

# Keokuk County 4-H Family Newsletter

## May & June 2022



### IMPORTANT DATES

- May 15th:  
ALL animals being exhibited at Expo Fair by a 4-Her must be entered in 4-HOnline in order to come to Expo Fair
- May TBD:  
FairEntry workshop
- May 29th:  
Flower Pot Pick-up
- May 30th:  
Office closed for holiday
- May 31st:  
Dog Obedience begins
- June 1st:  
YQCA due to Extension Office
- June 12th:  
Clothing Event
- June 28th-30th:  
Iowa 4-H Youth Conference
- July 1st:  
All 4-Her exhibits (livestock and indoor/non-livestock) must entered in FairEntry in order to come to Expo Fair
- July 1st:  
Stall / project fees due to Extension Office
- July 1st:  
Silent Auction Baskets due
- July 4th:  
Office closed for holiday
- July 6th:  
Pre-fair meeting for leaders/ volunteers
- July 10th:  
Expo Fair set up
- July 11th-16th:  
Expo Fair
- July 17th:  
Expo Fair clean up

### *All Roads Lead to the Expo*

**2022 Keokuk County Expo  
July 11th - 16th**

Entry forms, report forms, and the fair book are located on our website:

<https://www.extension.iastate.edu/keokuk/expo-fair>

**\*If you'd like a printed copy of the fair book for your family, please stop into the Extension Office.**

**ISU Extension and Outreach  
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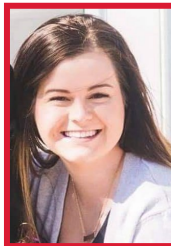
400 220th Avenue, Suite A  
Sigourney, Iowa 52591  
641-622-2680

Office hours: 8:00 AM to 4:30 PM  
[www.extension.iastate.edu/keokuk](http://www.extension.iastate.edu/keokuk)

 **Iowa State University Extension: Keokuk County**



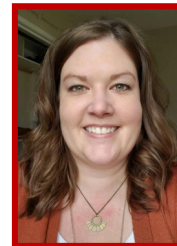
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**Anyone** showing any of the following animals at the 2022 Keokuk County Expo Fair or Iowa State Fair ***must*** take the YQCA test.

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 **<https://yqcaprogram.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](mailto: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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# MAY 15TH DEADLINE

**All 4-Her's must have their animals entered in 4-HOnline by May 15th in order to show at Expo Fair.**



- 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 would be entered as 42JJS8481.
  - New Electronic ID (EID) type tags would be entered using ALL 15 digits as 840003123456789.
- If you need ear tags, please stop into the Extension Office to pick them up. If you borrow a tagger, these need returned within 3 business days.
- **May 15th is a Sunday, so contact the Extension Office by Friday, May 13th with questions. Please refrain from contacting staff via their personal phones and/or social media. We ask that you plan ahead.**
- County staff will verify animal ID information families have entered against information collected on the 106 form.
- If you did not come to weigh-in, you need to complete a 106 form for swine, sheep, and goat. Please stop into the Extension Office to pick them up and return by May 15th.

## ATTENTION: SWINE EXHIBITORS

1-DNA samples for swine going to the Iowa State Fair is due to the Extension Office by May 10th. If not received, the family will be responsible for mailing samples themselves.

2-Did you pick up yellow ear tags (as pictured) from our office for your swine? If so, please be in contact with our office immediately! **The State 4-H Office, along with other state officials, have decided these cannot be used and have shipped out new swine ear tags to all Extension Offices in the state.** Your swine MUST have a USDA ear tags in order to bring your swine to the Expo Fair and Iowa State Fair.



If you have already tagged your swine using the tags pictured, the tags need removed and returned to our office, and the swine need new tags put in. If you're not comfortable removing these and re-tagging yourself, please let us know! We have options and resources!

If you picked up some of the tags pictured but have not tagged your swine, please return the tags to our office and pick up new tags.



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# Animal Care and Management Disclosure

## Statement (Drug Affidavit) Needed

- Any exhibitor showing beef, meat goat, market lamb, swine, or horse at Expo Fair needs to complete, sign, and turn in a copy of the drug affidavit *for each species they're showing* to the Extension Office by July 13th, 2022.
- Drug affidavits can be printed from our website at [www.extension.iastate.edu/keokuk/expo-fair](http://www.extension.iastate.edu/keokuk/expo-fair) or picked up at the Extension Office.

## Showing a Purebred Animal?

- 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!
- If papers are not turned in, you will not be allowed to show in a purebred class.



## 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/FFA families will use their 4-H Online information to sign-in and make all fair exhibit entries (livestock and indoor/static) by July 1st, 2022.
- ⇒ Several Keokuk County 4-H/FFA 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 after May 15th. Please be on the look-out for notifications via email, Facebook, and/or mail of scheduled dates. We cannot roll out FairEntry until the Iowa State Fair has completed their fair setup for the year, scheduled for completion in early May.





## Expo Fair Stall / Project Fee



- Any exhibitor showing livestock (bucket bottle, beef, goat, horse, llama, poultry, rabbit, sheep, swine) owes a \$15 fee per exhibitor due to the Extension Office by July 1st. Any turned in after this deadline are subject to a \$25 late fee.
- These fees are put towards future barn improvements.

## Dog Obedience

- The Dog Obedience Show is scheduled for Wednesday, July 13th at 1:00 PM.
- Dog Obedience practices will be on the following dates at 7:00 PM on the Expo Fairgrounds:  
May 31st  
June 8th  
June 14th  
June 22nd  
June 28th  
July 6th



- A copy of a current rabies certificate must be supplied to the Extension Office before the first practice.
- All dogs were to be signed up with the Extension Office by May 1st, and they must be entered into 4-HOnline by the family by May 15th.
- Please review the fair book for all department rules.

## Clothing Event

- Clothing Event sign-up deadline is Wednesday, June 1st. Please complete and turn in a Clothing Event Sign-up Form. This form can be picked up at the Extension Office or printed from our website at [www.extension.iastate.edu/keokuk/expo-fair](http://www.extension.iastate.edu/keokuk/expo-fair).
- Clothing Event is Sunday, June 12th, beginning at 1:00 PM at the Extension Office. Please bring your completed Awardrobe Clothing Report Form. This form can be picked up at the Extension Office or printed from our website at [www.extension.iastate.edu/keokuk/expo-fair](http://www.extension.iastate.edu/keokuk/expo-fair).
- 4-H Style Show during the Expo Fair will be Thursday, July 14th at 5:30 PM in the Extension Office.
- An Awardrobe Judges Comment Form can be found on our website as well.



## Basket Silent Auction

- Any club, group, business, or individual may submit a basket.
- Money raised through this fundraiser will go to the Keokuk County 4-H program, not to the specific clubs.
- Suggested value of basket is \$25-50.
- A sheet should be included reflecting basket theme, contents, and value.
- **Baskets are due to the Extension Office by July 1<sup>st</sup>, 2022.**
- Baskets will be closed in the Exhibit Hall to take bids, except for being moved to the Commercial Building on Thursday, July 14<sup>th</sup> during the fair events.
- Bids must be placed on the sheet by the basket in \$1.00 increments.
- Bids will be taken Monday, July 11<sup>th</sup> through Thursday, July 14<sup>th</sup>.



## FIND YOUR FUN AT THE IOWA STATE FAIR



## Iowa State Fair Entries

- If you plan to show livestock at the Iowa State Fair, it is up to the families to enter their livestock at <https://iowastatefair4hlivestock.fairentry.com> by July 1st. This is the Iowa State Fair's FairEntry site, not Keokuk County's FairEntry site. All animals coming to the Keokuk County Expo Fair must be in the county's FairEntry site by July 1st as well.
- Entry fees will be charged and need payment at the time of registration.
- Static/indoor exhibits that are judged at the Keokuk County Expo Fair to go on to the Iowa State Fair will be entered into for the Iowa State Fair site by the Extension Office staff.
- Ticket information will be rolled out to the Extension Office at a later date by the State 4-H Office and families will be notified.



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## Flowerpot Contest

- Material pick up will be on **Sunday, May 29th from 9:00 - 10:00 AM at the Extension Office.** Clubs participating in the flowerpot contest will need to send a leader or club parent to pick up the flower pot and soil.
- Clubs are responsible for purchasing flowers and planting/arranging flowers nicely in the flowerpot, as well as watering the pot regularly, including during Expo Fair.
- Bring the planted flowerpot to the Commercial Building during the Expo Fair on Monday, July 11th by 8:00 PM. Please be sure the club name is on the flowerpot.
- Containers will be judged and auctioned during the queen contest on Thursday, July 14th.
- Please contact the Expo Fair Board if you have any questions.



## Congratulations 2022 Seniors!

Hannah Alderson  
Kaeley Axmear  
Addison Baumert  
Hope deRegnier

Kristen Fisher  
Taylor Gambell  
Bryson Grove  
Madison Mikesell

Lauren Molyneux  
Conner Reed  
Claire Svenby

The Keokuk County Extension Council and Staff wish each of you the very best of luck in your future endeavors. We hope you continue to use the skills you learned while in Keokuk County 4-H. You will be greatly missed! We hope to see you around!

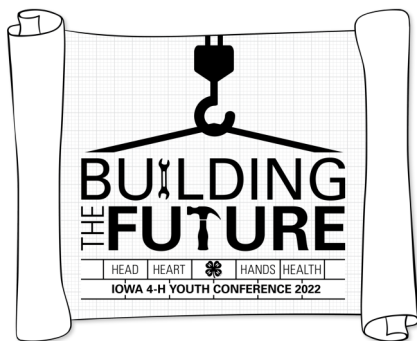
Your life is your story, and the adventure ahead of you is the journey to fulfill your own purpose and potential.

—Kerry Washington



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# 2022 Iowa 4-H Youth Conference



The Iowa 4-H Youth Conference takes place annually on the campus of Iowa State University in Ames. This 3-day, overnight event is open to 8th-12th youth, both 4-H members and non-members. Delegates join others from around the state for a full day of speakers, workshops, teambuilding, service-learning, networking, and more! Delegates get to experience campus life by staying in the residence halls, eating in dining centers, attending workshops in lecture halls, etc. Youth who attend the conference get to have fun while earning new things and discovering something new about themselves! The Animal Science Round Up is held in conjunction with this event each year.

**Who:** ALL youth in 8th-12th grades (you do not need to be in 4-H)

**When:** June 28th-30th, 2022

**Where:** Iowa State University campus in Ames, IA

**Registration Fee:** \$180\* (payment is due to the Keokuk County Extension Office by June 1st)

\*Financial aid applications are available through Iowa 4-H Foundation. Due May 1st.

Registration opens on March 31st via 4-Online. Registration closes June 1st.

**Youth Conference:** [www.extension.iastate.edu/4h/iowa4hyouthconference](http://www.extension.iastate.edu/4h/iowa4hyouthconference)

**Animal Science Round-Up:** [www.extension.iastate.edu/4h/animalscienceroundup](http://www.extension.iastate.edu/4h/animalscienceroundup)



The Inaugural 4-H Career Pathways Academy is a 12-month immersive program for rising 8-11th grade youth that provides pathways to college and career preparedness.

- Engage marginalized youth in research-based educational opportunities that promote skill development in preparation for higher educational pursuits and careers in technical fields of study.
- Provide hands-on workforce development training to build leadership, innovative thinking, and entrepreneurial skills. Connect youth to externship opportunities in their local communities statewide.
- Prepare youth for long-term academic and vocational success, civic engagement, employability and economic stability, as well as provide them with opportunities for belonging and overall wellbeing.

**Who:** ALL Iowa youth in 8th -12th grades (you do not need to be in 4-H)

**When:** June 28th-30th, 2022 kick-off

**Where:** Iowa State University campus in Ames, IA

**Registration:** \$180. Financial assistance available.

Register at <https://www.extension.iastate.edu/4h/career-pathways-academy>. Registration closes June 1st.

**Transportation:** Will be provided to and from Iowa State University

**Contact:** Cayla Taylor [Cayla@iastate.edu](mailto:Cayla@iastate.edu) or 515-294-1877



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# Keokuk County Food Club Fundraiser



**Various designs of T-shirts, sweatshirts, and tank tops available!**

Evidence is clear that 4-H participants gain valuable life skills through their experiences in meetings, the show ring, & in the relationships they build. Programs allow kids the opportunity to foster their leadership skills & share their talents with local communities. In fact, studies show that 4-H members are 25% more likely to volunteer in their communities as adults than their peers.

During the month of May, the Keokuk County Food Club will be holding a fundraiser to support the North Keokuk County Emergency Services. This volunteer department provides primary fire & EMT services to the Webster, Kinross & South English communities & back up services to Wellman, North English, & Sigourney when needed. As a club, we are thankful for their commitment to Keokuk County 4-H by allowing us to hold our monthly meetings at their location. As a club, we want to focus on the value of youth volunteers helping community volunteers.

Shirts will be available for purchase May 2nd - 15th. Items can be shipped directly, picked up at Misc on Main in Sigourney, or picked up from a Food Club member. Orders will be ready by June 10th.

<https://misconmain.com/online-store/>

Thank you for supporting the 4-H mission!



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## Successful 4-H Spring Fundraiser

Our annual fundraiser for the Keokuk County 4-H Program was a great success! Clover Kids and 4-Hers sold a combined 1,381 Butter Braids! Thank you to all who participated or donated! And a very special thank you to the leaders who came to help that morning!

Here were our top sellers:

### Clover Kids

1st - Nora Eiben (Sigourney Sprouts Clover Kids) - 36 Butter Braids  
2nd - Greenlee Kitzman (Sigourney Clover Kids) - 31 Butter Braids  
Club - Sigourney Sprouts Clover Kids - 225 Butter Braids

### 4-Hers

1st - Delayna Danner (Riverside Club) - 34 Butter Braids  
2nd - Tierney Greiner (Lafayette Feeders Club) - 23 Butter Braids  
Club - Riverside Club - 186 Butter Braids



## Pop Tabs for Jacy

Jacy McAlexander, from Calhoun County, was a State 4-H Council member with a big heart who was passionate about helping others through the Ronald McDonald House. He lost his courageous battle with cancer during his 2017-18 term on council. The 2021-22 State Council wants to help collect pop tabs and continue to donate them in Jacy's honor.



—Drop your pop tabs off at the Keokuk County Extension Office now through Friday, 06/24/22.

“Look around you and see what else you can do for others.” - Jacy

## Veterinarian Drive by Liberty Leaders 4-H Club

During the month of April and part of May, Liberty Leaders 4-H Club is holding a supply drive for our local veterinary clinics! The club is collecting \$5 fleece blankets (typically sold at Walmart and Dollar General), body/beach towels (new or used, stains are okay, no holes), and Tide PODS. If you would like to contribute, supplies can be dropped off to the Keokuk County Extension Office or to the Lee or Kustes families.

Not only do our local veterinary clinics assist many families in our community throughout the year, they also assist and support our 4-H program during Expo Fair. Lets show them how much we appreciate them!



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\*\*\* Any animal brought in late will not be allowed to show. NO EXCEPTIONS! \*\*\*

## 2022 Keokuk County Expo Fair Schedule

### Sunday, June 12<sup>th</sup>

1:00 PM.....Clothing Event.....Extension Office

### Sunday, July 10<sup>th</sup>

TBD.....Bucket Bottle Interviews.....Extension Office

1:00 PM.....Flag Raising Ceremony (before cleanup).....Expo Fairgrounds

1:00 PM - 4:00 PM.....Clean-up and Set-up for 4-H and FFA Shows.....Expo Fairgrounds

### Monday, July 11<sup>th</sup>

8:30 AM - 11:30 AM.....4-H Exhibit Judging.....Exhibit Hall

8:30 AM - 11:30 AM.....Clover Kids Exhibit Judging.....Extension Office

5:00 PM.....4-H Flower Container Contest Entries.....Commercial Building

### Tuesday, July 12<sup>th</sup>

8:00 AM.....Free Breakfast (Sponsored by B's Sweet Treats).....Horse Arena

9:00 AM.....4-H/FFA Horse & Pony Show.....Horse Arena

9:00 AM - 9:15 AM.....Clover Kids Pet Show Check in.....Commercial Building

9:30 AM.....Clover Kids Pet Show.....Commercial Building

11:00 AM.....4-H/FFA Pet Show.....Commercial Building

1:30 PM.....Communication Events.....Extension Office & Commercial Building

5:00 PM.....FFA Ag Mechanics exhibits can be brought in.....Exhibit Hall

5:00 PM.....Clover Kids Gardener Fest.....Extension Office

6:00 PM - 8:00 PM.....4-H/FFA Cattle and Sheep may be brought in if needed (NO HOGS!).....Livestock Barn

6:00 PM - 8:00 PM.....Open Class Check-In.....Exhibit Hall

6:00 PM.....Clover Kid Graduation Ceremony.....Extension Office

### Wednesday, July 13<sup>th</sup>

7:00 AM.....Juice & donuts (sponsored by Keokuk County Farm Bureau).....Livestock Barn

7:00 AM - 8:00 AM.....4-H/FFA Beef Pen of 3 Weight-in and Scan.....Livestock Barn

8:00 AM - 12:00 PM.....Open Class Check-In.....Exhibit Hall

8:00 AM - 9:00 AM.....4-H/FFA Market Beef Weigh-in and Scan.....Livestock Barn

9:00 AM.....4-H/FFA Breeding Beef Check In.....Livestock Barn

9:15 AM - 10:00 AM.....4-H/FFA Sheep/Meat Goat Weigh-in and carcass scanning.....Livestock Barn

.....goat & sheep must be penned by 9:00 AM.....Livestock Barn

10:00 AM - 11:30 AM.....4-H/FFA Swine Weigh-in and carcass scanning.....Livestock Barn

11:00 AM - Noon.....All other 4-H/FFA, Clover Kids, & Bucket Bottle check-in.....Livestock Barn

11:00 AM - 1:00 PM.....4-H/FFA family lunch hosted by Nutrien of Keswick.....Between Exhibit Hall & Commercial Building

.....Between Exhibit Hall & Commercial Building

1:00 PM.....4-H Dog Obedience/Agility Show.....Show Ring

Following the 4-H Dog Obedience/Agility Show.....Clover Kids Dog Show.....Show Ring

1:30 PM.....Open Class Judging.....Exhibit Hall

5:00 PM.....4-H/FFA Ag Mechanics Judging.....Exhibit Hall

5:00 PM.....4-H/FFA Meal (Sponsored by Farmer's Co-Op & Vision Ag, Keota).....Track

6:00 PM.....Rabbit Show.....Livestock Barn

Following Rabbit Show.....Poultry Show.....Livestock Barn

6:30 PM.....Sign-up for Adults Bags Tournament.....Commercial Building

7:00 PM.....Adults Bags Competition Begins.....Commercial Building



#### Thursday, July 14<sup>th</sup>

7:00 AM.....	Juice & donuts (sponsored by Cassens Mill).....	Livestock Barn
8:00 AM.....	4-H/FFA Sheep Show.....	Show Ring
10:00 AM.....	4-H/FFA Meat Goat Show.....	Show Ring
10:00 AM.....	Antibiotic Free Swine Interviews.....	Extension Office
12:00 PM.....	4-H/FFA Llama Show.....	Show Ring
11:00 AM-1:00 PM.....	4-H/FFA Family Meal (Sponsored by Faas Feed).....	
	Tent between Exhibit Hall & Livestock Barn	
3:00 PM - 5:00 PM.....	Bingo.....	Extension Office
5:30 PM-6:00 PM.....	4-H Clothing Style Show/Awards.....	Extension Office
5:30 PM.....	Food Trucks.....	Fairgrounds
6:00 PM.....	Bill Riley Talent Show.....	Commercial Building
	<i>During talent show judging: Outstanding 4-H Exhibit Building Awards, Recognition of Senior 4-H/FFA Members, Recognition of Iowa State Fair Exhibitors</i>	
Following the Talent Show.....	Queen Contest.....	Commercial Building
During queen contest.....	Friends of the Fair.....	Commercial Building
During Queen Contest.....	4-H Flower Planter Auction.....	Commercial Building

#### Friday, July 15<sup>th</sup>

7:00 AM.....	Free Breakfast (sponsored by Farmers Co-op).....	Show Ring
8:00 AM.....	4-H/FFA Swine Show.....	Show Ring
11:00 AM - 1:00 PM.....	4-H/FFA Family Meal (Sponsored by Channel Seed).....	
	Tent between Exhibit Hall & Livestock Barn	
1:00 PM - 3:00 PM.....	Bingo.....	Extension Office
3:00 PM.....	Clover Kids Bucket Bottle Show.....	Show Ring
4:00 PM (or following Clover Kids).....	4-H/FFA Bucket Bottle Show.....	Show Ring
5:30 PM.....	Registration for Mullet Contest.....	Commercial Building
6:00 PM.....	Mullet Contest.....	Commercial Building
7:30 PM.....	Concert: Ted Stockton / Casey Mussingman.....	Track

#### Saturday, July 16<sup>th</sup>

7:00 AM.....	Breakfast (sponsored by Agriland FS of Hedrick, IA).....	Livestock Barn
8:00 AM.....	4-H/FFA Cattle Show.....	Show Ring
11:00 AM - 1:00 PM.....	Sandwiches (small fee) (Sponsored by Keokuk County Cattlemen's).....	
	Fairgrounds	
12:00 PM - 3:00 PM.....	Kids' Contests.....	Commercial Building
1:00 PM - 3:00 PM.....	Bingo.....	Extension Office
5:30 PM.....	Kid's Figure 8 Race Car Rides.....	Track
6:30 PM.....	Figure 8 Races, Kids Night (13 & under - FREE).....	Track
	<i>Adult admission \$7 - 4-H/FFA members wearing 4-H/FFA wrists bands - FREE</i>	

#### Sunday, July 17<sup>th</sup>

6:00 AM.....	Swine released.....	Livestock Barn
All other animals to follow AFTER all swine are gone.....		Livestock Barn
7:00 AM - 8:30 AM.....	4-H Flower Planter Pick-up.....	Commercial Building
7:00 AM - 9:00 AM.....	All 4-H/FFA Exhibits released.....	Exhibit Hall
7:00 AM - 8:30 AM.....	All Open Class Exhibits released.....	Exhibit Hall
11:00 AM.....	All exhibits must be picked up, and exhibit area and stalls cleaned.....	Exhibit Hall

**NO LIVESTOCK, INCLUDING CLOVER KIDS LIVESTOCK, ARE ALLOWED TO LEAVE BEFORE SWINE ARE RELEASED ON SUNDAY, UNLESS PERMISSION HAS BEEN GRANTED FROM A BARN SUPERINTENDANT OR VETERINARIAN EXPLAINING THE REASONING.**  
**FAIR SCHEDULE IS SUBJECT TO CHANGE!**





# Summer Day Camps

- ⇒ Registration is open now!
- ⇒ Registration fee (if applicable) & form must be received to hold your spot.
- ⇒ Registration forms will be available on the Extension website at [www.extension.iastate.edu/keokuk/](http://www.extension.iastate.edu/keokuk/) and in our office.
- ⇒ If you are a 4-H member in high school who is interested in helping with camps, please contact the Extension Office!

## **Grades 4-6** **Babysitting Clinic**

Monday, 06/06/22

9:00 AM– 3:00 PM

No fee

Keokuk County Extension Office

Youth will be provided information and tips for to help them be comfortable with babysitting. Topics covered will be fire safety, weather safety, first aid/CPR, infant/child care, and more.

## **Grades K-1** **Magician's Laboratory**

Thursday, 06/09/22

9:00 AM– 3:00 PM

\$25 per youth

Keokuk County Extension Office

Be a magician for the day and make wands, stir up potions, build screaming balloons, wear wizard hats, put on a magic show with worms, exploding soda, invisible ink, and more!

## **Grades 2-3** **Kids in the Kitchen**

Thursday, 06/16/22

9:00 AM– 3:00 PM

\$25 per youth

Keokuk County Extension Office

Explore different foods and safe handling practices in the kitchen. Our healthy eating habits will come into practice as you make your own snacks, practice measuring, mixing, reading recipes, and more!

## **Grades 4-6** **On Their Own & OK**

Tuesday, 06/21/22

9:00 AM– 3:00 PM

\$25 per youth

Keokuk County Extension Office

Learn home-alone skills:

- Handling emergencies and basic first aid
- Safety/privacy with electronics & other appliances
- Daily routines/responsibilities
- Dealing with siblings and friends when home alone.
- Basics of healthy meals and snacks and how to crush boredom.

## **Grades 3-4** **Camp Calm**

Thursday, 06/23/22

9:00 AM– 3:00 PM

\$25 per youth

Keokuk County Extension Office

Escape into the spa, making homemade body products and learn different relaxation and mindfulness techniques.

## **Grades 2-3** **Art Rocks**

Thursday, 06/30/22

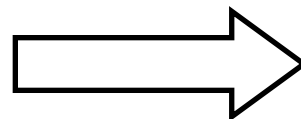
9:00 AM– 3:00 PM

\$25 per youth

Keokuk County Extension Office

Create and explore during this art camp with take home projects focused on elements of line, shape, color, form, and texture through integrated art and literacy activities.

But wait! There's more!



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# More Summer Camps!

- ⇒ Registration is open now!
- ⇒ Registration fee & form must be received to hold your spot.
- ⇒ Registration forms will be available on the Extension website at [www.extension.iastate.edu/keokuk/](http://www.extension.iastate.edu/keokuk/) and in our office.
- ⇒ If you are a 10th-12th grader who is interested in helping with the below camps, please contact the Extension Office!

## **Grades 4-6** **Junior Camp**

Tuesday, 06/07/22 **or** Wednesday, 06/08/22

8:00 AM– 6:00 PM

\$50 per youth

Crooked Creek Christian Camp in Washington, IA

Meet new friends while you try fishing, canoeing, hiking, swimming, GPS tracking, archery, spending time around the campfire, and more!

## **Grade 6** **Adventures at the Lake**

Thursday, 06/23/22– Friday, 06/24/22

8:00 AM – 9:00 AM

\$ Fee per youth TBD

Lake Belva Deer

Have some fun in the sun swimming, fishing, kayaking, hiking, enjoying nature, playing games, making crafts, camping out, and much more.

# Summer Camp Help Needed

- ⇒ If you're a high schooler or an adult in the community interested in volunteering at any of our summer day camps, please reach out to the Extension Office.
- ⇒ Volunteers are needed to help chaperone and keep kids on track!
- ⇒ Great boredom buster!
- ⇒ Fun way to earn community service hours!



**IOWA STATE UNIVERSITY**  
Extension and Outreach



# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Fermented Foods Support Your Health



People have been fermenting foods for nearly 10,000 years. Fermented foods we eat today include sourdough bread, yogurt, kefir, sauerkraut, kimchi, and kombucha.

1. In fermentation, Lactobacilli, which are natural bacteria found in fresh vegetables, feed on carbohydrates and excrete lactic acid. The lactic acid helps preserve the vegetables and gives foods a bright color and tangy flavor.
2. Fermented foods have many health benefits. They give the body needed probiotics. Probiotics are microorganisms that live in the gut. They improve digestion, lower inflammation, and strengthen the immune system.
3. To add more fermented foods in your diet, consider the following:
  - Eat yogurt for breakfast or a snack. Enjoy it alone, with fruit, or made into a smoothie.
  - You can also use kefir to make a smoothie. This tangy dairy beverage provides a different variety of Lactobacilli than most yogurts do.
  - Toss a little sauerkraut (fermented cabbage) into a sandwich or wrap.
  - Enjoy tempeh or miso, which are fermented soybeans. Tempeh has a nutty, hearty, mushroom-like flavor. Add it to a noodle bowl with vegetables.
  - Have naturally fermented dill pickles as a snack or a hamburger topping. Most pickles at the grocery store have been packed in vinegar and spices, not fermented. Be sure to buy “naturally fermented” pickles. You can also make your own fermented pickles. For recipes, see the [ISU canning pickles instructions](https://bit.ly/3i7P4yQ), <https://bit.ly/3i7P4yQ>.

Source: [Taking a New Look at Fermented Foods](https://bit.ly/361haJI), [bit.ly/361haJI](https://bit.ly/361haJI).

## Tzatziki and Pita Chips

Serving Size: 1/4 cup tzatziki with 6 pita chips | Serves: 8

### Ingredients:

- 1 cucumber (cut in half lengthwise)
- 1 teaspoon garlic (peeled and minced) (about 1–2 cloves)
- 2 containers (6 ounces each) plain Greek yogurt
- 1 teaspoon dried dill and/or fresh mint
- 1/4 teaspoon salt
- 1 tablespoon olive oil
- Dried basil, parsley, garlic powder (optional)

### Directions:

1. Use a spoon to scrape out seeds from the cucumber. Dice the cucumber into small pieces or shred with a grater.
2. Spread cucumber on paper towels on top of a clean kitchen towel. Roll up the towels and squeeze to remove excess liquid. Transfer dry cucumber to a large bowl.
3. Add the garlic, yogurt, dried dill or fresh mint, salt, and olive oil. Mix. Cover and refrigerate until served.
4. Serve with baked pita chips.

### Nutrition information per serving:

210 calories, 7g total fat, 4g saturated fat, 0g trans fat, 5mg cholesterol, 5mg sodium, 29g total carbohydrate, 4g fiber, 2g sugar, 8g protein. This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)





[www.extension.iastate.edu](http://www.extension.iastate.edu)

## Tend a Garden to Make Your Health Bloom

Spring is finally here, and many families are enjoying the warmer weather by planning their gardens. The fresh produce from gardens certainly improves our diets. As a bonus, gardening helps us be active! The Centers for Disease Control considers gardening a moderate intensity activity. Gardening helps get us the recommended 2 1/2 hours of activity we need each week. Working in a garden allows us to get vitamin D from the sun. It helps relieve stress. It might even lower our risk of dementia!

To learn more health benefits of gardening, listen to the *Sow, Grow, Eat, and Keep* [videos](https://www.youtube.com/watch?v=3JiahSB), [bit.ly/3JiahSB](https://bit.ly/3JiahSB).

## Spring Clean Your Refrigerator



A well-organized refrigerator helps reduce food waste and save money. You should aim to deep clean your refrigerator every three to four months. Follow these steps to clean and organize your refrigerator:

1. Remove everything. Throw out food that has spoiled or expired and leftovers more than four days old.
2. Put perishables, such as milk, cheese, yogurt, meat, and eggs, in a cooler with ice or ice packs to keep cold while cleaning the refrigerator.
3. Wash all shelves, drawers, and walls with hot soapy water. Rinse with clean, hot water and let air dry. Replace drawers and shelves once they are dry.
4. Make sure the refrigerator temperature is 40°F or below, so your food is safe to eat.
5. Group similar foods together as you put them back in the refrigerator. Label and date all foods.
  - Crisper drawers: Keep fruits and vegetables.
  - Deli drawers: Store deli meats and cheeses.
  - Lowest shelf: Place raw meats on a plate, so they do not drip onto other foods.
  - Back of refrigerator: Keep milk and eggs, so they stay cold.
  - Door: Store sauces and condiments.
6. Once a year, clean the back and bottom of the fridge. This helps it to operate efficiently.

For more information, watch the Organize Your Fridge [video](https://www.youtube.com/watch?v=3CT20IS), [bit.ly/3CT20IS](https://bit.ly/3CT20IS), on the Spend Smart. Eat Smart. website.



## County Council Visit to Meals from the Heartland

On April 2nd, six members of the 4-H County Council, along with two leaders, put their hands to larger service by helping package 72,792 meals at Meals from the Heartland in Des Moines, Iowa. The club also made a monetary donation to the organization.

Meals from the Heartland is a faith-related organization that believes in the importance of prayer, volunteer service and financial giving to help save starving children. They are made up of volunteers from businesses, schools, churches, community organizations and beyond who package meals for delivery to malnourished people in Iowa, across the United States and around the world.

Search for hunger stats in Iowa. It's a staggering problem - not just in developing countries, but here at home and across the nation. Poverty and crisis tip the scale in hunger's favor. The question of how to end world hunger can seem daunting, but Meals from the Heartland IS making a difference, thanks to their generous donors, volunteers and partners. Every dollar donated, every volunteer hour given, and every packaged meal is helping to break the chain of hunger and save lives. Since 2008, Meals from the Heartland has provided over 170 million meals to the hungry in Iowa and around the world.

Visit <https://mealsfromtheheartland.org> to learn more!

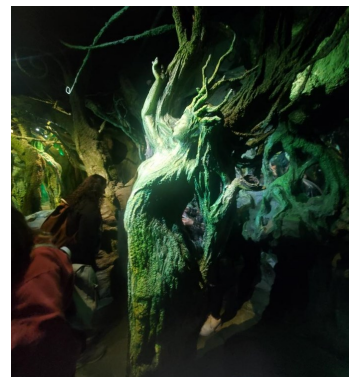


## 4-H Intermediate Trip to Wisconsin Dells

On April 8th, seven Keokuk County 4-H members traveled to Wisconsin Dells, alongside 36 other 4-Hers within Region 19 (Iowa, Johnson, Keokuk, and Washington counties).

4-Hers enjoyed solving quests at Wizard Quest, playing at Knuckleheads, and ended the day at a Dubuque Fighting Saints hockey game at Mystique Community Ice Center.

Fun was had by all! We look forward to next year's trip!



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Keokuk County

400 220th Ave, Suite A

Sigourney, IA 52591

RETURN SERVICE REQUESTED

## May/June 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.



This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext).



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