Welcome to the new 4-H Year!
September 1st began enrollment for the new year. Please visit https://ia.4honline.com to enroll in the new year. Completing this early means you won’t miss out on any important information. Remember, if you’re not enrolled by the end of November, you will not receive the newsletter anymore until you’re “active.”

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Don’t forget to send “thank you’s” to plaque/award sponsors. Addresses should be on the back of your award. Also, please send a thank you to the individuals/businesses that supported you at the fair.

SALE CHECKS: are in the office

PREMIUM CHECKS are NOT available currently. As soon as they are, I will send an email out and post on Lucas County Extension Facebook page.

4-H Exhibits that went to the State Fair are in the office ready to be picked up.

Ron Burgett
2019 Lucas County Iowa 4-H Hall of Fame Inductee
Ron Burgett’s love and dedication to the Lucas County 4-H program can be seen and proven throughout his 48 years of involvement in the program. He joined 4-H at the age of nine and continues to serve as a club leader and sheep superintendent today. He believes the program teaches youth valuable life skills and is a place to make memories to last a lifetime. Ron’s love of agriculture started as a young boy on his family farm northwest of Chariton. As a toddler he spent hours sitting in the bed of his father’s truck watching him farm and helping his father with livestock. Prior to joining 4-H in 1971 he started raising his own sheep herd. His grandmother, Martha, retired from farming and gave him two ewes to start his own herd. He then purchased two of his sister’s ewes to further develop his herd. Ron was able to bring home many champion trophies from his herd throughout his 4-H career. Ron later started his own cattle herd; beginning with a bottle calf, Sis, he got from his father. He bought more heifers over the years from his grandmother to extend his herd. Later in his 4-H career he entered some beef projects and enjoyed showing cattle as well.
Ron Burgett (continued)

After graduating from high school, he attended Indian Hills Community College, but returned from school the week of fair to help with the sheep show and livestock sale. In 1981, he became the assistant club leader of The Liberty Flyers 4-H club along with Don (Mac) McFarland. He remains the club leader today. In his 38 years of leadership he has led many nieces, nephews, his three children, and one grandchild. In 1992, he became a 4-H parent when his daughter, Nicole, started 4-H. He remained in this role for 17 years until both his sons, Shane and Austin, finished their 4-H careers. He enjoyed showing his children how to raise and show sheep and even took on assisting them with showing pigs. The past nine years Ron has helped his oldest grandchild, Paige, start her own show sheep herd, prepare her animals for show day, and guide her in growing into an excellent showman; just as he did for his own children.

Ron has served as a Lucas County sheep superintendent for the past 20 years. He has spent countless days weighing in sheep, making show bills, assisting behind the scenes on show day and sale day, and even loading and delivering sheep to the packer for the sheep project members.

His passion for agriculture started as a young boy and his dedication to the 4-H program began when he became a member and continues today as a volunteer for this youth program.

If you have a Lucas County 4-H Hall of Fame nominee you'd like to share, please contact the extension office at (641)774-2016.

CLOVER SPROUTS will begin in January and run through May. Please make sure to re-enroll soon so you continue to receive information! Dates will be announced in the October newsletter.

4-H Healthy Living Club Challenge
Challenge Kick Off: November 1st - May 31, 2019

Clubs take part in the challenge by introducing a variety of healthy living practices during club meetings each month. Completing the challenges earns the clubs "miles" as they race across Iowa throughout all 20 regions of the state. This 1,400 mile route destination sure fulfills the definition of a challenge, but by working together as a team and setting goals to incorporate healthy living practices each month, we hope to see you meet or surpass the final mile by the end of June!

Clubs can register for the challenge at any point between December-May, but they can only earn miles once they’ve registered. Earn 50 miles for registering your club and earn 100 more by electing a club Wellness Officer! If you already have a wellness/healthy living officer - then way to go! You can count those bonus points.

Challenge Areas

Water Consumption - 75 miles

Offer water as the main beverage at club meetings

Tips: How to incorporate water in a fun way

- Infuse water naturally by adding fruit, vegetables or herbs
- Freeze 100% juice in ice cube trays to add some fun flavors

September 2019
4-H Healthy Living Club Challenge (continued)

Fruits & Vegetables - 100 miles
Include a fruit and/or vegetable as a snack choice

Tips: Create opportunities to try new foods or recipes

• Offer new foods to try at club meetings
• Invite a local farmer to visit the club and try their produce

Physical Activity - 125 miles
Organize a physical activity to get moving for 10-15 minutes

Tips: Structured activities that encourage movement with all participants

• Have youth lead group exercises or design their own
• Try yoga as part of your meeting

Earn Your Miles
Each month, the club submits the online tracker for that respective month. The club will designate who will do this each month, whether it be an adult or youth leader. The link for the month will be found here on the webpage. Be sure to submit your progress monthly so results can be tracked and published by county and across the state. Don’t wait until the end of the challenge to submit your monthly accomplishments, because each monthly tracker is due by the 10th of the following month. (For example: November tracker is due December 10th, December tracker is due January 10th, etc.)

4-H Youth Council news:
We are currently seeking a new County Youth Coordinator for Lucas County. When the position is filled we will have more information and dates for youth council meetings.

We Will Miss You, Kelly!
Lucas County Youth Coordinator: Iowa State University Extension is seeking an energetic and enthusiastic individual to work 32 hours with 4-H and Youth programming in Lucas County. Interested individuals should be a professional, self-starter that possess excellent people, computer, organizational, communication and teaching skills. Job requirements include high school diploma, valid driver’s license, reliable transportation, ability to lift 35 pounds and pass a child protection safety screening. Post-secondary degree and/or knowledge and experience in 4-H and youth development preferred. Successful candidate must be willing to work a flexible schedule, including evenings, weekends and out of town trainings. Base pay will be $15.00 per hour, but will commensurate with education and experience. For questions about this position contact Sue Henderson at (641)777-4354. Submit cover letter, resume, and application to Jamiee Marvin at jmarvin@iastate.edu by 4:30 pm September 24, 2019. Subject line must read Lucas County Youth Coordinator.

Upcoming Lucas County 4-H Events
September:
17th McNay 3rd Grade Field Day

October:
15th Record Books due by 4:30pm

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