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Dates to Remember

**April**
01 Due: Youth Comm. Scholarship
04 Extension Council Meeting
08-12 Extension & Outreach Week
08 Youth Committee Meeting
10 Fair Board Meeting
20 Goat/Sheep Weigh-in Day
27 Youth Showmanship Clinic

**May**
15 **ANIMAL ID DEADLINE**
11 Babies at the Barn
21 Fair Entry Office Help

**June**
13 Fair Entry Office Help
14 YQCA, Fair Entry & Stall Fees Deadline Day
18 Photo Mounting (During Office Hours)
19 Photo Mounting (During Office Hours)
21 Barn Yard Bash

**JEFFERSON COUNTY FAIR:**
**JUNE 24—JULY 01**

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**ISU Extension and Outreach**
**Jefferson County**
2606 W Burlington Avenue
Fairfield, IA 52556
(641) 472-4166

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**4-H and Youth Staff**
Ashtin Walker, Youth Coordinator
E-mail: ashtinw@iastate.edu

Web: extension.iastate.edu/jefferson/4h
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* ALL meeting dates are SUBJECT TO CHANGE.

Your 4-H Leader will know the most up-to-date information. *
**CYC Corner**

Hello Everyone, I just want to say how excited I am to be the CYC here in Jefferson County. I am very excited to get to work more closely with all of you! At this moment I am still currently the Youth Outreach Educator and CYC. With that being said I may not be able to get to your email or phone calls as quickly. I will try my best to get back to them in a timely manner. Please know if you do have any questions, I am here to help you and answer your questions. So stick with us through this transition.

I want to highlight some project areas these next two months. For the month of April we will highlight Health, an area that is so relevant today. Living healthy is so important and should be started now, as it will be easier to take these good habits with you as you become an adult.

Do you and your family have a safety plan in place? Do you know what to do in case of a fire? Have you been wanting to workout more or even help a friend work out more? Do you like eating healthy but want new foods? All of these questions can lead you to a project. If you ever feel like you want to go a step further, there are several ideas to help you get started at [www.extension.iastate.edu/j4h/projects/health](http://www.extension.iastate.edu/j4h/projects/health)

This site can help you find new ideas and help to get your project started for this years fair. Next month we will highlight another topic area.

Once again I want to thank you for welcoming me as your new CYC and for being patient while we are going through this transition. I am very excited for this next chapter.

Thanks,

Ashlin Walker

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**YQCA Training**

Youth for the Quality Care of Animals (YQCA). This is a national quality assurance program that covers multiple species. This is a required training for 4-H/FFA members that will exhibit the following: beef, dairy cattle/ dairy goats, meat goats, poultry, rabbit, sheep and swine. Clover Kids are not required to take this training.

This training will take place online. You will go to YQCA.org and there will be a place for you to login with your 4-H Online credentials. Please make sure you login using the 4-H Online Login. Once you have completed the training it will update in your 4-H online account. Please make sure you are logging in using your 4-H Online account. Otherwise it will not communicate with 4-H Online. You are more than welcome to take the training at the Extension Office using our computers and/or internet. You must schedule an appointment if you plan to come into the office. Please use the link for more information: [https://www.extension.iastate.edu/jefferson/news/yqca-information-2019](https://www.extension.iastate.edu/jefferson/news/yqca-information-2019)

**Fair Reminders**

Fair is just around the corner. With that being said I want to highlight some very important upcoming deadlines. May 15th is going to be the first big deadline for livestock exhibitors. All livestock must be identified in 4-H online by May 15th. June 14th is the next huge deadline for all youth. Everyone must have YQCA, FairEntry & Stall fees turned in and completed by June 14th.

You will all need to complete FairEntry for Static Exhibits & Livestock exhibits. This will include: Horse, Beef, Swine, Poultry, Rabbits, Sheep, Goat, Dairy and all indoor exhibits, B/B Calves, Dog, Pet, Cat, Clothing and Communications. If you have questions, please keep the FairEntry help days in mind. I will be extending office hours on May 21st & June 13th until 6:30pm.
GOAT & SHEEP IDENTIFICATION
Jefferson County 4-H/FFA market sheep and meat goat exhibitors should plan to bring their animals to be weighed in and identified on Saturday, April 20th from 9-11am @ the fairgrounds.

SPECIAL NOTE: ALL State Fair meat goats (market goats and breeding does) and sheep (market, commercial breeding and purebred breeding) must have an official 4-H tag AND retinal image which will all be done on Saturday, April 20th from 10:15am-11am.

DOG PROJECT PRACTICES
Practices will be every Tuesday from 6pm-8pm April 2nd -June 18th. If you are interested in the dog project but are unsure if you want to show, please come and check out a practice or reach out to Tina Glatch at tina@century-ins.com with questions. There are packets with the schedule at the Extension Office, if you want to stop by and pick one up. Youth must attend at least two practices to be eligible to show at fair. Youth should try to attend as many practices as they can; it will make for a more positive impact for them and their dog.

HORSE PROJECT PRACTICES
Practices will be held every Monday, 6-8pm April 29—June 17 (except Memorial Day). Members must attend at least two horse project practices to show at county fair. Members are encouraged to attend as many practices as possible to ensure a successful learning experience for them and their horses! June 10th practice is mandatory.

4-H HALL OF FAME NOMINATIONS
We are looking for nominations for a past or present volunteer that has made an impact on our youth and the 4-H program here in Jefferson County. This person will be recognized at County Fair and at the State Fair. If you know of someone that you would like to nominate, please let me know by May 3rd.

YOUTH SHOWMANSHP WORKSHOP
Livestock Exhibitors! Come and improve your showmanship skills to get ready for the summer. There will be sessions on beef, poultry & rabbits, sheep & goats and swine. Demonstration animals will be provided.

There is no cost for this class. It is open to all 4-H/FFA members (4th grade & up). Register by April 15th.

There will be two different sessions for the workshop. Session 1 (9am-10am) Select one: 1a-Beef OR 1b– Poultry & Rabbits. Session 2 (10:15am-11:15am) Select one: 2a-Sheep & Goats OR 2b-Swine.

To register online please use the link: https://www.extension.iastate.edu/jefferson/content/ youth-showmanship-workshop

BARN YARD BASH
This event is on Friday, June 21st from 5pm-9pm at the Maasdam Barns. This event is a free event open to the public. It is a night perfect for the whole family. There are games, music and other activities taking place. There are few ways we can be involved in this event. Youth can help at some booths monitoring the kids games or we can sponsor a booth and youth can help to monitor our booth and help to promote fair. If anyone is interested in either of these opportunities, please let me know by April 19th.

BABIES AT THE BARN
Jefferson County Fair is again partnering with the Maasdam Barns to host the event on Mother’s Day Weekend. This event will be on Saturday, May 11th from 10am-2pm. We are looking for 4-H and Clover Kids who have baby farm animals: puppies, calves, goat kids, lambs etc. to bring the day of the event. Please sign up in the Extension Office by Friday, May 3rd.
According to our new strategic plan for Jefferson County 4-H, we will emphasize and strengthen one program priority area each year. You will begin to see more of our programs and events with a heavier focus on healthy living. With that, you can come here each month to read about new ways to incorporate emotional, physical, intellectual, and social health into your everyday lives. Many things on this page will be helpful for club meeting activities, snacks and discussions.

**HEALTHY LIVING HUB**

**Live Healthy – Fairfield 5K**

Jefferson County will be having a 5K as part of the Live Healthy Iowa. The 5K will be taking place **Saturday, April 13th**. The 5K walk/run will start at 8am and a kids 1K walk/run will start at 9am. The race will start and finish at the Chautauqua City Park. You can register the morning of from 7:00am-7:45am. If there are questions, please contact Preston Roberts from Fairfield Parks and Recreation at proberts@fairfieldiowa.gov. For more information please visit: [https://www.livehealthyiowa.org/cms/index.php?module=cms&page=80](https://www.livehealthyiowa.org/cms/index.php?module=cms&page=80)

**Nutritious and Delicious**

**Fruit Salsa**

- Serves 4 - $0.96 per serving
- Serving Size = 1/2 cup

**Ingredients**

- 1 Peach
- 1 Apple
- 1 Cup of Berries

**Instructions**

1. Wash and chop peach, apple, and berries into small pieces.
2. Stir to combine to make a fruit salsa.
3. Serve with baked chips or cinnamon chips.

Recipe courtesy of ISU Extension and Outreach’s Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [https://spendsmart.extension.iastate.edu/](https://spendsmart.extension.iastate.edu/)

**MyPlate**

MyPlate shows how the five food groups can be used to build a healthy diet. It used a familiar image of a dinner plate to show ways you could set up a meal. Before you eat, make sure to think about what goes on your plate, bowl and even cup.

How much should we have daily of each of these food groups:

- **Vegetables**: 1 Cup of Vegetables or 2 cups of raw leafy greens
- **Fruit**: 1 Cup of fruit or 100% fruit juice or 1/2 cup of dried.
- **Grains**: 1 ounce or 1 slice of bread, 1 cup of ready to eat cereal or 1/2 cup of cooked rice, pasta or cereal.
- **Dairy**: 1 cup of milk or yogurt or soymilk. 1 1/2 ounce of natural cheese or 2 ounces of processed cheese.
- **Protein**: 1 ounce of meat, poultry or fish. 1/4 cup cooked beans, 1 egg, 1 tablespoon of peanut butter.

[https://www.choosemyplate.gov/](https://www.choosemyplate.gov/)

[https://www.extension.iastate.edu/4h/projects/health](https://www.extension.iastate.edu/4h/projects/health)
Highlights for the Iowa 4-H Youth Conference! What can you except from attending the conference? Three days of workshops, dances, community service projects and mixers. Youth will be able to make new friendships, work on their teambuilding and participate in fun physical activities. Youth will also learn about Camera Corps, where you can become a photographer for the event and help to capture the action at the conference. Animal Science is another area that youth will be able to learn about. Getting hands on experience learning about poultry, sheep, swine, beef, meat goats, dairy or horses. You won’t want to miss this great conference! Registration is now open to attend this conference. For more information, visit: https://www.extension.iastate.edu/4h/iowa4hyouthconference

Jefferson County has funds available for 4-H members! We want YOU to experience this amazing opportunity with youth from across Iowa.