



MONONA COUNTY 4-H NEWS

**SAVE
THE
DATE**

**December 4: SESS Club Meeting
1-2:30 p.m., Monona Co Conservation**

**December 5: Onawa Discover 4-H
3:30-4:30 p.m., WM Elementary**

**December 5: Mapleton Clover Kids
3:30-4:30 p.m., MV-AO Elementary**

**December 6: Onawa Clover Kids
Group 1 - 3:30-4:30 p.m.,
WM Elementary**

**December 8: Office Closed -
Staff Holiday Retreat**

**December 10: Market Beef
Weigh-In 9-11:00 a.m., Dunlap
Livestock**

**December 10: Candy Workshop,
Mapleton, 12:15-4:00 p.m.**

December 11: County Council 3:00 p.m.

**December 20: Onawa Clover Kids,
Group 2 , 3:30-4:30 p.m., West Monona**

**December 23, 26, 27, January 2:
Happy Holidays! Office Closed**

January 15: Volunteer Leader Banquet

DECEMBER 2022

HAPPY HOLIDAYS!

Looking back, 2022 has been a very successful year for Monona County 4-H. 4-H continues to expand educational opportunities for youth with programs that sparked youth interest, supported academics, and promoted youth resiliency. Livestock entries at the fair were at record levels. More livestock pens had to be purchased and an extra tent was rented to house cow/calf pens. All camps, trips and workshops were at or near capacity. Highlights of the year included: National after-school "Hour of Code"; Astro-Camp; Live Healthy Iowa Walk for National 4-H Week; Cookie Baking Workshop; Babysitting Certification; Overnight 4-H Camp; Family Fishing Night. The 4-H Winter Family Getaway reached over 70 attendees. Getaway attendees roller-skated and bowled together. High-school Ag Day hosted 75 attendees from 6 school districts; The SWITCH and Pick A Better Snack nutrition programs reached dozens of youth in local schools.

Outreach at local libraries, schools and community events and partnerships with FFA have helped to grow youth educational opportunities in Monona County. Our 4-H Clubs are thriving! We welcomed back the Castana Wildcats with new leaders Jennifer Hansen and Scott Fox. Our community clubs are contributing countless hours of volunteer time and raising funds to give back to their communities.



Thank you to each and every 4-H member, their families, our volunteers, partners and community donors that keep the Monona County 4-H program thriving.

We wish you all a wonderful holiday season and look forward to a successful 4-H year in 2023!

**- Keith, Melissa
Megan, Nancy, Craig**

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IOWA STATE UNIVERSITY
Extension and Outreach

**Enroll Online at:
v2.4honline.com**

SHOOTING SPORTS CLUB DECEMBER 4

All 4th-12th graders can join the 4-H Safety, Education in Shooting Sports club. Meetings are held once a month at the Monona County Conservation Office. Youth will use compound and re-curve bows for archery. They will also practice air-rifle. Archery happens in the spring, fall and summer. Air-rifle will be indoors during the winter months.

Each discipline focuses on safety. Youth will use targets during their practice.

Youth can choose this as their primary 4-H club or can attend in addition to their regular club meetings.

The next meeting is December 4 from 1:00-2:30 p.m. at the Monona County Conservation Office. Please complete your enrollment online and let the Extension Office know you plan to attend.

MARKET BEEF WEIGH-IN DECEMBER 10

Saturday, December 10, 9:00-11:00 a.m. December at Dunlap Livestock Auction

Retinal Image Fee for State Fair: \$5/head

All 4-H members that are considering showing market beef for the Monona County Fair and/or the Iowa State Fair **MUST** have their beef animals weighed and tagged at an official county weigh-in.

Each member may weigh in and tag up to 12 animals. You will be permitted to exhibit not more than 3 individual market beef entries. All market beef must be weighed in (Steer, Heifers, Pen-of-Three, Share-a-Calf). Pen-of-three's may be market steers or heifers. A pen counts as one entry. Keep in mind, you may show individuals out of your pen-of-three if you also weigh each animal separately. **You will need to fill out ID sheets the day of weigh-in and then also enter your animals into 4-H Online prior to February 1.**

Breeding animals must be identified by **May 15th**. An entry online in Fair Entry for all beef (and other livestock) must also be completed by **July 1st**. If you want to tattoo your heifer, contact Twin Valley Vet Clinic in Dunlap to make an appointment prior to 9:00 a.m. on the day of the weigh-in. They will do this at your trailer for a small fee.

CANDY WORKSHOP DECEMBER 10



Join us on December 10, 2022 at St. John's Methodist Church in Mapleton from 12:15-4:00 pm. Attendees will make a variety of candies and goodies for the upcoming holiday season. This workshop is for 4th through 12th grade youth. The cost is \$10 to help cover the costs of the materials. We will be making fudge, peanut brittle, oreo truffles, Christmas Puppy Chow, carmel marshmallows, and rocky road peanut clusters. You must pay and pre-register by December 5. We are only taking a maximum of 20 so don't delay in signing up! Youth do not need to be 4-H members to attend, so invite a friend or two to come along with you.

EXTENSION OFFICE TO BE CLOSED ON FRIDAYS

Starting in December, the Extension Office will be closed on Fridays. This is to offer flexibility in staff scheduling to accommodate for evening and weekend hours worked. We work to serve our clients wherever they are and at the times that works for them. We very much enjoy our outreach efforts at schools, libraries, community events and local businesses. Reach out to us if you have questions or concerns. We will continue to serve you when you need us.

CONTACT US!

PHONE
712-423-2175

HOURS
Monday-Thursday
8:00 a.m.—4:30 p.m.

Enroll Online at: v2.4honline.com

4-H RE-ENROLLMENT DEADLINE DECEMBER 15

Enrollment and re-enrollment for the 2022-2023 4-H year is in full-swing. Enrollment will be done online at v2.4honline.com. Be sure to login using your current email and password.

DO NOT CREATE A NEW ACCOUNT. If you forget your password, reset it or call the office for assistance.

The enrollment fee of \$10 (3rd-12th grade) can be paid directly to the Extension office in Onawa via cash or check. The fee will go up to \$25 if you re-enroll after December 15. Grades K-2 will be \$15 and includes a 4-H t-shirt. Scholarships are available through the Monona County 4-H Foundation if you need assistance with the enrollment fee.

Contact Keith or Melissa for any questions or assistance with enrollment. **Everyone MUST be enrolled to be an active 4-H member and be covered by insurance. Please enroll today!**

CLOVER KIDS & DISCOVER 4-H FOR K-3RD GRADES

Clover Kids 4-H is an after school 4-H program for K-3rd graders. This year, the 3rd Grade Discover club will meet in Onawa on the first Monday of the month, December 5th, after school from 3:30-4:30 at WM Elementary School. Youth in 3rd grade in Mapleton and Whiting will join Clover Kids groups in their town.

Enrollments are currently being accepted for all K-3rd graders for Onawa and Mapleton clubs.

Onawa Group 1 will meet the first Tuesday of the month, December 6 from 3:30-4:30 at WM Elementary School.

Onawa Group 2 will meet the third Tuesday of the month, December 20. **If you are new, you must contact the Extension Office before attending.**

Mapleton Clover Kids will meet the first Monday of the month December 5th from 3:30-4:30 at the Mapleton Elementary School. Whiting Clover Kids will meet Wednesdays after school starting in March.

Clover Kids gives youth the opportunity to learn in a cooperative, hands-on environment. Youth will gain life skills, make new friends and have lots of fun growing through 4-H!

Enrollment fees are only \$15 for Clover Kids and \$10 for Discover and include a 4-H t-shirt.

EXTENSION OFFICE HOLIDAY CLOSURES

The Extension Office will be closed to recognize Christmas Eve, Christmas Day and New Year's Day. These all fall on weekends so office closures will be as follows: Monday and Tuesday December 26 and 27 and Monday, January 2. An additional holiday was added by the Iowa Governor's office. We will also be closed Friday, December 23. Thank you for your understanding and enjoy the holidays with your families!

VOLUNTEER/LEADER RECOGNITION BANQUET-JANUARY 15

Save the date for the annual volunteer and leader appreciation banquet on Sunday, January 15 at 6:00 p.m. This night out is our opportunity to thank you for the valuable contributions you make to youth through the 4-H program.

The 2022-2023 4-H County Council will be installed during the banquet.

We appreciate support from local banks to make the event possible. Thank you in advance for all the local businesses that donate door prizes for our 4-H volunteers.



4-H SCHOLARSHIPS DUE IN FEBRUARY

High School 4-H Seniors have been dedicated members of 4-H and supporters of their communities. There are several scholarships available at both the state and county level to support you in your future endeavors.

The Iowa State 4-H Foundation Scholarships offer over 90 scholarships with over \$100,000 awarded. Applications are all online at: https://www.iowa4hfoundation.org/en/funding_for_4hers/scholarships/

Monona County Senior Scholarships will be due to the Extension Office by February 15, 2023. Don't delay! Applications can be found at: <https://www.extension.iastate.edu/monona/page/member-info>

FUTURE AG LEADER SCHOLARSHIPS

\$1,500 scholarships are available now through January 12, 2023. Bayer is excited to offer ag students the opportunity to receive a \$1,500 Grow Ag Leaders scholarship. High school seniors through college juniors pursuing any ag-related field of study at a trade school, community college, or four-year college or university can apply now. We encourage anyone who knows a student pursuing higher education in agriculture to share this scholarship opportunity with them today! Students do not need to be FFA members to apply or receive this scholarship. Visit the [Bayer website](#) for more information and official rules.

CITIZENSHIP WASHINGTON FOCUS 2023

Iowa 4-H is planning to offer Citizenship Washington Focus for teens who have completed grades 9-12. Trip dates are June 17-24, 2023. The week will be full of workshops with 4-H teens from around the country and sightseeing in the Washington, DC area. Cost for teens will be \$2,300 per person. A minimum of 3 adult chaperones will be needed. Chaperone cost is discounted to \$1300 per person. We are updating the Iowa 4-H CWF website, and registration will be open by December 15. There is a minimum number of 32 teens, with a maximum of 48 to make this trip cashflow. The Iowa 4-H Foundation and Monona County 4-H Foundation offer scholarships to help fund this trip. It's a fantastic opportunity—reach out to us with any questions.

IOWA 4-H ENTHUSIASTS: CLOTHING & SEWING PROJECTS

9th-12th grade youth are invited to expand their learning in the clothing and sewing project areas by joining Iowa 4-H Enthusiasts. Partner with Iowa 4-H professionals and volunteers to advance your knowledge and skills in the project areas while completing technical skill-building challenges. Iowa 4-H enthusiasts will have access to an online classroom, experience virtual monthly meetings, practice skills by creating modern sewing projects and have access to live and recorded companion resources and lessons to enhance your skills.

This year, participants will have the opportunity to work on an individual sewing project throughout the program. Virtual meetings will be held statewide on the fourth Monday of every month from 6:30-7:30 p.m. January through August.

Iowa 4-H Enthusiasts will:

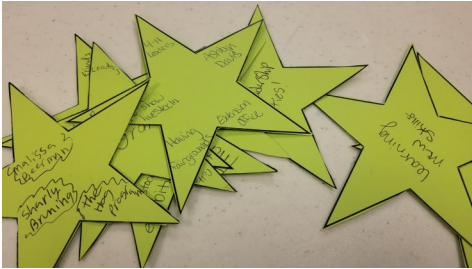
1. Connect with others across Iowa who share your interests.
2. Participate in fun challenges.
3. Meet mentors who will help you take your skills to the next level

To register, log into your 4-H Online profile and visit the 4-H events tab. Questions? Please contact Bonnie Dalager at bdalager@iastate.edu.

4-H Project Resources: <https://www.extension.iastate.edu/4h/projects-list>

ATTITUDE OF GRATITUDE CHALLENGE

Extension Staff across the state are participating in an Attitude of Gratitude team challenge through December 16th. The State Staff well-being team organized the challenge to foster team work, positive support and happier work environments.



We would love to pass the challenge on to our families and members. It can be as simple as asking members to write what they're grateful for. Other ideas are : Express gratitude towards a stakeholder/partner; Create kindness rocks; host a holiday party/meal; Practice mindfulness together; Complete a community service project.

Other prompt ideas are: People in your life that you are thankful for; share a holiday tradition or memory; share a hobby that you enjoy; share a positive affirmation to a 4-H leader or fellow member or create your own.



We are writing our affirmations on hand-made Christmas tree ornaments to display at the Extension Office. You're invited to make yours and drop off here.

If you participate in any way, please send us a quick text or email with photos to Melissa. Deadline is December 14th.

So far the 4-H County Council and Franklin Go-Getters have participated in the challenge.

THE NUTCRACKER BALLET + STEM

The Nutcracker Ballet + STEM is back and better than ever! The performance is on December 9 at 12:30 pm. In-person at Stephens Auditorium in Ames or online options available. STEAM lessons for a costume challenge and Mousetrap challenge are available on the [Iowa 4-H webpage](#). These would be great hands-on activities for your club to participate in. If you or your club is interested, contact the Extension Office for more details.

SPEND SMART EAT SMART RECIPE

This is a warm and cozy meal to make this winter with your family! Download the app. or visit the Spend Smart. Eat Smart. Website for more cost effective, simple and healthy recipes!

Beef Stew

- 1 1/2 pounds stew meat
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup onion, chopped
- 1 teaspoon garlic powder
- 1 can (14.5 ounces) reduced sodium beef broth
- 2 cups carrots, chopped
- 1 cup celery, chopped
- 2 cups potatoes, chopped
- 1 teaspoon dried rosemary
- 1/4 cup water
- 2 Tablespoons cornstarch

Directions

Heat a large stockpot over medium heat. Spray with nonstick cooking spray. Add stew meat. Sprinkle salt and ground black pepper over meat. Cook and stir for about 3 minutes Add onion and garlic powder. Cook and stir for 2 minutes. Reduce heat and add broth, carrots, celery, potatoes, and rosemary. Cover and cook for 45-60 minutes, or until meat is tender. Stir together water and cornstarch. Add to stew. Stir until thickened. Enjoy!