

Mitchell County 4-H Newsletter

October 2023



Hello 4-H Families,

We are one month into the new 4-H year! It is now time to get enrolled in 4-H if you have not done so yet. It is important to get enrolled as early in the year as possible. Enrollment can be done online at <https://v2.4honline.com>. There will be no cost to families to participate in 4-H again this year thanks to donations from the Mitchell County Ag Breakfast sponsors and Mitchell County 4-H and Youth Committee. Please write a thank you to both of these entities. Letters can be mailed to our office. If you have any questions regarding enrollment, please contact the Extension Office. I look forward to this new 4-H year and seeing all the great things Mitchell County 4-H members will accomplish.

We have many events planned for the upcoming year. To stay up to date, please read our monthly newsletter, check emails, and follow us on Facebook. Our Facebook information can be found below.


Sincerely,

Bailey Dohlman, County Youth Coordinator

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National 4-H Week

National 4-H week is October 1-7 and we invite you to celebrate with us!

There are many activities you may participate in during National 4-H Week. Check out the list below for a few ideas!

- Attend the Mitchell County 4-H Fall Fire-Up (October 1, 5-6pm at the Fairgrounds)
- Participate in the Photo Scavenger Hunt—A copy is included in this newsletter
- Wear a 4-H T-Shirt or the color green on Wednesday, Oct. 11 for 4-H Spirit Day
- Decorate store fronts with your 4-H club
- Recruit a new 4-H member
- Tell a friend about 4-H
- Hang up a locker poster—posters are available at the Extension Office, from club leaders, and will be available at the Fall Fire-Up

Awards Night—November 19

Save the date for Awards Night! This event will be held November 19th, 5:30pm at the Cedar River Complex Events Center. Please watch for RSVP information as the event gets closer. Supper will be provided.

New Member Night—December 3

New Member Night will be held on Sunday, December 3rd at 3pm at Milton R. Owen Nature Center in Osage. This event is for first year 4-H members to meet other 4-H members, learn the basics of 4-H, a teen council panel, and other important 4-H information. Parents are encouraged to attend with their youth and bring questions for 4-H staff.

Project Area Selection

When enrolling in 4-H, youth must select at least one project area. Youth are not required to bring a project to fair, you are only selecting projects areas you would like to learn more about. By selecting all the project areas a youth is interested in, it can help staff select workshop topics and relay important information with youth regarding the selected areas. Families are able to log in to 4HOnline and make changes to projects at any time.

Interested in learning about what you can do in your selected project areas? Check out the insert in this newsletter!



Save the date!

Mitchell County 4-H invites you to

THE ANNUAL AWARDS

BANQUET

Sunday, November 19, 2023

CRC Event Center

5:30 PM Meal - 6:00 PM Award Ceremony

A complimentary meal will be served by the
Mitchell County Cattlemen's Association.

Let's Celebrate!

- ✿ Every club will go on stage and each 4-H Member in attendance will be recognized
- ✿ Record book awards will be given
- ✿ Banner Clubs will be recognized

2023
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4-H Fall
Fire-Up

October 1st, 5:00-6:00 pm
Mitchell County Fairgrounds

Join us for a fun night of all things 4-H.

Open to all 4-H members and families, and those interested in joining 4-H.



Starting at 5:00 pm, we will be serving hamburgers, chips, and cookies.

(while supplies last)

Join us for poster decorating to kick off National 4-H week, games, enrollment information, door prizes, and much more!

IT'S A NEW 4-H YEAR! What do I do in the project areas I signed up for? Here are some ideas:



PROJECT AREA	COMMUNICATION	CITIZENSHIP	LEADERSHIP
AEROSPACE	Do a presentation about life on the International Space Station.	Help clean up your local airport.	Lead a star-gazing session at an evening workshop or camp
AGRONOMY	Do a presentation on soil sampling.	Help teach others about farm safety.	Plan a tour of a seed corn plant for your group.
BEEF	Create a poster showing the beef cuts and how to prepare them.	Volunteer to help at the county fair weigh in.	Lead a beef grooming and showmanship clinic for other 4-H members.
CHILD DEVELOPMENT	Visit with Clover Kids members about their county fair projects.	Collect puzzles, games, and toys for a local childcare center.	Organize a toy drive and donate items to children in the community.
CIVIC ENGAGEMENT	Give a presentation about the history of your school or town.	Ask your local nursing home residents how they would like to celebrate the next holiday and involve others to carry-out the plan.	Serve as youth delegate to a state pollical party convention.
CLOTHING	Teach others how to use a sewing machine.	Volunteer to sort donated clothing at second-hand stores.	Bring your family or club together to organize a clothing garage sale.
COMMUNICATION	Volunteer to teach Clover Kids how to do a new skill.	Do a Share-The-Fun skit at a nursing home.	Help another member prepare their working exhibit or presentation.
COMPUTER SCIENCE	Prepare an educational presentation on computer programming.	Offer to manage social media for a local nonprofit.	Teach younger kids how to be safe when using social media.
CONSUMER MANAGEMENT	Design a poster comparing similar products.	Go to a senior center and teach adults about safe online shopping.	Serve as the treasurer of a group or club.
DAIRY CATTLE	Teach others about showmanship techniques.	Be a part of a dairy promotional event.	Arrange for your club to tour a dairy farm.
DAIRY GOAT	Design a poster on dairy goat breeds.	Have your animal be a part of a petting zoo and share the importance of dairy.	Organize a county wide grooming clinic.
DIGITAL STORYTELLING	Enter a video or film competition for youth.	Use your digital storytelling skills to help a local nonprofit.	Organize a field trip to a local news station.
DOG	Make a poster of how to select a nutritional diet for your dog.	Volunteer at an animal shelter.	Organize a dog therapy club in your community.
ENVIRONMENT & SUSTAINABILITY	Create a poster of the various trees in Iowa.	Help at your local park.	Clean up a local pond or lake.
FOOD & NUTRITION	Teach friends how to make healthy snacks.	Volunteer at a local food pantry.	Prepare one family meal each week.
HEALTH	Create a presentation of workouts you can do at home.	Assemble first aid kits for community members.	Demonstrate how to make nutritious snacks at home.
HOME IMPROVEMENT	Create a poster on how to be energy efficient.	Help someone paint their house.	Teach others how to properly dispose of refinishing materials.



IT'S A NEW 4-H YEAR! What do I do in the project areas I signed up for? Here are some ideas:

PROJECT AREA	COMMUNICATION	CITIZENSHIP	LEADERSHIP
HORSE AND PONY	Present about the parts of a horse.	Ask friends to always wear a helmet when riding horses.	Lead a trail ride with your fellow 4-H horse project members.
HORTICULTURE	Teach your club how to identify common garden weeds.	Plant a flower bucket for the fairgrounds.	Volunteer to host a garden tour.
LEADERSHIP	Speak about 4-H in your school to recruit new members.	Coordinate an officer training and teach parliamentary procedure.	Organized a used coat and mitten drive in your community.
MEAT GOAT	Design a poster on the parts of a meat goat.	Volunteer a goat for a petting zoo.	Lead a workshop on goat showmanship
MECHANICS	Create a poster on the parts of an engine.	Repair a small engine for a neighbor.	Lead a safety workshop.
MUSIC	Write a poem and set it to music.	Perform at a community event or nursing home.	Organize a club outing to a musical.
OUTDOOR ADVENTURES	Create a how to tie knots poster.	Volunteer to clean up community trails.	Teach younger kids how to cast a line.
PETS	Explain how to groom your pet.	Volunteer at an animal shelter.	Organize a fundraiser for a local animal shelter.
PHOTOGRAPHY	Interview a professional photographer.	Photograph club events.	Arrange a guest photographer to present to your club.
POULTRY	Present on different types of laying hens.	Demonstrate to younger youth how to show their poultry.	Host a tour of your poultry farm.
RABBIT	Explain the use of rabbits for meat production.	Help set up rabbit cages at the county fair.	Lead a rabbit selection and feeding clinic.
SEWING AND NEEDLE ARTS	Interview a local business owner to find out how they select products.	Make blankets to donate to a local shelter.	Organize a tour of a local clothing manufacture.
SHEEP	Give a sheep shearing demonstration	Volunteer at the local weigh-in.	Teach other how to handle sheep safely.
SHOOTING SPORTS	Speak about proper handling of firearms.	Cleanup the local shooting range.	Plan and organize a shooting match.
STEM	Enter a robotic event.	Present an idea for improving efficiency to your city council.	Do a workshop for younger youth on rockets.
SWINE	Give a demonstration on how to prepare your pig for a show.	Donate pork to a local food pantry.	Teach others how to properly prepare pork.
VETERINARY SCIENCE	Give a presentation on vaccinations.	Volunteer at the local vet clinic.	Organize a pet first aid class.
VISUAL ART	Create a flier, poster, or brochure.	Donate your art for a fundraiser.	Leader your club in an art project.
WOOD WORKING	Give a presentation on the different types of wood.	Build an item to donate to a fundraiser.	Give a safety demonstration for woodworking tool usage.



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2023 Fair Wrap Up

Please be sure to get all fair related thank you letters sent. If you need help finding an address, please let the Extension Office know and we will get it for you.

All ribbon auction and premium checks have been sent out. Please cash or deposit them ASAP as they expire 60 days after the written date. If you have any questions regarding your checks, please contact the Extension Office.

Iowa 4-H Camera Corps

Iowa 4-H Camera Corps is a program open to all 4-H youth that is specifically designed to support photographers that plan on participating in the photography project area! Each month, there is a different photography theme chosen with a different focus.

This is a valuable opportunity to practice your photography skills and receive public recognition and juror feedback on their monthly photo creations. Technical tips and suggestions are provided to help participants practice and create most successful photographs for the month's theme. All submitted photographs are digitally exhibited on the Iowa 4-H Facebook page for the public's viewing and voting.

Interested in Iowa 4-H Camera Corps go to <https://www.extension.iastate.edu/4h/iowa-4-h-camera-corps> for more information and/or registration form.

Club Officer Books—Due Nov. 1

Club Officer Books including Treasurer, Historian, and Secretary are due Nov. 1st. These books can be turned into the Extension Office. If you have any questions or would like a scoring rubric, please contact the Extension Office or email bdohlman@iastate.edu or club leaders.

Recruitment

Fall is the best time to recruit new 4-H members. Please take some time to discuss with your clubs what you will be doing to recruit new members this fall? We want to continue growing the Mitchell County 4-H program. Talk to your friends and classmates about your experiences in 4-H and the many opportunities that are available. Interested youth and parents may contact the Mitchell County Extension Office for more information on enrollment!



Save the Date! Record Book Award Trip

Please save the date for the Record Book Award Trip! This trip will be held on **November 22, 2023** in the afternoon into evening. The Mitchell County 4-H and Youth Committee rewards this experience FREE for any and all youth in grades 5-12 who submitted a record book for the 2022-2023 4-H year. Registration for this event will be open on 4HOnline in mid-October.

Tentative plans for this trip include travel to Bowlocity in Rochester, MN and touring KTTC news station.

If you have any questions, please contact the Extension Office.

DATES TO REMEMBER

Oct.	1-7	National 4-H Week
	1	4-H Fall Fire-Up
	3	Office Closed—Professional Development
	16	Club Forms Due to The Extension Office
	23-25	Bailey at YouthFest Conference
	29	Regional Youth Leadership Retreat—Teen Council Members
Nov.	19	Awards Night
	22	Record Book Award Trip
	23-24	Office Closed—Thanksgiving
Dec.	3	New Member Night
	Tbd	Beef Weigh-In

