



# CLOVER CONNECTION – NOVEMBER 2012



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## We are Thankful for...

It is crazy to think that we are once gearing up for a busy holiday season. Since with the Thanksgiving holiday we traditionally think of what we are thankful for, let's take a moment from our very busy lives to truly reflect on what we have to be thankful for. Sure we usually think of friends and family and our health as things we are thankful for. But what else is there? Are there things that we may take for granted? How about our sense of sight, hearing, smell? How about our legs, hands, the ability to speak or the house we live in? Maybe we are thankful for being safe or finally having rain? Take a moment to think about what we may be lucky to have in our lives. Of course, at the Howard County Extension office we are also thankful for our many 4-H members, families and volunteers.

Since our new 4-H year is here and rolling it also means re-enrollment and new enrollment time is here! Take a few minutes to complete the re-enrollment process before December 1. Spread the word about 4-H and what you have learned and experienced and what it has to offer! Think also about what something new to try for the year is. There are so many possibilities – maybe try a new one!

This month's newsletter is full of news and opportunities! Make sure you plan to attend our Recognition Program on November 4<sup>th</sup> at the Expo Center at 2:00 p.m. Start collecting recipes for the first ever Howard County 4-H Cookbook! Make sure to take a few minutes to mark your calendars for the year as we begin planning for our events and deadlines. Please don't forget to watch the newsletter and electronic bytes for deadlines and RSVP dates. RSVP deadlines are listed in the newsletter and in the electronic bytes so please read carefully. Let's continue to make the BEST BETTER!

### WHAT'S INSIDE:

- Events Calendar
- 4-H Food & Fitness Teams
- Citizenship Group
- 4-H Re-Enrollment for 2012-2013
- New Member Recruiting
- Workshop Ideas Wanted!
- State Recognition Awards
- Matt & Erin Nobsch Benefit
- Looking for Recipes for 4-H Cookbook!
- All about Re-enrollment
- Leader's Corner
- Stem It Up!
- Save the Dates
- 4-H County Council

*Kaitlin Hanson*



42 youth and 5 adult volunteers participated in the EcoBot Challenge on October 10 for National Youth Science Day!



Sydney Killmesh and Emi Frohn attended the Taking the Road Less Traveled on Oct. 11

IOWA STATE UNIVERSITY  
University Extension



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Learn More at [www.extension.iastate.edu/4h/howard](http://www.extension.iastate.edu/4h/howard)

# EVENTS CALENDAR

## November

- 3 – 4-H Judges Training, Calmar
- 3 – State 4-H Horse Judging Contest
- 4 – County Council (before Awards Day)
- 4 – 4-H Awards Day  
2:00 – 4:00 p.m., Expo Center
- 5 – Riceville Clover Kids  
3: 15 p.m., School Lunchroom
- 8 – Cresco Clover Kids  
3:30 p.m., Notre Dame Elementary
- 8 – Youth Committee Meeting  
7:00 p.m., Extension Office
- 10 – Saturday Clover Kids  
9:30 a.m., Cresco Bank & Trust
- 15 – Citizenship Trip Payment #3 DUE!
- 28 – 4hOnline Help Night, 4:00 p.m., Ex. Office

## December

- 1 – 4hOnline Re-Enrollment DUE
- 1 – Saturday Clover Kids, Cresco Bank & Trust
- 2 – Citizenship Meeting, 2:00 p.m., Cresco
- 2 – County Council, 5:00 p.m., Featherlite Center
- 5 – 4-H Alumni Meeting, 6:30 p.m., TBA
- 10 – Riceville Clover Kids, 3:15 p.m., Lunchroom
- 13 – Cresco Clover Kids, 3:30 p.m., Notre Dame
- 8 – Youth Committee Meeting, 7:00 p.m.
- 10 – Saturday Clover Kids, Cresco Bank & Trust
- 27 – Beef Weigh-In, 9:00-11:00 a.m., Sale Barn
- TBA – Junior/Intermediate Fun Night

## Future

- April 6-12 – Citizenship Trip, Washington D.C.
- April 27 – 4-H Spring Fair



## 4-H FOOD & FITNESS

### COMMUNITY CAPACITY BUILDING REGIONAL LEADERSHIP TEAM



The Northeast Iowa 4-H FFI Regional Leadership Team met in West Union on October 18 with their

FFI 4-H Coaches and County Youth Coordinators. Fifteen schools were represented and youth participated in a local food tour to Rolling Hills Greenhouse, prepared a youth FEEST, learned more about the national changes to school lunch menus and were given a communication challenge.

\$300 mini-grant applications were also distributed for FFI 4-H Teams interested in holding a Youth-Adult FEEST in their community with key policy makers. Funds are made possible through the partnership with the W.K. Kellogg Foundation and NE Iowa Food and Fitness.

Food Empowerment Education Sustainability Team (FEEST) is a youth organized event that brings young people together around local foods to learn more about nutrition, cooking, culinary skills and connecting with community adults. Postville & West Union were FEEST pilot programs in 2011-2012.



For more information on joining 4-H, contact your County Extension Office. To learn more about the Northeast Iowa Food and Fitness Initiative go to [www.iowafoodandfitness.org](http://www.iowafoodandfitness.org).

## CITIZENSHIP GROUP

### YEAR 2 HAS STARTED...



Our focus on national government and citizenship will continue on Sunday, October 28<sup>th</sup> at First Lutheran Church In Decorah during the second of our six-part tri-county series. This month's speaker is a member of the US Marines. The six-part series will prepare youth as they gear up their studies on the national level and get ready to travel to Washington D.C. in April. If you are interested, don't delay; talk with Kailin ASAP as spots are being finalized!

A reminder to those who have indicated interest in participation, we do need the first two payments for the April trip as soon as possible. This will secure your bus seat.

## 4-H RE-ENROLLMENT 2012-2013

### TAKE TIME TODAY TO COMPLETE YOUR RE-ENROLLMENT...IT WILL BENEFIT YOU!

**What:** 4-H Re-Enrollment

**Complete By:** December 1, 11:59 p.m.

**Where:** 4hOnline System

**Who:** ALL 4-H members, and volunteers!

**Why:** Complete your re-enrollment by December 1 to ensure that you will not miss any 4-H opportunities or mailings. This is especially important for species mailings that take place. ADDITIONALLY, members re-enrolled by December 1 only pay \$10 of the \$30 enrollment fee!

**Need Help?** Check out the enclosed help sheet or attend our Open House night on November 28<sup>th</sup>!

## MISSION STATEMENT

4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL WORKING AND LEARNING IN PARTNERSHIP WITH CARING ADULTS

# OPPORTUNITIES & UPDATES



## NEW MEMBER RECRUITING



It is once again the time of year to work on new 4-H recruits for the coming 4-H year. Our county 4-H program is top-notch and we need to be sure to share it with others.

If you know friends or families in your area, personally invite them to your next meeting. If you know someone who isn't quite sure what 4-H is about, share information of what you've learned with them. Encourage others to take the step and join!

Don't forget, you don't have to have animals or live on a farm to become involved! All new 4-H families must come to the Extension Office to enroll in the program. Spread the 4-H word today!

## WORKSHOP IDEAS

The Howard County 4-H & Youth Committee is looking to plan the next several months of workshops at our upcoming meeting. We want to do workshops in project areas that as youth you are interested in so help us out!

Is there an interest you have a desire to learn more about? Is there a skill you want to improve? We are looking for workshop ideas so share yours today!

If you have a suggestion on a workshop topic and/or presenter, please contact Kaitlin at the Extension Office. The sooner you let us know, the more likely you will see your workshop happen!

The 4-H & Youth Committee would like to get workshop dates for spring to families by December or January 1.

## STATE RECOGNITION

### 2013 STATE RECOGNITION OPPORTUNITIES RELEASED

The State 4-H Recognition webpage has been updated with 2013 applications and opportunities. Recognition opportunities are for 4-H members in grades 9-12. In addition to the application, **DUE February, 1**, youth will participate in an on campus interview on **Saturday, March 23<sup>rd</sup>**. This is an **EXCELLENT** opportunity and we have **MANY** qualified youth.

Opportunities available include National 4-H Conference, National 4-H Congress, State 4-H Council, State Project Awards and National 4-H Dairy Conference.

The state website: <http://www.extension.iastate.edu/4h/page/recognition-opportunities> has helpful tips. **Get started on your application TODAY!!**

## MATT & ERIN NOSBISCH FAMILY BENEFIT

### BENEFIT SCHEDULED FOR NOVEMBER 3<sup>RD</sup>

**5K RUN, BENEFIT SUPPER & AUCTION**  
**SATURDAY, NOVEMBER 3<sup>RD</sup>, 2012**  
**THE EXPO AT THE HOWARD CO. FAIRGROUNDS**  
5K Run Scheduled for 9:00 a.m.  
Free Will Donation Supper from 4:00 – 7:00 p.m.  
Silent Auction from 4:00 – 7:00 p.m.  
Live Auction at 7:30 p.m.

Music provided by Kelly Johnson, DJ

Matt and Erin were injured in an ATV accident on June 9. Erin was hospitalized for 2 weeks and continues with physical and occupational therapy. Matt was just recently discharged from St. Mary's after being hospitalized for 2 ½ months. Funds are being raised to help defray current and ongoing medical expenses. Matt was a former Howard County 4-Her and his mother Audrey was a longtime leader in the Howard County 4-H program.

Tax deductible donations can be made payable to: Matt & Erin Benefit, CUSB, Box 25, Ridgeway, IA or Matt & Erin, First Security Bank, Box 577, Charles City, IA

More information on the benefit and silent and live auction items can be found at:

[http://www.jammzranch.com/matterin/benefit\\_main.htm](http://www.jammzranch.com/matterin/benefit_main.htm)

## LOOKING FOR RECIPES FOR 4-H COOKBOOK

### PREPARING FOR 1<sup>ST</sup> EDITION COOKBOOK!



The Howard County 4-H & Youth Committee along with members of the Alumni committee are preparing to publish the first ever Howard County 4-H Cookbook. The committee is looking to preserve family favorites and past State Fair project recipes in this first edition cookbook.

The committee is looking for recipes from current 4-H members, volunteers and families as well as Howard County 4-H alumni, past members of the 4-H and Youth committee, past volunteers and any 4-H alumni from other counties or states that now live or work in Howard County (men and women!) Please gather and submit a couple of your favorite recipes, one recipe per recipe form. We will have a special category that will feature any past recipes that were projects taken to State Fair or considered for State Fair (please specify). And please no recipes with alcohol.

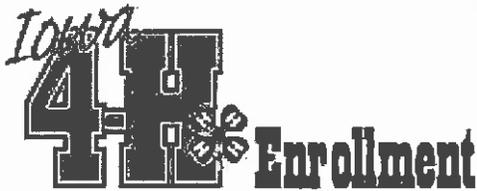
Recipe forms are available at the Extension Office or on the Extension webpage, under Howard County 4-H & Youth. We have included a copy of the recipe form in this month's newsletter. You may make copies if you wish.

Don't wait to start collecting your recipes! The committee hopes to have books done by the 2013 Mighty Howard County Fair so recipes need to be turned in to the Extension Office **by January 10, 2013!**

FIND US ON FACEBOOK OR VISIT OUR WEBSITE: [HTTP://WWW.EXTENSION.IASTATE.EDU/HOWARD](http://www.extension.iastate.edu/howard)

# 4-H RE-ENROLLMENT

2012-2013



## RE-ENROLL BY DECEMBER 1<sup>ST</sup>

### It is easy! Here's how:

- Go to <https://iowa.4honline.com> (Bookmark this page)
- Select I have a profile. Enter family email address and password
- Or select: "I forgot my password"
- Check your email—you will have a password emailed to you—use that password on the login screen at <https://iowa.4honline.com> (you will have to choose a new password once logged in)
- Click "Enroll for 2012-2013" to the 4-H member you are re-enrolling
- Click the "edit" box and make any changes, (esp. check email and all phone numbers)
- Follow the steps to update all information as it is presented to you on the following screens, selecting "continue" until the process is complete
- Make sure you also complete the Projects Tab to add any additional projects you wish to enroll in
- When you are finished with all steps, select "Submit Enrollment"
- Your enrollment will appear as "Pending" until the Extension Office logs into 4hOnline and approves your enrollment, you will receive a confirmation email after the office does this.
- Continue the re-enrollment process for all family members (youth and adult volunteers) needing to re-enroll for 2012-2013

### GET WHAT YOU NEED, WHEN YOU NEED IT!

- 24/7 Access!
- FAST and EASY
- Password SECURE!
- Convenient for *your* schedule!
- Access at *any* internet location
- Fewer trips to town
- No Special Software needed
- Club leaders have read-only access to member information

### Tips for Re-enrolling

- If you were a member within the last two years you *already* have a profile
- Your log-in is the same for all members of your family
- You do not need to re-set your password unless you do not remember it
- During your first log-in, have access to your email account associated with your family in order to access the email with your reassigned password
- Still confused or have questions? Attend Open House night or make an appointment to come in
- Options allow for you to ID breeding animals during re-enrollment, however it is not required

### I'm attending an Open House night, what do I need?

- Yourself!
- Your account password or what you want to set as your password

### What if we don't have internet access at home?

No problem, 4-H Online is available anywhere you can get onto the internet such as the library. Otherwise, come into the Extension Office and you can use a computer here.

### What if we don't have a family email?

Call the Extension Office and we will set you up with 4-H Online log-in so you can still utilize all of the benefits of 4-H Online!

### 4-H Online Open House

- November 28 4:00-7:00 pm
- Also available by appointment

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



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# LEADER'S CORNER

## GRANTS AVAILABLE

### PIONEER GRANTS AVAILABLE FOR COMMUNITY PROJECTS

Pioneer Hi-Bred International is offering Pioneer Community Improvement Grants through the Iowa 4-H Foundation again this year. Information and the application can be found at: <http://www.extension.iastate.edu/4h/pioneergrants>

Applications and support letters for 2012 grants are due **DECEMBER 5** to the Howard County Extension Office.

Even if your club does not choose to apply for a Pioneer Grant you can still find a project to help improve your community. Spend some time at your next club meeting and brainstorm ways to help improve our communities in Howard County. You would be surprised what simple ways your club can make a difference!

## WHAT'S DUE

### MEMBER RE-ENROLLMENT DUE DECEMBER 1

Please remember members that re-enrollment will again be due by December 1 in 4hOnline. There will be a help night on re-enrollment **November 28<sup>th</sup>** from 4:00-7:00 p.m. at the **Extension Office**.

- ✓ CLUB PROGRAM BOOKS – DUE NOVEMBER 1 - It is very important to have program books for 2012-2013.
- ✓ TREASURER REPORTS – Were due October 1 so please work with your treasurer to complete and turn in!
- ✓ MEDICAL WAIVERS & CODE OF ETHICS – Completed ONLINE with re-enrollment
- ✓ SPECIAL EVENTS – Please inform the office of any events in addition to your program book!

## BUZZWORTHY NOTES

### SPRING FAIR DATES SET

We have again partnered with NICC to host our 4-H Spring Fair. Mark your calendars for **April 27<sup>th</sup>** for next year's spring fair.

### NEW MEMBER SERIES

Please watch for more information on our new 4-H member series for new members and parents. The series will focus on key information and events of the 4-H year.

### RE-ENROLLMENT!

Enrollment will again take place on the 4hOnline system. Current members can re-enroll NOW online. New families with members must see Kaitlin to complete enrollment.

### STATE VOLUNTEER RETREAT

Make plans to attend State Volunteer Retreat and network – **February 8-9** at the **FFA Enrichment Center, DMACC Campus, Ankeny**. Registration will be available in late October.

## 4-H HIGHLIGHTS!

### STEM UP

### STEM UP!

As part of increasing STEM opportunities within our community, 42 youth participated in the Youth Science Day event on October 10 by participating in the EcoBot Challenge. Additionally, several of our school classrooms have received the curriculum to utilize during the school day.

Additionally, on October 11, Sydney Klimesh and Emi Frohn attending the Taking the Road Less Traveled Career Conference for Women on the Iowa State University campus. The workshops investigated different STEM career opportunities.

If you are interested in more STEM opportunities, please contact Kaitlin.

### SAVE THE DATES



### MARKET BEEF WEIGH-IN

**When:** Thursday, December 27<sup>th</sup>  
**Time:** 9 – 11 a.m.

**Where:** Cresco Sale Barn

### MONTHLY TIP: MARK YOUR CALENDARS EARLY!

Mark your calendars early so you can plan to participate. We realize everyone has very busy schedules so it is important to plan early! Watch your mail for more important dates for 2012-2013!

### HOWARD CO. 4-H ON FB!



Yes we have a Facebook page! Search for "Howard County 4-H" on Facebook and "like" our page!

### COUNTY COUNCIL

### NEXT MEETING:

Our next meeting and will be held before the 4-H Awards Day on **Sunday, November 4<sup>th</sup>** at **Howard County Expo Building**. We will have a short meeting and set up for the Awards Program. Also, don't forget each family is asked to bring one dessert to share.

### UPCOMING EVENTS!

Attendance is *important* as we dig deeper into our plans for our 4-H year. The December meeting will be on December 2<sup>nd</sup> following the Citizenship meeting at the Featherlite Center. We will be wrapping up plans for marketing, Junior/Intermediate Fun Night, Family Nights to name a few!

## 4-H PLEDGE

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.

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## Cooperative Extension

Howard County Extension Service

132 First Avenue West

Cresco, IA 52136

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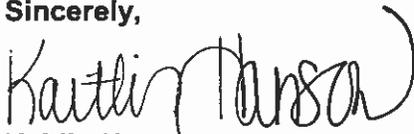
E-mail: [xhoward@iastate.edu](mailto:xhoward@iastate.edu)

URL: [www.extension.iastate.edu](http://www.extension.iastate.edu)

**Dear 4-H Families:**

**Enclosed is the latest edition of the Clover Connection. Lots of important information is highlighted, so be sure to read carefully! Please contact Kaitlin Hanson with any questions or concerns you may have.**

Sincerely,



**Kaitlin Hanson**

**County Youth Coordinator**

**ISU Howard County Extension Service**

4-H is part of the Iowa State University Extension Service bringing research based education and information to the citizens of Iowa in the areas of agriculture and natural resources, families, youth, communities and

... and justice for all

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