



# GROWS HERE



## Black Hawk County 4-H Family News for September 2020

### The Important Stuff!

It is back to school time, whether that is in a classroom, at home, or maybe both. It also means that a fresh 4-H year is kicking off! Although September 1st usually marks the beginning of 4-H enrollment, it will be delayed this year due to a 4H Online upgrade. Details on this have been sent to all 4-H families via email by Iowa 4-H and in a mailed packet from Black Hawk County 4-H. We will keep you posted on progress. Have you been wondering about in-person club meetings? Your 4-H club leaders have recently received guidance and resources on how to resume these with safety measures in place! Safety is a priority, so not unexpectedly, there will be some new guidelines to follow at meetings. This does not change the fact that meetings are a great opportunity for your 4-H'ers to connect and have fun! There are plans in the works for some engaging and in-person 4-H youth learning experiences this fall, too! Updates on enrollment, upcoming workshops and new events will be available via email, the Black Hawk County 4-H [webpage](#) or [Facebook!](#) Stay well!

### The Good Stuff!

The Iowa State Fair was canceled, but that did not stop Black Hawk County 4-H'ers from



County 4-H'ers from presenting their best at the State 4-H showcases that wrapped up in August! See who participated and which ribbons or awards they received from the results pages for [4-H Show Iowa](#) and [Fair Special Edition: Iowa 4-H and FFA Livestock Show](#).

We congratulate Amy and Bart Samuelson for their [2020 induction into the Iowa 4-H Hall of Fame!](#) They are founders of the Big Cedar Springers Club, proud parents of three Black Hawk County 4-H alumni, and serve as the chairs of the Family Picnic event at the Black Hawk County 4-H & FFA Fair. A big thanks to the Samuelsons for their contributions to the Black Hawk County 4-H program!



### Important Dates

- Sep. 7th:** Extension Office closed for Labor Day
- Oct. 4th-10th:** National 4-H Week
- Oct. 4th:** [4-H Family Fun Night](#), 4:00-6:00pm
- Oct. 5th:** Record Books due at the Extension office
- See the new 2020-2021 4-H Calendar for more events!**



## Let's Talk About September!

September is the official transition from summer to fall, but that is not all! It is the start of the 4-H year and time to be looking forward to club meetings and events! How do those look this year? Take a peek at the special feature in this newsletter called *4-H Is Always Here for YOUth!* for the answers to some questions you may have about navigating the 4-H year. Good news! Your 4-H'ers can still take part in club service learning experiences and take field trips. Fall days in Iowa are perfect for outdoor adventures! We have some ideas for clubs and families in the *Fall To Do List* feature. Enjoy all the things that cooler weather brings and stay safe out there!

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

## Forgetting Something?

State Fair projects are still available for pick up at the Extension office. Please stop by the office to retrieve them! Also, any 4-H'ers that exhibited at the Black Hawk County 4-H and FFA Fair can pick up their t-shirts if they have not done so already.



**4-H Family Fun Night Announcement!** Black Hawk County 4-H will kick off National 4-H Week with a Family Fun Night at Palmer's Family Fun in Waterloo on Sunday, October 4th from 4:00pm-6:00pm. 4-H families can enjoy mini golf, the jumping pillow, go carts, batting cages, the driving range, and a frozen treat! More details on the way soon. Plan to come out and join the fun!



*Due to safety protocols, face coverings must be used at Palmer's when social distancing cannot be maintained. Please bring them with you!*

**Did You Know We Have a YouTube Channel?** It's true! Black Hawk County Extension has a YouTube [channel](#) featuring video for 4-H programming, the Black Hawk County 4-H & FFA Fair, and more. If you are looking for some great at home activity ideas, check out the [4-H Summer STEM Library Series playlist](#). In these videos, our 4-H Outreach Coordinator, Sarah Tanis, guides viewers through STEM topics with interactive/hands-on learning. Did you know cows have superpowers? Find out what they are and what your personal carbon footprint is in [Cow Superpowers and YOUR Carbon Footprint!](#)



**Opportunity4All.** Please visit the National 4-H website to read a message, [Let's Close the Opportunity Gap. Together.](#), from Jennifer Sirangelo, President & CEO of the National 4-H Council, and for information on [this 4-H campaign](#). As dedicated 4-H leaders,



families, volunteers and staff, let's continue our work to help clear the way for youth to have equal access to the tools they need to be empowered, thrive as individuals, and to realize their full potential.

## 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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**4-H Is Always Here for YOUTH!** Yes, we have said it before: things look different this year. Iowa 4-H has been hard at work putting together guidance and information to help keep meetings and events safe for youth, leaders and guests. What can your 4-H'ers and family expect as we get into the new 4-H year? Here are some answers!

**Q: Can our club have an in-person meeting?**

**A:** Yes. There are expectations and guidance that must be followed for resuming in-person meetings. This information has been provided to all Black Hawk County 4-H leaders. Resuming in-person meetings is not a requirement. Your leader may still offer a virtual meeting or a hybrid for those that cannot attend in-person. These are both supported and encouraged.

**Q: How will meetings and events be different than they were last year?**

**A:** 4-H meetings and events will follow guidance from Iowa 4-H, the CDC and local public health, and local/state government. At this time, here are the general expectations for meetings and events:

- Attendees should stay home if they are sick or have been in contact with someone who is sick
- Face coverings are strongly encouraged when a six-foot social distance cannot be maintained
- Visual boundaries (e.g. a taped 'x' on the floor) may be used to help youth maintain social distancing, especially if there are Clover Kids at the meeting/event
- The number of guests or volunteers allowed at a meeting/event could be limited due to space and the need to meet social distancing requirements
- Supplies for club activities and events will not be shared (e.g. scissors, pencils, colors, etc...)
- Everyone attending a meeting or event will be required to sign in on a sign in sheet (see next question)
- Prepared food will not be shared at meetings or events. Only pre-packaged, delivery or catered foods are allowed. Youth can bring their own pre-packaged snack, but cannot share it with others. This is an insurance mandate.



**Q: Why does everyone have to sign in at meetings and events?**

**A:** Every youth (existing and prospective members), leader and guest attending a meeting or event is required to sign in for two very important reasons. The first is COVID-19 contact tracing. If notification by public health becomes necessary, all attendees need to be reached. The second reason is that participation in meetings **must be tracked for insurance coverage**. Until 4HOnline is functional, a sign in sheet will be necessary to document who is participating in meetings and events in case an insurance issue arises.

**Q: Hold on, what is happening with 4HOnline?**

**A:** 4HOnline is in the process of being upgraded to a 2.0 version and cannot be used for enrollment currently. All counties in the state are impacted and all have received the same instructions to use sign in sheets for attendance tracking.

**Q: Will our club make snacks at their meeting, make food to sell for fundraisers or to donate?**

**A:** No. **This is an insurance directive**. Your club leaders have received this guidance and cannot allow the club to prepare food for any 4-H function, fundraiser or service project/donation.

**Q: Our club usually has a potluck during the year. Can we have one?**

**A:** No. Homemade or club-prepared foods cannot be offered. Only pre-packaged, delivery or catered foods are allowed.

**Q: Can our club go on field trips?**

**A:** Yes, field trips are permitted as long as all social distancing and safety protocols can be followed, including those of the destination location. Youth and families should not carpool and should plan to drive separately.

**Q: Are overnight activities allowed?**

**A:** Overnight activities, including camps, are not permitted at this time due to social distancing concerns.

**Looking for more information?**

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



**Q: What should I do to prepare my 4-H'ers for their next meeting?**

**A:** Let them know that they are going to have fun and see their friends, but there are some things they need to do, just like at school! Please make sure your 4-H'er has a face covering to wear into and during the meeting. Feel free to send them with their own hand sanitizer, water, and writing utensil if you wish. Handwashing and/or hand sanitizing facilities will be available at their meeting. Leaders will be equipped with disposable masks and sanitizing wipes for surfaces. Do emphasize to your 4-H'er that it is important to stay distant from their friends and wear their face covering when needed. Everyone wants to stay healthy!

**Q: What if I am not comfortable sending my 4-H'er(s) to in-person meetings?**

**A:** This is a family choice and is supported by 4-H leaders and staff. Please contact your club leader to let them know so that they can make accommodations for your youth.

**Q: Are there going to be in-person 4-H events this year?**

**A:** Yes, when they can be done safely! To comply with Iowa 4-H, public health and government guidance, events may need to be set up or operate differently. Our goal is to plan for inclusive, safe, and in-person events to the extent possible.

**Q: What in-person events are being planned right now?**

**A:** Family Fun Night on October 4th is an in-person event to coincide with National 4-H Week. Plans are in the works for an Awards Banquet on November 22nd and youth workshops/learning experiences through the end of the year. Take a look at the *2020-2021 Black Hawk County 4-H Calendar* you received in the mail for more information. As events are added and/or finalized, details will be shared with 4-H leaders, families and volunteers!

**Q: How will we know if guidance or policies around 4-H meetings and events change?**

**A:** Black Hawk County 4-H is committed to communicating all information and guidance that Iowa 4-H is providing for 4-H families, leaders and volunteers when it is available. Please watch for

updates in *Black Hawk County 4-H Family News Flash* emails, 4-H newsletters, on the Black Hawk County 4-H [webpage](#), and on [Facebook](#).

**Q: What do I do if I need more information or have some questions?**

**A:** Please contact your club leader(s) with questions you have about club meetings. This is a new world for all of us, and your leader(s) are doing the best they can to understand and implement the changes needed to have successful and safe meetings! If you have concerns or questions about events or general policies, please contact the Black Hawk County Youth Coordinator (CYC), Diane Wolfe, at wolfejd@iastate.edu or at 319.234.6811. We are here to help!

**Don't Forget About Record Books!** Your club leaders will be looking for Record Books soon! They need to be turned into the Extension office by Monday, October 5th. If your 4-H'ers need more information or forms, please have them take a look [here](#). Hardcopy forms can also be obtained from the Extension office by request.

**Speaking of Record Books...**Are you interested in serving as a Record Book judge? This is a great way to learn more about record book forms and the award process so that you can help your club members with their questions. It is also fun to see what 4-H'ers in Black Hawk County are doing! There will be options for on-site or remote judging. Contact Diane or Abby at 319.234.6811 to volunteer as a judge this year!



**A Picture Perfect Opportunity for 4-H'ers!**

Do you have club members that are aspiring photographers or want to sharpen their photography

**Answers at Your Fingertips!**

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



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skills? Have them check out Iowa 4-H Camera Corps! This program is open to 4-H youth in all counties. Each month, youth are given a different theme and focus as subject matter for their photographs. They will receive feedback from professional evaluators on the photos they submit, which will also be exhibited digitally on the Iowa 4-H Facebook page. Voting on photos is open to the public. Based on the results, their photographs may



be printed, framed, and shown at statewide gallery exhibitions! 4-H'ers can find out more and apply [here!](#)

**Fall Gardening Is a Thing!** The Black Hawk County Extension office can help you, your family or your club if you want to get a fall garden going. Free seeds are being offered! Need some ideas for what to grow and how to grow it? Check out this [video](#) from Iowa State University Extension and Outreach Human Sciences. Free seeds can be picked up between 8:00-4:30 during the week. No appointment is necessary, but please be prepared to wear a face covering and follow social distancing protocols while you are visiting the office. Thank you!



**What Goes With Fresh Veggies?** The [4-H Healthy Living Club Challenge](#), that's what! The theme for 2020-21 is *Winning with Wellness through Healthy Decision Making*. This year-long program offers monthly challenges to groups, families or clubs to improve their wellness choices in their daily lives by focusing on 8 dimensions of wellness: environmental, social, occupational, spiritual, physical, intellectual, financial, and emotional. There are monthly awards and recognition

for group accomplishments. The closing ceremony for this year's club challenge will take place at the 2021 Iowa State Fair on 4-H Healthy Living Day in the 4-H Building! Learn more and register [here!](#)



**More Healthy Choices!** Iowa State University Extension and Outreach Human Sciences has great learning opportunities for youth in their program, [Kids in the Kitchen At Home!](#) There are virtual games, worksheets, videos, DIY activities, book recommendations, a fun BINGO card, and recipes to help youth have a blast while they learn about kitchen and food topics. Check it out [here!](#)

### Fall To Do List!

Iowans and especially 4-H'ers are always stronger together. 4-H members are experts at using their hands for larger service. Even though working "together" is different now, the good that it can do for others has not changed. For service learning opportunities and ideas that your 4-H'ers might want to bring up for their club, have them check out the [Opportunity4All suggestions](#) on the National 4-H website. They can also visit the [Service-Learning tab](#) on the Volunteer Center of the Cedar Valley website



or navigate to the Iowa 4-H website to discover [2020 Fair Fun: Hands-On Learning—Service Learning Day](#) and find ways 4-H'ers can make a difference in

### Searching for Something?

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



their community. In case you missed [this series](#) from Iowa 4-H, there were family-friendly activities for each day during what would have been the 2020 Iowa State Fair week. Try these as a family! For more inspiration, the [Black Hawk County Extension and Outreach Facebook page](#) continues to share many hands-on activity ideas and resources for family fun. If your family likes to volunteer together, the Northeast Iowa Food Bank is looking for volunteers to pack BackPacks and emergency food boxes for their pantry and partner agencies. Check out the opportunity [here](#).

There is still so much to do right now to enjoy the late summer weather! Check out ideas for outdoor activities and places to go on [mycountyparks.com](#) or the [travel IOWA](#) website!

**Family Newsletters Are At Your Fingertips!** If you find this newsletter informative, you can always access the latest *Black Hawk County 4-H Family News* on the [4-H & Youth tab](#) of the Black Hawk County Extension website. It can be found on the right hand side of the page under '4-H Family Newsletter' in the *Helpful Links* section. The newsletters are published monthly and are typically available the first Wednesday of the month.



### Leader Spotlight

*Name: Dee Ulrich*

*Club/Location: Bennington Boosters*

*Years of Service: 9*

### How long have you been involved with 4-H?

I was in 4-H as a kid. I got reintroduced to 4-H when my oldest daughter joined. I have been a leader for 9 years.

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

My husband was in 4-H for a few years. My father-in-law was in 4-H. My mother-in-law still has one of his record books. My oldest daughter was in 4-H from 4th grade until graduation. My second daughter started in Kindergarten and was a 4-H member until graduation. My son started in Kindergarten and is currently a member.

### What motivates you to be a leader?

It started out as a co-leader was desperately needed and I figured I was already at all of the meetings, so why not? Now, I am a leader because it is really fun to see the kids start as Clovers and watch them grow.

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

Our club banquet is one of my favorite activities to recognize the 4-H'ers. I enjoy our Christmas party as well. We always start by putting together food baskets for some of the people in our township and then have some kind of fun activity. It is nice to see the kids doing community service and then celebrating after. And, of course, who doesn't enjoy the fair?

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

One of the most memorable things was when the club went ice skating for the Christmas party and Jennifer Wiley broke her arm. Another memorable moment was when our whole club participated in Share the Fun at the fair and they all wore caveman costumes!



### Get In Touch!

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<https://www.extension.iastate.edu/blackhawk>

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