



# FRANKLIN COUNTY 4-H NEWS

## SAVE THE DATE

- **February 6, 13, 20, 27**, WHEP, 6:30-8:00 p.m., Maynes Grove Lodge
- **February 1, 8, 15, 22, 29**, Livestock Quiz Bowl, 7:00-8:30 p.m., Jackie Dohleman's House
- **February 10**, 4-H Officer Training, 10:00 a.m., 4-H Food Stand
- **February 11**, Youth Councils meeting, 3:00 p.m., Extension Office
- **February 19**, YQCA, 4:30 p.m., 4-H Food Stand
- **February 24**, Pillowcase Sewing Workshop, 9:00-12:00
- **February 25**, Region 4 Youth Leadership Retreat
- **March 9**, YQCA, 9:00, 4-H Food Stand
- **March 9**, New Livestock Exhibitor Meeting, 10:15

## February 2024

### A Note from Laela Ragsdale, County Youth Coordinator:

Dear New 4-H Families,

Warm Winter Wishes! As we are stuck inside on many of these chilly days, take this opportunity to look through and read your [4-H Project](#) descriptions and at the [4-H Project Area Guides](#).

You will find great ideas for that club presentation you have to give this year. You may also find that inspiration for this year's fair project. Imagine the possibilities of starting a fair project in February!

Good luck on project work. Let me know how I can help!

Warm Wishes,

Laela Ragsdale

### Cancellations & Postponements

Cancellations and postponements of County 4-H activities due to inclement weather will be broadcast on KLMJ 104.9 FM radio and posted on Franklin County Extension Facebook.

### Join the Fun at Club Officer Training

Your Franklin County 4-H Youth Councils are ready to show you how to be the best club officer! Join us Saturday, **February 10**, 10:00

a.m. - noon, at the 4-H Food Stand. We will show you how to take charge of your club meetings, keeping the business portion short and incorporating more fun, recreation, and learning by doing! Register for this event in 4hOnline, "2024 Club Officer Training".



IOWA STATE UNIVERSITY  
Extension and Outreach

## It's Time to Get Your YQCA Certification!



4-H members exhibiting meat, milk, or egg producing animals (includes rabbits) must be YQCA certified by May 15. Franklin County members may attend classes on Monday, **February 19**, 4:30-5:45 p.m., or Saturday, **March 9**, 9:00-10:15 a.m., at the Franklin County Fairgrounds, 4-H Food Stand. There will be a **first year exhibitors** meeting on March 9 following the YQCA certification course. Youth **MUST** Register online at: <https://yqcaprogram.org/>, and pay \$3.00 each. Members may choose to complete the course online for \$12. Register online at: <https://yqcaprogram.org/>



Do you know  
who left these  
tracks?



Join WHEP and learn  
how to identify these  
and other wildlife  
tracks!



*Do you enjoy the great outdoors? Are you interested in learning how to identify wildlife? Would you like to understand what elements are needed to improve the habitat of the wildlife in your neighborhood?*

You will want to be a part of this unique learning opportunity for 4-H members! WHEP is open to all 4-H members.

Join us on **Tuesday evenings, 6:30-8:00 p.m.**, at Maynes Grove Park Lodge.

To find out more check out: <https://www.extension.iastate.edu/4h/whep> If you are interested in this program as a 4-H member or as an adult leader, contact [laela@iastate.edu](mailto:laela@iastate.edu).

## Livestock Quiz Bowl

4-H members! *Do you know what is 3 months, 3 weeks, and 3 days is? Have you heard of a hardware stomach? Did you know a goat having babies is called kidding? We're not joking!* We will teach you animal science on beef, sheep, swine and meat goats. Quiz Bowl is open to all 4-H members in grades 4-12! Our goal is to compete at the State 4-H Quiz Bowl in April. Join us on Thursday nights from 7-8:30 p.m. at Jackie Dohlman's house. For more information contact Jackie Dohlman at [dohlmanjackie@gmail.com](mailto:dohlmanjackie@gmail.com).



All 4-H members are welcome to join us for livestock quiz bowl! We will explore animal science and compete in the livestock quiz bowl competition!

Register through **4HOnline!**

Meets every Thursday night, from 7-8:30 p.m.

Contact Jackie Dohlman at 641-425-5281 with questions!



## Winter Club Activities

Is your club planning to go skiing, snowboarding, sledding, ice skating or another winter recreation activity this winter? All winter recreation activities involve risk, and it is important for you to have information about your selected activity. The

Permission Agreement and Release and Waiver of Liability must be obtained from the Extension Office, read carefully and signed by each participant and the parent or legal guardian (if the participant is under age 18). **These forms must be returned to the Extension Office before the planned activity.**



Call the Franklin County Extension Office at 641-456-4811 or e-mail [laela@iastate.edu](mailto:laela@iastate.edu)

## Pillowcase Sewing Workshop

Are you new to sewing, and looking for a beginner sewing project?

Join us, **Saturday, February 24**, (March 2—snow date), 9:00 a.m. - 12:00 p.m., at La Luz Centro Cultural (7 2nd Ave NE, Hampton).

We will use the sewing machines that La Luz owns, but we encourage youth to bring their own sewing machine if they have one! Fabric and supplies are provided, but if you have a specific pattern or fabric please bring it along! Parents or adults helpers are encouraged to attend to provide assistance to their 4-H member.

Register in your 4hOnline account/Events/2024 Sewing Workshop. Open to all 4-H members and volunteers!

For more information contact [laela@iastate.edu](mailto:laela@iastate.edu).

## Fabric Available for 4-H Sewing Projects

Are you working on a sewing project for the fair or as a project? The Franklin County Extension office has fabric available for all 4-H members to take for free! Stop by and you may look through the fabric and choose what you need. Contact Laela Ragsdale if you have questions!

## Ag Innovators Experience Application

### Deadline

### Extended!

Youth in grades 9-12 are invited to apply to be teen leaders for the Ag Innovators Experience: Protect the Plate Challenge, a new program about the science behind food safety in agriculture and solutions to

feed a hungry planet. Selected teen leaders will attend the state training on Feb 17-18 at Iowa State University to learn about advancements in agriculture through hands-on activities with experts. Teen leaders will experience and learn how to facilitate the challenge with younger youth. The training is free, and meals and lodging are provided.

Apply by Feb. 7 - [https://docs.google.com/forms/d/e/1FAIpQLScq1zL3A0DfUYI\\_01JhI647oymon9E1O4aDYJjIldGFgAczqw/viewform](https://docs.google.com/forms/d/e/1FAIpQLScq1zL3A0DfUYI_01JhI647oymon9E1O4aDYJjIldGFgAczqw/viewform).

Questions? Contact Maya Hayslett at [hayslett@iastate.edu](mailto:hayslett@iastate.edu).

## Protect the Plate Challenge TEEN LEADERS NEEDED



**Applications open!**



IOWA STATE UNIVERSITY  
Extension and Outreach

## Horse Project Area Workshops

If you are interested in horses and learning all about how to show your horse at the fair, join the Horse-N-Around Equinators project area club. This club will host a series of workshops to help prepare you and give you practice before the fair. You don't have to leave your current 4-H club to be in this club! We will meet on April 8 at 5:00 p.m. at the Franklin County Extension Office to discuss areas of interests and plan workshops! If you are interested, please contact Laela Ragsdale, so she can enroll you!

### Horse Project Area Workshops

Are you interested in horses and want to learn more about how to show your horse at the fair?

Join the project area club Horse-N-Around Equinators to participate in a series of Spring and Summer workshops to help prepare you for the fair! We will meet on April 8 to plan workshops and topics areas that club members want to learn about!



We will only meet during the Spring/Summer time, and you don't have to leave your current club to be apart of this club!

If you are interested in joining contact Laela Ragsdale at 641-373-3874 or at [laela@iastate.edu](mailto:laela@iastate.edu)

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext)



IOWA STATE UNIVERSITY  
Extension and Outreach



## Crop Scouting

Are you interested in getting your hands dirty? Finding out how soils, bugs, beetles and more affect crops. Whether it's corn, soybeans, wheat, hay or silage, 4-H crop scouting is for you!

Contact Laela at [laela@iastate.edu](mailto:laela@iastate.edu) or 641-373-3874 if you are interested in joining the crop scouting team!



### CROP SCOUTING TEAM

Are you interested in getting your hands dirty? Finding out how soils, bugs, beetles and more affect crops. Whether it's corn, soybeans, wheat, hay or silage, 4-H crop scouting is for you!

Contact Laela if you are interested in joining the crop scouting team!

Watch for more information in next month's newsletter!

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext)

IOWA STATE UNIVERSITY  
Extension and Outreach



## Apply to be on the Youth Preparedness Council!

The Youth Preparedness Council (YPC) brings teens together from across the country who are passionate about emergency preparedness and making a difference in their communities. Council members are selected based on involvement in extracurricular activities, leadership experience, and interest in preparedness and emergency management.

Grades: 8-11 are eligible to apply.

Application is open from Jan. 22—March 4, 2024

For more information: <https://www.fema.gov/emergency-managers/individuals-communities/youth-preparedness-council>.

## Bake-To-Give Award

Youth in grades 7th-12th are invited to apply for the \$1,000 Bake-to-Give award. This award recognizes youth bakers who are actively making a difference in their local communities, the award aims to inspire others to do the same. To apply submit a one-page description of your service to your community by March 31, 2024.

For more information visit: [https://www.homebaking.org/youthaward/?fbclid=IwAR1\\_cTXOrZzGUT6Ve6Cfi6agMCAwd0iESW62aQCWOERq79qhvxarCtIgu\\_M](https://www.homebaking.org/youthaward/?fbclid=IwAR1_cTXOrZzGUT6Ve6Cfi6agMCAwd0iESW62aQCWOERq79qhvxarCtIgu_M).

Contact: [Cayla@iastate.edu](mailto:Cayla@iastate.edu) for more information or with questions.

## Region 4 Leadership Retreat

All youth in grades 7th-12th are invited to join us for an unforgettable afternoon filled with new friendships, teambuilding, and inspiring workshops! Join us on February 25, from 1:30-6:00 at the North Iowa Fairgrounds, 3700 4th St SW, Mason City. Register through 4-HOnline. Contact Laela at [laela@iastate.edu](mailto:laela@iastate.edu) with questions.



**Crack INTO YOUR POTENTIAL**  
Region 4 4-H Youth Leadership Retreat

February 25  
1:30-6:00 pm

Join us for an unforgettable afternoon filled with:

- New friendships
- Thrilling teambuilding activities
- Inspiring workshops
- Challenging escape-the-box scavenger hunt
- Delicious pizza & social time

7th-12th Grade  
4-H Member  
from Curry, Garden, Hayt, Franklin, Mitchell and Worth County

North Iowa Fairgrounds  
3700 4th St SW  
Mason City, IA 50401

REGISTER NOW >

4HOnline under the "Events" tab!  
<https://v2.4honline.com>

DEADLINE IS FEBRUARY 18!

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/text](http://www.extension.iastate.edu/diversity/text).

IOWA STATE UNIVERSITY  
Extension and Outreach

## Waterloo Black Hawk 4-H Night

Iowa 4-H members are invited to the Waterloo Black Hawk's hockey game on Saturday, March 23 at 6:05 p.m. or Sunday, March 24 at 3:05 p.m. Both games are against the Tri-City Storm. Saturday's game is our "Guns & Hoses Night," with special recognition for police and firefighters, plus postgame autographs from select Black Hawks players. After Sunday's game, there is a free postgame skate with the team (while the supply of skates lasts, or bring your own), plus postgame autographs. Tickets are \$10 for 4-H members and their families.

## 4-H Foundation Scholarships

The process for the Iowa 4-H Foundation Scholarships application will close on **March 1, 2024**. Over 90 scholarship opportunities valued at over \$100,000 will be awarded. Former and current 4-H members graduating from high school or currently attending college are eligible applicants. Information and applications for the 4-H Scholarships are now available online through the [Iowa 4-H Foundation website](https://www.4h.org/foundation). Questions? Contact [Mary Clancy](mailto:Mary.Clancy@iastate.edu).

## Equine Extravaganza

Equine Extravaganza provides opportunities for all youth in grades 4-12 to demonstrate their knowledge of equine-related subject matter in a competitive setting where attitudes of friendliness and fairness prevail. Depending on the event, youth can participate both as an individual and as part of a team.

When: April 12-14, 2024

Where: Ellsworth Equestrian Center, Iowa Falls

Grades: 3-12 grade

For more information visit: <https://www.extension.iastate.edu/4h/equineextravaganza>.

Register opens February 1 in 4-HOnline!



**EQUINE EXTRAVAGANZA**  
April 12-14, 2024

Ellsworth Equestrian Center in Iowa Falls, IA

Open to all youth in grades 4th-12th

Share your knowledge of the equine industry through a variety of competitions and participatory events.

IOWA STATE UNIVERSITY  
Extension and Outreach



# WATERLOO BLACK HAWKS

## 2024 Spring 4-H Nights

Saturday, March 23<sup>rd</sup> vs. Tri-City, 6:05 p.m.

Sunday, March 24<sup>th</sup> vs. Tri-City, 3:05 p.m.

All northeast Iowa 4-H Families are invited

# Tickets for just...

# \$10<sup>ea.</sup>

Regular Price is \$18-\$20

\*Visit [tickets.waterlooblackhawks.com](https://tickets.waterlooblackhawks.com)

\*Use promo code: **spring4-h** (expires 3/22 at midnight)

\*Enter the code, then click **FIND TICKETS** under

SPRING 4-H NIGHT

\*For group orders (10 or more), please contact the  
Black Hawks directly →

Have questions?  
Need more details?  
Contact: Tim Harwood  
319-296-7581

[radio@waterlooblackhawks.com](mailto:radio@waterlooblackhawks.com)

Gates open one hour before noted start time.



# PILLOWCASE SEWING WORKSHOP

Are you new to sewing, and looking for a beginner sewing project? Join us at the pillowcase sewing workshop to learn how to make a pillowcase using the burrito sewing method!

**SATURDAY, FEBRUARY 24**  
**9:00 A.M. - 12:00 P.M.**

**REGISTER  
TODAY ON  
4-HONLINE!**



641-373-3874



La Luz Centro Cultural, 7 2nd  
Ave NE, Hampton



<https://v2.4honline.com/>



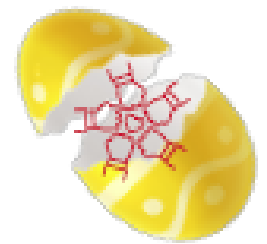
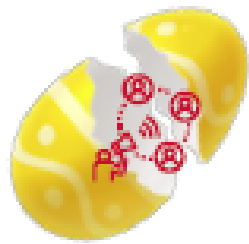
**Fabric and supplies are  
provided!**

**We will provide sewing  
machines as well, but  
please bring your own  
sewing machine if you have  
one!**

**4-H members are  
encouraged to bring a  
parent or adult helper  
to assist them during  
the workshop!**



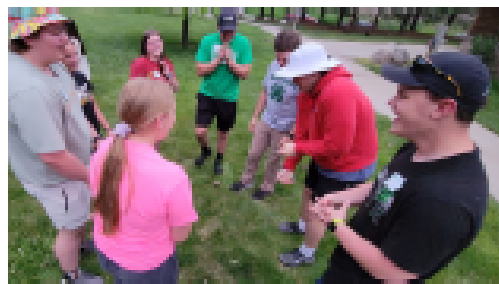
**IOWA STATE UNIVERSITY**  
Extension and Outreach



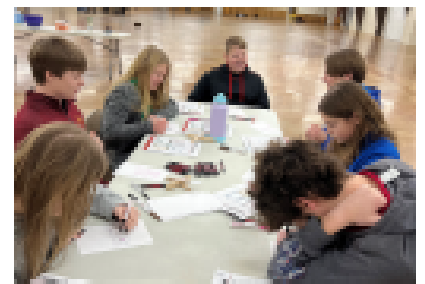
# Crack

## INTO YOUR POTENTIAL

### *Region 4 4-H Youth Leadership Retreat*



**February 25**  
**1:30-6:00 pm**



**Join us for an unforgettable  
afternoon filled with:**

- New friendships
- Thrilling teambuilding activities
- Inspiring workshops
- Challenging escape-the-box scavenger hunt
- Delicious pizza & social time



**7th-12th Grade  
4-H Member**  
from Cerro Gordo,  
Floyd, Franklin,  
Mitchell and Worth  
County

**North Iowa Fairgrounds**  
**3700 4th St SW**  
**Mason City, IA 50401**

**REGISTER NOW**



**4HOnline under the "Events" tab!**  
**<https://v2.4honline.com>**

**DEADLINE IS FEBRUARY 18!**

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext).



**IOWA STATE UNIVERSITY**  
Extension and Outreach

# FRANKLIN COUNTY



## PB & J Yay!

In January at Clover Kids, we learned about different consistencies of the food we are baking. Clover Kids made their own PB and Jelly sandwich for snack and also made PB balls as a group. Many kids asked me to send the recipe to their families, so you can find it on the next page. We did modify the recipe by removing the beans and added more peanut butter. Clover Kids also made Valentines for Veterans. The Extension office will mail over 100 valentines to KCMR radio station in Mason City and volunteers will pass them out at the hospital on Valentines Day. Use the heart template on the next page to send a valentine to veteran you know.

**February 2024**

### Upcoming Clover Kids

**West Fork: 2/1**

**South Side: 2/5**

**AWSGR: 2/12**

**North Side: 2/20**

**CAL Session 1: 2/26**

**CAL Session 2: 2/27**



## More Clover Kids at Home



- Practice blending ingredients together to make a new consistency of food.
- As a family, make Peanut Butter Banana Smoothies using the recipe from Spend Smart. Eat Smart.® by Extension and Outreach found at <https://spendsmart.extension.iastate.edu/recipe/peanut-butter-banana-smoothie/>.
- With your Clover Kid, talk about how many foods start from a seed.
- Read Peanut Butter and Jelly: A Play Rhyme by Nadine Bernard Westcott.
- Watch a video from the Food Network on how peanut butter is made, found at <https://www.youtube.com/watch?v=QhYrO6sdARw>.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext).



**IOWA STATE UNIVERSITY**  
Extension and Outreach



# FRANKLIN COUNTY



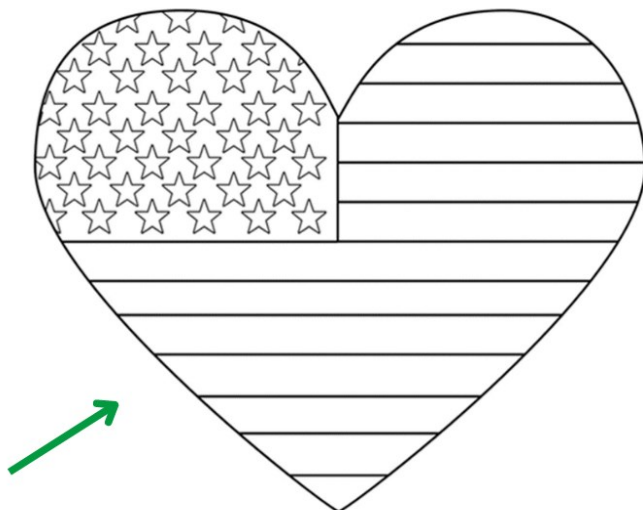
## PEANUT BUTTER BALLS

### INGREDIENTS

- 1 can (15 ounces) great northern beans (drained and rinsed)
- 1/3 cup honey
- 1 tablespoon vanilla
- 1 1/4 cups peanut butter
- 1 1/2 cups quick cooking oats

### INSTRUCTIONS

1. Mash the great northern beans with a fork in a bowl until smooth.
  2. Add the honey and vanilla. Stir.
  3. Add peanut butter. Stir until blended.
  4. Stir in the oatmeal.
  5. Wash hands. Use a tablespoon to scoop up some of the peanut butter mixture. Shape the mixture into balls (makes 50 balls).
  6. Store leftover balls in an airtight container in the refrigerator.
- <https://spendsmart.extension.iastate.edu/recipe/peanut-butter-balls/>



Color this valentine for your favorite veteran.

## Computer Science Workshop



During an after-school program at La Luz Centro Cultural, youth participated in computer science workshop that involved coding, cookies, and Bee Bots.



IOWA STATE UNIVERSITY  
Extension and Outreach



*Designed with young farmers in mind!*

Registration Opens in March

Clover Kids  
**Farm Camp**  
May 31, 2024

Watch for details in the March newsletter

For more information on Franklin County Clover Kids email [schnabel@iastate.edu](mailto:schnabel@iastate.edu)

## Mental Health Matters

Check out the mental health matters resources on the extension store. These are great activities to do on your own, with a caring adult, or with a group. These area all free to download on the Extension Store.

<https://store.extension.iastate.edu/Topic/Healthy-Living/Wellbeing?S=0&A=0&F=0>.

Breathing to Cope with Anxiety - <https://store.extension.iastate.edu/product/16408>.

## New Member Resources

Are you a new member and want some tools or some more information on 4-H? Visit our website for resources shared a new member night at <https://www.extension.iastate.edu/franklin/join-4-h>.



### MATERIALS

- Comfortable place to sit
- Sheet of paper
- Something to draw with (i.e., pen, pencil, marker, crayon)



### DID YOU KNOW

Anxiety is the feeling of worry or nervousness, usually about something coming up that you are uncertain about. All of us feel anxious from time to time; maybe you get butterflies in your stomach before you must give a speech in class, or your heart feels like it's pounding before you take a math test. Maybe you forgot to take out the trash, and your parent or guardian is upset, and you feel tingling in your arms and hands. These are all signs your body sends you to tell you it feels like something is wrong or something dangerous is near.

You may have heard this being called your fight, flight, or freeze response. Your body feels like there is a threat to our safety, and it is getting your body and mind ready to run away or fight the threat or freeze in place. It is helpful if you are in danger but what if you are having those symptoms during your everyday life when there is no threat to your safety?

Anxiety among children and teens has been on the rise in recent years. Just over 7% of youth aged 3-17 have been diagnosed with some form of anxiety. That may not seem like a big number, but that comes out to over 4 million kids dealing with anxiety (CDC, 2021).

The good news is that you can do some easy things at home to help you when you are feeling anxious to help stop your body from engaging in the fight, flight, or freeze response. The one we are going to focus on here is breathing. Breathing relaxes a nerve that goes from your stomach to your brain, sending a signal to relax (TeensHealth, 2016).



### DO

On your piece of paper, draw a square. Now take your paper and move to a comfortable place to sit and get comfortable. It is recommended that you sit with both feet on the ground for this to be most effective. Before beginning, take a couple of deep breaths for practice. Make sure that you are breathing into your stomach area when taking your deep breaths. You should see or feel your stomach area getting bigger as you breathe in and then smaller when you breathe out.

- Take your paper and place your finger on one corner of your square.
- With your finger or your eyes, trace the line along the side to the next corner while breathing in. While tracing the line, slowly count to 4. When counting, say to yourself, 1 Mississippi, 2 Mississippi, 3 Mississippi, 4 Mississippi; this helps ensure that you are not counting too fast or too slow.



IOWA STATE UNIVERSITY  
Extension and Outreach

## CONTACT US!

### ADDRESS

6 2nd Street NW  
Hampton, Iowa 50441

### PHONE

641-456-4811

### HOURS

Monday-Thursday,  
8:00 a.m. to 4:30 p.m.  
Friday  
8:00 a.m. to 12:00 p.m.

### EMAIL

[laela@iastate.edu](mailto:laela@iastate.edu)

### WEBSITE

[extension.iastate.edu/franklin](https://extension.iastate.edu/franklin)



## CONNECT WITH US ON SOCIAL MEDIA

**Franklin County  
Extension Facebook**

**Instagram  
isuextfranklin**

**Franklin County  
Extension YouTube  
Channel**

**ISU Extension &  
Outreach Pinterest**

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](https://www.extension.iastate.edu/diversity/ext).