



FRANKLIN COUNTY 4-H NEWS

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.

Have 4-H Questions?

Contact Laela Ragsdale

Call/Text-641-373-3874

Email-
laela@iastate.edu

January 2024

A Note from Laela Ragsdale, County Youth Coordinator:

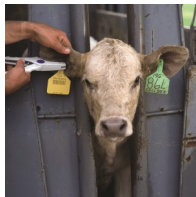
Dear New 4-H Families,
New Member Night.

New 4-H members and parents are invited to learn more about 4-H at New Member Night, Monday, **January 29**, 6:00 to 7:30 p.m., 805 Pizza & Chicken, Hampton. Members will learn more about club business meetings, record book keeping, 4-H projects, fair exhibits, and more through fun hands-on activities led by our 4-H Youth Council. Parents will learn about rules, regulations, and deadlines associated with 4-H and exhibiting at the county and state fairs. **Register by contacting Laela at 641-373-3874 by January 22.**

Warm Wishes,
Laela Ragsdale

Beef Weigh-In 4-H Online Instructions!

4-H members that weighed calves at the Franklin County weigh-in or at other county weigh-ins, must enter ear tag numbers, weights, sex of calf, and date of weigh-in in 4hOnline 2.0 before February 1! Laela will review the weigh-in data for accuracy. Ultimate animal data accuracy rests with each 4-H family!! Be sure to CORRECTLY enter the ear tag number. On the yellow EID tags all 15 digits, i.e. 840003248311031, must be recorded.



IOWA STATE UNIVERSITY
Extension and Outreach

4-H Calendar



December 1	4-H Foundation Scholarships open
January 1	Recognition Application open, 4hOnline
January 3, 7:00-8:00 p.m.	Recognition Day Cover Letter Zoom
January 9, 5:00-6:00 p.m.	Recognition Day Help Night, Franklin County Extension Office
January 9,16,23,30, 6:30-8:00 p.m.	WHEP (Wildlife Habitat Education Program), Maynes Grove Lodge
January 10, 7:00-8:00 p.m.	Recognition Day Resume Zoom
January 11, 18,25, 7:00-8:30 p.m.	LQB (Livestock Quiz Bowl), Jackie Dohlman's House
January 14, 3:00 p.m.	County Council Meeting, Franklin County Extension Office
January 22, 6:00-8:00 p.m.	Annual 4-H Volunteer Training, 805 Pizza & Chicken
January 29, 6:00-7:30 p.m.	Annual New Member Night, 805 Pizza & Chicken
January 29, 7:00-8:00 p.m.	Recognition Day open office hours
February 1	Market Beef ID's Due in 4hOnline
February 1	Franklin County 4-H Scholarship Applications due Extension Office
February 1,8,15,22,28, 7:00-8:30 p.m.	LQB (Livestock Quiz Bowl), Jackie Dohlman's House
February 6,13,20,27, 6:30-8:00 p.m.	WHEP (Wildlife Habitat Education Program), Maynes Grove Lodge
February 10, 10:00 am-12:00 p.m.	4-H Officer Training, Extension Office
February 10 or 11, (time TBD)	County Council Meeting, Extension Office
February 19, 6:45-8:00 p.m.	YQCA training, location TBD
February 24	Sewing Workshop, location TBD
March 1	State Foundation Scholarships Due
March 9, 9:00-10:15 a.m.	YQCA training & first year livestock exhibitors meeting (10:15-11:15 a.m.), location TBD
May 15	ALL animal identification due on 4-H Online
May 15	YQCA certification due!
June 24	Fair Entry Deadline, all livestock and projects must be entered!



4-H College Scholarships

The Iowa 4-H Foundation is pleased to announce the 2024 scholarship programs for Iowa 4-H'ers attending or planning to attend college fall 2024. More than 90 scholarships are available to Iowa 4-H'ers pursuing various fields of study at an Iowa Regent university, Iowa private college, or Iowa community college. Applications are available on-line and are due before or on **March 1, 2024**.

4-H Scholarship information, forms, and applications are available on the 4-H public web page:

<https://www.iowa4hfoundation.org/what-we-do/funding-for-4-h-ers/scholarships>

Information for Franklin County 4-H Scholarship applications has been sent to our 12th grade members in the mail! More information can be found at <https://www.extension.iastate.edu/franklin/newsletter>.

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 Franklin County Extension Office. 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](#), select Add New Event, "2024 Franklin County Club Officer Training".

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**, 6:45-8:00 p.m., or Saturday, **March 9**, 9:00-10:15 a.m., with an **first year showing information meeting** from 10:15–11:15 a.m. location is to be determined. Youth **MUST** Register online at: [YQCA \(yqcaprogram.org\)](https://yqca.yqcaprogram.org), and pay \$3.00 each. Look for Instructor-Led Training: "2024 Franklin Co YQCA"

Members may choose to complete the course online for \$12. Register online at: [YQCA \(yqcaprogram.org\)](https://yqca.yqcaprogram.org)



Livestock Quiz Bowl

4-H members! Do you want to learn more about the livestock you are raising or have an interest in? You can, by joining our group on Thursday evenings, starting **January 11** from 7:00-8:30 p.m. at Jackie Dohlman's house. 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. Register through [4HOnline](#), and contact Jackie Dohlman with questions at 641-425-5281 or at dohlmanjackie@gmail.com.

WHEP

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., beginning **January 9!**

To find out more check out: <https://www.extension.iastate.edu/4h/whep>

Register through [4HOnline](#). Please contact Jackie Dohlman at 641-425-5281 or at dohlmanjackie@gmail.com with questions.

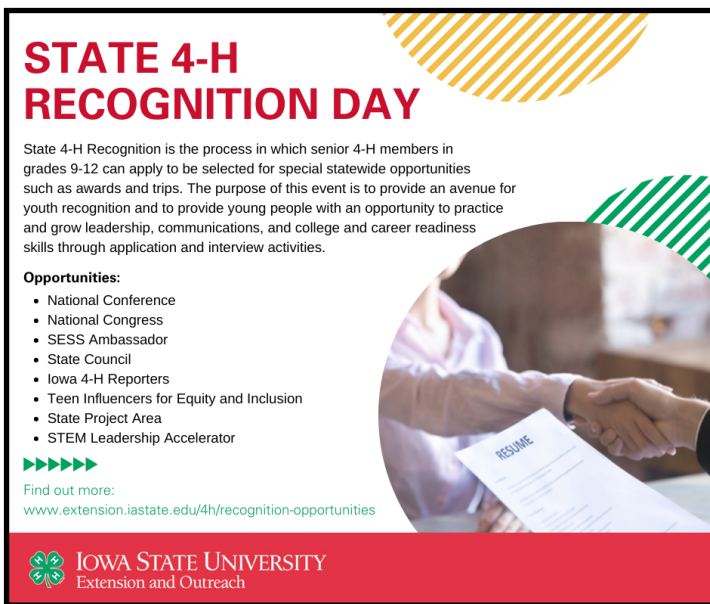
Winter Club Activities

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.



STATE 4-H RECOGNITION DAY

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.

Opportunities:

- National Conference
- National Congress
- SESS Ambassador
- State Council
- Iowa 4-H Reporters
- Teen Influencers for Equity and Inclusion
- State Project Area
- STEM Leadership Accelerator

Find out more:
www.extension.iastate.edu/4h/recognition-opportunities

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Recognition Day Workshops Posted

[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.

Applications open in [4HOnline](#) on January 1. The application deadline every year is 11:59 PM on February 1. Interviews may be done in person or over zoom.

There will be workshops available December-March on all aspects of applying.

Webinars on the opportunities offered, writing a cover letter, writing a resume, and preparing for interviews. Register for each through [4HOnline](#).

Writing a Recognition Day Cover Letter - January 3, 7:00-8:00PM

Writing a Recognition Day Resume - January 10, 7:00-8:00PM

Open Office Hours—January 29, 7:00-8:00PM

Recognition Day Interview Preparation - February 29, 7:00-8:00PM

Recognition Help and Information Night

January 9, 5:00-6:00 p.m., Franklin County Extension Office.

Stop by to learn more about recognition day opportunities, CWF, or scholarships.

4-H Volunteer Training

The required training for Franklin County 4-H volunteers will be held, Monday, **January 22**, 7:00 p.m., following a meal at Godfather's Pizza, Hampton, at 6:00 p.m. In case of inclement weather, this will be held via ZOOM.



Citizenship Washington Focus Trip

Registration Open

CWF is a high impact program for 4-H members in grades 9-12 featuring national experts and leaders along with opportunities for career exploration, using your voice, and building connections with teens from across the country. Mark your calendars for June 12-23, 2024, to be part of this exciting trip! Registration cost is \$3,000 for teens. The cost covers lodging, travel, and many meals. Deadline for registration is January 22, 2024. To learn more, visit the [Iowa 4-H CWF webpage](#). Make plans today to strengthen your communication, leadership, and civic engagement skills while exploring our nation's capital city.

Questions? Please contact Gail Castillo, CWF Trip Coordinator gail@iastate.edu or 515-294-2647

Financial Assistance: Please contact Laela Ragsdale at 641-373-3874 or at laela@iastate.edu to begin fundraising!

Chaperone Enrollment Open for State 4-H Conference.

Are you interested in chaperoning a group of students for State 4-H Conference? State 4-H Conference is June 25-27, at Iowa State University. If you are interested or have questions, please contact Laela Ragsdale at 641-373-3874 or at laela@iastate.edu. Register through [4HOnline](#).

Sewing Workshop

Are you interested in learning how to sewing or improving your sewing skills? Join us of February 24 from 9-12 to learn how to make a burrito pillowcase. Location is to be determined. Register through 4HOnline.

Sewing supplies will be posted in the February newsletter, and will be emailed to members after they register for the event.

Please contact Laela Ragsdale at 641-373-3874 with questions.

New Member Night



**Are you a first or second year member
and confused about all the 4-H terms
and lingo?**

Pizza &
Drink are
provided.

Come and learn about these terms, along with fair, projects,
livestock ID, 4-H camp and so much more!

Date: January 29

Time: 6-7:30 p.m.

Place: 805 Pizza & Chicken, Hampton

Register: text Laela at 641-373-3874

Bring a Friend!
Parents and
guardians are
asked to
attend!

Club Officer Training



Have you recently been elected as a
club officer? Do you want to learn
more about your new role?

Join us for club officer training, where
you will learn about your club officer
position, how to run a business meeting,
and learn how to keep your club meetings
fun!



When: Saturday, February 10, 10 am-noon.

Where: Franklin County ISU Extension and
Outreach Office

Register: [4HOnline](#), click on events and select
2024 Franklin County Club Officer Training

Questions?
Contact Laela
Ragsdale at
641-373-3874

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FRANKLIN COUNTY



A Yummy Dairy Treat

In December at Clover Kids, we learned about dairy products and how they are made. This month's book Tales of the Dairy Godmother: Chuck's Ice Cream Wish by Viola Butler went through all the work that goes into making ice cream. Our cooking activity was making Frozen Yogurt in a bag. It was a lot of work but it was yummy! The recipe we used from Utah State University is on the next page!

January 2024

Upcoming Clover Kids

West Fork: 1/4

South Side: 1/8

AWSGR: 1/15

North Side: 1/22

CAL Session 1: 1/29

CAL Session 2: 1/30



More Clover Kids at Home



- As a family, make Berry Banana Popsicles using the recipe from Spend Smart. Eat Smart.® by ISU Extension and Outreach, found at <https://spendsmart.extension.iastate.edu/recipe/berry-banana-popsicles/>
- While eating together, determine which part(s) of your meal include dairy.
- Read From Milk to Ice Cream by Stacy Taus-Bolstad.
- Watch a video from the Science Channel to learn how ice cream is made in a factory, <https://youtu.be/Vlb4mfQv6-s>.
- Watch a video from Citizen Kid by Disney to learn about Jenna, a Dairy Farmer and 4-H member who is passionate about teaching others about dairy farms, <https://www.youtube.com/watch?v=EOAavg4ftFk>.

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Frozen Yogurt in a Bag

This recipe is a great family activity where everyone can get involved! Once the bags are ready to shake, have everyone sit in a circle (outside is best because the bag might drip water). Take turns having each person shake the bag and pass to the next person until the yogurt is ready to eat.

Ingredients:

- 3 cups honey or other sweetened Greek yogurt
- 1 tsp. vanilla
- Toppings (fresh fruit, granola, mini chocolate chips)

Materials:

- 2 gallon-sized Ziploc bags
- 1-2 cups kosher salt
- Ice

Directions

1. Combine all the ingredients in one of the gallon-sized bags and seal tight.
2. Add salt and ice. Place sealed bag inside the second bag. Fill the bag with ice and add the salt. Seal the bag.
3. Shake. Shake consistently until the mixture has reached the desired texture. (The bags may drip water as the ice melts.)
4. Separate bags by taking out inside bag. Cut a bottom corner to squeeze yogurt into bowls.
5. Serve immediately with any desired toppings.

4-H GROWS




LEADERS




Vibrant Club Activities

Yoga for You- <https://store.extension.iastate.edu/product/16781>



YOGA FOR YOU

RECREATION | BUILDING A VIBRANT CLUB



RECREATION

The elements of a vibrant club meeting are designed to meet youth needs of belonging, independence, mastery and generosity.

- Welcome (10-20 min)
- Education (20-30 min)
- Recreation (20-30 min)
- Business Meeting (10-20 min)

CONCEPT

- Youth will learn to use yoga as a method of self-care.

AUDIENCE

Intended for any size group of youth in grades 4-12.

PRIORITY AREA

- Healthy Living

LIFE SKILLS

- Healthy Lifestyle Choices
- Stress Management

BACKGROUND INFORMATION

Self-care is important for mental and physical well-being. Yoga helps strengthen and calm the mind and body through breathing, physical postures, and mindfulness. It is a fun and interactive activity that can help improve focus, self-esteem, listening skills, and relationships.

Work with the Wellness or Recreation Officer, 4-H member, or volunteer to set up stations with posters or cards of yoga poses. These can be hung on the wall or placed on the ground. Offer youth a choice between working with a partner or individually. The Wellness or Recreation Officer explains the activity, including safety aspects. Wellness or Recreation Officer script:

Self-care is important for our mental and physical well-being. Today we will try a fun activity that can help our overall well-being. Yoga helps strengthen and calm the mind and body through breathing, physical postures, and mindfulness. We will begin with a couple of basic group stretches. Please slide back from the table and stand if able.

- Stretch to the sky and hold for approximately five seconds. Repeat two times.
- Stretch to the floor and hold for approximately five seconds. Repeat two times.


Before we head to the yoga pose stations, I want to remind you to consider safety.

- If you are new to yoga or exercise, you should start with the easier poses and work up to the more challenging ones.
- If a pose feels painful at any point, stop doing it.
- Remember to breathe as you are doing each pose.
- Allow plenty of room between yourself and others - and any tables or other items in the room.

Now that we have our bodies warmed up and have talked about some basic safety, you are ready to head to your first station. Once that pose is completed, please rotate to the next station.

Youth will proceed to a station, either as an individual or as partners. Complete the pose as illustrated on the card. Continue rotating through all stations - or until the time is up.

DO



MATERIALS

- Printed posters or cards of Partner Yoga Poses (see references)
- Printed posters or cards of Individual Yoga Poses
- Printed posters or cards of poses for youth in wheelchairs, if needed
- Music (optional)
- Health Project Area Guide

SPACE NOTES

This activity can be done indoors or outdoors. Space should be allowed between stations to allow poses to be done comfortably and reduce risks.

VIRTUAL ADAPTIONS

It can be done individually and explained via Zoom, but in person is the preferred method for this activity.

REFLECT

- Which of the poses did you like the best? Why?
- How did you feel while doing the yoga poses?
- Do you feel any different now that you have done the poses? If so, how?

APPLY

Have a brief discussion of the importance of self-care to our mental and physical well-being. Can you think of other times when you might want to use yoga? What other things can you do to practice self-care?

Hand out copies of the *Health Project Area Guide*. Ask youth to identify an idea for additional project learning that they would like to explore. What might be an exhibit you can prepare for the fair?

Is there an idea under the Apply What You've Learned section that you would like to try with a friend or on your own?

VIBRANT CLUBS BEST PRACTICES

Encourage youth to respect each other's space for this activity.

For large groups, consider more than one station for each pose.

If any youth is uncomfortable performing yoga poses for any reason, offer an alternative activity during this time, such as basic stretches, body scans, walking body scans, or mindful breathing.

REFERENCES

- Health Project Area Guide <https://store.extension.iastate.edu/product/15292>

YOGA POSTERS

- University of Arkansas Extension - Healthy Living: 4-H Yoga <https://4h.uada.edu/programs/healthy-living/yoga-for-kids.aspx>
- Kids Yoga Stories - 5 Easy Wheelchair Yoga Poses <https://www.kidsyogastories.com/wheelchair-yoga/>

MUSIC

- <https://www.youtube.com/watch?v=zkdj1b00UE>
- <https://www.youtube.com/watch?v=Zd-ybx7ty8>
- <https://open.spotify.com/album/1H29CJC1hk7xSWqEZckp90llogin>

Written by Rhesa R. Leidinger, 4-H Youth Program Specialist; Lori Mitchell, 4-H Youth Program Specialist; Cherry Sandeen, 4-H Youth Program Specialist, Iowa State University Extension and Outreach.

For more information on the elements of a vibrant club, please see publication 4H 4004, Building a Vibrant Club at <https://store.extension.iastate.edu/product/12893>.

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4H 3559 April 2023

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