

4-H

GROWS HERE



Black Hawk County 4-H Family News for October 2020

The Important Stuff!

Fall is officially here! Time for cooler weather, falling leaves and 4-H enrollment! We will get into more information on that last one in this newsletter. We hope that everyone is having a safe back to school experience and the activities that go along with it. The same goes for any face-to-face meetings that your 4-H'ers have had with their club. Thank you to all of the youth, families, and leaders that are contributing to the success of those meetings and other 4-H events by following safety guidelines while participating. We are happy to announce that 4-H At-Home Kits are now available to our 4-H members each week! Check out the details [here](#). Don't forget that the 2020-2021 Black Hawk County 4-H calendar has been updated and was sent out to families last month. It can also be found [here](#) and additional hardcopies are available at the Extension office. Please keep your eye on your email, the Black Hawk County 4-H [webpage](#) or [Facebook](#) page for updates on workshops and new events! Stay well!

The Good Stuff!

The [Black Hawk County 4-H Broiler Chick Project](#) was once again a success! This year, 560 pounds of chicken meat was donated to the Northeast Iowa Food Bank. Over 3 tons of meat has been donated by 4-H families through this project in the last eight years. This is a great example of how our 4-H'ers give back, and at the same time,



support healthy living for members of their community that may not have access to high quality, locally raised protein choices otherwise. What did 4-H members and the Northeast Iowa Food Bank Executive Director, Barb Prather, have to say about the project? Check out the video [here!](#)



Important Dates

- Oct. 1st:** 4-H enrollment open
 - Oct. 4th-10th:** National 4-H Week
 - Oct. 6th:** Give. Grow. Iowa 4-H Day of Giving
 - Oct. 30th:** Mask Decorating Contest deadline, 12pm
 - Nov. 3rd:** Mindful Teens Workshop, 3:30-5pm
- Mondays in October:** [4-H At-Home-Kits](#) released!



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Let's Talk About October!

There are things to do and people to see in October! Black Hawk County 4-H is moving forward with virtual and in person events as safety guidance allows. What does that mean? A lineup of fun and educational workshops and events have been planned through the end of the year! This month, a virtual mask decorating contest will be a family-friendly event that everyone can participate in and enjoy! October also brings the beginning of 4-H enrollment in the new 4HOnline 2.0. We have tips and help available if your family needs assistance. The *Fall To Do List!* feature has some ideas for places to go and activities your family and your 4-H club can do together outside to celebrate October, too!

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

Enrollment Time! 4-H enrollment is now open in 4HOnline. Please take some time to ensure your 4-H'ers are enrolled this month. Enrollment in 4-H is required for all 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. This can be given to your club leader or directly to the Extension office. Please note that the Extension office is unable to take payments by credit card. Contact Judy at jmuniz@iastate.edu or 319.234.6811 if you need troubleshooting assistance, or have questions about accessing or using 4HOnline.



Need Some Help with 4HOnline? There are 4HOnline resources available to 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.

Free 4-H T-Shirts!

4-Her's that re-enroll now in 4HOnline (v2.4honline.com) 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 office and can be picked up from 8am-4:30pm Monday through Friday. Shirts are limited, so enroll now!



What is on YouTube Today? Black Hawk County Extension has a YouTube [channel](#) featuring video for 4-H programming, the Black Hawk County 4-H & FFA Fair, and more. Need some inspiration for club, group or family activities? This is the channel for you! Check out one of the videos, [Easy Pet Treats](#), on the [4-H Summer STEM Library Series playlist](#). Even if your family does not have a 4-legged best friend, these treats are fun to make, take just a few ingredients, and make a great gift! Sarah Tanis, 4-H Outreach Coordinator, shares information on ingredients that should not be used in pet treats and demonstrates the simple steps involved to create these canine-approved snacks. Her dogs think they are paws-itively delicious!



We have answers to your questions!

Visit the Black Hawk County 4-H [webpage](#), find us on [Facebook](#), or call 319.234.6811!



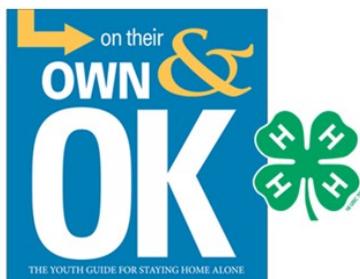
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Looking for Something to do at Home? Black Hawk County 4-H has got you covered! We are excited to announce that we are offering 4-H At-Home Kits to our 4-H members each week starting October 5th and going until November 9th. These At-Home kits are all about STEM! Kits include supplies and background on the activity, and the steps needed to do it! Activities such as Glowing Germs, Cosmic Art, and Card-board Moon Rover are sure to be a hit! Kits are released each Monday and are available all week.



Families can stop by the Black Hawk County Extension office to pick up one kit per youth. See [this page](#) for more information on the kits! For arrangements to have a 4-H At-Home Kit delivered to you please email Sarah Tanis at stanis@iastate.edu.

Home-Along Skills Training Offered! Registration is now open for families to sign up for the free [On Their Own and OK](#) program offered virtually this fall. During this time when many parents are working from home or families are isolated at home, they may have more opportunities to help their children build skills. *On Their Own and OK* is tailored for parents and children in fourth through sixth grade. The four-week program will begin on October 22nd, and each week participants will receive directions via email for a hands-on family learning experience using materials typically found at home. They will also receive a free parent guide to help support their children staying for short amounts of time on their own. Families have until October 12th to register online [here](#).



Note: Black Hawk County 4-H will also offer a local, in-person training option in January. Details coming soon!

2020 Omelet Breakfast Canceled. Due to recommendations from the Black Hawk County Health



Department and guidance from Iowa State University and Iowa 4-H, the Omelet Breakfast, rescheduled to take place on October 11th, was canceled. On the sunny side, the 2021 Omelet Breakfast is tentatively scheduled to

be held in April, if guidance allows. More details regarding what to do with tickets that have been sold or remain unsold below!



Giving Back Made Easy!

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-cellent offer that will 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 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.

Searching for Something?

Visit the Black Hawk County 4-H [webpage](#), find us on [Facebook](#), or call 319.234.6811!



Great STEM Learning Opportunity! The [Fall 2020 Go Further Girls STEM Conference](#), coordinated by the Program for Women in Science and



Engineering (WiSE), is for girls in 8th-10th grade who want to learn more about STEM career fields. The conference is being held virtually Monday,

October 19th through Saturday, October 24th. Participants will attend interactive virtual sessions to explore STEM opportunities, hear from professionals, and WiSE student speakers.

[Registration](#) is now open and free!



What a Treat! Although the “Mask”erade Trunk or Treat event has been canceled, Black Hawk County 4-H is excited to offer a fun virtual event for Halloween this year! We are having a MASK decorating contest! Youth can create a unique hand-

crafted mask and show it off!

They can get creative and have a



great time using paint, embroidery, jewels, puffy paint, whatever they choose. The mask decorating contest will include categories such as ‘Most Creative’, ‘Most 4-H Festive’, ‘Scariest’, etc. If they want to, they can even build a costume around it! To enter the contest youth need to email a picture of their mask/costume to Sarah Tanis, 4-H Outreach Coordinator, at stanis@iastate.edu by 12:00pm on Friday, October 30th. All photos will be put on the Black Hawk County 4-H Facebook page and a very special panel of judges will determine the winners! Youth that win will receive a spook-tacular prize delivery on Saturday, October 31st! Stay tuned for more details to be announced. All 4-H families are welcome to participate!

Mindful Teens Workshop Announcement! Black Hawk County 4-H will be offering [Mindful Teens: From Surviving to Thriving in a Busy World](#), a mindfulness workshop series just for teens. Studies have shown that young people who learn healthy coping skills early on are better able to navigate problems later in life. Engaging and easy to use, this project series will provide teens with the tools they need to thrive



at home, school, and into adulthood. This free series is open to youth in 7th-12th grade and will be held in person at Electric Park Ballroom in Waterloo on November 3rd, 10th and 24th from 3:30-5:00pm. Please visit our [webpage](#) for more information and to register by November 1st!

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!](#)

**Teen Equity Influencer
Open Application**
Iowa 4-H Champion Group

Teen Equity Influencers bring together high school youth and adult mentors from across the state to promote mutual understanding, increase leadership skills, and prepare youth to make a difference in areas of equity, inclusion, and diversity within Iowa 4-H Youth Development.

APPLY NOW

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We Can Help!

Visit the Black Hawk County 4-H [webpage](#), find us on [Facebook](#), or call 319.234.6811!



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Save the Date: 4-H Awards Banquet

The Black Hawk County 4-H Awards Banquet will be held on Sunday, November 22nd at 2pm. This will be an in person event at Electric Park Ballroom in Waterloo.



We are looking forward to celebrating the achievements of our 4-H youth and volunteers!

Did You Know? Iowa State University Extension and Outreach has Disaster Recovery resources available to all members of the community. We have all been affected by COVID-19, but there are many other events that can impact life in

Iowa, such as drought, flooding, fires and severe weather. If you, your 4-H families, friends or neighbors need help answering questions in the face of a disaster, please find these resources at <https://www.extension.iastate.edu/disasterrecovery/>.

There is More Help Available. Sometimes we just need to talk to an expert. The following resources are available to all residents of Iowa:

- [Iowa Concern](https://www.1800.447.1975): 1.800.447.1975
Legal, Finance, Stress, and Crisis/Disaster questions answered by trained staff. 24/7, free and confidential. Language interpretation available.
- [Answerline](https://www.1800.262.3804): 1.800.262.3804
Available Monday-Friday, 9am-12pm & 1-4pm. Information and resources for consumers with home and family questions.
- [National Suicide Prevention Lifeline](https://www.1800.273.8255):
1.800.273.8255

Free, confidential, 24/7 service for those in crisis. Please feel free to share these resources with those in your community. As an Iowa State University Extension and Outreach volunteer, you are not only able to contribute to the well-being of youth in your club, but to all Iowans!

Have You Taken a Minute? You are parenting in a crisis. Do not forget to give yourself some time and understanding. Iowa State University Extension and Outreach offers [Tips for Parenting during a Long-term Crisis](#). Another great resource for all things parenting is [The Science of Parenting](#), available through [podcasts](#) and blog posts.

Fall To Do List!

There is still time to enjoy activities outdoors in Black Hawk County! The Cedar Falls Tourism Bureau has a [list of area pumpkin patches](#), the Cedar Valley Arboretum and Botanic Gardens has their [Scarecrow Stroll](#) going on until the end of October, and there are so many [great parks](#) around to take in fall colors, sights and sounds! Why not try a “I spy” type of [scavenger hunt](#) that encourages kids to use only their eyes and senses to check off the items they discover? Maybe they can be [Insect Investigators!](#) Here is a [DIY Flashlight](#) that they might find useful for evening investigations. Helpful hint: it is not too early for your 4-H’ers to be thinking about 2021 fair [project ideas](#) :)



How about a Fall Art Contest? The Water Rocks! [Fall Colors Found Art Contest](#) is now open to all youth! It runs from October 9th to the 19th.



Looking for more information?

Visit the Black Hawk County 4-H [webpage](#), find us on [Facebook](#), or call 319.234.6811!



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Leader Spotlight

Name: *Shanda Knight*

Club/Location: *Cedar Falls Lucky Hawks/
Cedar Falls*

Years of Service: *1*

How long have you been involved with 4-H?

I have been a leader for 1 year and my daughter has been in 4-H since 2nd grade. I have come alongside her, often attended meetings, and helped when needed over the past 6 years. I was in 4-H as a youth for a few years as well.

Have other members of your family participated in 4-H? If so, whom?

Yes! My mom and aunts participated 4-H and my grandma was a leader.

What motivates you to be a leader?

First, my daughter has had amazing leaders! They have challenged and pushed her so lovingly in 4-H. At fair in 2019, she did Communications for the first time and she was a WRECK of nerves! She almost bailed at the last minute, but I talked her into going into the building. In the building she saw other 4-H youth and a few county people she knows. They were excited to talk to her and ask her what she was learning and my girl was transformed! Her nerves were still there, but it didn't matter anymore, because she was in what I call "The 4-H Environment" and she is calm and collected there. It brings out the best in her. I wanted to be a part of doing this for others. I love how 4-H allows youth to grow in their area(s) of interest and teaches them to try new things and do them well. 4-H celebrates different things that often our society overlooks in strengths of youth. It trains them in so many life skills that will benefit them throughout their lives. I want to walk alongside youth as they



grow, and encourage them to do their best and lean into what they enjoy.

Name some of your favorite club activities. Why are these favorites?

I love our annual Family Brunch when the kids make brunch for their families and we do installation of officers. Their heart of serving, teaching them real kitchen skills, and having "jobs" for all ages is so beautiful. I also love any service projects our club does.

Please share a memorable story from your experience as a leader/mentor!

I am a fairly new leader, and this year of COVID-19 sent our previous year into a tailspin, so I don't have many yet. This summer I ran into a 4-H youth who I hadn't seen in a while and we chatted about what she was doing. She didn't plan to have any fair projects this year because she didn't get to work thinking fair wouldn't happen. I reminded her of all the amazing things she was doing right now and encouraged her to just process those things she does into projects. It was like a lightbulb came on! The hobbies and skills she was learning and challenging herself with in her downtime could easily become 4-H projects. This was very shortly before fair, so she didn't feel like she had the time to do them well, but she expressed excitement that she could have a whole year to make them some amazing projects for 2021.



Get In Touch!

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