

Clover Connection

December 2020 & January 2021



Howard County Extension and Outreach
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The Clover Connection newsletter connects the ISU Extension and Outreach – Howard County office with 4-H families. Please read carefully. The newsletter is always available on your 4-H online family account as well as on the [Howard County Extension](#) website.

Our office will be closed on December 24th, 25th & January 1st for the Holidays.

JOIN THE CLUB!

Clover Kids

Afton Aces

Cresco Leaders

Diligent 4-H'ers

Flying Hoofs

Howard Center Stars

Saratoga 4-H

Space Age Farmers

Timberland Targeting



I Pledge

my **HEAD**
to clearer thinking,

my **HEART**
to greater loyalty,

my **HANDS**
to larger service, and

my **HEALTH**
to better living, for

my *Club, my Community,*
my Country,
and my World.

Happy Holidays

It's crazy to believe the holiday season has begun! Right now we are all thinking of what gifts to give for the holidays. Give the gift of 4-H! Encourage someone to join in and let them enjoy the fun events and opportunities! This time of year is also the time to enjoy the little things! I wish you all Happy Holidays and enjoy your time with family and friends! Winter break is also the PERFECT time to start working on fair projects! The fair is coming quicker than you know!

As always, make sure to take a few minutes to mark your calendars for the year as we begin planning our events and deadlines! Watch your email and mail for continual updates on project areas, upcoming events, and deadlines!

With 4-H Spirit,

Josey Nolan

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2020 4-H AWARDS



The annual 4-H Awards Program was supposed to be held on November 8, 2020 at the Cresco Theater in Cresco, Iowa, unfortunately, due to the COVID-19 spike in our area it was canceled. We would like to recognize our Awards Recipients, congratulations to all! We are so proud to have each and every one of you as a part of the Howard County 4-H program!

4-H County Council members – Nora Ryan Haylee Holten, Ashley Ferrie, Ashley Reicks, Audrey Ferrie, Ethan Govern, Hailley Mittelsted and Ella Keller assisted and produced a 4-H skit for the audience.

Top Junior record book trophy winners were: Claire Kach, Clara Keller, Kelsey Adams, Ella Dennler and Kallie Eastman. Juniors receiving 4-H guard pins for excellent recordkeeping skills were: Kathleen Brannon, Lindsey Johnson and Madi Fritcher-Larson.

Top Intermediate record book trophy winners were: Kaleb Adams, Aiden Brannon, Ava Ferrie, Olivia Johnson, Ella Keller and Bradley Pickar.

Top Senior record book trophy winners were: Ethan Govern and Audrey Ferrie.

Meritorious Friend of 4H Award is given to an individual or business that has given of their time and talents for the 4-H program and the youth. This year the award went to Tim Huhe and Jennifer Bronner for their work in the Dairy Heifer Project.

The 4-H Alumni Award is given to a person that has given of their time and talent for the benefit of the 4-H program and has been a 4-H member. The 2020 4-H Alumni pin award went to Mary Steen.

Top 4-H Project award winners were:
 Beef Project – Ethan Govern.
 Woodworking Project – Ethan Govern.
 Home Improvement Project – Ava Ferrie
 Environmental Project – Aiden Brannon
 Visual Arts Project – Bradly Pickar
 Food and Nutrition – Olivia Johnson.

Overall Top Project winners were:
 Agriculture Award went to Emily Church.
 State Conference Award Trips to Emily Church, Audrey Ferrie and Ethan Govern.
 Lamp of Knowledge award went to Audrey Ferrie and Ethan Govern.
 Achievement in 4-H Experience Award went to Ethan Govern.
 4-H Achievement in Leadership award went to Audrey Ferrie.

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Noteworthy December Dates

December

Family Mindful Mondays



Research finds that mindfulness practice can help decrease stress and anxiety, and strengthen resilience and emotional regulation for both adults and youth. Mindfulness can increase attention, improve relationships, and strengthen compassion.
- MindfulSchools.org

IOWA 4-H
Family Mindful Mondays

Workshop Series: December 7, 14, 21
4:00-5:00pm (English)
7:00-8:00pm (English)
7:30-8:30pm (Spanish)

Open to any family with K-12 children.
REGISTER AT:
www.tinyurl.com/4HMindfulMondays

Learn about positive, healthy mindfulness tools, resources, and activities to support your individual and family's health and well-being!

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December 1

Youth Committee Meeting

Location: Zoom (Check email for Zoom link.)

Time: 6:00 p.m.

December 2

Beef Scholarship Extravaganza

Wednesday, Dec. 2, 2020 at Hansen Ag Learning Center, Ames. Deadline for entries is Nov. 5, 2020. Open to high school juniors and seniors. Winners receive scholarship dollars for university or community college attendance. More information on the Beef webpage (under Project Area Events). <https://www.extension.iastate.edu/4h/projects/beef>

December 7 & 8

Crestwood Clover Kids



Location: Kessel Lodge at Kessel Park

Transportation: The Transit Bus can provide transportation, parents must make arrangements in advance by calling 866.382.4259. The cost is \$2.00 and exact change is

expected. Otherwise, the parent/guardian is responsible for transport to Kessel Lodge.

The Crestwood Clover Kids has been split into two smaller groups for this month. Those that were moved to the Tuesday meeting I had spoken with, if you did not speak with me then your child will still be meeting on Monday.

December 10

Notre Dame Clover Kids



Location: Kessel Lodge at Kessel Park

Transportation: The Transit Bus can provide transportation, parents must make arrangements in advance by calling 866.382.4259. The cost is \$2.00 and exact change is expected. Otherwise, the parent/guardian is responsible for transport to Kessel Lodge.

December 10

Meat Goat Virtual Workshop



Nutrena
What's inside counts.

NE IA Show Goat Clinic
All Knowledge Levels Welcome

THURSDAY, DECEMBER 10
6:30 PM – 7:30 PM

VIRTUAL EVENT - Microsoft Teams

Show EDGE

Fayette County 4-H and Tayler Etzel, Cargill Animal Nutritionist, are hosting a meat goat virtual workshop for 4-H and FFA youth and adults on Thursday Dec. 10 from 6:30-7:30 pm. The workshop is free but participants must register by Friday, Dec. 4 by emailing Michele Kelly (kellymd@iastate.edu), County Youth Coordinator, or calling the Fayette County Extension Office at 563-425-3331. When registering please include the name of participant(s), email address, phone number along with county in which the youth is from.

December 15

County Council Meeting

Location: TBD, check your emails/texts for updates.

Time: 6:30 p.m.

UPCOMING EVENTS

January 2

Beef Weigh-In

Location: Howard County Fair Grounds

Time: 9:00-11:00 a.m.

More information will be sent to those who enrolled in the Beef Project in 4hOnline!

January 12

Annual Volunteer Training



4-H Volunteer
Training

Location: Kessel Lodge at Kessel Park

Time: 6:30 p.m.

January 19

County Council Meeting

Location: TBD, check your emails/texts for updates.

Time: 6:30 p.m.

January 21

Riceville Clover Kids



Location: Riceville Public Library

Transportation: Please send a bus permission slip if you would like your child to ride the bus to the library for each Clover Kids date. Otherwise the parent/guardian is responsible for transport to the library.

February 1

Crestwood Clover Kids

February 4

Notre Dame Clover Kids

February 16

County Council Meeting

Location: TBD, check your emails/texts for updates.

Time: 6:30 p.m.

February 25

Riceville Clover Kids

Helpful Information

4-H Funds – Helpful Links

[CS.7.13.18 4-H Club Account Voucher Request.xlsx](#) (July 13, 2018)

[CS.7.13.18 4-H Club Account Deposit Slip.xlsx](#) (July 13, 2018)

Reminder: If you are going to have a club fundraiser there is a Fundraising form 4HP 3020 that must be approved.

Clover Kids Volunteers Needed

I am in search of some volunteers to help with Clover Kids. It is from 3:15 – 5:30. Please email me a jinolan@iastate.edu if you would be interested in helping! This also can count towards your “Silver Cord” hours!

Crestwood @ Kessel Lodge

March 1 – 2 needed

Riceville @ Riceville Public Library

January 21 – 2 needed

February 25 – 2 needed

March 18 – 2 needed

April 22 – 2 needed

4-H Food Drive – EXTENDED!

Iowans are invited to join the State 4-H Council in a community effort to donate non-perishable food items due to the Howard County Extension Office by December 18th!

STATE 4-H COUNCIL INITIATIVE

IOWA 4-H FIGHTING HUNGER

**HELP US REACH OUR
GOAL OF 10,000
DONATIONS!**

**COLLECTING NON-
PERISHABLE FOODS
NOV. 1 - DEC. 1 TO
BENEFIT AREA NEEDS**

Drop off your donations at your local county extension office.

Visit extension.iastate.edu/4h/statecouncil to find a drop box near you!

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Iowa 4-H Camera Corps



Do you have an interest in photography and want to participate in a state level event? Good! I have just the thing for you! The Iowa 4-H Camera Corps is a talented group of youth photographers working together to make beautiful, powerful, and creative photographs of communities from across the state of Iowa. It is a unique opportunity to practice your photography skills and receive public recognition and juror feedback on your work.

Each month a photography theme is provided with a different focus. Professional evaluators will give individual feedback to each photographer after they submit their monthly photograph, and then each photograph will be exhibited digitally on the Iowa 4-H Facebook page where voting will be open to the public.

Are you interested? The application to join the Iowa 4-H Camera Corps is SUPER easy to fill out, it's as easy as filling out your name, county, email, and answering a few questions. The application can be found [here](https://www.extension.iastate.edu/4h/projects/iowa-4-h-camera-corps). Let Josey know if you apply! (<https://www.extension.iastate.edu/4h/projects/iowa-4-h-camera-corps>)

Scholarship Opportunity

Marion E. Jerome Foundation Scholarship is offering 2 Scholarships, one to a male and one to a female, each valuing \$4,000.00. Additional qualifications below...

- Any 2 or 4 year college or university in any state
- Preference to someone in Financial Need
- First choice to Winneshiek, Howard and Allamakee Counties, and secondary option to Chickasaw, Fayette and Clayton Counties.

The instructions, helpful hints, and complete list of scholarships can be found at this link. The road map to success can be found [here](https://www.iowa4hfoundation.org/documents/filelibrary/scholarships/2021_scholarships/ScholarshipInstructions2021_6E292E86B6CD8.pdf)...

(https://www.iowa4hfoundation.org/documents/filelibrary/scholarships/2021_scholarships/ScholarshipInstructions2021_6E292E86B6CD8.pdf)

Child Development Project Skills

If you are looking to expand your child development project skills think about helping with Clover Kids or with Kessel Kids! Both always have opportunities to interact with children and education. Some opportunities through Kessel Kids could be paid opportunities.

2021 Fair Canning Recipe Change

After 2020 summer exhibitors must use only the approved sources that are listed on the Foods for [Iowa 4-H Fairs - Quick Reference Guide](#). Ball recipes will no longer be accepted. Let me know if you have any questions! (<https://store.extension.iastate.edu/product/6434.pdf>)

4-H International Pen Pal Program

Iowa 4-H is a new member of the States' 4-H Exchange program, an international exchange program. States' 4-H Exchange is hosting a unique opportunity for 4-Hers from the U.S. to match with a 4-Her from another country for a three month winter pen pal program. Youth between the ages of 9-18 should register by **Dec. 11**.

States' 4-H
Winter Pen Pal Program
CONNECT WITH STATES' 4-H YOUTH FROM
AROUND THE GLOBE THIS WINTER!

OUR PEN PAL PROGRAM RUNS FROM
MID JANUARY - MID APRIL 2021!

Steps to Participate

- Sign up!**
Visit <https://www.surveymonkey.com/r/7N8RBHY> and fill in your information.
- Match!**
We will pair you with a same gender, similar aged youth from a country of your preference (if possible).
- Connect!**
Write at least twice per month with your match (you should each receive and send at least two messages per month).
- Make Friends!**
Share fun facts about your daily life and culture with your pen pal. Be sure to check out our recommended topics of the month as a starting point for your messages.
- Share!**
At the end of the program we will be creating an online space for participants to share what they learned from their pen pal.

LET'S MAKE INTERNATIONAL FRIENDS
THIS WINTER!

Leader Corner

volunteer
something for everyone

- *become* a leader, mentor or chaperone
- provide opportunities for *growth*
- *include* family, friends & neighbors
- facilitate hands on *learning*
- *flexible* time commitment
- create fun *summer learning*

Re-Enrollments Due – November 30

Annual Volunteer Training – January 12

We will have our Annual Volunteer Training on January 12, 2021. I will be getting you more details closer to the date.

Code of Ethics Due – February 1

Please have your 4'H'ers fill out their Code of Ethics form and return it to you, once you have them all please turn them into the Extension Office by February 1st!

COVID-19 Reminders

- There are still restrictions on food at events and meetings. We are limited to prepackaged foods. Please get in contact with me for specific restrictions.
- Face coverings are required when people are indoors and unable to social distance for 15 minutes or longer. The use of face coverings is a best practice at all times.
- Extension indoor programs & events are limited to 15 people.
- Extension outdoor programs & events are limited to 30 people.
- Remind participants to stay home if they are sick.
- Continue to ensure that social distancing and hygiene practices are followed for all gatherings.
- Clubs must maintain a record of ALL meeting attendees, including guests and parents.
- Do not share supplies.