

Keokuk County 4-H Family Newsletter

January & February 2022



Happy
New Year!

IMPORTANT DATES

- **January 17th:**
Martin Luther King Jr Day
- **February 1st:**
Market Beef animal date must be in 4-HOnline;
Scholarship deadline
- **February 14th:**
Valentine's Day
- **February 21st:**
Presidents' Day
- **March 1st:**
Scholarship deadline
- **March 26th:**
Swine Weigh-in
- **April 15th:**
Extension Office Closed
- **April 30th:**
Goat / Sheep Weigh-in
- **May 15th:**
Swine, meat goat, sheep, dairy, dog, horse and all non-weigh in animals must be in 4-HOnline

We hope you all enjoyed the holiday season and you're starting off the new year on a high note. The start of a new year brings new beginnings and a chance for a fresh start. Look past today and dream about your future! What better way than investing in your future by being a part of 4-H.

Our wishes for you in the new year are plentiful. We wish you happiness and health, stability and success, peace and comfort. We are excited you are a part of 4-H, and we cannot wait to see what you do this year! Thank you for letting us be a part of your life.

**ISU Extension and Outreach
Keokuk County**
400 220th Avenue, Suite A
Sigourney, Iowa 52591
641-622-2680
Office hours: 8:00 AM to 4:30 PM
www.extension.iastate.edu/keokuk
Follow us on social media:

 **Iowa State University Extension: Keokuk County**

Reminder: Any exhibitor planning to show livestock at the 2022 Expo Fair must attend 6 hours of 4-H meetings/activities by Expo Fair time. There are 8,760 hours in a year, so we're confident you can invest 6 hours in yourself in 4-H. 😊



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SCHOLARSHIP

Iowa 4-H Foundation Scholarships

Designed to encourage Iowa 4-H members to continue their education beyond high school, the current scholarship program offers **73 scholarships** (which includes SIX new ones for this year). Scholarships range in value from \$250 to \$5,000. Thank you to the donors who make these scholarships possible!

Review requirements and apply for any of the scholarships here: <https://iowa4h.awardspring.com/Home/Scholarships>

Due: Most are due March 1st, 2022

Hills Bank Leadership Grant

The Hills Bank Leadership Program is for **juniors in high school** in the Hills Bank Service Area. This area includes the following counties: Benton, Cedar, Iowa, Johnson, Jones, Keokuk, Linn, Louisa, Muscatine, and Washington. Potential Participants apply as juniors, and participate in leadership training sponsored by Hills Bank. Upon completion of the leadership courses, each participant receives a \$1,000 scholarship. The scholarships are for students applying to a two or four-year college or university in the state of Iowa. Twenty students are selected for the program.

Review requirements and apply this scholarship here: <https://iowa4h.awardspring.com/Home/>

Due: March 1st, 2022

Charles and Neoma Wonderlich Memorial Scholarship

Charles and Neoma Wonderlich Scholarship is for an Iowa 4-H member from Keokuk County, or Pekin Community school, **attending Iowa State University in the fall as an incoming freshmen**. Financial need a consideration.

Review requirements and apply this scholarship here: <https://iowa4h.awardspring.com/Home/ScholarshipDetails/169794>

Due: March 1st, 2022

You deserve it!

State 4-H Recognition Opportunities

State 4-H Recognition is the process in which senior 4-H members in grades 9-12 can apply to be selected for special statewide opportunities such as awards and trips. The purpose of this event is to provide an avenue for youth recognition and to provide young people with an opportunity to practice and grow leadership, communications, and college and career readiness skills through application and interview activities.

Review requirements and apply for opportunities here: www.extension.iastate.edu/4h/recognition-opportunities

Due: February 1st, 2022



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Reminder: Market Beef



All market beef animal data MUST be entered into 4-H Online by February 1st, 2022!

- Per State, February 1st is the deadline for all market beef to be identified, tagged, weighed, retinal imaged, and input into 4-H Online.
- Families will enter this data at <https://v2.4honline.com>.
- An animal can only be identified under one 4-H member.
- **Be sure to correctly enter the ear tag # per the below.**

Older USDA type tags like the below would be entered as 42JJS8481.



New Electronic ID (EID) type tags like the below would be entered using ALL 15 digits as 840003123456789.



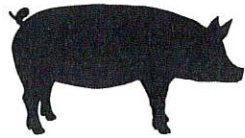
Female RFID button



- County staff will verify animal ID information families have entered against information collected at weigh-in on the 106 form.
- Family ID Help Sheets are located at <https://www.extension.iastate.edu/4h/livestock-id>.
- Any purebred animal showing at Expo Fair needs to turn in a copy of the registration at the Extension Office by July 1st, 2022. Please do this sooner than later!
- Invoices for State Fair retinal scans will be mailed out in January. Please watch your mail.



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Swine Weigh-in

Saturday, March 26th, 2022 from 8:00-10:00 AM

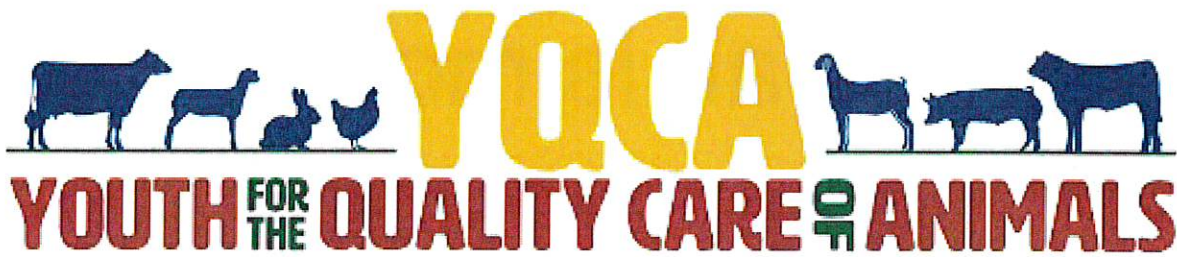
Livestock Barn on Expo Fairgrounds, 400 220th Ave, Sigourney, IA 52591

Please read the important information below!

- ◆ Only swine that are going to show in the Derby Class at the 2022 Expo Fair are required to attend weigh-in. **However**, anyone showing swine at the Expo Fair need to be tagged and ear-notched. We encourage all swine exhibitors to bring their swine to weigh-in.
- ◆ Anyone not showing derby who do not attend weigh-in will need to come to the Extension Office to pick up a 106 form, ear tag(s), and check out an ear notcher (if needed). 106 forms and ear notcher must be returned ASAP.
- ◆ Derby pigs can have a maximum beginning spring weight of 70 lbs. No exceptions.
- ◆ A maximum of ten swine per exhibitor can be weighed in for county and out of county events .
- ◆ If a truck load has multiple exhibitors' swine in it, please weigh-in all swine for the first exhibitor before moving to the next exhibitor's swine.
- ◆ If you come to weigh-in with swine that are already ear-notched, please bring ear notch readings with you for verification while reading them. When purchasing pigs with ear notches, be sure to get the ear notch in writing from the seller.
- ◆ All families are required to enter their swine information into 4-HOnline **by May 1st, 2022**.
- ◆ State Fair DNA tagging will cost \$9.00 per swine. You may pay at weigh-in or the office can bill you after weigh-in.
- ◆ Families who will be DNA tagging swine for State Fair on their own at home will need to contact the Extension Office to arrange a time to pick up DNA tags, envelope, and tagging supplies (if needed). These families must return the DNA samples to the Extension Office **by May 6th, 2022**. Any samples received after this business day will not be accepted by our office and the family will be responsible for overnighting the sample themselves.
- ◆ All new members/new families must turn in an origin premise ID number, origin farm name, and origin address to the Extension Office **by May 15th, 2022**. If any of this information has changed for existing families, you must turn in this new information to the office as well.
- ◆ Any purebred animal showing at Expo Fair needs to turn in a copy of the registration at time of weigh-in or to the Extension Office **by July 1st, 2022**.



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Anyone showing any of the following animals at the 2022 Keokuk County Expo Fair or Iowa State Fair **must** take the YQCA test.

Beef..... Dairy Cattle or Goat..... Meat Goat.....Poultry.....

Rabbit..... Sheep.....Swine

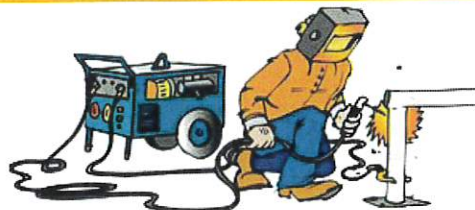
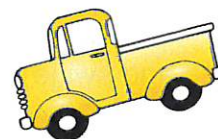
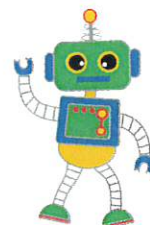
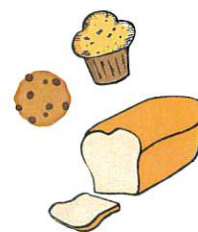
- ⇒ **Coupon codes will be available from the Keokuk County Extension Office in mid January. The codes will be given to 4-H leaders to give out to their club members.**
- ⇒ Keokuk County Farm Bureau is sponsoring part of the \$12 fee for each 4-Her to take this test. We are grateful for this continued sponsorship!
- ⇒ YQCA certifications are due to the Keokuk County Extension Office by **June 1st, 2022** for all 4-H and FFA livestock exhibitors (beef, dairy cattle or goat, meat goat, poultry, rabbit, sheep, and swine).
- ⇒ Once you have your code from your leader, to complete YQCA:
 - 1-Go to <http://yqca.org/>
 - 2-Sign-in with either 4-HOnline or (FFA only) a new profile.
 - 3-Select the member taking the course.
 - 4-Select age of youth in 2022.
 - 5-Pay (enter code)
 - 6-Child takes the course on their own.
 - 7-**Send a pdf version of your Certificate of Completion to Alicia at alschmi@iastate.edu or drop a copy off to the Keokuk County Extension Office by June 1st, 2022.**
- ⇒ Coupons expire June 1st.
- ⇒ Check your certification status on 4-HOnline at <https://v2.4honline.com>.
- ⇒ Tests may be taken multiple times. You **MUST** wait 1 hour between tests. There is no face to face training.
- ⇒ Once a test is passed, you are certified until the following year.
- ⇒ Help sheets and background information: <https://www.extension.iastate.edu/4h/yqca>



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Fair is more than livestock!



Think Expo Fair is only for 4-Hers showing livestock?

FALSE

Think you're only 'cool' if you show livestock at Expo Fair?

FALSE

Think your hobby or talent can't produce a static exhibit?

FALSE

Have you seen all of the indoor exhibit classes we have at Expo Fair?! Take a look at an old fair book, stop into the Extension Office to see the all of the project area hot sheets in the turn-about inside the door, or check out the project areas at www.extension.iastate.edu/4h/projects-list.

We see you taking pictures and posting them to Facebook.
Bring your photography to fair!

We see the art you create at school. Bring your art to the Expo Fair!

We see you tinkering with furniture restoration. Finish up a piece and bring it to Expo Fair!

Winter and early spring is the prime time to begin your work on your indoor static exhibits.

Have a question or need inspiration? Talk to your 4-H leader or stop into the Extension Office. We're all here to help!

Show off your talent!



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Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Potato 101

Potatoes are a staple in many households. While potatoes may have a bad reputation, they're versatile (baked, mashed, fried, boiled) and nutrient rich. They are an excellent source of vitamin C and potassium.



Keeping an eye on your blood sugar? You can still enjoy potatoes. Compared to many vegetables, potatoes may raise blood sugar quickly. However, the effect on your blood sugar is influenced by the type of potato and cooking method. For example, a white potato can increase blood sugar more quickly than a sweet potato, while a boiled russet potato raises blood sugar more slowly than a baked russet potato.

It's also important to look at your entire meal versus just one food. When you enjoy potatoes with foods higher in protein and healthy fat, the potato is digested more slowly, which slows the rise of blood sugar.

FUN FACT

Don't store potatoes with apples. Apples and many other fruits produce ethylene gas, which promotes sprouting.

Sources:

[What Potatoes Have the Highest Glycemic Index?](http://nutritionletter.tufts.edu), nutritionletter.tufts.edu

[7 Health and Nutrition Benefits of Potatoes](http://healthline.com), healthline.com;

[Produce Basics - Potatoes](http://spendsmart.extension.iastate.edu/cook/produce-basics/), spendsmart.extension.iastate.edu/cook/produce-basics/

Loaded Potato Soup

Serving Size: 1 1/2 cups
Serves: 4

Ingredients:

- 4 medium potatoes (scrubbed, peeled, and cubed) (about 4 cups)
- 1 onion, chopped (about 1 cup)
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 2 cups low sodium chicken or vegetable broth
- 1 cup frozen peas
- 1 cup nonfat milk
- 3/4 cup shredded cheddar cheese
- Optional: sliced green onions, crumbled bacon, diced ham, croutons, soup crackers



Directions:

1. Combine potatoes, onion, garlic powder, ground black pepper, and broth in a large saucepan. Cover and cook over medium high heat until boiling.
2. Reduce heat to medium. Simmer until potatoes are tender, stirring occasionally (12–15 minutes).
3. Use a potato masher or fork to slightly mash the potatoes. This will also thicken the soup. There should still be pieces of potato in the soup.
4. Stir in the peas, milk, and shredded cheddar cheese. Cook and stir until the cheese is melted (3–4 minutes).
5. Add garnishes and serve right away.

Nutrition information per serving:

340 calories, 8g total fat, 4.5g saturated fat, 0g trans fat, 20mg cholesterol, 240mg sodium, 53g total carbohydrate, 7g fiber, 9g sugar, 16g protein

This information is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit Spend Smart. Eat Smart., spendsmart.extension.iastate.edu.

Words on Wellness



www.extension.iastate.edu

UPCOMING EVENTS

ServSafe® Certified Food
Protection Manager Course:
9 am - 6 pm

March 1 @Keosauqua
March 10 @Iowa City
March 29 @Donnellson

Registration deadline is 3
weeks prior to the class. For
registration information, go to:
<https://www.extension.iastate.edu/humansciences/servsafe>

VIRTUAL series on
Parkinson's Disease - No cost
For more information go to:
<https://www.extension.iastate.edu/humansciences/parkinsons>

Healthy regards!

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to www.extension.iastate.edu/diversity/ext.
PM 2099 January 2022

Food Safety Mythbusters

We all do our best to serve our families food that's safe and healthy. However, do you know all you should know? A few food safety practices that many people believe and follow are actually myths.

Myth: I don't need to wash fruits or vegetables if I'm going to peel them.

Fact: Because it's easy to transfer bacteria from the peel or rind when you're cutting to the inside of your fruits and veggies, it's important to wash all produce, even if you plan to peel it.

Myth: To get rid of any bacteria on my meat, poultry, or seafood, I should rinse off the juices with water first.

Fact: Rinsing meat, poultry, or seafood with water can increase your chance of foodborne illness by splashing juices and any bacteria they might contain onto your sink and counters. If you choose to rinse for cultural reasons, make sure to clean and disinfect the sink and counters immediately afterward.

Myth: It is OK to wash bagged greens if I want to. There's no harm!

Fact: Rinsing leafy greens that are ready to eat (those labeled "washed," "triple washed," or "ready to eat") will not enhance safety. In fact, it could increase the risk for cross-contamination. This means harmful bacteria from your hands or kitchen surfaces could find their way onto the greens while washing them.

Source: [Home Food Safety Mythbusters](http://HomeFoodSafetyMythbusters.fightbac.org), fightbac.org

Encouragement Goes Far



We all can use encouragement at times, even some celebration when we meet a goal. Cheering on a friend or family member who wants to be more physically active is a wonderful way to show your support. Be open and listen—congratulate first steps and celebrate progress along the way. Help it happen—take a walk or explore new activities together. Don't push too hard and DO keep it positive.

Source: [How to Encourage Someone Toward Physical Fitness](http://HowtoEncourageSomeoneTowardPhysicalFitness.nextavenue.org), nextavenue.org

NEW for 4-H exhibitors this year for Expo



Keokuk County 4-H is getting an upgrade for 2022 Expo Fair!

- ⇒ Keokuk County 4-H will now be using FairEntry, a comprehensive and user-friendly online fair and show management solution.
- ⇒ All 4-H families will use their 4-H Online information to sign-in and make all fair exhibit entries (livestock and static).
- ⇒ Several Keokuk County 4-H exhibitors already use FairEntry for Iowa State Fair entries, so this will be a familiar site to some already!
- ⇒ Being one of the last counties not using this system, we decided to jump on the bandwagon to help streamline processes.
- ⇒ Workshops and help sheets will be forth-coming this spring. Please be on the look-out!



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Keokuk County

400 220th Ave, Suite A

Sigourney, IA 52591

RETURN SERVICE REQUESTED

January/February 2022 Keokuk County 4-H Family Newsletter

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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