

Keokuk County Family Newsletter

September/October 2022



IMPORTANT DATES

- **September 1st:**
Enrollment opens
- **September 5th:**
Labor Day
Extension Office Closed
- **September 19th:**
Region 19 Meeting:
Extension Office Closed
- **September 26th:**
Annual Leaders Training
- **October 2nd-8th:**
National 4-H Week
- **November 6th:**
Awards Night

See you next year, Expo Fair!

We hope the road led you to the 2022 Keokuk County Expo Fair this summer! Thank you to everyone who was involved in making the fair a success again for our youth. It takes a village to put on the Expo Fair, and we've got a strong one. Let's keep our village and Expo Fair growing!

Congratulations to all Clover Kids, 4-H, and FFA members on your projects! Your hard work and efforts were seen, and we hope you know how PROUD of you we are! We hope you made great memories, new friends, and learned a lot. We sure enjoyed seeing all your smiling faces and amazing exhibits!

Happy New 4-H Year!

September 1st marks a new 4-H program year! This means it's also time to re-enroll. Whether you are a Clover Kid, 4-H'er, leader, or volunteer, please be sure to re-enroll for the 2022-2023 program year at <https://v2.4honline.com>. *Please enroll before participating in a club meeting or program activity!*

All Clover Kids and 4-H members who enroll by October 2nd will be entered into a prize drawing!

Enroll early!

**ISU Extension and Outreach
Keokuk County**

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Sigourney, Iowa 52591
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2022 Iowa 4-H Hall of Fame

Sharon Fritchen of Keokuk County was inducted into the 2022 Iowa 4-H Hall of Fame during a ceremony at the 4-H Exhibits Building at the Iowa State Fair on Sunday, August 21. Ninety-eight Iowa counties participated this year and selected 133 inductees for their outstanding service and dedication to 4-H. Inductees or their surviving family members were presented a certificate by the Iowa 4-H Foundation President, Julie McGonegle, State 4-H Program Leader, Debbie Nistler, as they were introduced on stage.

Sharon Fritchen's contributions to 4-H have been widely felt, said Alicia Schmitt, Keokuk County 4-H Youth Outreach Educator.

Sharon (Atwood) Fritchen has been a 4-H leader in Keokuk County for 39 years. Her 4-H journey started in the early 1970s when she joined Stick-to-It 4-H Club for indoor exhibits and Riverside 4-H Club to show her beef cattle and sheep in Keokuk County for nine years. She also had static exhibits, educational presentations, and clothing selections selected for the state fair. Sharon was also active on Youth 4-H County Council. In 1979 she received the State Record Book Award for Consumer Education and was awarded a trip to National 4-H Congress in Chicago.

In 1983, Sharon became a leader of Riverside 4-H Club and served as leader until 2010. Their son, Aaron, was a member of Riverside along with her niece and nephew. When it came time for their oldest daughter, Brenda, to start 4-H, Sharon organized a new 4-H club in the southern part of Keokuk County, with the first meeting held in January 2000. Their youngest daughter, Bridget, was a member of the Patriotic Panthers, which is the 4th generation. For 10 years, Sharon was the leader of two 4-H clubs until her nephew graduated, and she is still the organizational leader of Patriotic Panthers.

Sharon's 4-H heritage began with her grandmother who was an original member of Cap E. Miller's Home Culture Club, a forerunner to today's 4-H clubs. Sharon's mother was a 4-H member and was her 4-H leader of Stick-to-It. Her mother, Marie, was honored by being inducted into the Iowa 4-H Hall of Fame for Keokuk County in 2009.

Sharon says, "The best reward and joy as a 4-H leader is to guide and watch members grow with their 4-H skills into wonderful adults and see them become leaders to give back in their communities."

Sharon served on the Keokuk County Expo Fair Board for 22 years. She started the 4-H flower planter auction, put the fair book together for many years, takes show ring/award photos for the website, and helps with and exhibits in open class. Sharon serves as poultry superintendent. You will also see Sharon at the Iowa State Fair watching Keokuk County 4-H and FFA members showing livestock and presenting communication projects. Sharon was honored to receive the Outstanding 4-H Leader award twice, and it is an honor to be nominated for the 4-H Hall of Fame. Sharon and her husband, Nathan, reside on their farm in rural Ollie in Keokuk County.

"Counties select inductees for their exceptional work in contributing to the lives of 4-H members and the overall 4-H program," said Alicia Schmitt. Many inductees serve as club leaders, youth mentors, fair superintendents or fair board members, Iowa State University Extension and Outreach county council members, county youth council members, fair judges, financial supporters, chaperones or ISU Extension and Outreach staff members. The inductees have demonstrated dedication, encouragement, commitment, and guidance to Iowa's 4-H'ers through the years.

"We are honored to recognize these special individuals, for their advocacy and dedication to the Iowa 4-H program," shared Iowa 4-H Foundation Executive Director, Emily Saveraid.

"This is a great way to honor the volunteers and staff across the state of Iowa that generously give their time and talents to foster positive partnerships with our 4-H youth," said Tillie Good, Iowa 4-H staff and volunteer development manager.

The Iowa 4-H Hall of Fame was initiated in 2002 to help commemorate the 100th anniversary of 4-H. A summary of previous honorees was on display at the 2022 Iowa State Fair in the 4-H Exhibits Building. These summaries are also available at the Iowa 4-H Foundation office in the Extension 4-H Youth Building at Iowa State University. Information about previous inductees to the Iowa 4-H Hall of Fame also is available on the Iowa 4-H Foundation website, organized by year and by county. Go to www.iowa4hfoundation.org/ and select "Recognition" then "Iowa 4-H Hall of Fame."



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Expo Fair is over. What now?!

WRITE THANK YOU NOTES!

Many individuals and businesses play a role in making Expo Fair a wonderful experience and run smoothly. Please be sure to thank them! A personally written thank you note shows appreciation in a way that doesn't happen often enough anymore.

**"We must find time to stop and thank the people who make a difference in our lives."
- John F. Kennedy**

7 Steps to a Great Thank You Note

- 1 A greeting to the thank you note recipient
- 2 Specific reason you are thanking them
- 3 The reason why you appreciate them
- 4 How you plan to use the gift or why the gift was important to you
- 5 A comment or detail about yourself
- 6 A repeat of your thank you
- 7 A closing and signature of your name

 **4-H GROWS HERE**

MICHIGAN STATE
UNIVERSITY | Extension



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Sponsored Meals:

AgriLand FS

30754 Highway 149
Hedrick, IA 52563

Alan & Jen Weber

Drop your Thank You note off to the Extension Office to deliver.

B's Sweet Treats

123 E Marion St
Sigourney, IA 52591

Cassens' Mill

108 Ringgold St
Sigourney, IA 52591

Channel Seed

Drop your Thank You note off to the Extension Office to deliver.

Faas Feed

222 Lakeview St
North English, IA 52316

Farmers Cooperative Association

110 Keokuk-Washington Rd
Keota, IA 52248

Keokuk County Farm Bureau

23024 Highway 149 South
Sigourney, IA 52591

Nutrien Ag Solutions

14303 Highway 22
Keswick, IA 50136

Vision Ag LLC

PO Box 288
Keota, IA 52248



Water:

Brothers Market

118 S Main St #B
Sigourney, IA 52591

Nutrien of Gibson

101 W Elevator St
Gibson, IA 50104

Wood Shavings:

Hammes Brothers Sawmill

27254 282nd Ave
Ollie, IA 52576

Clover Kids Shirts:

Croplan by WinField United

Drop your Thank You card off to the Extension Office to deliver.

Veterinarians:

Keokuk County Veterinary Clinic

564 W Jackson St
Sigourney, IA 52591

Treat Bags:

Keokuk County Farm Bureau

Attn: Staci Shettler
23024 Highway 149
Sigourney, IA 52591



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Keokuk County Clover Kids



Keokuk Kind Clover Kids

Club Leader(s): Alicia Schmitt, Katharina Bain

Meets: This club meets the first Thursday of each month from 3:30-5:00 PM at the Keokuk County Extension Office.

Little Liberty Leaders Clover Kids

Club Leader(s): Bri Clarahan, Megan Morrison

Meets: This club meets the second Sunday of each month from 5:00-6:00 PM at the North Keokuk County Fire Department in South English.

Sigourney Clover Kids

Club Leader(s): Alicia Schmitt

Meets: This club meets the second Sunday of each month from 4:30-6:00 PM at the Keokuk County Extension Office.

Sigourney Sprouts Clover Kids

Club Leader(s): Meg Cason, Heather Collins

Meets: This club meets the first Wednesday of each month from 3:30-5:00 PM at the Keokuk County Extension Office.

Tri-County Clover Kids

Club Leader(s): Emma Bair

Meets: TBD



All meeting dates, times, and locations subject to change.



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National 4-H Week October 2nd-8th, 2022

Participate for a chance to win!

Take pictures and post on the daily Facebook post on the Iowa State University Extension: Keokuk County page or email your participation photo to keokuk4h@iastate.edu to be entered!



Sunday– Sign-up Sunday!



Are you enrolled in 4-H for the 2022-2023 year? Any Clover Kid or 4-Her enrolled for the new program year by end of day on Sunday, October 2nd will be entered into a prize drawing!

Monday– Maker Monday!



Design a poster around the theme **Opportunity4All**. Turn your completed poster in to the Keokuk County Extension Office by 4:30 PM on Thursday, 10/07/22. Posters will be judged Thursday evening. Winning poster will be displayed in the office, as well as around the community.

Tuesday– Try it Tuesday! / 4-H Giving Day



What if you tried something new? Show us a new project you've started. Try a new food or exercise for healthier living.

Wednesday– Wear It Wednesday! / 4-H Giving Day



Show your 4-H spirit by wearing 4-H clothes and accessories to school, work, church, shopping, and out about in the community. Take a selfie or a group photo!

Thursday– Thankful Thursday!



Use your heart for greater loyalty by thanking someone who has been important to your 4-H journey.

Friday– Flashback Friday!



Share a photo of your first year in 4-H, a community service project, an old Expo Fair memory, or an older generation in your family participating in 4-H. Bonus entry if you include an old 4-H outfit or memorabilia from an older generation in your family!

What can your club do to promote for National 4-H week?

- Participate in the September 28th Farmer's Market on the Sigourney square.
- Plan a special club event for recruiting younger community members.
- Plan a fundraising project for your club.
- Volunteer to tell about 4-H in a classroom, church, or community function.
- Hold a service learning challenge.
- Perform a working exhibit within a classroom or community business.
- Put a club history display together for the historical society.
- Invite a friend to join.

Opportunity4All in Keokuk County 4-H!



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Words on Wellness

Shut Off Your Screen for Health



Screens are part of daily life. Many people spend hours each day on computers, on phones, on tablets, and watching television. Too much screen time can lead to negative health effects.

Watching television for hours leads to sedentary activity and increases the risk of weight gain and type 2 diabetes. Spending time on social media decreases social connections with others, raises feelings of loneliness, and increases risk of depression. Too much screen time also causes eye strain due to long periods of blue light exposure, which may cause headaches, blurred vision, neck and shoulder pain, and lower melatonin levels. Melatonin helps the body feel tired and ready for sleep.

We can't get rid of all screens, but we can take steps to limit our time on them. Use these tips to reduce your screen time.

1. Limit screens outside of work or school to 2–4 hours or less per day. Consider using time limit controls on your devices.
2. Take frequent breaks from screens throughout the day. You can download a [free app](https://tek.io/3NaMKEz), tek.io/3NaMKEz, to remind you to do so.
3. Make time to be active and spend time outside when Iowa weather is nice.
4. Avoid screens during mealtimes.
5. Shut off screens for at least an hour before bedtime.

Sources:

[Association between screen time and depression among US adults](https://go.iastate.edu/SBV0HZ), go.iastate.edu/SBV0HZ
[Television Watching and Other Sedentary Behaviors in Relation to Risk of Obesity and Type 2 Diabetes Mellitus in Women](https://go.iastate.edu/K1ZIZ3), go.iastate.edu/K1ZIZ3
[Sleep Foundation](https://go.iastate.edu/9ZYARC), go.iastate.edu/9ZYARC



Fiesta Skillet Dinner

Serving Size: 1 1/2 cups | Serves: 5

Ingredients:

Dressing:

- 1 can (15.5 ounces) Mexican style tomatoes
- 1 can (15.5 ounces) black beans (drained and rinsed)
- 1 cup frozen corn
- 1 tablespoon chili powder
- 2 cups cooked chicken, diced
- 1 cup prepared instant brown rice (1/2 cup uncooked)
- 1/2 cup 2% reduced fat cheddar cheese, shredded

Directions:

1. Mix the tomatoes, black beans, corn, chili powder, and chicken in a large skillet. Cook over medium heat until heated through.
2. Add the cooked rice and stir thoroughly. Top with shredded cheddar cheese.
3. Serve hot.

Nutrition information per serving:

330 calories, 7g total fat, 3g saturated fat, 0g trans fat, 680mg sodium, 38g total carbohydrates, 8g fiber, 4g sugar, 29g protein. This recipe is courtesy of ISU Extension and Outreach's SpendSmart. EatSmart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu

Stretching Your Food Dollar

Rising food costs have shoppers thinking of new ways to stretch their dollars. Consider these money-saving tips from SpendSmart. EatSmart®:

- Prepare more than one meal. Save some for leftovers or to freeze for another date.
- Substitute some or all the meat in a recipe with beans or lentils to save money while increasing fiber in the diet.
- Repurpose foods. For example, after they are ripe, refrigerate bananas to keep them edible for up to two weeks. Or freeze them to use in a smoothie later.
- Download the FoodKeeper app or use the [Food Safety website](https://go.iastate.edu/MMFN7E), go.iastate.edu/MMFN7E, to discover the best ways to store foods to avoid food waste.
- Check out the [Unit Pricing Calculator](https://go.iastate.edu/BMMCCL), go.iastate.edu/BMMCCL. This calculator gives you a product's price per ounce so that you can compare the cost of products of different sizes.



Learn more about
Unit Pricing
[go.iastate.edu/
BMMCCL](https://go.iastate.edu/BMMCCL)

Discover Iowa by Trail

The Physical Activity Guidelines for Americans recommends at least 150 to 300 minutes (30 to 60 minutes, 5 days weekly) of moderate-intensity aerobic activity, such as brisk walking, swimming, biking, or hiking each week.

Did you know there are more than 1,800 miles of trails in Iowa available to explore on foot or by bike? Iowa by Trail is a resource from the Iowa Natural Heritage Foundation. It is available as an app or on the [Iowa by Trail website](https://go.iastate.edu/XOJQ8I), go.iastate.edu/XOJQ8I. Search for trails by location and find information on distance, surface, and accessibility. The app allows users to track the trails they completed and the distance they traveled.

To download the app on a cellular device, open the App Store. Search for the app using the Search tab. Tap "download" to install the app. Check out this resource to learn why Iowa is referred to as the "Trail Capital of the Nation."

Here for you.
Now.
Always.

Iowa State University Extension and Outreach

AnswerLine

Call 1-800-262-3804
extension.iastate.edu/answerline

Spend Smart. Eat Smart.®

spendsmart.extension.iastate.edu

Human Sciences

[extension.iastate.edu/
humansciences](https://extension.iastate.edu/humansciences)

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.

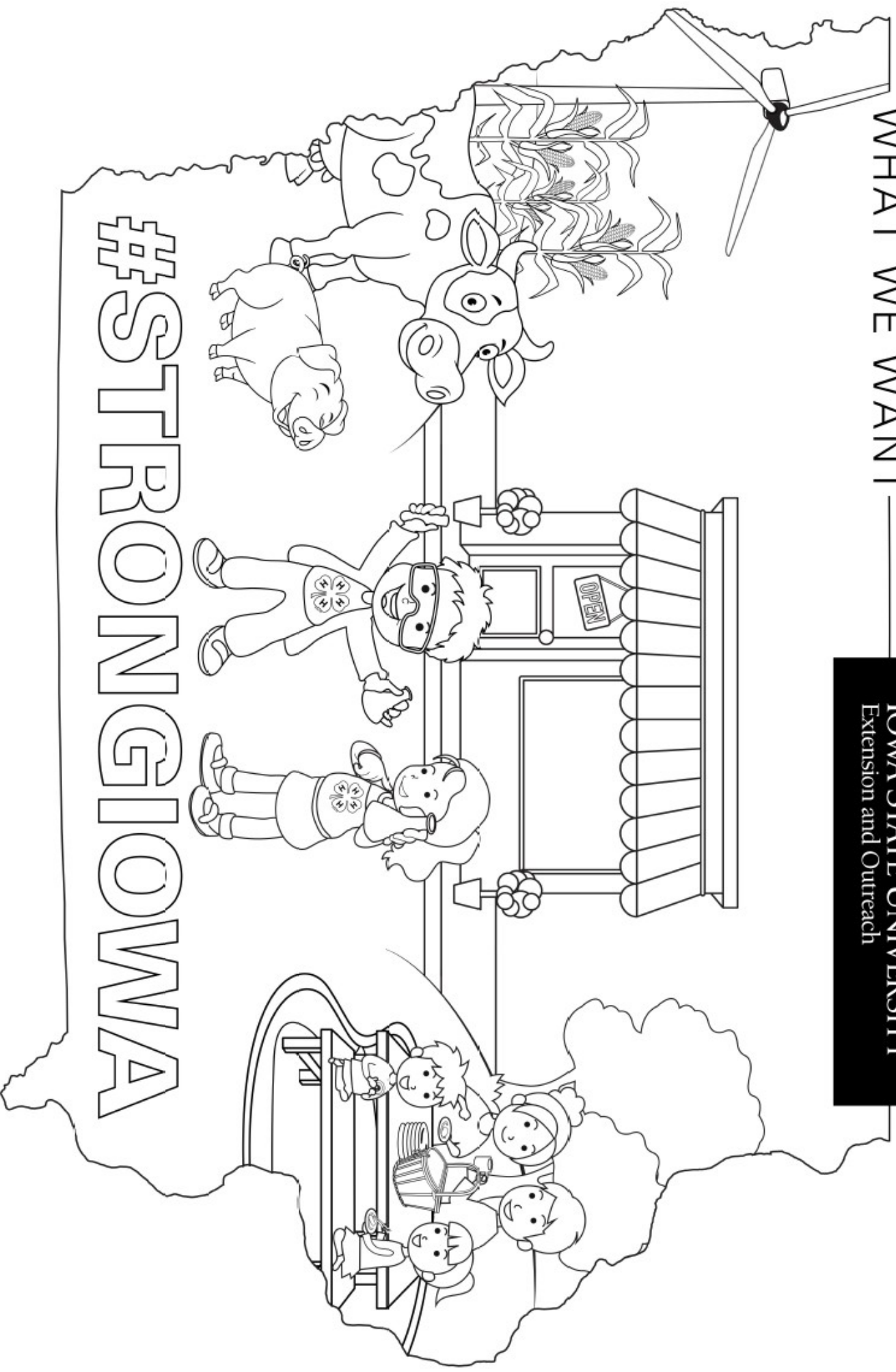


Share with us your thoughts!
go.iastate.edu/BBYBJQ

WHAT WE WANT

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#STRONGIOWA



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Keokuk County
400 220th Ave, Suite A
Sigourney, IA 52591

RETURN SERVICE REQUESTED

September/October 2022 Keokuk County Clover Kids 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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