, siblings and friends. Learning more about mental health can help reduce the stigma associated with behavioral health problems, recognize signs of trouble and help people get the assistance they need,” said Brown.

For more information, feel free to contact Demi Johnson, behavioral health program coordinator, at demij@iastate.edu.

Click the following link for the full article: https://www.extension.iastate.edu/news/resources-for-national-suicide-prevention-month
THRIVE MINDFULNESS RETREAT

Youth and their caring adult will learn and reflect on POSITIVE, HEALTHY MINDFUL practices and resources and enjoy FUN CAMP ACTIVITIES to support MENTAL HEALTH and WELL-BEING!

IOWA 4-H
THRIVE
Youth-Adult Mindfulness Retreat
OCTOBER 8-10, 2021
DES MOINES YMCA CAMP - BOONE, IA
Youth grades 8-12 + accompanying adult (parent, mentor, other adult relative, etc.)

$25/person
Financial assistance available

REGISTER AT:
www.tinyurl.com/4Hthrive2021
Questions? berkenes@iastate.edu

IOWA STATE UNIVERSITY
Extension and Outreach

When: October 8 - October 10, 2021
Where: Des Moines YMCA Camp - Boone, IA
Cost: $25 per person*, includes all meals, activities, materials, and lodging

Agenda: Tentative Schedule
Arrival: October 8th, 5:30-7:00pm
Departure: October 10th, 12:00pm

Registration: Link to Register Online

Required Forms: All participating adults will need to complete the Iowa 4-H background screening process and fill out a Group Health Form.

Click the following link for more information:
https://www.extension.iastate.edu/4h/thrive-mindfulness-retreat

We are excited to invite youth in grades 8-12 and an accompanying caring adult (parent, other adult relative, mentor, etc.) to take time for themselves, step away from the busyness of life, and join us for our first Iowa 4-H Mindfulness Retreat. This weekend experience will present a fun, engaging, and reflective time to learn more about mindfulness and practice a variety of techniques.

During the THRIVE Mindfulness Retreat, youth and adults will have the opportunity to:
- Discover new mindfulness skills, tools, and resources to build a more positive and healthy mindset
- Identify ways to incorporate these new skills into their daily life
- Feel the health benefits of connecting with nature
- Participate in mindfulness arts activities
- Explore camp activities like canoeing, zip-lining, bonfires, archery, hiking, and more

UPCOMING COUNTY YOUTH COUNCIL MEETING

CURRENT County Youth Council Members - we will be meeting in September on Sunday the 26th at 6PM at the Benton County Extension Office, 501 1st Avenue, Vinton.

An agenda will be emailed out soon.

Please plan to attend!
2021-22 STATE 4-H COUNCIL

The 2021-22 State 4-H Council has been announced! Their one-year terms have begun and proudly representing the SE, is Benton County’s own, Steiger Manson.

The Iowa State 4-H Council is composed of approximately 40 energetic and positive high school juniors and seniors who act as ambassadors for 4-H. One of their major responsibilities is planning the Iowa 4-H Youth Conference held in Ames, Iowa every June.

Members are selected through an application and interview process. The youth meet 4 times during the year in central Iowa for weekend retreats. The Iowa State 4-H Council members also serve as ambassadors for 4-H, often meeting with county councils and 4-H groups in their local areas. The State Fair, state 4-H events, and leadership workshops also keep the council active.

Members of the State 4-H Council in partnership with the State 4-H Youth Development staff to plan, conduct, and evaluate the Iowa 4-H Youth Conference. The conference is held on the ISU Campus.

Congratulations Steiger on representing Benton County 4-H at the State Level!

DEADLINES & IMPORTANT DATES

- **September 1**: 4HOnline OPEN for Re/Enrollment!
- **September 24 - 26**: Equine Extravaganza, Ellsworth Community College, Iowa Falls
- **September 16**: County Youth Council Meeting, 6PM at the Benton County Extension office
- **October 4**: Fall 4-H Leader’s Appreciation Dinner and Annual Training (for all 4-H Club and Cloverbud leaders)
- **October 8**: Record Books & Club Books (Secretary, Treasurer, etc) Deadline
- **October 8**: Benton County 4-H County Youth Council Application Deadline
- **October 13**: County Youth Council Interviews (starting at 6PM), Benton County Extension Office
- **October 15**: 2021-22 New County Youth Council Members ANNOUNCED!
- **October 24**: County Youth Council Meeting, 6PM, TBD
- **November 1**: Club Calendars due to Extension Office
- **November 14**: Benton County 4-H Awards and Recognitions Celebration, TBD
- **November TBD**: Countywide 4-H Skate Event (This is TENTATIVE, more details to follow)
- **November 28**: County Youth Council Meeting, 6PM, TBD
- **December TBD**: Market Beef Weigh-In, Benton County Fairgrounds
- **February TBD**: Benton County 4-H Bowling Tournament

NATIONAL 4-H ANNOUNCEMENTS

**National 4-H Summits**: In Person

- **February 10-13**: Health Living Summit Registration Opens Soon!
- **March 10-13**: 2022 Agri-Science Summit Registration Opens Soon!
- **June 5-July 16**: 2022 Citizenship Washington Focus (week-long programs)
- **July 18-22**: 2022 Leadership Washington Focus
- **September 15-18**: 2022 STEM Summit

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