

THE CLOVER CONNECTION

JEFFERSON COUNTY 4-H FAMILY NEWSLETTER

DECEMBER 2018

In This Issue

Page 2..... 4-H Calendar

Page 3..... CYC Corner
Citizenship Washington Focus
10 Gallon Challenge
AgOvation

Page 4..... State 4-H Recognition
Weigh-In Dates
Winter Break Project-Palooza

Page 5..... **HEALTHY LIVING HUB**

- Brain Breaks and Energizers
- 5-2-1-0 Healthy Choices Count!
- Nutritious and Delicious

Page 6..... What is the State 4-H
Council up to?

Dates to Remember

December

08 Market Beef Weigh-In
09 Teen Council Meeting
10 Youth Marketing Team
10 4-H Youth Committee Meeting
12 Fair Board Meeting
24-25 Extension Office CLOSED
27-28 Winter Break Project-Palooza

January

01 Extension Office CLOSED
08 Extension Council Meeting
12 Free-Will Donation Pasta Dinner
14 4-H Youth Committee Meeting
16 Fair Board Meeting
21 Extension Office CLOSED
25 Middle School Dance (sponsored
by 4-H Youth Committee)



ISU Extension and Outreach Jefferson County

2606 W Burlington Avenue
Fairfield, IA 52556
(641) 472-4166



ISU Extension and
Outreach: Jefferson County

4-H and Youth Staff

Rachel Fishel, Youth Coordinator
E-mail: rachel4h@iastate.edu

Ashtin Walker, Youth Outreach Educator
E-mail: ashtinw@iastate.edu

Web: extension.iastate.edu/jefferson/4h



DECEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Afterschool Robotics	4	5	6	7 Jr. Lego League	8 4-H/FFA Beef Weigh-In
Des Moines Ramblers	FTC Robotics Ceniteers		FTC Robotics		4-H Homeschool Robotics	
9	10 Afterschool & FTC Robotics	11	12	13	14 Jr. Lego League	15 MindSet
Walnut Ridge Workers & Lockridge CK Penn Workers Teen Council	4-Leaf CK Youth Mktg Team		FTC Robotics		4-H Homeschool Robotics	
16	17 Afterschool Robotics	18	19	20	21 Jr. Lego League	22
Future Forgers & Fairfield CK	FTC Robotics		FTC Robotics Packwood Trojans 4-H & Packwood CK		4-H Homeschool Robotics	
23	24 Extension Office Closed	25 Extension Office Closed	26	27 Winter Break Project-Palooza	28 Winter Break Project-Palooza	29
30	31	01 Extension Office Closed				

* ALL meeting dates are SUBJECT TO CHANGE. Your 4-H Leader will know the most up-to-date information. *

CYC CORNER

What a busy week I had last week preparing for the Annual 4-H Recognition Banquet! It was wonderful seeing so many families attend. We had many 4-H members and volunteers recognized for their accomplishments and service to the program!

Is there anything you'd like to see different about our awards process or awards night? We will surely welcome any feedback!

Watch the Fairfield Ledger in the next week or so for an article about those recognized!

With holiday breaks just around the corner, utilize your down time to update your record book for the current year to-date or work on some 4-H projects! Check out the Winter Break Project-Palooza on page 4 where you can spend two full days with us making several 4-H projects, learning new skills, expanding your knowledge and defeating boredom!

With 4-H pride,

Rachel Fishel

CITIZENSHIP WASHINGTON FOCUS

Citizenship Washington Focus (CWF) is a 4-H leadership and civic engagement program for high school youth (completed grades 9-12 at the time of the trip). Each summer teens gather at the National 4-H Conference Center to learn what it means to be a strong leader in their community, country, and world.

Trip Dates: June 14-22, 2019

Trip Cost: \$1850 (scholarships are available through Jefferson County 4-H; Extension staff will also help you identify additional sources of sponsorships to help decrease personal cost)

Deadline to register is January 15, 2019.

<https://www.extension.iastate.edu/4h/cwf>

10 GALLON CHALLENGE

I am happy to report that Jefferson County 4-H donated a total of 48 gallons of milk to The Lord's Cupboard! Responsible for the donations include: MindSet 4-H, Walnut Ridge Workers 4-H, Fairfield Clover Kids, Future Forgers 4-H and the Paul and Kristin Miller family. Laura Cohen, Executive Director of the Lord's Cupboard, said, "The 10-gallon Challenge benefitted The Lord's Cupboard in such an exciting way. Milk is probably the number one thing we are asked for on a daily basis, so fresh milk donations are a wonderful addition to our offerings!"

AGOVATION

AgOvation is a research-based competition that challenges youth to



explore and develop innovative science-based solutions to agricultural problems that they identify in their own communities. Youth in grades 7 through 12 work in teams of three to five members to develop a project and create a presentation to share their results, findings and/or created solution/product.

Youth work with a team coach and mentor from the agriculture related field that most closely relates to their project. Youth are also encouraged to connect with representatives from Iowa State University and the agribusiness community, who are eager to meet and work with the next generation of leaders in agriculture and STEM (science, technology, engineering and mathematics).

Scholarships are awarded to the top 3 teams.

Put your own team together or let the Extension Office help you find teammates. Need help finding a coach or mentor? We can help you with that, too! Call 641-472-4166 to show your interest. More information can be found here: <https://www.extension.iastate.edu/4h/agovation>

STATE RECOGNITION OPPORTUNITIES

State 4-H Recognition is the process in which high school 4-H members can apply to be selected for special statewide opportunities such as awards and trips. It provides a chance for recognition, and also an opportunity to practice and grow leadership, communications, and college and career readiness skills through application and interview activities.

National 4-H Conference is a week-long trip to our nation's capital in Spring 2020. Youth will share their perspective on the 4-H program with national leaders, including Congressional members. Must currently be in grades 9-11.

National 4-H Congress is a five-day trip to Atlanta, GA over the Thanksgiving holiday in 2019. This event includes dynamic keynote speakers, community service, and workshops on leadership, cultural issues and team building. Must currently be in grades 10-11.

State 4-H Council is a team of high school students that work directly with Iowa 4-H staff to represent the program across Iowa. They speak to local 4-H groups, represent 4-H'ers ideas to staff, and work in committees to plan statewide events and campaigns. Must be in grades 10-11.

State Project Awards are awarded to 4-Hers who have demonstrated mastery, leadership, communication and service in their project. Open to all current high school students.

State 4-H Shooting Sports Ambassador is a group that promotes the 4-H Shooting Sports program. Must currently be in grades 9-11.

Iowa 4-H Reporters is an opportunity for youth who have interest in media and communications. They will work with professional media mentors to develop news media during two consecutive weekdays of the Iowa State Fair.

APPLICATIONS are due on **February 1st at 11:59pm** on 4-H Online. More information: www.extension.iastate.edu/4h/recognition-opportunities

IMPORTANT: If you are thinking of applying for any of the above, please reach out to me! I'd love to sit down with you and help you prepare in the best way possible for all of these amazing recognition opportunities. I'm here to help!!

WEIGH-IN DATES

MARKET BEEF: Saturday, December 8th; 9am-11am

- ⇒ If you have any market beef animals to nominate for State Fair, please come between 10:15am-11am
- ⇒ Maximum of 6 market beef animals can be weighed-in
- ⇒ Maximum of 3 market beef animals may be exhibited at county fair

SWINE IDENTIFICATION DAY: Saturday, March 16th; 9am-11am

- ⇒ Maximum of 10 swine may be identified for county fair
- ⇒ Maximum of 5 swine may be exhibited at county fair (or 6 if at least one is a purebred)

SHEEP/GOAT: Saturday, April 20th; 9am-11am

- ⇒ If you have any animals to nominate for State Fair, please come between 10:15am-11am
- ⇒ ALL State Fair Sheep and Goats (market and breeding) must come to weigh-in

Note: Please make every effort to attend our county's weigh-ins. In the event that you have a conflict with the weigh-in date, the CYC should be contacted at least 4 business days prior to the weigh-in you plan to attend.

WINTER BREAK PROJECT-PALOOZA

Join us on Thursday, December 27th and Friday, December 28th for two full days of 4-H projects! Each day will begin at 8:30am and end at 4:00pm.

Project areas to be covered:

- ⇒ Food and Nutrition (bread-making)
- ⇒ Sewing
- ⇒ Civic Engagement
- ⇒ Health
- ⇒ Visual Arts

Open to 4-Hers in 4th-8th grade. No cost to attend. Maximum of 10 participants! **Register by December 21st** by calling 641-472-4166 or emailing rachel4h@iastate.edu.

HEALTHY LIVING HUB



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.

BRAIN BREAKS AND ENERGIZERS

Brain Break Game

Team Building activity that encourages youth to utilize their creativity to develop a game that challenges you mentally and physically.

1. Divide group into smaller groups of 4-6 youth.
2. Provide a prop to each group (preferably a different prop for each group); Prop examples: play-doh, deck of cards, cones, poly-spots, beach ball, popsicle sticks, yarn, etc.
3. Provide them 5-10 minutes to plan a short activity that focuses on the usage of the prop and involves the whole, larger group.
4. Then, have each small group explain and demonstrate their game for the whole group to take part in.

5-2-1-0 HEALTHY CHOICES COUNT!



This month, focus on how many fruits and vegetables you eat each day. The national recommendation for kids is to aim for 5 or more. It is good practice to consume more

vegetables than fruits. On the tracking chart (https://www.extension.iastate.edu/4h/files/page/files/december_family_newsletter_0.pdf), color in or cross out the fruit and vegetable images as a serving is consumed. Here are a few tips to help you eat 5 a day:

1. Choose a fruit or vegetable for a snack.
2. Fill 1/2 your plate with fruits and vegetables.
3. Find a NEW fruit or vegetable at the grocery store to try!

NUTRITIOUS AND DELICIOUS

Holiday Fruit Salad

Serves 8 - \$0.35 per serving

Serving Size = 1/2 cup

Ingredients

- 2 Tbsp. cornstarch
- 1.5 tsp (1/2 small pkg) dry sugar-free flavored gelatin (any color/flavor)
- 3/4 cup water
- 3/4 cup orange juice
- 2 Tbsp. lemon or lime juice (optional)
- 2-3 tsp sugar (optional)
- 4 cups fruit cut-up (apple, orange, kiwi, banana)
- Garnish: Pomegranate seeds (optional)



Instructions

1. Stir cornstarch and gelatin together in a small saucepan. Add water and stir to dissolve. Add the orange juice and, if desired, the lemon or lime juice.
2. Cook over medium heat until mixture begins to boil. Stir constantly to prevent sticking and burning.
3. Gently boil for 1 minute. Cool completely. Stir in sugar, if desired.
4. Arrange fruit on plates and pour sauce on top. Or pour cooled sauce over cut-up fruit in a bowl and stir to coat.
5. Chill until ready to serve.

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>





What is the State 4-H Council up to?

Brought to you by the State 4-H Council Communication & the Arts committee



Photo: Iowa 4-H delegates at National 4-H Congress in Atlanta, GA over Thanksgiving break. This trip is part of the State 4-H Recognition Opportunities (see pg. 4)!

We have been busy utilizing our ambassador roles across the state this past month! We have helped with speaking at county 4-H awards ceremonies, 100-year celebrations, leading Clover Kids groups, service projects and much more! Each council member serves 1-5 surrounding counties in addition to our own as part of our leadership role as State Council members. Additionally, several of us had the opportunity to attend the National 4-H Congress in Atlanta, GA over Thanksgiving break. We participated in workshops, community service, networking and cultural events with 4-Hers from 43 states across the nation. Finally, in early December we will be participating in a Youth-Adult Partnership training

in December to learn about strengthening these partnerships so we can better work, promote, carry out, and communicate with others in our roles and beyond. Learn more about the State 4-H Council here: <https://www.extension.iastate.edu/4h/statecouncil>

Jefferson County 4-H Family Newsletter

IOWA STATE UNIVERSITY
 Extension and Outreach
 Jefferson County
 2606 West Burlington Avenue
 Fairfield, IA 52556
 (641) 472-4166

