

Mills County 4-H Newsletter

September 2023



Mills County 4-H Clubs:

- Balfour
Barnstormers/
Clover Kids
- Country Cousins/
Clover Kids
- Henderson
Hornets/Ambitious
Andies & Clover
Beez
- Future Feeders
- Lively Oaks
- Loyal Lassies/
Ingraham Straight
Shooters
- Mills Billies
- Mills County Prize
Winners
- Silver Clouds
- Silver Creek
Go-Getters
- Silver Creek
Crushers

Enrollment for the 2023-2024 4-H Year is Now Open!

I can hardly believe it, but it's time to enroll for another 4-H year!

Enrollment is now open and will be highlighted further in the newsletter. We have some exciting news about the annual enrollment fee!

I want to congratulate all of our Iowa State Fair exhibitors on a job well done. I could not be any prouder of the Mills County representation we had at the state level this year!

Remember that your record books are to be turned in at your September club meeting!

Our office is always here to help and answer questions. Have a great month!

- Amber McClary, Mills CYC



Amber McClary
County Youth Coordinator
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Mark Your Calendars!

COUNTY COUNCIL

This leadership council is open to any Mills County 4-H'er in grades 9-12.

Meetings are held on the 3rd Sunday of each month at 5:00 PM.

Applications are due by **September 29** and can be found here: <https://www.extension.iastate.edu/mills/county-4-h-youth-council>

CREW

CREW

No Meeting

Teen Club

No Meeting

YOUTH COMMITTEE

September 17 @ 3:00 PM
Extension Office Conference Room

Dates and Deadlines

September

Record Books due to club leaders at your September 4-H meeting!

1: 4-H Online opens for 2023-2024 Enrollment

4: Labor Day—Office Closed

26: 4-H Club Leaders Meeting & Record Books due to Extension Office

October

1: 4-H Find Out Night

1-7: National 4-H Week

3-4: Iowa 4-H Giving Day

22: Senior Record Book Award & County Council Interviews

Upcoming

November 4: Regional County Council Retreat

November 5: 4-H Awards Ceremony

November 14: Club Officer Training

November 19: Table Setting Workshop

December 16: Market Beef Weigh-In

December 27: YQCA Training



Have you liked the [Mills County 4-H Facebook page](#)?

Like and follow our page for the latest information and updates on upcoming programs and events, important reminders, and stories of youth enjoying their 4-H experience in Mills County!

Record Books due at September Club Meetings

It's everyone's favorite time of the year....record book season!

Record keeping is a vital part of the 4-H learning experience and helps teach how to keep track of goals, animal records, expenses, and more. It's an ongoing life skill that doesn't end when the 4-H year ends!



Record books will be due to your club leaders at your September 4-H club meetings.

Needing a record book cover? They can be purchased at our office for \$4.00.

For more information and record book forms, please visit the Record Keeping page on our website: <https://www.extension.iastate.edu/mills/record-keeping>

2023-2024 4-H Enrollment Now Open, Enroll by November 1st!

Enrollment for the 2023-2024 4-H program year is now open!

4-H members, Clover Kids, and volunteers must enroll annually in 4-H Online. If you are not enrolled, you are not an official member and are not covered under the 4-H liability insurance!

The annual program fee is \$45.00, BUT we are excited to share that **any returning 4-H member that enrolls before November 1st will only be responsible for \$25.00!** After November 1st, the enrollment fee will return to \$45.00. Any NEW 4-H member for the 2023-2024 year will only be responsible for \$25.00. This is made possible by our Extension Council and Mills County 4-H Endowment, and we hope all of our returning members will take advantage of this!

There is always financial assistance through the Iowa 4-H Foundation and the Mills County 4-H Endowment fund—please contact the office with any questions about this!

State Fair Exhibits Ready for Pick-Up!

All static exhibits that were shown at the Iowa State Fair are back at the office and ready for pick-up. If you have not already done so, please stop in any time during open office hours:

- Monday, Wednesday, Thursday 8:00 AM-4:30 PM
- Tuesday 8:00 AM-8:00 PM
- Friday 8:00 AM-12:00 PM

4-H Awards Ceremony November 5th, 100 Years of Mills County 4-H Celebration

The 4-H Awards Ceremony will be held on Sunday, November 5th at 2:00 PM, Lakin Center!

We invite everyone to come celebrate the accomplishments of this past 4-H year as well as the 100 year anniversary of Mills County 4-H!

All Clover Kids, 4-H'ers (past and present), volunteers, and families are welcome to attend. We hope to see you there!





NATIONAL 4-H WEEK

OCTOBER 1-7, 2023

A whole week to celebrate 4-H and this year's theme is: "I <3 4-H"!

National 4-H Week is October 1-7, 2023 and we have some fun things planned including our 4-H Find Out Night, interactive social media posts, and some community outreach. We encourage you to show your 4-H pride by wearing your club t-shirts to school, sharing our social media posts, doing a service project, or anything else you believe shows what 4-H is all about!

4-H Find Out Night October 1

Join us for our 3rd Annual 4-H Find Out Night on Sunday, October 1st from 3:00-4:00 PM at the Lakin Center in Malvern!

This event will kick-off National 4-H Week in our county and will be full of fun activities, learning about 4-H projects, meeting Extension Staff, and more! Clubs are invited to set up a table to promote and recruit for their club but it is not a requirement.

We'd like to have as many projects on display as possible, so if you have any sort of static exhibit from fair that you'd like to show off, please contact the office!

Everyone that walks through the door will be put in the drawing for some fun 4-H prizes, so invite a friend!

Iowa 4-H Giving Day October 3-4

Iowa 4-H Giving Day is an opportunity for Iowa 4-H supporters from across the country to come together to raise funds to help grow the 4-H Program! Plan to join us for 24 hours of giving, October 3-4, 2023! We can't wait to grow Iowa 4-H together!

Whether you choose to support a priority area, a county program or simply direct your gift to 4-H's greatest needs, you're making a difference in the lives of nearly 100,000 young people each year across the state of Iowa! Thank you for making a difference!



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Join County Council for the 2023-2024 Year!

County Council is a high school leadership group open to any Mills County 4-H'er in grades 9-12!

Applications are now open and will be due back to the office, along with a complete resume, by **September 29**. All members must apply and interview annually (graduating seniors who have previously been part of County Council do not have to interview). Interviews will be held on Sunday, October 22.

Meetings will begin in November with a regional (Mills, Montgomery, Fremont, Page) County Council retreat on November 4 and then the first formal meeting on November 19. The group will meet each month on the 3rd Sunday at 5:00 PM, Lakin Center. The final meeting will be in June and members are expected to help at the Mills County Fair.

A few events the County Council sponsored and coordinated in 2022-2023 include:

- Junior Overnight
- Livestock Showmanship Clinic
- Barnyard Olympics
- Malvern Library Rain Garden Clean-Up

Applications can be found here: <https://www.extension.iastate.edu/mills/county-4-h-youth-council>

Please call 712-624-8616 or email ambersue@iastate.edu with any questions!

Iowa 4-H THRIVE Retreat September 22-24



Iowa 4-H cares about and supports the social, emotional, and mental well-being of youth, their families, and communities. Youth & adults are invited to join us for the next THRIVE Retreat! Step away from the stressors of life to explore healthy, fun ways to recharge their mind, heart, and body!

Breathe. Explore. Connect.

Iowa 4-H THRIVE Retreat

September 22-24, 2023

YMCA Camp - Boone, IA

7th-12th graders + accompanying adult

<https://go.iastate.edu/FULBSW>



THRIVE participants get to take time for themselves, connect with each other and new friends, and discover the benefits of mindfulness and other positive, healthy skills through workshops, nature, the arts, and movement to support their mental health and overall well-being. They also get to enjoy camp activities like zip-lining, climbing wall, canoeing, horseback riding, and night photography.

Learn more here: [https://www.extension.iastate.edu/4h/thrive-youth-](https://www.extension.iastate.edu/4h/thrive-youth-adult-retreat)

[adult-retreat](https://www.extension.iastate.edu/4h/thrive-youth-adult-retreat)



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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.



Extension and Outreach Resources

There are resources available to help you! Find resources for healthy eating, relationships, mental health and wellbeing, personal finance, food safety, and nutrition here: <https://www.extension.iastate.edu/humansciences/>

Need someone to talk to?

Call the Iowa Warm Line at 844-775-9276 to connect with a peer counselor or COVID Recovery Iowa counselor. Visit <https://covidrecoveryiowa.org/> and complete a contact form and a counselor will get back to you.

Iowa Concern Hotline: 1-800-447-1985

National Suicide Prevention Lifeline: 1-800-273-8255

Connect with Mills County Extension!

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 [Find us on Facebook](#)



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