



# FRANKLIN COUNTY 4-H NEWS

## SAVE THE DATE

- **August 9:** State Fair 4-H Exhibits taken to Des Moines
- **August 11-21:** Iowa State Fair
- **August 22:** State Fair 4-H Exhibits brought back
- **August 31:** 4-H Record Books due
- **September 1:** Re-enroll in 4hOnline
- **September 8:** 4-H Youth Committee
- **September 20, 21, & 22:** County 4-H Award Interviews, Trinity Lutheran Church, Hampton
- **September 23-25:** Thrive Mindfulness Retreat

## August 2022

### A Note from Jackie Dohlman, County Youth Coordinator:

It's August and you know what that means! Time to get your record books done and register to interview for County 4-H Awards!!

You will find information on page 3 on how to do project and yearly summary record books. Franklin County has a strong tradition of members completing record books. Record keeping is a life skill you will appreciate having as you graduate from high school and begin applying for scholarships and creating your resume.

The second life skill you can build on is interviewing! As a 4-H member there are several opportunities for this. Here at the county level you can learn how to interview by registering to do so at our County 4-H Awards interviews September 20, 21, or 22, at the Trinity Lutheran Church in Hampton.

Members must fill out the Interview Checklist and select a date and time on the Google Forms. You have the option of recording a self interview and submitting a YouTube video URL by September 20. See instructions on the Checklist.

All members may apply for scholarships to 4-H camps, conferences or trips; to serve on one of our Youth Councils; and up to two TOP project and other available awards! See instructions on the Checklist.

Link to [Checklist](#)

Link to schedule interviews : [Tuesday](#) [Wednesday](#) [Thursday](#)



# 4-H at the Iowa State Fair

## 2022 Schedule

THURS AUGUST 11		
9:00am & 1:30pm	Educational Presentations	4-H Bldg. Pres. Room
9:00am & 1:30pm	Working Exhibits	4-H Bldg.
9:00am	Horse Show	Jacobson Exh. Bldg.
9:00am-4:00pm	Animal Science Hands-On Activities	4-H Bldg.
12:00pm-1:30pm	Share the Fun	4-H Bldg. Stage
5:00pm	Awardrobe Runway Show	Youth Inn
5:00pm-6:45pm	Share the Fun	4-H Bldg. Stage

FRI AUGUST 12		
8:30am	Poultry Show	Poultry Bldg.
9:00am	4-H Day at Iowa State Fair	Concourse
9:00am & 1:30pm	Educational Presentations	4-H Bldg. Pres. Room
9:00am & 1:30pm	Working Exhibits	4-H Bldg.
9:00am-4:00pm	Pollinator Health Hands-On Activities	4-H Bldg.
12:00pm-1:30pm	Share The Fun	4-H Bldg. Stage
3:00pm	Dairy Skillathon	Dairy Barn
5:00pm-6:45 pm	Share The Fun	Stage

SAT AUGUST 13		
9:00am & 1:30pm	Educational Presentations	4-H Bldg. Pres. Room
9:00am & 1:30pm	Working Exhibits	4-H Bldg.
9:00am-4:00pm	Healthy Living Hands-On Activities	4-H Bldg.
9:00am-11:45am	Mindful Movement	4-H Bldg. Stage
12:00pm	Horticulture Show	John Deere Ag. Bldg.
12:00 pm-1:30pm	Share The Fun	4-H Bldg. Stage
1:45pm-4:45pm	Mindful Movement	4-H Bldg. Stage
5:00pm-6:45pm	Share The Fun	4-H Bldg. Stage

SUN AUGUST 14		
9:00am	Swine Skillathon	Swine Barn
9:00am-4:00pm	SWITCH Hands-On Activities	4-H Bldg.
9:00am-11:45am	International Harvester Awards	4-H Bldg. Stage
12:00pm-1:30pm	Share The Fun	4-H Bldg. Stage
1:30pm	Working Exhibits	4-H Bldg.
1:30pm	Educational Presentations	Sheep Barn
1:00pm	Sheep Skillathon	4-H Bldg. Stage
5:00pm-6:45pm	Share The Fun	

MON AUGUST 15		
8:30am	Market Sheep Show	Sheep Barn
8:30am	Breeding Swine Show	Swine Barn
9:00am & 1:30pm	Educational Presentations	4-H Bldg. Pres. Room
9:00am & 1:30pm	Working Exhibits	4-H Bldg.
9:00am	Extemporaneous Speaking	4-H Bldg.
9:00am-4:00pm	Unlock Ag Hands-On Activities	4-H Bldg.
12:00pm-1:30pm	Share The Fun	4-H Bldg. Stage
2:00pm	Extemporaneous Speaking	4-H Bldg.
5:00pm-6:45pm	Share The Fun	4-H Bldg. Stage

TUES AUGUST 16		
8:30am	Breeding Beef Show	Livestock Pavilion
8:30am	Breeding Sheep Show	Sheep Barn
8:30am	Market Swine Show	Swine Barn
9:00am & 1:30pm	Educational Presentations	4-H Bldg. Pres. Room
9:00am & 1:30pm	Working Exhibits	4-H Bldg.
9:00am	Extemporaneous Speaking	4-H Bldg.
9:00am-4:00pm	FLEx Virtual Reality Hands-On Activities	4-H Bldg.
12:00pm-1:30pm	Share The Fun	4-H Bldg. Stage
2:00pm	Extemporaneous Speaking	4-H Bldg.
5:00pm-6:45pm	Share The Fun	4-H Bldg. Stage
6:30pm	Beef of Merit Show	Livestock Pavilion

WED AUGUST 17		
8:30am	Market Beef Show	Livestock Pavilion
9:00am & 1:30pm	Educational Presentations	4-H Bldg. Pres. Room
9:00am & 1:30pm	Working Exhibits	4-H Bldg.
9:00am-4:00pm	Clover Kids Hands-On Activities	4-H Bldg.
12:00pm-1:30pm	Share The Fun	4-H Bldg. Stage
12:30pm	Goat Skillathon	Swine Barn
3:30pm	Meat Goat Showmanship	Swine Barn
5:00pm-6:45pm	Share The Fun	4-H Bldg. Stage

THURS AUGUST 18		
8:30am	Market Meat Goat Show	Swine Barn
9:00am	Rabbit Show	Rabbit Bldg.
9:00am & 1:30pm	Educational Presentations	4-H Bldg. Pres. Room
9:00am & 1:30pm	Working Exhibits	4-H Bldg.
9:00am	Extemporaneous Speaking	4-H Bldg.
9:00am-4:00pm	Global Exploration Hands-On Activities	4-H Bldg.
9:00am-11:45am	Global Exploration	4-H Bldg. Stage
12:00pm-1:30pm	Share The Fun	4-H Bldg. Stage
1:45pm-4:45pm	Global Exploration	4-H Bldg. Stage
2:00pm	Extemporaneous Speaking	4-H Bldg.
5:00pm-6:45pm	Share The Fun	4-H Bldg. Stage
After Market Shows	Breeding Meat Goat Show	Swine Barn

FRI AUGUST 19		
9:00am & 1:30pm	Educational Presentations	4-H Bldg. Pres. Room
9:00am & 1:30pm	Working Exhibits	4-H Bldg.
9:00am-4:00pm	Comm. & the Arts Hands-On Activities	4-H Bldg.
12:00pm-1:30pm	Share the Fun	4-H Bldg. Stage
5:00pm-6:45pm	Share the Fun	4-H Bldg. Stage

SAT AUGUST 20		
9:00am	ISF in Space Balloon Launch	Outside 4-H Bldg.
9:00am & 1:30pm	Educational Presentations	4-H Bldg. Pres. Room
9:00am & 1:30pm	Working Exhibits	4-H Bldg.
9:00am-4:00pm	Americorps Hands-On Activities	4-H Bldg.
12:00pm-1:30pm	Share the Fun	4-H Bldg. Stage
1:45pm-4:45pm	InventSTEM	4-H Bldg. Stage 4-H Bldg. Stage
5:00pm-6:45pm	Share the Fun	Bldg. Stage

SUN AUGUST 21		
9:00am-1:00pm	STEM Hands-On Activities	4-H Bldg.
9:30am	Dog Show	Livestock Pavilion
9:30am	Extemporaneous Speaking	4-H Bldg.
1:45-4:45pm	Hall of Fame	4-H Bldg. Stage

**August 11-21, 2022**  
**Iowa State Fairgrounds**  
**Des Moines, IA**



**IOWA STATE UNIVERSITY**  
 Extension and Outreach

## 4-H Records are Due!

**All** project and Senior Overall records are due to the Extension Office by Wednesday, **August 31**, 4:30 p.m. Members are required to turn in a record for each project they are enrolled in. Members are not required to take an exhibit to the fair for their project. Project records are a record of the member's goals, what they learned while achieving those goals, and their future plans in the project. **Remember, your fair exhibits questions sheets can be completed and used for project records!**

Overall Yearly Summary records are a record of what 4-H activities the member has participated in this past year. 4-H activities include those activities within the club, county, region, as well as statewide 4-H activities. Intermediates and Juniors turn in overall records to club leaders by August 31.

Check it out! The 4-H Record Templates can be found at: <http://www.extension.iastate.edu/4h/projects/recordkeeping.htm>

The Franklin County 4-H site also has the tips sheets on how to fill out both project and overall records. <http://www.extension.iastate.edu/franklin/kidsteens.htm>



## THR!VE Mindfulness Retreat

Research shows that mindfulness benefits overall well-being, such as better focus and concentration, improved self-awareness, increased empathy, decreased stress and anxiety, improved sleep, and better performance in school, work, sports, and other activities.

THR!VE is open to any 7th-12th grader and an accompanying caring adult (parent or other adult caregiver or mentor) to take time for themselves, connect with each other and new friends, and discover the benefits of mindfulness through nature, the arts, movement, and other mindful practices. Participants will also get to enjoy camp activities like zip-lining, archery, hiking, horseback riding, canoeing, and a bonfire.

Breathe. Explore. Connect.

When: **September 23-25**, 2022 | Flexible arrival time between 5:30-8:00pm on Friday; 11:00am departure on Sunday.

Where: Des Moines YMCA Camp - Boone, IA

Cost: \$50 - financial assistance available

Registration closes September 9

To register and see more information, visit [here](#).

[www.extension.iastate.edu/4h/thrive-mindfulness-retreat](http://www.extension.iastate.edu/4h/thrive-mindfulness-retreat)

See [Schedule](#).



## CONTACT US!

### ADDRESS

3 First Ave NW  
Hampton, Iowa 50441

### PHONE

641-456-4811

### HOURS

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

### EMAIL

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

### WEBSITE

[extension.iastate.edu/franklin](http://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

DOWNLOAD OUR APP  
Franklin County Extension

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).