



MITCHELL CO. 4-H NEWSLETTER October 2020

Hello 4-Hers and 4-H Families,

I am excited to get rolling on the 2020-2021 4-H program year and hopefully leave the challenges of the 2019-2020 program year behind... eventually! I'd like to take a moment to thank everyone who has stuck it out over the past several months, making events and other programming possible. I encourage anyone who has not yet taken the time to thank their leaders, fair board members, sponsors and superintendents to do so ASAP.

I think many of us are looking forward to things getting back to normal; however, we aren't there yet. I hope we have all taken the time to find something we have enjoyed about the past 6 months that we are bringing back to our normal lives.

Over the next few months more 4-H and youth opportunities will be offered. Until things are back to 'normal', face coverings will be strongly encouraged at all of our programs and social distancing will be followed to the best of our abilities. 4-H staff is asking that we all be respectful of one another.

We look forward to seeing you at our programs! If you see an in-person program you'd like to participate in virtually, please contact Olivia. Accommodations can be made. Watch your email and our Mitchell Co. Facebook page closely for updates to COVID-19 related policy and cancelations.

Sincerely,

Olivia Logue, County Youth Coordinator

Try this at Home

Supplies- Various food items with labels and a table.

Do: Count the number of ingredients in each food. Line the food items up in ascending order, by the number of ingredients in the food.

Reflect: Which foods do you think are more healthy? Why?

*Hint– often foods containing less ingredients are more healthy

Apply: Substitute one of the 'less healthy foods' on your table with a healthier option next time groceries are purchased.

Activity adapted from MSUE Healthy Living Activity Booklet, 'Food Labels: Count Your Ingredients'

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.

National 4-H Week



It's the most wonderful time of the year....

National 4-H Week is **October 4-10th** and we hope you will all celebrate with us! We will have limited 4-H lawn signs for 4-12th graders to check out. **We are still encouraging decorating store fronts. If you are unable to decorate a store front you could decorate your lawn!** Please share photos of your celebration with us on our Facebook page *Mitchell Co. 4-H* or by emailing photos to odlogue@iastate.edu.

Every day we will have a 4-H Alumni Spotlight on our Facebook page. If you know someone who should be included PLEASE share their contact information with Olivia.

4th graders will be getting goodie bags with enrollment information. Osage students can expect to get their 4-H goodie bags at school. St. Ansgar 4th graders can pick bags up at Paradise Pizza from 5-7 pm on Monday, October 5th.

Oct. 4 National 4-H Week Kick off– Social Media, “What do you LOVE most about 4-H?”

Oct. 5 4-H Spirit Day– Wear a 4-H t-shirt or the color green to work or school, tell a classmate or co-worker your favorite 4-H story or memory.

Oct. 6 Iowa Giving Day– Iowa 4-H Foundation will be collecting donations to support 4-H activities throughout the state.

Oct. 8 4-H Tailgate Celebration– 5-7pm at Osage City Park. Games and meal to go sponsored by Farm Bureau and Cattlemen. Free enrollment for new members! RSVP by October 6th.

Animal U

New and innovative online learning tool to engage Iowa 4-H youth in learning about the science behind livestock production. Currently, there are 87 lessons in beef, swine, and careers that youth may access at any time. More lessons are continually being created and will be posted as soon as they are ready.

For full activities visit: <https://www.extension.iastate.edu/animalu/>

Club meetings

Please look to your club leader for information related to your club.

Meetings can take place virtually, outdoors, or in an indoor space that is large enough to accommodate for social distancing. Meeting outdoors is strongly encouraged when weather allows. Face coverings are encouraged when social distancing is not possible. Office staff is here to help guide clubs through this process. Olivia will be available beginning in December to host some club activities.

See page 3 for club activity options.

Contact Olivia with any questions.

MISSION STATEMENT

4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL THROUGH YOUTH-ADULT PARTNERSHIPS AND RESEARCH-BASED EXPERIENCES.

4-H Club Activities available in December



Extemporaneous Speaking Workshop– Olivia will bring several topics and resources for kids to work in groups and create a presentation on the fly. This can be adapted to a virtual setting.

Design your livestock or pet housing facility– Olivia will bring resources to help youth understand the needs of a variety of species. Youth will get to design, sketch, and show off their work to the rest of the group. This can be adapted to a virtual setting.

Enrollment

Enrollment is due to open on October 1! Iowa 4-H has made the move to our new enrollment system, 4-H Online 2.0. Enrollment instructions can be found as an insert in this month's Clover-leaves.

Free enrollment will be offered for first time 4-Hers during the 4-H Tailgate, October 8th from 5-7pm at Osage City Park.

Enrollment costs \$25 per youth if you are enrolled by November 15th. Enrollment completed after November 15th will cost \$35. Financial aid is available. **Some clubs pay for part of their member's fees so please talk to your club leader for information about your club.**

Features about 4-HOnline 2.0 we look forward to:

- Mobile-friendly, so you can connect with 4-H Online when it's convenient for you
- Accessibility for any member who uses assistive technology
- Ensuring 4-H Online, YQCA and FairEntry "talk" to each other seamlessly
- Club specific enrollment fees

Award Night

Award Night will be different this year. Olivia will be traveling to each club meeting to present awards to youth! Leaders will need to contact Olivia with their meeting details. Clubs/ families deciding to meet virtually please let Olivia know ahead of time. She will make it special for everyone, regardless of how you choose to join us.

We would like to complete 'Award Night' club visits by January 1.

4-H Town Hall Meeting

Scheduled for October 25th, 3-3:30pm via Zoom. Meeting link will be sent out the week before the meeting. This meeting is open to all leaders, volunteers, parents and members. We want to use this as an opportunity to update you, and hear your voice. Your voice is important to helping us plan for the next 4-H year!

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Senior Awards Interviews

Senior Awards Interviews will take place on October 26th beginning at 6:30pm. Those who applied can expect a detailed letter in the coming weeks!

Swine Special Project!

This will be modeled after the Aksarben Livestock Challenge. Our goal is to have 10 or more pigs donated. Youth will apply to participate in the county wide, terminal project and receive one pig. Preference will be given to 4-H or FFA members who have not participated in a livestock projects or exhibited pigs in Mitchell County before. Selection will be done by a committee of superintendents, community members, leaders, and sponsors. If youth do not have a location to house pigs, a location will be provided to them.

Local businesses are invited to be sponsors! Sponsorship will pay for the purchase of the pig at the conclusion of fair and processing at local lockers. Meat will be donated to local food pantries. Exhibitors will be Ribbon Auction eligible. We hope that this will give kids some money to start their next 4-H or FFA project!

Youth will:

- Be responsible for daily care, feed, bedding, veterinary care and other expenses/responsibilities associated with raising livestock.
- Select pigs at random at the annual Mitchell County Weigh-in (April)
- Be required to write letters to sponsors throughout the summer
- Turn in a record book and participate in a Fair Interview
- Participate in educational workshops throughout the months of March-July

Look for more details and application by November 1!

Details may be subject to change.

Questions?? Contact Olivia at odlogue@iastate.edu.

4-H
GROWING TOGETHER

IOWA STATE UNIVERSITY
Extension and Outreach

315 Main St. Osage, IA 50461 | 641-732-5574 | 8:00-4:30 M-F



IOWA STATE UNIVERSITY
Extension and Outreach

Mitchell County Extension Office
315 Main St.
Osage, IA 50461

Non-Profit Organization
Presorted Standard
U.S. Postage Paid
Osage, IA 50461
Permit #7

RETURN SERVICE REQUESTED



DATES TO REMEMBER

Oct.	4-10	National 4-H Week
	4	4-H Week Kick off– Mitchell Co. 4-H Facebook page
	5	4-H Spirit Day
	6	Iowa Giving Day
	6	Clover Kids/4th Grade Kits distributed in Osage
	8	4-H Tailgate Celebration
	25	4-H Town Hall Meeting
	26	All paperwork due to the office (leaders)
	31	Happy Halloween!
Nov.	3	Clover Kid Kits distributed in Osage
	8	Osage High Towers, Awards Ceremony (pm)
Dec.	2	Clover Kid Kits distributed in Osage

WANT TO KNOW MORE?

FIND US AT: WWW.EXTENSION.IASTATE.EDU/MITCHELL