Calendar of Events

January 1…………………………Happy New Year! Extension Office is CLOSED
January 6…………………………SESS Club, Air Rifle 12:30 – 2:00 p.m., Monona County Arboretum
January 6…………………………Lego Club, Extension Office, 3:30-5:00 pm
January 6…………………………No Discover meeting. Next meeting February 3.
January 11…………………………Deadline: Iowa Legislative Day Registrations Due
January 13…………………………Furry Friends Dog Club, 6:00 p.m., Onawa
January 12…………………………4-H Cooking Club, 10:00 a.m., Mapleton
January 19…………………………Monona County Cattleman Banquet, Ute
January 20…………………………Leader/Volunteer Recognition Banquet, Whiting
January 21…………………………Martin Luther King Day, Extension Office is CLOSED
January 21…………………………K-3rd Grade STEM FESTIVAL, Onawa
January 21…………………………Fruit Sales Begin
January 29…………………………Deadline: Market Beef Exhibitors Verify ID’s in 4-H Online
February 1…………………………State 4-H Council, Recognition Opportunities & Scholarships Due
February 13…………………………4-H Legislative Day trip to Des Moines
February 15…………………………Monona County Sr. Scholarship Applications Due
February 16…………………………Ice Fishing 10:00 a.m.—1:00 p.m.
March 2……………………………Snow ski/tube trip to Mt. Crescent
April 1……………………………Club mini grants due
May 15……………………………Livestock Identification Reports due in 4hOnline
July 9-14…………………………2019 Monona County Fair
COUNTY NEWS

Join the LEGO Robotics Club

The Lego Club has new leaders, Lana Radke and DJ Kuker. They would love to have more members. Not only will you get to build LEGO EV3 robots, but you will learn how to program them to operate autonomously. You will practice challenges using different sensors and the LEGO Mindstorm competition materials.

They meet at the Extension Office on the 1st and 3rd Sunday of the month from 3:30-5:00 pm. All 4th-12th grade members can join.

If you would like to be a part of this club, call the Extension Office.

COUNTY NEWS

4-H Volunteer Banquet, January 20

Save the date! The annual volunteer and leader appreciation banquet is on Sunday, January 20 at 6:00 p.m. at the Whiting Christian Church. This night out is our opportunity to thank you for the valuable contributions you make to youth through the 4-H program.

The 2018-2019 4-H County Council will be installed during the banquet.

We appreciate support from local banks to make this 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 19, 2019 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 2019 Monona County Fair.

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

COUNTY NEWS

No Outdoor Club 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 6 from 3:30-5:00 p.m. at West Monona Elementary.

COUNTY NEWS

Stem Fest for K-3rd Graders, January 21

Martin Luther King, Jr. Day is a day to honor Dr. King and local students do not have school. K-3rd grade youth are invited to attend our STEM Fest. Exciting STEM (Science, Technology, Engineering and Math) activities will keep your minds and your hands busy.

The day will start at 8:30 am and end at 3:30 pm. Lunch and snacks will be provided. The cost is $10 for current 4-H’ers and $15 for non-members. There is a limit of 30, so don’t delay in signing up. The event will be at the Faith Lutheran Church in Onawa.
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.

Applications need to be submitted online no later than February 1, 2019.

http://www.extension.iastate.edu/4h/page/recognition-opportunities.

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 2019 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/scholarshipreccomendation.

All applications and supporting materials must be submitted by 11:59 p.m. February 1, 2019.

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 Mary Clancy: Scholarship Coordinator: (712) 830-1321 or clancy@iastate.edu

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, 2019. 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 are 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.

4-H Leadership Experience & Legislative Day

The Iowa Extension Council Association is hosting their annual legislative day in Des Moines on February 13, 2019. Council members and Extension supporters will mentor 4-H students from their county while they learn more about the legislative process. Meet with legislators and get briefed on pending legislation that would impact extension.

This year we will be adding lunch and a private tour of the World Food Prize Building to the day.

All 8th-12th grade 4-H members can apply.

County registrations are due January 11, 2019.

This is a FREE opportunity!

event, so don’t miss the
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, 2019. NO CHANGES can be made after the deadline.

Fairbook—We begin working on the 2019 fair book in January and February. 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 be transitioned to YQCA in 2019. We plan to continue to offer face-to-face YQCA training in 2019. Two dates are being planned for the spring. Youth Quality Care Assurance (YQCA) is an online class module and youth will have the option to complete the online or face-to-face course each year. YQCA will be the only accepted form of livestock quality assurance certification for youth showing market animals at the 2019 Monona County Fair.

COUNTY NEWS

Swine Project Update

Swine project participants should be excited to learn that we will be housing project pigs at the ISU Western Research Farm near Castana this year. Pigs are to arrive in mid-February, so anyone that has not signed-up needs to do so with Melissa ASAP.

This partnership will offer even more educational opportunities including raising niche-market pigs.

The same structure will be in place with requirements to receive YQCA certification, doing chores, weighing pigs, showmanship, biosecurity, etc.

We hope to announce even more opportunities for project participants to expand their skills into 4-H leadership, citizenship and communications opportunities. Meetings will begin happening in late February. Contact Melissa right away with how many pigs you plan to show.

COUNTY NEWS

Information for AKSARBEN for 2019

AKSARBEN is moving to a regional/national type of show, where the entry process will be similar to shows like the American Royal (Kansas City), National Western (Denver), or the North American International Livestock Exposition.

AKSARBEN has some new rules in order to show. Go to the AKSARBEN website for a full explanation of the process including a list of frequently asked questions: https://www.aksarbenstockshow.com/p/events/403

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 2019 trip is set for June 14-22, 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.

Deadline to register is January 15, 2019.
Uploading Fruit Sales Totals to Google Docs

Selling and delivering fruit for 4-H is not a small task and we appreciate everyone’s efforts to raise money for their 4-H clubs and county 4-H program. We are working to make the sales reporting process simpler. Members will still start with a paper-copy when going to sell the fruit.

The Extension Office will create a Google Doc—an online spreadsheet—that is easily accessible to club leaders and members. Final fruit orders can be input here so members can double-check the math and leaders have a simple way to tally the club total. We will provide more details and online links soon.

Healthy Club Challenge

Healthy Living is one of 4-H’s program priority areas. A 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 May 2019, clubs will have 7 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”.

Check out the webpage for more details and resources to accomplish the varying challenge areas. The Top 5 clubs in the state accumulating the most miles will be recognized at the Iowa State Fair in August! The website is: https://www.extension.iastate.edu/4h/healthy-living-club-challenge. The page will provide the links for clubs to register as well as submit their monthly trackers.

Interested Clubs can contact the Extension Office for more information.

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 14, 2019. Choose the Physical Activity or Weight Loss challenge 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 13, 2019 at Lewis and Clark State Park, Live Healthy website access, chance for individual and team prizes and one year magazine subscription of your choice. Registration is now open! Register your team at: https://www.livehealthyiowa.org/index.php

Blueberry Pancakes

Try this new recipe in January:

**Ingredients:**
- 1 cup whole wheat flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 egg
- 1 cup nonfat milk
- 1 cup fresh blueberries

1. Mix flour, sugar, baking powder, and baking soda together with a fork in a medium bowl.
2. Beat egg and milk together in a small bowl.
3. Add the wet ingredients to the dry ingredients. Stir until just combined.
4. Gently fold in blueberries.
6. Pour pancake batter into the skillet using a 1/4 cup measuring cup. Cook until the pancakes have bubbles on the top and the edges are slightly dry, about 4 minutes. Flip pancakes and cook for about 3 minutes more.