

# Crawford County

## November 2023



### Attention!

We are still in need of **Club Leaders** for Denison Clover Kids and Charter Oak Clover Kids. Curriculum and meeting activities are available at our office for this.

**Ar-We-Va Clover Kids - packets with activities will be mailed out to kids for December. In-Person meetings will tentatively begin in January.**

### A Note from your County Youth Coordinator

It has been a great start for clover kids. It has been a lot of fun getting to know the kids and prepping some fun activities for them to do. It is not too late to join, enrollment closes December 31st. I hope all of you have a fun and safe holiday season. Take some time to rest, spend time with family, and cherish the magic of the holidays!

### Clover Kids Meetings have started!

Denison - *Last names A-M* will meet 4:00-5:00pm on the **second Tuesday** of every month.

Denison - *Last names N-Z* will meet 4:00-5:00pm on the **third Tuesday** of every month.

**Denison Clover Kids Meetings** will be held at the Denison Elementary School located on 16th Street. Please let your school know if your child will need to ride a different bus that day. Please also be prompt at pick up. If someone other than a parent or guardian will be picking up your child from Clover Kids, please let the Extension office know.

**Schleswig Clover Kids** - Next meeting will be this Monday, December 4th.

### Boyer Valley Clover Kids

Come to have fun, learn about 4H, games and projects.

Next meetings will be Dec 2, Jan 6, Feb 3, Mar 2, and Apr 6.

Any questions please email or text Mary W @ 712-592-2242



**Kathy Thul**

Office Manager  
kthul321@iastate.edu



**Nicole Behrendt**

County Youth Coordinator  
nicoleb2@iastate.edu



**Cassie Reimers**

Youth Outreach Coordinator  
reimersc@iastate.edu



**Ana Villa**

Extension Educator  
anavilla@iastate.edu



# Crawford County

## October 2023



Denison Clover Kids working on maps focusing on using vertical, horizontal, and diagonal lines.



Boyer Valley Clover Kids working on their maps from Dunlap to Dow City



### Address:

ISU Extension and Outreach  
Crawford County  
35 South Main St.  
Denison, IA 51442

### Office Hours:

Monday – Friday:  
8:00am – 4:30pm

### Phone:

712 – 263 – 4697

### Website:

[www.extension.iastate.edu/crawford](http://www.extension.iastate.edu/crawford)

### New Staff Member at the Office!

We are pleased to announce that our office staff is growing here in Crawford! In November, Ana Villa joined us as our new Extension Educator. Ana is a Denison local and we are excited to see all that she will accomplish. Please join us in welcoming our new team member and make sure to stop by and introduce yourselves!



**Kathy Thul**

Office Manager  
kthul321@iastate.edu



**Nicole Behrendt**

County Youth Coordinator  
nicoleb2@iastate.edu



**Cassie Reimers**

Youth Outreach Coordinator  
reimersc@iastate.edu



**Ana Villa**

Extension Educator  
anavilla@iastate.edu



# Make Your Own

## Christmas Bookmark

### What you'll need:

- Clear Packing Tape
- Red and Green paper
- hole punch
- Ribbon or String
- Black sharpie



### Directions:

1. Do several hole punches of red and green paper.
2. Slide them into a rectangular shape on the table.
3. Cut tape to desired length and lay it across all of the hole punches.
4. Lay a second piece of tape over the other side of the hole punches so all the sticky part of the tape is covered.
5. Hole punch at the top of the tape and tie a ribbon or string around it to make a bow.
6. Write your name or decorate as desired.

## Scrunchy Christmas Tree

### What you'll need:

- Green & Yellow Construction Paper
- Tissue paper (various colors) or you can use regular paper
- White Elmers Glue
- Scissors



### Directions:

1. Cut out the shape of a Christmas tree on green construction paper.
2. Crumple about 20 pieces of tissue paper to be ornaments for your tree.
3. Glue the tissue paper balls to your tree.
4. Cut out a star with the yellow construction paper and glue it to the top of your tree.

## Reading Suggestions

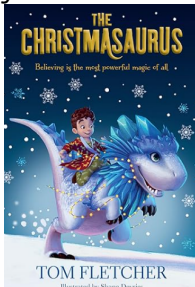
### Who Will Pull Santa's Sleigh?

by Russ Willms



### The Christmasaurus

by Tom Fletcher



## SPEND SMART. EAT SMART.®



### Banana Ice Cream

Serves 3 Cost/Serving

3 \$ 0.12

Serving Size: 1/2 cup

### INGREDIENTS

- 2 ripe bananas
- 1 tablespoon nonfat milk
- Optional Ingredients:** 1 tablespoon peanut butter, chocolate hazelnut spread, cocoa powder, chocolate chips, or finely chopped fruit

### INSTRUCTIONS

- 1 Thinly slice bananas, 1/4 inch thick or less.
- 2 Place bananas in a tightly sealed container or zippered bag.
- 3 Freeze bananas for at least 4 hours or overnight.
- 4 Place frozen bananas in a blender or food processor. Add milk. Blend until thick and creamy. At first the banana will look crumbly, then sticky, then creamy. Stir in optional ingredients.
- 5 Serve immediately.

## Nutrition Facts

3 servings per recipe  
Serving Size: 1/2 cup

Amount Per Serving

**Calories** 70

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrates 18g 7%

Dietary Fiber 2g 7%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0 mcg 0%

Calcium 10 mg 0%

Iron 0 mg 0%

Potassium 290 mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Coloring Page

