

# THE CLOVER CONNECTION

## JEFFERSON COUNTY 4-H FAMILY NEWSLETTER

### JANUARY 2019

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#### Dates to Remember

##### January

- 08 Extension Council Meeting
- 09 Fair Board Meeting
- 12 Free-Will Donation Pasta Dinner
- 14 4-H Youth Committee Meeting
- 20 Leadership & Officer Training
- 21 Extension Office CLOSED
- 25 Middle School Dance (sponsored by 4-H Youth Committee)

##### February

- 01 DEADLINES:**
  - **Market Beef Verification**
  - **State 4-H Recognition Application**
  - **Iowa 4-H Scholarship Application**
- 05 Extension Council Meeting
- 25 Annual Volunteer Training

# HAPPY NEW YEAR

#### ISU Extension and Outreach Jefferson County

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ISU Extension and  
Outreach: Jefferson County

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# JANUARY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		Extension Office Closed			Jr. Lego League  4-H Homeschool Robotics	
6	7	8	9	10	11	12
Des Moines Ramblers	Afterschool Robotics  FTC Robotics  Ceniteers		FTC Robotics		Jr. Lego League  4-H Homeschool Robotics	Jefferson G's  4-H Free Will Donation Pasta Dinner
13	14	15	16	17	18	19
Penn Workers	FTC Robotics  4-Leaf CK		Packwood Trojans 4-H & Packwood CK  FTC Robotics		Jr. Lego League  4-H Homeschool Robotics	MindSet
20	21	22	23	24	25	26
Walnut Ridge Workers & Lockridge CK  Leadership & Officer Training  Future Forgers & Fairfield CK	Extension Office Closed  FTC Robotics		FTC Robotics		Jr. Lego League  4-H Homeschool Robotics  4-H Youth Committee's Middle School Dance	
27	28	29	30	31	February 1st	
	Afterschool Robotics				<b>DEADLINES:</b> <ul style="list-style-type: none"> <li>• Market Beef Verification</li> <li>• Iowa 4-H Scholarship Application</li> <li>• State 4-H Recognition Application</li> </ul>	
* ALL meeting dates are SUBJECT TO CHANGE. Your 4-H Leader will know the most up-to-date information. *						

## CYC CORNER

Well now that 2018 is officially over, what were your favorite moments? On my list, some of the highlights of 2018 include serving our 4-H families to my greatest capacity, watching all of our 4-H members grow through their projects and experiences, and seeing all of your hard work come to fruition at the 2018 Greater Jefferson County Fair! Speaking of the fair, save the dates for the **2019 Greater Jefferson County Fair—June 24th thru July 1st!**

We all know that through 4-H, members learn about leadership and are able to practice these skills through club, county, state and national events, trips and experiences. From serving as a club officer to going on the Citizenship Washington Focus trip, all of these opportunities help YOU grow into a great leader! I challenge you in 2019 to take on more opportunities to better yourself and grow into an even stronger leader. Current club officers—make sure you sign-up for training on January 20th! (see pg. 4)

Thank you for a GREAT 2018. I look forward to all that 2019 will bring.

With 4-H pride,

*Rachel Fishel*

## FREE WILL DONATION PASTA DINNER

Please plan to support the Jefferson County 4-H program at the Free Will Donation Pasta Dinner on **Saturday, January 12th from 5-7pm** at the Cambridge Learning Center (Fairgrounds).

You will not walk away hungry: spaghetti, chicken Alfredo, garlic bread, salad, drinks and desserts! **CARRYOUT AVAILABLE!**

This event is hosted by the 4-H Youth Committee to raise funds for 4-H programs and events. **PLEASE SPREAD THE WORD! INVITE FAMILY, COWORKERS, NEIGHBORS, ETC.**

## CITIZENSHIP WASHINGTON FOCUS

**Register by January 15th** for Citizenship Washington Focus (CWF), a 4-H leadership and civic engagement program for high school youth. 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)

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

## 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 two to five members to develop a project and create a presentation to share their solutions.



Youth work with a team coach and mentor from an 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 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 sign-up.

<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. Only ONE application is needed for any of the below opportunities:

**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 area. 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](http://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!!

## LEADERSHIP AND OFFICER TRAINING

This is the time to learn more about how to successfully complete officer duties, learn new skills, develop better communication skills, meet other 4-Hers, improve your club's business meetings and invest in yourself as a LEADER!

The training will include:

- ⇒ General Leadership Skills
- ⇒ Parliamentary Procedure training & practice
- ⇒ Club Officer break-out sessions (president, vice president, secretary, treasurer, photographer, historian and more!)

All club officers should plan to attend this training on **Sunday, January 20th from 2:30pm-4pm** in the Activities Building.

**PLEASE RSVP by January 16th!** Call 472-4166 or email [rachel4h@iastate.edu](mailto:rachel4h@iastate.edu) with your name and club officer position!

## MARKET BEEF VERIFICATION

Those of you who weighed-in market beef animals: you have until **February 1st** to log-in to 4-H Online and confirm that there were no human errors when information was entered after weigh-in. **This process is REQUIRED for State Fair animals.** If everything is correct, hit the "verify" button. Once you hit that button, I cannot change anything so please—look over the information carefully and let me know ASAP if something is wrong. A help sheet for the whole process can be found here: <https://www.extension.iastate.edu/4h/4honline-information-families-and-leaders>

## 4-H SCHOLARSHIPS

Current seniors in high school, please visit [https://www.iowa4hfoundation.org/en/funding\\_for\\_4hers/scholarships/](https://www.iowa4hfoundation.org/en/funding_for_4hers/scholarships/) for information on Iowa 4-H scholarships that are **due February 1st** (this was also sent to you via postal mail). Jefferson County 4-H scholarship applications will be mailed out mid-January.

# 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.

## PERSONAL WELLBEING

The New Year is a great time to establish goals for oneself. Consider doing an activity for your personal wellbeing and how you can grow through your passions, interests, and aspirations!

### Vision Board

Each person gets a piece of paper and collects images or text from different magazines that represents their interests and dreams. Have them decorate it and then share with a partner or the group about an aspiring goal that they have.

## LIMIT SCREEN TIME

Research shows on average, youth spend 7 hours a day on screens recreationally (not including time spent at school). To decrease sedentary behaviors, the recommendation is to limit recreational screen time to 2 hours per day. Here are a few tips to help you and your family tackle this goal:



1. Play a board game or read a book instead of TV time.
2. Remove bedroom TVs and set limits on TV shows/ movies.

3. Identify active family activities like going on a hike/walk, swim at indoor pool, go out and build a snowman or a fort.
4. Think of ways to make your screen time more productive: do exercises during commercial breaks, determine exercises that you can do during certain parts of a movie.

Read more: [https://www.extension.iastate.edu/4h/files/page/files/january\\_family\\_newsletter.pdf](https://www.extension.iastate.edu/4h/files/page/files/january_family_newsletter.pdf)

## NUTRITIOUS AND DELICIOUS

### Pineapple Snack Cakes

Serves 12 - \$0.14 per serving

Serving Size = 1 muffin

#### Ingredients

- 1 can (20 oz) pineapple in 100% juice (crushed or chunks)
- 1 cup whole wheat flour
- 3/4 cup all-purpose white flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup white sugar
- 3 Tbsp oil (canola or vegetable)
- 1 tsp vanilla
- 2 eggs



#### Instructions

1. Preheat oven to 350 degrees. Line a muffin tin with liners or spray with cooking spray.
2. Drain juice from the pineapple into a cup or bowl. Save the juice for step 4. Dab pineapple with a paper towel to dry.
3. Whisk wheat flour, white flour, baking powder, baking soda and salt together.
4. Beat sugar, oil, vanilla, and 1/4 cup of reserved pineapple juice until combined. Beat in eggs. Stir in the pineapple pieces.
5. Pour the wet ingredients into the dry ingredients. Stir until combined. Divide the batter into the muffin tins.
6. Bake for 18-20 minutes, until a toothpick inserted in the center comes out clean.
7. Store leftovers in an airtight container in the refrigerator.

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/>





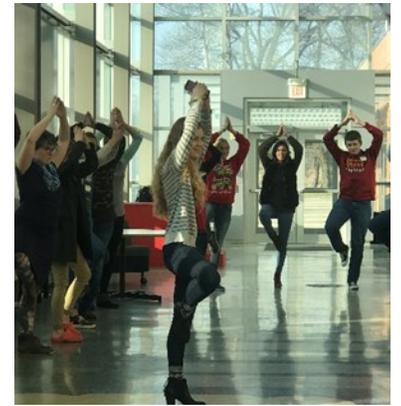
# What is the State 4-H Council up to?

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

This past December, we met at the State 4-H Office in Ames to experience a youth-adult partnership training. We all got the opportunity to grow closer with our CYCs or other county adult volunteers that we each brought along



to the training. We are grateful for the impact these adults have made in our 4-H careers. In the month of January, State Council has their winter retreat at Clover Woods on the 5th and 6th to further their planning of the 2019 State 4-H Conference held every year on the campus of Iowa State University for high school youth. The official theme of the Youth Conference was decided at our October retreat and is **"A Universe of Possibilities"**. Learn more about the State 4-H Council here: <https://www.extension.iastate.edu/4h/statecouncil>



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