**Dates to Remember**

**March**
- 05 Extension Council Meeting
- 09 Free-Will Donation Pasta Dinner
- 11 Youth Committee Meeting
- 13 DUE: Fair Book Cover Submissions
- 13 Fair Board Meeting
- 13 ISU Sports Medicine STEM Trip
- 15 DUE: Extension Co. Scholarship
- 16 Swine Identification Day
- 16 Barn Quilt Painting Class
- 30 Regional Photography Workshop
- 30 Fairy Garden Workshop

**April**
- 01 DUE: Youth Comm. Scholarship
- 04 Extension Council Meeting
- 20 Goat/Sheep Weigh-In Day
- 27 Youth Showmanship Workshop

**May**
- 15 ANIMAL ID DEADLINE

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

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- Full Moon Night Hike
- Popcorn Trail Mix
- 1 hour+ of Physical Activity

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**4-H and Youth Staff**

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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**

My final “CYC Corner”…. what do I say to hundreds of people who have impacted my life greatly in just the last 2.5 years?

The first thing that comes to my mind is THANK YOU. Thank you for welcoming me with open arms. Thank you for trusting me with the Jefferson County 4-H program. Parents, thank you for trusting me with your precious children. Thank you for the patience, graciousness, and kindness you all showed me. Thank you for making me a part of your Jefferson County 4-H family. It has brought me incredible joy & pride to watch you all grow through your 4-H xperience.

It’s not really goodbye as I’ll be serving Jefferson County, along with four other counties, as Youth Program Specialist. I’ll be working closely with the new CYC to continue growing this program and serving you all in the best way possible. My home base will be Jefferson County so you will most certainly see me around!

There are so many parts of the CYC position that I am really going to miss. Most especially, I am going to miss working directly with all of you. Please don’t ever hesitate to reach out. However, when the new CYC starts, please trust that person (like you did with me) to answer your questions and help you navigate the 4-H world.

With all of that being said, my wish for all of you:

Continue to grow… to be curious…. to investigate… to learn from mistakes… to experience… to be inspired… to take on challenges… to take on risks… to soak in the reward… to let 4-H take you on an adventure… and to let the destination be your wildest dreams.

With 4-H pride… always,

*Rachel Fishel*

**PASTA DINNER 4-H FUNDRAISER**

Please plan to support the Jefferson County 4-H program at the free-will donation Pasta Dinner on **Saturday, March 9th 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!**

Sign up to make a dessert, help in the kitchen or bus tables: [http://signup.com/go/xhHmNZc](http://signup.com/go/xhHmNZc)

**DOG PROJECT INFO MEETING**

The 4-H Dog Project will have an informational meeting on **Tuesday, March 19th at 6pm** at the Jefferson County Extension Office. All are invited to learn more about the project area and how to participate at the 2019 Greater Jefferson County Fair. Questions? Contact Tina Glatch at [tina@century-ins.com](mailto:tina@century-ins.com).

**DESIGN THE FAIR BOOK COVER!**

Use your creative juices to come up with a fair theme, draw it out and it just may end up on the cover of this year’s fair book! Your drawing MUST be turned in to the Extension Office by **4:30pm on Wednesday, March 13th.**

Things to remember:

1. Use an 8.5” x 11” piece of paper.
2. Create a slogan/fair theme and use it to inspire your drawing AND write it somewhere within your drawing.
3. Limit the small details as they don’t show up very well when it’s shrunk down.
4. Go over your pencil marks with a black marker/sharpie to make it all stand out.

**MORE**

opportunities listed on our website: [www.extension.iastate.edu/jefferson/extra-opportunities](http://www.extension.iastate.edu/jefferson/extra-opportunities) Find information on Iowa Poultry Queen applications (due March 15th), the Iowa Dairy Goat Assoc. Share-a-Kid program (entries due March 15th), and the Fire Up Goat Camp happening in Oskaloosa on May 11th.
**Barn Quilt Painting Class**

A Barn Quilt Painting Workshop will take place on **Saturday, March 16th from 1-4pm** at the Jefferson Co. Fairgrounds (Activities Bldg). Open to 4th grade & up, including adults!

Pre-registration and payment is due by **March 8th**. The barn quilt size will be 16” x 16”. Cost is $20 for 4-H members and $40 for non-4-H members. Makes a great 4-H project!

To register, you will need to choose a pattern and pick a board color (white, chocolate or grey). Pattern choices can be viewed at the Extension Office or online: [https://www.extension.iastate.edu/jefferson/news/barn-quilt-workshop-0](https://www.extension.iastate.edu/jefferson/news/barn-quilt-workshop-0)

**Photography Workshop**

Calling all 4-H photographers! 4-H programs in Region 20 are offering a Photography Workshop at the [Washington County Extension Office](https://www.extension.iastate.edu/jefferson/news/region-20-4-h-photography-workshop) on **Saturday, March 30th from 9am – 3pm**.

The day will be divided into breakout sessions for beginner youth photographers and advanced youth photographers. This workshop will be very hands-on as you Learn by Doing. They will hear from a panel of professionals on how photography is a part of their career. Breakout sessions will cover a variety of topics: exposure, focus, cropping, friend/foe backgrounds, goal writing, storytelling through photos and presenting images at the county fair. County Fair judges will lead some sessions as well as professional photographers and 4-H volunteers.

**Pre-register with Jefferson Co. Extension by March 15th. $15 fee.** Limited space available. Must dress for all weather conditions with shoes safe for outdoor photo assignments. 4-Her’s will also need to bring: sack lunch, charged camera, and a printed 4” x 6” photograph. [https://www.extension.iastate.edu/jefferson/news/region-20-4-h-photography-workshop](https://www.extension.iastate.edu/jefferson/news/region-20-4-h-photography-workshop)

**Jefferson Co. 4-H Scholarships**

12th graders: Apply for TWO different scholarships through 4-H/Extension. Each application requires a brief essay response, as well as two letters of recommendation. Must be an active member in Jefferson County 4-H.

The **Extension Council** is offering three $1000 scholarships and their application is due **Friday, March 15th**. The **4-H Youth Committee** is offering two $500 scholarships and their application is due **Monday, April 1st**.

Find complete guidelines and the application at [https://www.extension.iastate.edu/jefferson/content/scholarship-information-seniors](https://www.extension.iastate.edu/jefferson/content/scholarship-information-seniors). This info can also be found in the Extension Office.

**Fairy Garden Workshop**

Fairfield Flower is teaming up with ISU Extension to put on a fun workshop for all ages on **Saturday, March 30th from 10am-11:30am** at the Jefferson County Extension Office. Each attendee will learn how to care for and create a fairy garden to take home. Cost is $20. **Register by March 15th. Call 472-4166.**

**Swine, Goat, Sheep Identification**

All Jefferson County 4-H/FFA swine exhibitors for county and state fair should plan to bring their swine projects to the Swine Identification Day at the Fairgrounds on **Saturday, March 16th from 9am-11am** to be tagged & identified.

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**.

**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**.
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.

**FULL MOON NIGHT HIKE**

Jefferson County Conservation is hosting a family-fun activity at the Jefferson County Park. Meet at the nature center at 7:30pm on Thursday, March 21st for a brief introduction before heading out on the trails for a hike by the light of the full moon!

No registration is required. All children must be accompanied by an adult. Spring trails can sometimes be muddy; therefore, boots are recommended!


**1 HOUR OR MORE OF PHYSICAL ACTIVITY**

A walk around the block, yoga poses before breakfast, planking during commercials, a game of ball in the backyard or building a snowman or going sledding in these winter months are fun ways to incorporate exercise into our daily schedule. 60 minutes of moderate to vigorous activity may not seem so daunting if you break it up into segments throughout the day and what better way to accrue some of those minutes than to engage in them as a family. Aim for an hour of physical activity each day; check out these tips to help your family get your 60 minutes!

- Break up the minutes throughout the day! 15 minutes in the morning before school, 15-20 minutes during school, and a 30 minute activity as a family in the evening.
- Join a local sports league through city park and recreation or visit a local park and explore the trails.
- Try out a new activity based on the season. Try ice-skating or cross-country skiing.

http://www.extension.iastate.edu/4h/healthy-living-club-challenge

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**NUTRITIOUS AND DELICIOUS**

**Popcorn Trail Mix**

Serves 14 - $0.20 per serving

Serving Size = 1 cup

**Ingredients**

- 6 cups popcorn (air popped)
- 2 cups Chex (chocolate flavored)
- 2 cups cereal (toasted oat)
- 2 cups pretzel twists
- 2 cups Frosted Mini Wheats
- 1 cup peanuts (optional)

**Instructions**

1. Combine all ingredients in large bowl or bag.

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

Several council committees have been busy throughout the month of February making planning decisions for the Youth Conference, which is open to all youth 8th-12th grade! The Keynote Committee has successfully lined up their two keynote speakers, the Food, Housing & Registration Committee is working on banquet entertainment ideas and the Promotion Committee has completed the conference logo and promotional brochure. Council members are also looking into the possibility of implementing a conference app for delegates and chaperones to use during the conference. We are gearing up for our final retreat March 16-17 at Clover Woods where final conference planning will take place just in time for registration to open on March 20th. We are excited to begin promotion and recruitment following our March retreat!

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.