The Important Stuff!
Where did October go? We hope that everyone is enjoying the fall and the hints of winter that are already showing up! It is now time to turn our focus to the holiday season, some exciting upcoming 4-H events, and hands-on resources available from the Extension office. Has your family picked up your 4-H At-Home Kits? These are fun, educational and free to all 4-H'ers. New kits come out each Monday until November 9th. 4-H enrollment is going strong! We are here if your family has questions. Thanks to all of the 4-H'ers that worked hard to turn in their Record Books in October. We will be able to recognize their hard work and the service years of their leaders at the Black Hawk County 4-H Awards Banquet later this month! Please keep your eye on your email, the Black Hawk County 4-H webpage or Facebook page for the latest news, updates, and events! Stay well!

The Good Stuff!
The Family Fun Night at Palmer’s in Waterloo lived up to its name! It was not only a great time, but there was a great turnout as well!

Was there a better way to kick off the 4-H year than by sharing a feeling of connection and enjoying family time together? We do not think so. Thank you to everyone that came out and made it a wonderful and welcoming event for all Black Hawk County 4-H'ers!

Thanks to all that entered our virtual 4-H Halloween Mask Contest! We just had to share the winner of the ‘Most 4-H Festive’ category!

Important Dates
Nov. 17th: Deadline to RSVP for 4-H Awards Banquet
Nov. 22nd: 4-H Awards Banquet, 2pm
Nov. 26th: Extension office closed for Thanksgiving
Nov. 27th: Extension office closed for Thanksgiving
Dec. 5th: Shooting Sports, 9am-Noon at HCC
Dec. 12th: Beef Weigh in, 8-10am
Let’s Talk About November!
Busy times ahead! We look forward to the 4-H Awards Banquet on Sunday, November 22nd and are excited to offer a new workshop series for older 4-H’ers (new information coming soon)! These are in person events and will be set up to follow all social distancing, food guidance, and face covering protocols. It is all about safety when gathering! Throughout November, the 4-H State Council is leading a statewide food drive for all Iowa 4-H clubs. Learn more in this newsletter and from your club leaders! Are you wondering about activities your 4-H’ers can do with their club, or that you can do as a family as the weather gets colder? We have some ideas in the Fall To Do List! There is a fantastic 4-H club challenge for November—check it out!

Here are the announcements, events and timely reminders for November and the months to come!

4-H Enrollment Continues! Please ensure all club members are enrolled in 4HOnline this month. Enrollment in 4-H is required for youth to be covered by insurance as they attend meetings and activities. A new feature this year is that the $15 enrollment fee may be paid online during enrollment! If not paid during enrollment, fees may be paid by cash or check. The Extension and Outreach office is unable to take payments by credit card. If you need 4HOnline assistance, please contact Judy at jmuniz@iastate.edu or 319.234.6811. Don’t forget that 4-H’ers that re-enroll in 4HOnline (v2.4ohline.com) will receive a free Black Hawk County 4-H t-shirt (unless they picked one up at fair this summer)! New 4-H’ers get one too! They are available at the Extension and Outreach office. Quantities are limited, so please enroll your 4-H members today!

Help is Here! There are 4HOnline resources available to leaders and families on the Iowa 4-H website. For the Family Enrollment Guide, which assists families with the enrollment steps, please navigate here and scroll down to the link. This also covers adult enrollment procedures.

You Are Invited: 4-H Awards Banquet!
The Black Hawk County 4-H Awards Banquet takes place on Sunday, November 22nd from 2-4pm at the Electric Park Ballroom (310 W Conger St. in Waterloo). This year’s theme is “Ever Changing—Forever Rooted in Tradition” and will feature a catered soup meal and dessert. The banquet will be a little different from other years, but we are very excited to offer this event in person! To ensure social distancing and health department capacity limitations are met, families will need to RSVP in advance for the banquet this year. Families will register by “family unit” and 4-H staff will assign tables to each group in the ballroom accordingly. Family units include immediate family and/or friends that are in the family’s social bubble. Register here before Tuesday, November 17th! If you do not have access to register online, please call Diane or Sarah at 319.234.6811 to make arrangements.

We have answers to your questions!
Visit the Black Hawk County 4-H webpage, find us on Facebook, or call 319.234.6811!
State 4-H Council Food Drive! The State 4-H Council asks all 4-H clubs to join in its statewide effort to collect non-perishable food items throughout the month of November for donation to local food pantries across Iowa. Why? One in seven children in our state struggles with hunger on a daily basis. 4-H can help. The Council has set a goal of donating 10,000 non-perishable food items throughout the month of November. This is just 100 items per county. **Black Hawk County 4-H, let’s rise to the challenge and support this effort!** Donations can be dropped off at the Black Hawk County Extension and Outreach office Monday through Friday, 8:00am-4:30pm.

Mindful Teens Workshop Series Canceled. **Mindful Teens: From Surviving to Thriving in a Busy World**, is a mindfulness workshop series just for teens in 7th through 12th grade. The workshops scheduled for November 3rd, 10th and 24th in Waterloo have been canceled. Dates and location for another offering are in the works! Please call Diane at 319.234.6811 if you are aware of teens interested in this series.

El Dia de Visitas Virtuales para Familias Latinas! The Fall 2020 Latino Family Visit Day at Iowa State University is Saturday, November 7th. This is a great opportunity for Latino families from in and around Iowa to visit and ask questions about what it is like to attend Iowa State University, live in a residence hall, and meet people from all walks of life. The program will be delivered virtually and completely in Spanish. Share this opportunity with families and youth in your community. Registration is [online](#).

Are You a Wildlife Enthusiast? The Iowa 4-H Wildlife Habitat Education Program (WHEP) is a hands-on environmental education program in which youth learn about animals, plants, their relationships in Iowa’s major ecosystems, and beneficial habitat management practices. WHEP is looking for people interested in becoming volunteer coaches. To find out more about WHEP and the coach’s role within this program, those that are interested can attend the **2020 Iowa WHEP Coaches Workshop** on Tuesday, November 10th and Thursday, November 12th from 6-7 p.m. via Zoom. The registration link can be found [here](#). Registration ends at 5 p.m. on Tuesday, November 10th!

4-H At-Home Kits Still Available! **4-H At-Home Kits** are all about STEM! They include supplies and background on the activity, and the steps needed to do it! Kits have been released each Monday for the last several weeks, with the last one to be released on November 9th. Families can stop by the Black Hawk County Extension and Outreach office to pick up one kit per youth. To have a 4-H At-Home Kit delivered to you, please email Sarah Tanis at stanis@iastate.edu.

**Searching for Something?**

Visit the Black Hawk County 4-H [webpage](#), find us on [Facebook](#), or call 319.234.6811!
We Would Like to Introduce...the Black Hawk County 4-H Bitmoji classroom! Who knew a classroom could be this fun? By clicking on different items in the image, anyone can access all sorts of information about Black Hawk County 4-H, such as enrollment guidelines, the Black Hawk County Extension and Outreach YouTube channel, club and family activities, the 4-H calendar, and more! Please share this with families that are interested in learning more about becoming a part of 4-H! A big thanks to Sarah Tanis, Black Hawk County 4-H Outreach Coordinator, for using her creative talents to build this classroom! :)

An Eggs-cellent Opportunity to Give Back!
As you know, the 2020 Omelet Breakfast was cancelled. However, a generous supporter of 4-H has offered to match each ticket that has been purchased and donated back to the Omelet Breakfast as an additional donation. This is an eggs-tra special opportunity to turn a purchased $8.00 ticket into a $16.00 donation! This helps raise funds to cover half the enrollment fee for all 4-H members, contributes towards the annual 4-H & FFA Fair, and supports 4-H programming in Black Hawk County. All 4-H leaders and families have been emailed the matching donation announcement and information regarding how to return tickets. Please remember that a ticket can only be donated if it has been purchased. The funds must have been turned in when the ticket was sold or still be in the possession of the club. Unsold tickets cannot be donated for the match. Encourage your 4-H families, friends and others to donate the tickets that they purchased if it is feasible for them to do so! Here is an example of how this match works. Chris Clover purchased 5 omelet tickets @ $8.00 per ticket. He wrote a check for $40.00 to the Extension office and donated his tickets. It turned into $80.00. :) If you have questions, please contact Diane at 319.234.6811.

Great News! Black Hawk County 4-H Shooting Sports resumes meeting on Saturday, December 5th at Hawkeye Community College from 9am-12pm. Please call Diane at 319.234.6811 with questions about attending!

Do You Know a Teen Equity Influencer? If you know a teen that is interested in diversity, equity, inclusion, and making a difference in the lives of others, you just might! Potential candidates serve through their membership in an Iowa 4-H Champion Group. The application period opens November 15th. For more information on this 4-H teen leadership opportunity, navigate here!

We Can Help!
Visit the Black Hawk County 4-H webpage, find us on Facebook, or call 319.234.6811!
Mindfulness for Families! Check out this virtual offering from Iowa 4-H in December!

Research finds that mindfulness practice can help decrease stress and anxiety, and strengthen resilience and emotional regulation for both adults and youth. Mindfulness can increase attention, improve relationships, and strengthen compassion. 

IOWA 4-H Family Mindful Mondays Workshop Series; December 7, 14, 21
4:00-5:00pm (English)
7:00-8:00pm (English)
7:30-8:30pm (Spanish)
Open to any family with K-12 children.
REGISTER AT: www.tinyurl.com/4HMindfulMondays

Learn about positive, healthy mindfulness tools, resources, and activities to support your individual and family’s health and well-being!

This is Your Channel! In case you have not checked it out yet, Black Hawk County Extension and Outreach has a YouTube channel featuring video for 4-H programming, the Black Hawk County 4-H & FFA Fair, and more! Try Cover Crop Monsters, an experiment that can be found on the 4-H Summer STEM Library Series playlist!

Fair On the Radar So Soon? Yes, it is true! There are two Livestock events coming up in December. This is the first one! 4-H families interested in more information about meat goats can join Show expert Tayler Etzel (Cargill Animal Nutrition) for a virtual clinic covering topics such as meat goat selection, daily care and nutrition, show day prep and showmanship. Families need to RSVP by December 4th. An email with the meeting link and directions will be sent out to all RSVP families on Dec. 7th. Questions? Email Michele Kelly at the Fayette County Extension and Outreach office at kellymd@iastate.edu or call 563.425.3331.

Fair on the Radar: Part 2! The second fair-related event is Beef Weigh In on Saturday, December 12th from 8:00am-10:00am. More details in the December newsletter!

Fall To Do List! Here is a great family activity! Family Volunteer Day, on November 21st, is a global day of service that celebrates the power of families who work together to support their communities and neighborhoods. The Volunteer Center of Cedar Valley is offering free Family Volunteer Day Project Kits! Want to inspire your 4-H’ers and family to practice gratitude throughout November? This 4-H Gratitude Challenge is the perfect way to do so!

Looking for More Information? Visit the Black Hawk County 4-H webpage, find us on Facebook, or call 319.234.6811!
Leader Spotlight
Name: Mike Pipho
Club/Location: First Tech Challenge/Waterloo
Years of Service: 19

How long have you been involved with 4-H?
I started my 4H experience when our oldest son started attending meetings in Illinois about 28 years ago. As a real volunteer though, I started as a leader here in Black Hawk county about 20 years ago.

Have other members of your family participated in 4-H? If so, whom?
All 4 of our kids were in 4-H from at least 4th grade through high school graduation. Lynn, my wife, was also a leader during most of the time I have been a volunteer.

What motivates you to be a leader?
I have always enjoyed working with youth and find the 4-H program a great way to help kids master skills. The program helps kids learn to set goals and communicate results. I find that these are skills that are often lacking in young co-workers. It is exciting and fulfilling to see the kids blossom as they master some of these skills.

Name some of your favorite club activities. Why are these favorites?
I enjoy the presentations because these show some of the passions that the kids have and I can see the improvements as they do more of these. In the Robotics club, the first competitions of the year always seem to wake up the kids’ interest so it is neat to see how they get excited by what others have done.

Please share a memorable story from your experience as a leader/mentor!
Several years ago during a League Championship competition, our team had a pretty major failure of the robot during the second to last qualifying match of the day. The team had been having a very good day until then, with a pretty good chance of getting into the final rounds. It was a pretty unhappy group that came away from that match – thinking their day was likely over. However, the team realized they had nearly 15 minutes before their last match. They quickly formed a plan, tore into the robot, did a pretty difficult repair and were ready just in time for their last match. They nearly forgot to set the robot correctly when putting it onto the field, caught themselves and got it properly set. By then, they were pretty wound up and when the driver-controlled part of the match started, they were pretty shaky. The 4-H’er that was acting as the coach (a 9th grader) had the presence to quickly react and get the driver to calm down. They ended with a great match, made it into the semi finals, then the finals, and eventually advanced to the next level tournament. It was amazing to see how the team pulled together to fix the robot, recover from the mistakes they made, and finish up so strong – really without any significant help from me. They had really jelled as a team and showed off the skills that they had developed over the season.

Get In Touch!
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