

4-H GROWS HERE

THE LYON LINGO

Jill Postma
County Youth Coordinator
jpostma@iastate.edu

ISU EXTENSION and OUTREACH LYON COUNTY

DECEMBER 2019

4-H NEWSLETTER

4-H CLUBS

Alvord Hawkeyes – Alvord

CALL Lyons – Lester

Clever Clovers – Rock Rapids

Country Kids – Inwood

Elgin Stars – Little Rock

Kanaranzi Clovers - Rock Rapids

Lester Friendly 4-Hers – Lester

Town & Country Kids – George

United Clovers – Rock Rapids

Dead Center Archery - Rock Rapids

Sharp Shooters Air Rifle – Alvord

Dear Lyon County 4-H Families and Friends,

Season's Greeting during this wonderful time of year!

If you have not enrolled in 4HOnline, please do so as soon as possible!! We don't want you to miss out on any of the 4-H events we will be holding this coming year! Please always thoroughly read the newsletter so you don't miss an opportunity, workshop, event, animal information/weigh in and more...

As we approach the Holiday Season remember 4-H Service Learning. Giving back to those in need and helping to better our communities is 4-H's HANDS TO LARGER SERVICE. I encourage you and your cluns to look for ways to give back to those in need during the Holiday Season and throughout the year.

Have a Merry Christmas and Happy New Year!

Sincerely,



Jill Postma

County Youth Coordinator
712-472-2576
jpostma@iastate.edu



Laura Beyenhof

K-12 Program Coordinator
712-472-2576
beyenhof@iastate.edu



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2019-2020 4-H ENROLLMENT

The new 4-H year is beginning!

Get *ENROLLED* today!

iowa.4honline.com



*If you still need a paper copy contact the extension office and we will mail one to you

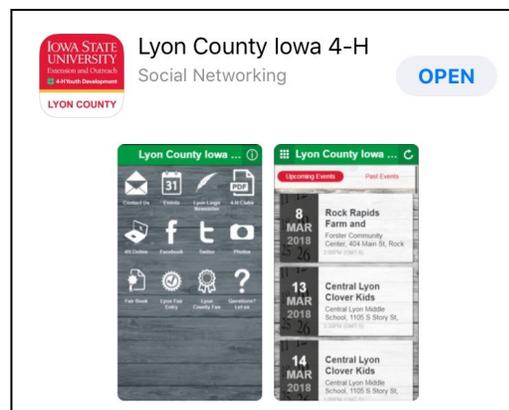
Visit the Lyon County 4-H Website to see all up to date information

<https://www.extension.iastate.edu/lyon/4h>

LYON COUNTY 4-H APP

You can now stay more connected to *Lyon County 4-H* by downloading the app on your phone or tablet!

- Open app store
- Search Lyon County Iowa 4-H
- Download app
- Open the app and start exploring!



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LYON COUNTY 4-H YOUTH COUNCIL



DECEMBER HOLIDAY PARTY FOR LYON COUNTY 4-H YOUTH COUNCIL

Who: 2019-2020 4-H County Council Representatives from clubs in Lyon County (high school aged 4-Hers).

When: DECEMBER 23

Where: Frontier Bank, Rock Rapids

Time: 7:00pm

► **Bring a \$7-10 gift for exchange that is gender neutral**

It is not too late to join! Contact Jill by text or email.

2019-2020 County Council Representatives

Alvord Hawkeyes -

CALL Lyons – Isaac Knobloch, Korey Knoblock, Cade Metzger, Chase TerWee

Clever Clovers - Kadence Boender, Allie Geerdes, Keanna Postma, **Shania Struckman**

Country Kids -

Elgin Stars - **Taylor Gross**

Kanaranzi Clovers - Cael Schulte & Louise Meyer

Lester Friendly 4-Hers - Kara Blomgren, Sadie Feucht, Shelby Kellenberger, **Ambria Knobloch**, Emma Knobloch, Korin Knobloch, Adrienne Knoblock, Bryna Knoblock, KaryAnn Knoblock, Jenna Leuthold, Emily TerWee, Raelyn Vande Kamp,

Town & Country Kids -

United Clovers - Brooklyn Krull, Carter Krull, Levi Kupferschmid, Colby Postma, Kiah Thiesen

***names in RED are past members who have not contacted Jill for 2019-2020**



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IOWA 4-H SCHOLARSHIPS

► On behalf of the Iowa 4-H Foundation, they have asked me to share with all of you that the applications for the 4-H scholarship program will be available November 20, 2019 and will close on February 1, 2020. Over 90 scholarship opportunities valued at over \$100,000 will be awarded.

► This scholarship is specific to Lyon County.

County	Scholarship Name	Scholarship Numbers	Scholarship Amount	Scholarship Criteria
Lyon County	Northwest Iowa 4-H	2	\$1,000.00	<ul style="list-style-type: none">• Undergraduate of a 2 year or 4-years college or university in Iowa.• Any major• 4-H'er from Lyon, Osceola, Dickinson, Emmet, Sioux, O'Brien, Clay, Palo Alto, Plymouth, Cherokee, Buena Vista, Pocahontas, Woodbury, Ida, Sac, and Calhoun County

A complete list of [Iowa 4-H scholarships](#), eligibility, helpful hints, instructions, and applications are available online.

If attending Iowa State; also a reminder of the Hixon Opportunity Award Scholarship: <https://www.hixon.dso.iastate.edu/application>

*Reminder also of the Lyon County 4-H Scholarship through the Lyon County Extension Council. Info & applications will be mailed directly to senior 4-H members in January 2020.

IOWA 4-H YOUTH CONFERENCE in AMES JUNE 30 - July 2, 2020

Every June, almost 900 teenagers converge on the campus of Iowa State University for 3 days full of speakers, workshops, mixers, dances, a banquet, and community service activities.

If you have a specific interest in animal science, you might want to look into becoming part of the ROUND-UP track! We'll also have a special track devoted to agronomy, called CSI: Crops.

Please join us in June for the most incredible three days of your life at the Iowa 4-H Youth Conference!

<https://www.extension.iastate.edu/4h/iowa4hyouthconference>



4-H SWIM/SKATE PARTY

December 30
12:00 - 4:00 p.m.
All-Season Center
Sioux Center, Iowa

- ◆ Join other 4-H youth in grades 4-12 from around the area for a fun day of swimming, skating, food, friends and fun activities!
- ◆ Skating from 12:00-2:00 ~ Swimming from 1:00 – 4:00pm
- ◆ Registrations open to ALL 4-H Members and their friends!

Register at the DOOR with fee & waivers

- • 4-Hers must be enrolled in 4HOnline for the 2019-2020 year.
- • Non-4-Hers must bring a medical release form.
- • EVERYONE must bring a signed skating waiver.

\$10 cost includes:

swimming, skating during the skating time, games/activities, light lunch and snacks

"The fees will be used to offset direct expenses for this event - 4-H Youth Development, County Extension Program."

For more information, contact your local ISU Extension and Outreach office.



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PERMISSION AGREEMENT, RELEASE AND WAIVER OF LIABILITY

4-H Skiing, Snowboarding, Sledding, Ice skating and Other Winter Recreation Activities

You have asked to participate in a 4-H skiing, snowboarding, sledding, ice skating or other winter recreation activity. All winter recreation activities involve risks, and it is important for you to have information about your selected activity. This Permission Agreement and Release and Waiver of Liability must be read carefully and signed by each participant and the parent or legal guardian if the participant is under age 18.

PLEASE READ THIS AGREEMENT CAREFULLY. IT IS A LEGAL CONTRACT AND AFFECTS ANY RIGHTS YOU MAY HAVE IF YOU ARE INJURED OR OTHERWISE SUFFER DAMAGES WHILE PARTICIPATING IN A 4-H SKIING, SNOWBOARDING, SLEDDING, ICE SKATING OR OTHER WINTER RECREATION ACTIVITY.

In consideration of Iowa State University Extension and Outreach allowing me to participate in the 4-H Skiing, Snowboarding, Sledding, Ice skating and other Winter Recreation Activities at All Season Center - Sioux Center on December 30, 2019, I understand and agree to the following:

Nature of Winter Recreation Activities: Winter recreation activities are strenuous and require educational information about the necessary skills involved before the activity can occur in the safest manner possible. Skiing, snowboarding, sledding, ice skating and other winter recreation activities can be dangerous. Fundamental knowledge of the activity and knowing your limitations when participating in winter recreation activities are essential to preventing injury.

Inherent Risks and Dangers of Winter Recreation Activities: I understand that there are inherent risks and dangers involved when participating in winter recreation activities. In addition to the risks inherent when participating in any physical activity, winter recreation activities may include, but are not limited to, hazards such as human error, collision with hazards on the ski slope (light poles, fences, other participants, etc.), physical effects of weather conditions (hypothermia, frostbite, sunburn, etc.), slippery or wet surfaces, and dehydration. Injuries may include, but are not limited to; fractured bones, muscle strains, head injuries and most often occur from falls, collisions, fatigue, poor technique, loss of control or equipment failure. **I understand that these risks and dangers could result in property damage and personal injury, including death, and I agree to accept all risks associated with the recreation activities whether present or future, known or unknown, arising from, or as a result of my or my child's voluntary participation in the winter recreation activities.**

Health Condition and Safety of the Participant: Participants must be healthy and reasonably fit to safely participate in winter recreation activities. Participants in skiing, snowboarding, sledding, ice skating and other winter recreation activities are responsible for their own physical conditioning prior to the activity. By signing this Permission Agreement, you agree that the participant has the physical fitness and ability to participate safely in the winter recreation activity and that you are not aware of any disease or injury that would be aggravated or result in the participant being incapacitated or injured during participation. The participant must participate in the winter recreation activity within his or her appropriate ability and skill level.

Additionally, the participant should:

- Inform the club leader of any medication, ailment, condition or injury that may affect your performance in the activity.
- Obtain and use proper equipment. When renting equipment, allow venue staff to ensure participants are getting the appropriate equipment, as well as having the equipment adjusted for purposes of safety and proper performance.
- Drink plenty of water to avoid becoming dehydrated.
- Observe the weather conditions. There is additional risk with extremely low temperatures. Dress in layers and dress appropriately for weather conditions. Layering allows you to accommodate your body's constantly changing temperature.
- Consider wearing the recommended eye protection such as sunglasses or goggles (due to sun reflecting off the snow even on cloudy days). Especially when skiing and snowboarding, other safety equipment is encouraged to be used as an aid for preventing injury (e.g., helmet, elbow or knee pads, wrist guards, hip pads, etc.).
- Learn to ski and snowboard smoothly and in control; learn how to fall to prevent injury and to stop before becoming fatigued.
- Notify the club leader if the participant is inexperienced in the activities, specifically skiing and snowboarding. Inexperienced participants should seek out lessons or guidance from a qualified instructor upon arrival at the winter recreation area. The cost of the instruction is the responsibility of the participant and cost for this service should be considered prior to the trip.

The participant will read and follow all rules and regulations specified by Iowa State University Extension and Outreach/ County Extension District staff and volunteers for safely participating in the 4-H Skiing, Snowboarding, Sledding, Ice skating and other Winter Recreation Activities. If the participant violates any of the rules and regulations, his or her participation in these activities may be terminated.

PLEASE COMPLETE BOTH SIDES OF THIS DOCUMENT

PERMISSION AGREEMENT, RELEASE AND WAIVER OF LIABILITY

4-H Skiing, Snowboarding, Sledding, Ice skating and Other Winter Recreation Activities

Participant Name: (print) _____
Participant Age: _____
Parent Name: (if participant is under 18) _____
Club Name: Northwest Iowa 4-H - Multicounty Event
Location of Activity: All Seasons Center - Sioux Center, Iowa
Date of Activity: December 30, 2019

Release and Waiver of Liability

This 4-H Skiing, Snowboarding, Sledding, Ice skating and other Winter Activities Agreement and Release and Waiver of Liability shall be governed by and construed under the laws of the State of Iowa, which shall be the forum for any lawsuits arising from or incident to this Agreement.

I, _____, (participant or parent or guardian if participant is under age 18) hereby RELEASE FROM LIABILITY, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the State of Iowa, Board of Regents of the State of Iowa, Iowa State University, ISU Extension and Outreach and Ly-Si-Ply-Osc-O'B-Ch _____ County Agricultural Extension District, (name of entity controlling location of activity) All Season Center - Sioux Center, Iowa, and any of the officers, servants, agents and employees of the above-mentioned entities (hereinafter referred to as RELEASEES) for any liability, claim and/or cause of action arising out of or related to any loss, damage or injury, including death, costs or other expenses or liabilities incurred by me or anyone accompanying me (including minors I am responsible for during this event), that occurs as a result of my or my child's voluntary participation in the above-described activities.

I agree to INDEMNIFY and HOLD HARMLESS the RELEASEES whether injury is caused by my negligence, the negligence of the RELEASEES or the negligence of any third party. I further agree that this Release and Waiver of Liability shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representatives, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above-named RELEASEES. I hereby further agree that this Release and Waiver of Liability shall be construed in accordance with the laws of the State of Iowa.

BY SIGNING THIS RELEASE AND WAIVER OF LIABILITY, I STATE THAT I HAVE READ AND UNDERSTAND THE CONDITIONS SET FORTH IN THIS RELEASE AND THAT I AGREE TO ALL CONDITIONS SET FORTH HEREIN, AND THAT I SIGN THIS VOLUNTARILY.

Date

Participant Name (please print)

Participant Signature

Signature of Parent or Guardian (if Participant is under age 18)

NOTE: This Agreement and Release and Waiver of Liability must be signed by both the participant and the participant's legal guardian if the participant is not EIGHTEEN (18) YEARS OLD. I also understand all of the risks involved when participating in these winter recreation activities, and I hereby elect to allow my child to voluntarily participate.

2019 4-H/FFA BEEF WEIGH INS

WHEN: Saturday, January 11, 2020

WHERE: Jansma Cattle Co. by Rock Rapids

TIME: 8:00am - 11:00am

WHO: All Lyon County 4-H or FFA members who are planning to exhibit a Market Lead Animal, Market Pen of 3, or 2nd Year Calf. If you are unsure if your beef animal needs to be weighed contact Jill.

- ★ **Eartags are available for pre-purchase at the Lyon County Extension Office and please tag animals before you arrive.** (this is optional but helpful _ we will also tag at weigh ins if needed)
- ★ *ANIMALS WEIGHING FOR STATE FAIR MUST BE AT WEIGH INS AT 8am*

Beef at the Iowa State Fair

- ★ 4-H Members: required to weigh/retinal image in Lyon County or other designated county. Please contact Jill if you have any questions about exhibiting livestock at the Iowa State Fair as a 4-H member.
- ★ FFA members contact your FFA Advisor to exhibit at the Iowa State Fair as an FFA member.



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LYON COUNTY FAIR 2020

- ◆ **2020 4-H Fair Theme - TBD**
 - ◆ **Livestock/Animal Identification Forms Due – May 15**
 - ◆ **Rabbit Identification Forms Due – June 1**
 - ◆ **Livestock Fair Entry Due – June 25**
 - ◆ **Communications Event & Clothing Event Form Due – June 25**
 - ◆ **Communications Event – July 13**
 - ◆ **Clothing Event – July 14**
 - ◆ **Static (Non-Livestock) Judging Day – July 16**
 - ◆ **Lyon County Fair – July 20-23**
- ★ If your Livestock Identification (Due May 15) or Livestock Fair Entry Form (Due June 25) are ***late you will not be allowed to show*** at the Lyon County Fair.
- ★ **PLEASE write these important 2020 Fair dates/ deadlines on your calendar!!!!**



FAVORITE TIME OF THE YEAR? FAIR SEASON!



CITIZENSHIP WASHINGTON FOCUS



June 19-27, 2020

REGISTRATION INFORMATION

WWW.EXTENSION.IASTATE.EDU/4H/CWF

DUE JANUARY 17, 2020

Citizenship Washington Focus (CWF) is a 4-H leadership program for high school youth (completed grades 9-12 at time of trip).

Every summer teens from across the country gather at the National 4-H Conference Center, near Washington, D.C., to learn what it means to be a strong leader in their community, country, and world.



Participant Quotes

"The experience of CWF was completely unique and so valuable. We spent time every day discussing our opinions on a variety of subjects that had mixed responses. Despite the difference in our opinions, we still shared incredible memories and learned so much together."

"We learned about all of those things we learn in school, see on TV and write reports on. Until you get to see them with your own eyes, it really doesn't mean anything. Once you see them you feel connected and you understand what the United States stands for. It makes you feel proud."

"I really enjoyed talking with our representative. They made me feel I really can make difference even though we were a bunch of kids. They were really interested in what we thought."

"It is an opportunity to learn more about caring for others and putting them first before your own needs. It is also a fabulous way to learn more about the foundations of our country in a hands-on and inspiring way."

Gail Castillo, CWF — State Coordinator
Youth Program Specialist
gail@iastate.edu / 641-425-6914



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Schedule Highlights

Friday: Travel from Iowa

Saturday: Flight 93 Memorial, Pennsylvania

Sunday: Gettysburg, then arrival at CWF

Monday – Friday: CWF Program

Saturday: Travel back to Iowa

Our focus at the National 4-H Center will be workshops about issues, bill-writing, actively participating in committee meetings, and community action planning.

The week's field trips will tentatively include:

- Mount Vernon
- Arlington National Cemetery
- Capitol Hill visits with elected officials
- Day time/night time visits to many monuments and memorials
- "Spamalot" dinner theatre production
- our own day around the National Mall

Please note that even as schedules are shared, they remain tentative as circumstances can change quickly in the DC area.



Teen Registration

Registration Deadline: January 17, 2020

Trip Cost: \$1850.00

This includes all lodging, travel, tours, and most meals.

48 delegate spots are available.

- Non-refundable deposit of \$650 due at registration.
- Remaining balance is two payments of \$600 due March 15 and April 15, 2020.
- The CWF website attached also has information on possible sources of financial assistance.

www.extension.iastate.edu/4h/cwf

Adult Chaperones

To indicate interest in chaperoning, please return the chaperone application by January 17, 2020.

Visit the CWF webpage below to learn more about chaperone roles, responsibilities, and cost; as well as find the adult chaperone application.

www.extension.iastate.edu/4h/cwf

Questions?

Contact: Gail Castillo,
CWF Trip Coordinator

Email: gail@iastate.edu

Phone: 641-425-6914



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News from Iowa 4-H Office

AgOvation Competition



Registration for the 2020 AgOvation program will open on Jan 1. For more information, contact Maya Hayslett, hayslett@iastate.edu. Youth should contact their local county extension office if they are interested in participating.

What is AgOvation? AgOvation is a research-based competition that challenges youth to explore and develop innovative science-based solutions to agricultural problems that they identify in their own communities. **Youth in grades 7 through 12** work in teams of two to five members to develop a project and create a presentation to share their results, findings and/or created solution/product.

Youth work with a team coach and mentor from the agriculture related field that most closely relates to their project. Youth are also encouraged to connect with representatives from Iowa State University and the agribusiness community, who are eager to meet and work with the next generation of leaders in agriculture and STEM (science, technology, engineering and mathematics).

[YouTube Video](#) with Info and insight to the program
<https://www.extension.iastate.edu/4h/agovation>

Iowa 4-H Camera Corps

Iowa 4-H Camera Corps is a talented group of youth photographers working together to make beautiful, powerful, and creative photographs of communities from across of the state of Iowa. It is a unique opportunity to practice your photography skills and receive public recognition and juror feedback on your work.

Each month, a photography theme is provided with a different focus. Professional evaluators will give individual feedback to each photographer after they submit their monthly photograph, and then each photograph will be exhibited digitally on the [Iowa 4-H Facebook](#) page where voting will be open to the public.

The top ten Juror's Choice and top ten People's Choice photographs will be printed, framed, and shown at statewide gallery exhibitions every month.

*New for this year we are adding a certificate program where youth photographers will level up from newbie to master photographers as they complete certain tasks and challenges.

All youth from all counties are welcome to join Iowa 4-H Camera Corps. We want to help you become the best photographers you can be! Click on the following link to apply: <https://form.jotform.com/92485606720965>

To find out more about these programs and many more offered for youth by the Iowa 4-H Office in Ames go to the following website: <https://www.extension.iastate.edu/4h/>

4-H LEADER NEWS



LYON COUNTY 4-H LEADERS TRAINING

★ 4-H Leader/Volunteer Meeting • Spring Date TBD

- Please provide the Lyon County Extension Office a copy of your 4-H Club's Program. The Extension Office will design & print the programs for your club. If you have questions please contact the Extension Office and we would love to help, 472-2576.
- As you plan the year please refresh your memory with the risk management of 4-H Club meetings and outings. A safe 4-Her is a happy 4-Her!
- Have FUN & Exciting Year with your 4-H Club!

New Volunteer/Leader Training is designed for new 4-H volunteers committing to a long term experience working with 4-H youth as club, project, Clover Kid leaders and assistants. Volunteers committing to these roles are required to attend a regional new volunteer training within the first 12 months of being screened and approved as a 4-H volunteer. The blended learning training is designed to give new volunteers a better working knowledge of positive youth development, the Iowa 4-H Equation, and tools that will help them be more confident and capable in their roles working with youth. The training will be delivered in two components. The first includes four online training modules that help create a baseline for 4-H volunteers. It is followed by a regional, three hour face-to-face training that will allow volunteers to apply some of their learning. AmeriCorps members are welcome to attend!

Training dates and locations for New Volunteer Training for 2019-2020:

- ★ Dates coming soon

Register Online: <https://www.extension.iastate.edu/4h/volunteertraining>



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IMPORTANT WEBSITES

iowa.4honline.com -

Enroll for the 4-H year. This provides us with all 4-Hers contact information and project interest. Animal Identification - due May 15

lyon.fairentry.com -

Lyon County Fair entries are entered (specific exhibits)

- ♦ Livestock/Communication/Clothing due June 25
- ♦ Static and Horticulture due July 12

www.extension.iastate.edu/lyon/4h -

All county specific 4-H information: Lyon Lingo, upcoming county events, Lyon fair info, Lyon Awards info, etc....

www.extension.iastate.edu/4h -

All Iowa 4-H information: Project area resources, state events, Iowa State Fair info, 4-H leader resources., etc...

4-H CLUB MEETINGS

Lyon County 4-H members are required to attend ***FOUR*** 4-H club meetings to exhibit at the Lyon County Fair.

N. 2nd Ave E, Suite 103, Rock Rapids, Iowa | 712-472-2576 |
Office Hours: 8:00 AM - 3:00 PM - Monday thru Thursday, Closed Fridays



FOLLOW us on Twitter!
@lyon4h



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or
<https://www.facebook.com/ISUExtensionandOutreachLyonCounty/>

<http://www.extension.iastate.edu/lyon/4h/>



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