**MAY 2021**

**The Important Stuff!**
May is an exciting month! School will be out soon, summer vacation plans might actually happen this year, and the Black Hawk County 4-H & FFA Fair is approaching! Later this month, Dog Obedience meetings begin and there is a 3-day weekend to look forward to. Did you know that May is Mental Health Awareness month? As we see some positive changes in the pandemic landscape, there is still a need to be sensitive to the stress and anxiety that people around us may be feeling. There are helpful resources in this newsletter. A quick programming note: Iowa State University Extension and Outreach is updating safety guidelines on May 10th. Please watch your email for a link to the revised [Iowa 4-H guidance](#). If you have questions, please contact Diane Wolfe at 319.234.6811. Stay well!

**The Good Stuff!**
In April, 4-H'ers were offered two educational, in person workshops! The *Discover Dogs* workshop was on April 15th at the Extension office, 6-7pm (1st meeting, no dogs)

May 1st: Sheep and Goat Weigh In at Hawkeye Community College, 8:00-10:00am
May 8th: Shooting Sports, 9:00-11:30am (all)
May 14th: Broiler Chicks order deadline
May 15th: Deadline for families to have all animals (except rabbits) in 4HOnline
May 20th: Dog Obedience at the Extension office, 6-7pm
May 27th: Dog Obedience at the Extension office, 6-7pm
June 1st: Deadline to sign up for 4-H Youth Conference and Animal Science Round Up
June 1st: YQCA certification deadline
June 3rd: Dog Obedience at the Extension office, 6-7pm

4-H members learned about dog breeds, tried their hand at making tug toys and snuffle mats, and more! On April 24th, 4-H’ers attended *Car Care 101* at Bill Colwell Ford in Hudson to get great tips on changing a tire, checking oil, filling windshield wiper fluid, and other vehicle maintenance. A big thanks to David Todd for sharing his expertise!
Let’s Talk About May!
Things are starting to happen in preparation for the Black Hawk County 4-H & FFA Fair this month! Check out the Fair on the Radar feature below to keep track of important upcoming deadlines and events. With the focus on Mental Health Awareness in May, please use and share resources available from Iowa State University Extension and Outreach, especially if you know of a loved one that is struggling. As always, if you have questions about what is going on this month, reach out to your leaders or 4-H staff. Watch your email, the Black Hawk County 4-H webpage or Facebook page for the latest news and updates!

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

Enrollment Reminder. Enrollment in 4-H is required for youth to be covered by insurance as they attend meetings, events, and activities. Go to 4HOnline to enroll!

Help Us Help You! We are always looking for better ways to communicate with our 4-H’ers and our 4-H families! We would love for you to take a few minutes to help us define the best methods of communication to keep you informed about the upcoming programs and events that Black Hawk County 4-H has to offer! In particular, we want to ensure that our website and social media sources are helpful and easily accessible. Please fill out this short survey so we can better serve you!

√ Check Chicks Off Your List!
If your family is planning to take part in the 2021 Black Hawk County 4-H Broiler Chick Project, it is time to order your chicks! We are inviting community members to join 4-H’ers in raising chicks to be donated this year, too. They will be available for $1 each and take 10 weeks to raise. Please call the office at 319.234.6811 to order or download the order form on this page. More information about the project can be found here. The order deadline is Friday, May 14th!

Who Said Pizza Party? Hey 4-H’er's! Did you know there is a 4-H Club Chick Competition? That’s right, the club that donates the most chicken to the Northeast Iowa Food Bank wins a pizza party! Individual donors can also indicate a club to get credit for their donated broilers. See this link for more information!

Fair on the Radar! See below for some very important Fair deadlines. May 15th is the date for ALL livestock, except rabbits, to be entered in 4-H Online by families!

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We have answers to your questions!
Visit the Black Hawk County 4-H webpage, find us on Facebook, or call 319.234.6811!
**Barking All About It!** 4-H Dog Obedience meetings begin on Thursday, May 20th! The meetings will be held outdoors from 6:00-7:00pm at the Extension office every Thursday night until July 15th. 4-H Dog Obedience is a great way for youth to build a positive relationship with their dogs and learn new skills. For more information, check out [4-H Dog Project Events for 2021](#). 4-H’ers and their 4-legged best friends are encouraged to [sign up](#) soon!

**4-H Summer Camps Are Back!** There are some great one-day 4-H camp opportunities this year! Where are they and who are they for? Juniors go to Camp Ingawanis in Waverly, Intermediates go to Ames on a bus trip with fun stops along the way, and Seniors go to the Iowa State University campus for Youth Conference! Please read more about each adventure and how to register if you are a [Junior](#), [Intermediate](#), or [Senior](#) 4-H’er. Questions about the camps or camp scholarships? Check in with Diane at wolfejd@iastate.edu.

**We Are Hiring!** The Black Hawk County Extension office is looking for a 4-H Americorps member to be our Summer Program Assistant. The right person will be leading STEM day camps and planned activities at local libraries, delivering virtual and in-person programming for school-aged youth in the community, having some fun at the fair, brainstorming, team building, and other random acts of positive youth development all in Black Hawk County. Know a great candidate? Point them [here](#) for a full job description! They can send a cover letter, resume and 3 references to Sarah Tanis at stanis@iastate.edu.

**Mental Health Awareness Resources**
Everyone has had a different experience over the last year. For some, isolation, fear, or stress over health or finances has impacted their mental health. Here are some resources that can be shared with those seeking help:
- **Iowa Concern**: offered by ISU Extension and Outreach, provides confidential access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topics. Iowans can call 800-447-1985 or visit the [website](#). Available 24/7.
- **COVID Recovery Iowa**: offers a variety of services to anyone affected by the COVID-19 pandemic. Virtual counselors and consultants provide counseling, family finance consultation, farm financial consultation, referral information and help finding resources for any Iowan seeking personal support. Available 24/7.
- **National Alliance on Mental Illness (NAMI) and NAMI Black Hawk County**: resources, support, and education for individuals and families.

**Searching for Something?**
Visit the Black Hawk County 4-H [webpage](#), find us on [Facebook](#), or call 319.234.6811!
**Omelet Breakfast Reminder.** Any purchased Omelet Breakfast tickets that are still in the possession of clubs or individuals will not be honored for the event in 2022. If a ticket holder would like a refund on a purchased ticket, the ticket must be presented along with the refund request at the Extension office by June 1st. After this date, the tickets will be considered a much appreciated donation to the Black Hawk County 4-H program! Please contact Diane Wolfe at wolfejd@iastate.edu with questions.

**YQCA Deadline is June 1st!** 4-H and FFA members must have their YQCA (Youth for the Quality Care of Animals) certification if they wish to show at the Black Hawk County Fair or Iowa State Fair. Certification is required for beef, bottle calves, dairy cattle, dairy and meat goats, sheep, swine, all rabbits, and poultry. Horses, llamas and pets do not require certification. Online YQCA training is available and due by June 1st. The cost is $12, paid online. Log into [http://yqca.org/](http://yqca.org/) to get started!

**Resources for Fair Exhibits!** Downloadable guides for all project areas can be found at the Extension Store. Please note if you are planning to use an Iowa State trademark in your 4-H project for the county or state fair, you must receive permission to show your project. [Here](#) is how!

**Hey 4-H Foodies!** Try out these cool kits this summer! They are designed for a family and there are lots of activities, recipes and even a scavenger hunt! Participants have a chance at a grand prize in September. Scan the QR code or go [here](#) for more information!

**Save the Dates!** The Summer 2021 Horse & Pony meetings will begin on Monday, June 7th and be held every Monday through July 26th. The July 19th meeting will be a mock horse show and the meeting on July 26th will be for fair set up on the National Cattle Congress grounds. More details coming soon!

**Who Will Be Fair Royalty This Year?** The Black Hawk County 4-H & FFA Fair Queen and King Contest has begun! Contestants must be at least 16 years of age and not more than 21 years of age on August 12, 2021 and must be an active member of at least one service organization in their community (not limited to 4-H or FFA) and have participated in the Black Hawk County 4-H/FFA Fair. For the full contest rules and application, please see this [link](#)!

**Answers at Your Fingertips!** Visit the Black Hawk County 4-H [webpage](#), find us on [Facebook](#), or call 319.234.6811!
**Did You Know?** We are working across Extension to share information and learning opportunities for all of Iowa, and Gardening to Give is the youth-focused program for this opportunity. Click [here](#) to find out more!

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**GARDENING TO GIVE**

Feed your club, community, country, and world with monthly, hands-on, and research-based activities and learning opportunities focused on gardening and growing, designed for all ages and abilities.

**March 15th - October 30th, 2021**

**REGISTER TODAY!**

[https://www.extension.iastate.edu/4h/gardening-to-give](https://www.extension.iastate.edu/4h/gardening-to-give)

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**A Delicious Way to Travel!** Join Iowa 4-H in an exploration of culture through food! In the *Around the World in 12 Dishes* newsletter, travel to a new country each month and learn about their history, culture, and food. More [here](#)!

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**Or You Can Stay Close To Home!** Do you want to learn more about local food? Visit one of the many Farmers' Markets in Black Hawk County. Meet the people that grow the food, ask questions, and try a fruit or veggie you have never tried before! [Find a Farmers’ Market!](#)

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**COVID-19 Vaccine Information.** If you or someone you know would like information about the creation, safety, and efficacy of COVID-19 vaccines from experts from the Iowa Department of Public Health and the University of Iowa, recorded information sessions are available [here](#). Sessions are in English, Spanish, French and Arabic.

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**Great Service Project!** The Cedar Falls Lucky Hawks club pledged their hands to larger service by drawing pictures and leaving good thoughts to the residents of the Western Home Retirement Community in a recent service project. Thank you for giving back to your community, 4-H’ers!

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**Speaking of Helping Hands...** the Black Hawk County Extension and Outreach office is very thankful for the time and talent that is shared by every one of our volunteers. We were happy to join other organizations across the nation in recognizing and thanking them during National Volunteer Week in April!

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**We can help!**

Visit the Black Hawk County 4-H [webpage](#), find us on [Facebook](#), or call 319.234.6811!
4-H Leader Spotlight
♦ Name: Dawn Brinker ♦ Club/Location: Black Hawk Stars/Lincoln Links/Hudson ♦ Years of Service: 11

How long have you been involved with 4-H?
I have helped out with all three of my kids’ clubs. My daughter, Brooke, started in 4-H around 2002. I just helped with her clubs and have been involved since then. I think I officially became a leader when my son Brody started in kindergarten.

Have other members of your family participated in 4-H? If so, whom?
I was in 4-H for a couple years when I was younger. All three of our kids have been and are in 4-H. The two youngest started in kindergarten. I feel they have been very involved in the program and it has helped them in many different ways. My youngest only has 1 more year left and I am not sure what we will do without 4-H in our lives. We have enjoyed it as much as our kids.

What motivates you to be a leader?
I want to be involved with what the kids are doing and watch them grow, change, and have fun with them. It’s a fun, family friendly thing to be involved in. I also wanted it to be a safe function for them to go to. I enjoy working with kids and want to be a positive role model for some of them.

Name some of your favorite club activities. Why are these favorites?
Having the meetings and seeing the kids interact and figure things out. It’s good to see them get along and have fun. I also enjoy going to the food bank and watching the kids volunteer their time to help others.

Please share a memorable story from your experience as a leader/mentor!
My most memorable story would be in 2019 when everyone pulled together at the community center in Hudson to help pack boxes to ship to my husband’s unit in Iraq. All the donations were MUCH appreciated. The guys over there were HAPPY to get the boxes from "home". I will never forget that day. Thank you to Ann Britson for lining it up and organizing it. We could not have done it without all the help and donations!!!!!!

As part of its mission to serve all Iowans, Iowa State University Extension and Outreach will provide reasonable accommodations to its “policies, practices, or procedures” when the accommodations are necessary to provide equal access to programming to participants with a qualifying disability. It will also provide auxiliary aids and services when they are necessary to provide equal access to participation.

CONTACT US!

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