Market Beef Weigh-In
When: December 18th
8:00am-10:00am
Where: Bloomfield Livestock Market
Must be enrolled to attend!
Market Beef ID Deadline will be February 1! Families will enter their information in 4-H Online, handouts will be available at weigh-in to help explain this process.

Greeting Card Workshop
Come make your own unique cards! We will be meeting at the Davis County Extension Office on Tuesday, December 7th from 3:30-5:00pm. This workshop is for those in 3rd grade and up! Linda Ferguson will be the instructor and Brynn Davis will be your host. RSVP to the Extension Office (641-664-2730) by Monday, December 6th. Light Snacks Provided.

Mailing Preference
If you would rather receive the newsletter as a hardcopy in the mail, please send an email letting me know to hburgher@iastate.edu or call the office at 641-664-2730.
State 4-H Recognition Opportunities

State 4-H Recognition is the process in which senior 4-H members in grades 9-12 can apply to be selected for special statewide opportunities such as awards and trips. The purpose of this event is to provide an avenue for youth recognition and to provide young people with an opportunity to practice and grow leadership, communications, and college and career readiness skills through application and interview activities. State recognition opportunities include State 4-H Council, National 4-H Conference, National 4-H Congress, Iowa 4-H Reporter Program, State 4-H SESS Ambassadors, Iowa 4-H Healthy Living Ambassadors, STEM Leadership Accelerator, Teen Influencers for Equity and Inclusion, and more! To learn more about these opportunities volunteers, youth, and families can go to the Iowa 4-H Recognition Opportunities webpage State 4-H Recognition Opportunities | 4-H Youth Development (iastate.edu) and read information about each opportunity.

Important Dates

- Applications open in 4HOnline on January 1. Interviews may be done in-person or by video teleconference.

- The application deadline every year is 11:59 PM on February 1.

2022 Recognition Preparation Statewide Workshops

New this year they are offering workshops to help prepare for these recognition opportunities and the application process. You will register in 4HOnline under Events.

State and National Opportunities for Senior Level 4-H Members- Tuesday, December 14, 4PM
How to Write a State Recognition Application- Wednesday, January 5, 4PM
How to Write a One-Page Resume- Thursday, January 13, 4PM
How to Prepare for an Interview- Tuesday, March 1, 4PM

You deserve these opportunities! Take advantage of these workshops.

Awards Night – Thank you!

Thank you to everyone that attended our Awards Night! It was so nice to have everyone together to celebrate the accomplishments of our 4-Hers. Thank you to our County Council who presented awards and led a couple of fun skits! Thank you to the Vermeulen family who helped so much with setting up and to everyone who helped with clean up, it truly takes a village and we have the best one out there. And of course, thank you to our leaders for everything that they do for our program!! Congratulations to all of our awards winners!
Healthy Living is one of the four program priorities in Iowa 4-H Youth Development. We pledge our “health to better living” and in order to learn, practice, and advocate for healthy choices we are challenging clubs, learning communities, volunteers, staff, and families to practice healthy choices during their meetings, events and daily lives.

The 4-H Healthy Living Club Challenge promotes simple modifications and educational opportunities during monthly club/group/team gatherings to explore our well-being while also building skills to help others through community wellness.

Each month, groups will be challenged to incorporate healthy options such as…

- Offering and promoting water as a beverage
- Featuring a fruit and/or vegetable as a snack option
- Incorporating time for a movement-based activity
- Completing the monthly brain booster activity

**The Challenge**

Each month, your club can earn 50 points for completing each of the staple challenges of promoting healthy choices in a club meeting: unsweetened beverages, nutrition, and physical activity.

There will also be a featured monthly activity focused on a different component of our brain and learning how we can boost our brain health. This bonus activity is worth 100 points.

A monthly tracker will be posted and emailed out to club leaders to submit your club/group’s achievements for each month. These are due on the 10th of the following month and then a running total of points will be shared out by the 15th.

**Registration**

Now is the time to sign up your 4-H club, team, or extension council to participate in our Healthy Living Club Challenge!

Register by December 23 and you will receive a club challenge kit with resources to implement the challenges this year. Register here: [https://form.jotform.com/213264340169957](https://form.jotform.com/213264340169957).
Club Officer Training
Stay tuned for details on a Club Officer Training! This will be offered in January.

Enrollment/Re-Enrollment Reminder
Don’t forget to complete your enrollment at [http://v2.4honline.com](http://v2.4honline.com). Please complete your enrollment prior to attending any meetings or events. If you need assistance with this, please reach out to the Extension Office or your leaders.

Swine Rule Update
UPDATE: Pigs must be farrowed on or after December 1 of current 4-H year and not weigh more than 85 pounds at the March Weigh-In. The minimum weight requirement rule is in review.

We hope you all have a fantastic holiday season.

We are looking forward to all that 2022 will bring to Davis County 4-H!