First LEGO League 4-H Club “The Coders” traveled to WITCC in Sioux City on December 2 to participate in regional FLL competition. Congratulations to all team members Kayla Lussier, Aiden Schlitter, John Fester, Bradyn Komarek, Evan and Carson Carrier and Ryan Koenigs on your commitment and successful season!
COUNTY NEWS

Tubing Trip February 10 to Cone Park

We are in the process for planning a snow tubing and ice skating trip for February 2018. We have been to Mt. Crescent and also Seven Oaks Recreation the last 3 years and will be making plans to attend the new park in Sioux City this year. Cone Park opened in late December that will offer snow tubing and ice skating. This trip is always a hit! Watch for details in the new year.

COUNTY NEWS

4-H Volunteer Banquet

Save the date for the annual volunteer and leader appreciation banquet on Sunday, January 21 at 6:00 p.m. at Faith Lutheran Church in Onawa. This night out is our opportunity to thank you for the valuable contributions you make to youth through the 4-H program.

The 2017-2018 4-H County Council will be installed during the banquet.

We appreciate support from local banks to make the event possible. Local businesses also donate door prizes and are greatly appreciated.

COUNTY NEWS

Annual Monona County Cattleman Banquet

The local cattleman’s association will be hosting a trophy auction during their annual banquet on January 20 in Ute. They will be auctioning trophies to support youth that participate in showing cattle at the Monona County Fair.

The public is invited to attend and bid on the trophies. All money raised will be distributed equally amongst all beef exhibitors at the 2017 Monona County Fair.

Tickets can be purchased through any member of the Monona County Cattleman Association.

COUNTY NEWS

No Outdoor 4-H Meeting in January

The Outdoor Adventure Club plans to have a sledding day this year in January if the weather conditions allow. Members will be contacted by Melissa.

The Outdoor Adventure Club will resume regular meetings the first Wednesday of February. February 7 from 3:30-5:00 p.m. at West Monona Elementary.

HEAD, HEART, HANDS, HEALTH
State 4-H Recognition Applications Due Feb. 1

Recognition in 4-H is an acknowledgment and affirmation of the personal growth of an individual. It can be public or private. It can be within the individual or provided by others. Recognition in 4-H includes encouragement and support for learning and comes as a result of participation in educational experiences. Several State and National recognition opportunities are available to youth in grades 9-12. Apply to be a part of State 4-H Council, National 4-H Congress, National 4-H Conference, the Shooting Sports Ambassador Program or apply for state project awards.


If you have questions or want assistance in applying, contact Melissa at the Extension Office.

IA 4-H Foundation Scholarship Apps Due Feb 1

The 2018 Iowa 4-H Foundation scholarship applications are now available online and can be found at www.iowa4hfoundation.org/scholarships. There are four separate applications: Incoming Freshman, Current College Students, Hills Bank and Trust Company Leadership Grant, and Iowa 4-H Veterinary Medicine Scholarships. Letters of recommendation need to be submitted through the online form at https://www.iowa4hfoundation.org/scholarshipRecommendation.

All applications and supporting materials must be submitted by 11:59 p.m. February 1, 2018. Applicants will have the ability to save and return to the application as many times as needed. Supporting documents with instructions and helpful hints are posted as well. For questions or additional information please contact Taci Lilienthal, Iowa 4-H Foundation Scholarship Coordinator at taci@iastate.edu or cell: (563)343-1144.

Senior 4-H Scholarships Applications Due Feb 15

The Monona County 4-H Foundation Scholarship applications are due to the Monona County Extension Office on February 15, 2018. All high school seniors that have been enrolled and participated in 4-H for a total of four years, with two of these years including the Jr. and Sr. years in school can be eligible.

The Monona County 4-H Foundation Scholarship application is available at the Extension Office or on the Monona County Extension website: http://www.extension.iastate.edu/monona/page/member-info.

Opportunity for 4-H’er at State Legislative Day

The Iowa Extension Council Association is hosting their annual legislative day in Des Moines on February 28, 2018. As a part of our legislative day this year, the association is inviting our 4-Hers to receive more information about the legislative process. One 4-Her from each county will have the opportunity to meet with legislators, tour the Capital, and learn about the legislative process and what bearing it has on Iowa State Extension and Outreach. An extension council member from your county will accompany the 4-Her to serve as a mentor that day.

All 9th-12th grade 4-H members can apply. Applications must be completed no later than January 12, 2018. Applications will be reviewed by the county extension council and the council will select the 4-H member delegate, along with an alternate, to represent the county. More information and applications can be found at the Extension Office or visit: https://www.iaextensioncouncils.org/ieca-legislative-day-and-4-h-public-leadership-experience.
COUNTY NEWS

4-H Livestock Updates

**Market Beef**—All market beef that were weighed and identified at the December weigh-in will be entered by Extension Staff into 4hOnline. Families need to login and verify the information is correct. The deadline to do so is **January 29, 2018**. **NO CHANGES can be made** after the deadline.

**Fairbook**—We begin working on the 2018 fair book in January. If you have questions or concerns, additions or corrections you want for the upcoming book please contact the Extension Office.

**FSQA/YQCA**—Monona County will continue to offer face-to-face FSQA training in 2018. Dates will be: April 24 at 6:30 p.m. at the Western Iowa Research Farm and May 5 at 9:30 a.m. at the Monona County Fairgrounds. Youth Quality Care Assurance (YQCA) is an online class module for youth showing market animals. It will eventually replace the current FSQA system. Both FSQA and YQCA will be accepted forms of livestock quality assurance certification for the 2018 Monona County Fair.

COUNTY NEWS

Winter Sports Waiver and Special Insurance

Snow means it’s the season for 4-H club sledding and skiing trips. There are two things you need to remember for proper insurance and risk management coverage (in addition to giving approval to clubs for the trips). **One**, have the club **take out Special Activities coverage** through American Income Life. The regular $1/yr/member coverage does not include downhill winter activities, but coverage is provided through the Special Activities program.

**Two**, participation in Downhill Winter Sports (downhill skiing, tobogganing, bobsledding, snow tubing, and Ice Skating) requires the use of an additional waiver. You can obtain the **Winter Sports Waiver** at [http://www.extension.iastate.edu/4hfiles/RMIowa4HWinterSportsPermissionAgreement-Jan2010.pdf](http://www.extension.iastate.edu/4hfiles/RMIowa4HWinterSportsPermissionAgreement-Jan2010.pdf)

COUNTY NEWS

DuPont Pioneer Seed Grants Due Jan 19

Grants from $50 to $500 are available through the DuPont Pioneer Grants for community improvement projects. Successful community projects are those that enlist partnerships with other community entities, demonstrate engagement by the full 4-H club and make a positive impact on the community.

Information and application can be found at [www.extension.iastate.edu/4h/pioneergrants](http://www.extension.iastate.edu/4h/pioneergrants). Applications are due to the Extension Office by January 19, 2018.

NATIONAL NEWS

Citizenship Washington Focus

What does it mean to be a good citizen or a leader? Are you being a strong civic leader for your community, country, and world? Explore these topics at Citizenship Washington Focus (CWF). The 2018 trip is set for June 15-23 at the National 4-H Conference Center in the Washington, DC, area.

CWF is more than just another DC field trip. 4-H’ers learn essential civic leadership skills and leave with the tools that will allow them to bring about real change in their communities. Learn more and register at [http://www.extension.iastate.edu/4h/cwf](http://www.extension.iastate.edu/4h/cwf).
Live Healthy Iowa Team Challenge

4-H clubs, families, friends and businesses are encouraged to form teams for the 10 week wellness challenge beginning January 22, 2018. Choose the Physical Activity or Weight Loss division and self-report minutes of activity or weight loss. Cost is $22 per person and includes t-shirt, $10 discount for the LHI 5Kon April 14, 2018 at Lewis and Clark State Park, Live Healthy website access, chance for individual and team prizes and one year magazine subscription of your choice. Register by January 8 at https://www.livehealthyiowa.org/index.php

Healthy Club Challenge

Healthy Living is one of 4-H’s program priority areas. This year, a new challenge has been organized to engage 4-H clubs across the state to incorporate Healthy Living practices during their monthly club meetings. Each meeting, clubs have 3 challenge topic areas that they can complete to earn miles in the Race Across Iowa.

From November through the month of June, clubs will have 8 months to Race Across Iowa on our 1,400 mile route through all 20 regions. Each of the challenge areas earns them an amount of “miles”.

Burr Walk

To kick off the 10-Week Wellness Challenge, Onawa Chamber of Commerce and Monona County Public Health are hosting a Burr Walk and a Health Fair on Sunday January 28, 2018 starting at the Onawa Community Center. The health fair starts at 12:00pm. The 1 1/2 mile walk starts at 1:00pm. There is no cost to participate.

1st Day Hike

Join Us on a New Year’s Day Hike!

Get a healthy start to the New Year with this guided 1.5 mile walk through Lewis and Clark State Park. Don’t forget to dress warm. Coffee and hot chocolate will be provided.

Time: Noon on January 1, 2018
Meeting Location: Lewis and Clark Visitor Center
Call Ranger Hyde at 712-420-1170 for any questions.