



# MONONA COUNTY 4-H NEWS

## 4-H YOUTH COUNCIL

- Ronda MacClure, Whiting
- Andrew Christiansen, Ute
- Jenna Comes Mapleton
- Sandy Smith, Moorhead
- Amy Card, Onawa
- Leland Hathaway, Turin
- Shelbi Parr, Sloan
- Cody Rosburg, Soldier
- Brady Neubaum, Moorhead
- Dena Nichols, Whiting

## EXTENSION COUNCIL

- Randy Stanislav, Blencoe
- Bruce Parker, Smithland
- Laura Neldeberg, Whiting
- Whitney Carrier, Blencoe
- Darla Lloyd, Mapleton
- Peg Ingram, Onawa
- Brian Hobbs, Whiting
- Leland Hathaway, Turin
- Bridget Wiebers, Hornick



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## Calendar of Events

- June 1.....**Livestock Identification Reports due in 4hOnline**  
 (Later deadline - Must upload photo of tagged livestock )
- June 1.....**Clothing & Communication entry deadline**
- June 5.....Family Fishing Night (*Status still unknown*)
- June 7.....Special Award applications due to leaders
- June 10.....Special Award applications due to Extension Office
- June 8.....Babysitting Workshop 9:00 a.m.-3:30 pm (*Status still unknown*)
- June 9.....Swine & Poultry Workshop, ISU Research Farm, 9am-3:30 pm  
 (*Status still unknown*)
- June 16.....4-H Clover Kids Camp, Onawa, 9am-3:30 pm (*Status still unknown*)
- June 27.....Possible day camp at Blue Lake, Onawa (*Status still unknown*)
- July 1.....**Livestock entry deadline in Fair Entry**
- July 1.....**Deadline for YQCA to be completed for all market animal exhibitors**
- July 7.....Clothing and Communications Judging Day, Onawa
- July 14-19 .....Monona County Fair

## 4-H At Home Resources:

<https://www.extension.iastate.edu/4h/4h-at-home-learning-resources>





## COUNTY NEWS

# Extension & 4-H Serving You Virtually

We take serving Iowans seriously, and we are prioritizing the health and safety of our community and staff. Due to the COVID-19 outbreak, our county office closed to the public on March 18, 2020. We are all working remotely from home and can be reached via our cell phones and email. We can also make appointments at the office if you need to pick up livestock tags, pesticide manuals, land value rate sheets, or anything else. Staff contact information is listed at [www.extension.iastate.edu/monona](http://www.extension.iastate.edu/monona).

There are several useful Extension and 4-H resources posted on the homepage of our website. Please utilize these resources to support your family at this time.

Per policy of Iowa State University, there can be no in-person programming until at least June 1. This affects several county programs and 4-H club meetings. 4-H Clubs, project workshops, and learning opportunities with club leaders and members can not resume in person until at least June 1. Be creative with virtual options to get together. We encourage you to be actively preparing your projects for the fair at this time. You have a lot of time at home to learn actively. We're here to support our 4-H family and can't wait to see everyone in person soon!

**We can set up Zoom and WebEx Meetings for your clubs. Please call for assistance so you can see your club leaders and friends virtually.**

## COUNTY NEWS

# Sewing Masks to Help Local Medical Staff

On March 25<sup>th</sup>, Nancy McGrain, County 4-H Youth Coordinator sent out a challenge to 4-H'ers, friends and volunteers, to make masks for Nursing Homes in the area. The goal was to make 100 masks by April 15. As time went on, Burgess Health Center sent a request that 150 masks be made for them for public use.

At the present time, over 700 masks have been made for the community in Monona County! There have been nearly 17,000 masks made state-wide. Outstanding things can be done in a little community with everyone willing to lend a hand!

## COUNTY NEWS

# Congratulations 4-H Scholarship Senior Awardees

We would like to wish the very best to the graduating 4-H Seniors. We hope your adventures in 4-H have been educational, rewarding, fun and prepared you for future challenges. The Senior Scholarship recipients were: Lexi Lander, Sara Maule, Grace Smith, Taylor Erlandson, Cody Rosburg, Sam Lantz and Colin Mordhorst. A \$250 check from the Monona County 4-H Foundation and will be recognized at the 4-H Awards Presentation on Saturday at the Fair.

Each scholarship recipient received a \$250 check from the Monona County 4-H Foundation and will be recognized at the 4-H Awards Presentation on Saturday at the Fair. Congratulations to all 4-H seniors that are graduating this year. They include the above as well as Shelby Davis, Zach Craig and Zoe Jessen. May the 4-H standards and ideals guide you into your future success and happiness.

## COUNTY NEWS

# Special 4-H Awards

4-H members are encouraged to apply for special 4-H awards. Applications are due **June 7** to leaders and **June 10** to the Extension Office. There was a mistake on due dates in the last newsletter. It is not July 7. Awards include: Outstanding Junior, Outstanding Intermediate, Margaret Coberly Award,

Junior Merit, Intermediate Merit, Senior Merit, AK-SAR-BEN, Danforth Award, achievement, citizenship, agriculture, and leadership. An application can be found at [extension.iastate.edu/monona](http://extension.iastate.edu/monona). Recognition will be given during the fair at the Awards Presentation on Saturday at 3:00 p.m.



## COUNTY NEWS

### At Home Learning

The Iowa 4-H product team has curated a wide variety of youth-led learning resources that are available for at-home learning. Their goal is to provide resources that young people can use to stay engaged in learning.

Visit [www.extension.iastate.edu/4h/4h-at-home-learning-resources](http://www.extension.iastate.edu/4h/4h-at-home-learning-resources). There are new activities weekly.

## COUNTY NEWS

### Science of Parenting. Support for COVID-19

Do you have parenting questions? Are you struggling on how to talk to your kids about COVID-19 concerns? Is the work/life balance while working from home a challenge? Iowa State University Extension and Outreach [Science of Parenting](#) has answers based on research and real-life experience. Human Sciences Extension and Outreach has been sharing the Science of Parenting for several years. Now they've added a new podcast to their collection of resources for helping parents make informed decisions for their families. It is available on Apple, Spotify

and other podcast platforms and releases on Thursdays, through May 28. Once per month, the podcast hosts will appear on Facebook Live (noon to 12:45 p.m.); viewers can submit questions in advance to Facebook or Twitter @scienceofparent or by email to [parenting@iastate.edu](mailto:parenting@iastate.edu). The [Science of Parenting website](#), [scienceofparenting.org](http://scienceofparenting.org),

The Science of Parenting continues to address today's hot topics in parenting and provides research-based information that fits your family.

## COUNTY NEWS

### Livestock I.D. Changes and Deadlines for Fair

County and State fairs that conduct rate of gain contests for meat goats, sheep and swine will not be able to do so for the 2020 fair season.

• **The May 15 livestock ID deadline will be moved back to June 1.** This applies to ALL livestock that are usually identified by May 15 including: Breeding Beef, Dairy Cattle, Dairy Goat, Dog, Horse, Meat Goat, Sheep and Swine. Rabbits and Poultry will remain at the July 1 Fair Entry deadline.

**Tagging Procedures** – Contact Melissa Beermann or Keith Baker at the Monona County Extension office to set an appointment to pick up your official 4-H livestock I.D. tags.

Additionally, for Identification purposes, **all tagged animals must be documented by photo that is uploaded to 4-H Online.** The Process will be outlined on the Monona County Extension website and questions can be directed to Keith Baker or Melissa Beermann.

Retinal Imaging – 4-H sheep and meat goats are no longer required to have retinal images collected for State Fair eligibility.

A Frequently Asked Questions document is being developed and will be posted on the 4-H Livestock website, <https://www.extension.iastate.edu/4h/projects/livestock>.

## COUNTY NEWS

### NEW Fair Entry Process Due July 1

The new system for entering all livestock entries should be up and going by May 8. The website for putting in entries is

<https://mononacountyfair.fairentry.com>. You will log on with your 4hOnline login and password. Once we get opened up for registrations you will see that it will change from closed to open and you will be able to start creating entries for you livestock. The benefit of this is all animals ID'd in 4hOnline will transfer over to

Fair Entry making it very simple to enter all livestock. Rabbits and Poultry entries will be done manually with little effort. Watch for directions and a short video on directions for making entries on our website at: <https://www.extension.iastate.edu/monona/mononacountyfair>.

Also, Clothing and Communications will be entered into Fair Entry (due June 1) once we are able to sync with the Iowa State Fair. We hope to have that open by May 8 also.



## COUNTY NEWS

# 2020 YQCA Certification

Due to current social distancing restrictions, the spring face-to-face YQCA dates have been cancelled. We also may not be able to host any face-to-face trainings in June.

YQCA will still be required for every market animal exhibitor in grades 4-12 at the Monona County Fair.

Please login to YQCA online at [www.yqca.org](http://www.yqca.org) using your 4H Online account and take the course at your convenience. This is still **REQUIRED** to be completed by July 1 to be able to show market animals at the 2020 fair.

## COUNTY NEWS

# Dog Obedience Classes

Training your dog is very important! It is important to teach your dog basic commands such as sit, down, come, heeling beside you, and others. You should take time to train your dog so they are well behaved when guests come over to visit. Training your dog is a great bonding activity for you and your dog so they know that you are the owner and the boss!

We hope to begin dog obedience classes on Sundays in June @ 6 pm @ Gaukel Park in Onawa. Contact Megan Wimmer at (712) 880-1477 to register or if you have questions. **Watch for timely updates on IF we will be able to begin classes at that time.**

## COUNTY NEWS

# Special Livestock Project Approvals by June 1

Anyone participating in a shared livestock project including a horse lease agreement, share-a-calf, swine and poultry projects, alternative housing of livestock or other non-ownership of an animal for exhibition, must submit their lease, contract or forms by the June 1 I.D. deadline. This has been required in the past, however **now the 4-H Youth Committee will be making final approval of each project to allow exhibition.**

The goal of 4-H is hands-on educational opportunities for our youth. Shared livestock projects offer youth the opportunity to learn about animal science and the responsibility of caring for a live animal. They may not have otherwise had the opportunity to do so. The youth participant should be very active in caring for the project(s). All lease agreements or contracts should reflect this. Submit those documents no later than June 1 to Melissa and call ahead if you need guidance.

## COUNTY NEWS

# Poultry & Rabbit Identification

Poultry and waterfowl are required to have a leg band with visible I.D. number on it. Those are available at the Extension Office and can be picked up by appointment. Poultry entries are only required to enter information into Fair Entry by July 1.

Rabbits being shown at the fair must have an ear tattoo. Tattoos must be done before July 1 with information entered into Fair Entry no later July 1. If tattoos are not recognizable or do not match entry records at check-in time of the fair, the rabbit will be ineligible to show.

**Stay Connected: [www.extension.iastate.edu/monona](http://www.extension.iastate.edu/monona)**

**[Facebook.com/mononacounty4h](https://www.facebook.com/mononacounty4h)**



## COUNTY NEWS

# 4-H Summer Workshops & Camps & Fair

As of today, we are unsure if we are able to host regular in-person day-camp events for youth this summer. All the events are listed on the calendar on the first page. We should receive more guidance in the upcoming week and will share as soon as we can.

We are currently proceeding as normal for the 2020 Monona County Fair. Please plan your projects accordingly and follow all regular deadlines. State committees are in place as we review possible social distancing requirements and how to accommodate for county fair if necessary.

## COUNTY NEWS

# 2020 Fairbook

The virtual book will be uploaded very soon at [www.extension.iastate.edu/monona/mononacountyfair](http://www.extension.iastate.edu/monona/mononacountyfair). Each 4-H family will receive a

Don't forget to visit [www.mononacountyfair.com](http://www.mononacountyfair.com) for other details regarding Queen and Little Princess Contests, Bill Riley Talent Show and more!

## COUNTY NEWS

# K-3rd Grade Clover Kids Fair Eligibility

Clover Kids & Discover 4-H members can show rabbits, poultry, and dogs in the 4-H shows at the county fair. K-3rd grade members can also exhibit projects that will be entered on Wednesday at the fair. **No pre-entry is required, however, if you plan to keep livestock at the fairgrounds you should complete Fair Entry. Market animals must also have a drug affidavit. Dogs and cats require rabies & distemper vaccination records.** K-3rd grade youth can also exhibit bottle lambs, bottle goats, bucket calves and pets in the Open Class divisions .

**Families do need to enter livestock in Fair Entry by July 1 if you plan to house livestock at the fair. We will accommodate space the best we can, with 4th-12th youth taking priority.**

All K-3rd grade members receive participation awards and no premium dollars are awarded for 4-H events.

All youth and adults are encouraged to enter exhibits in the Open Class building at the fair—all of which do receive premium awards.

## COUNTY NEWS

# 2020 Fair Sewing Challenge-Toiletries Bag

This years Sewing Challenge will be to make Toiletries Bags for a local charity. The bag may use any design for men or women, made of strong fabric with a 12 inch zipper on the top. It must be between 7-8 inches long, 3-4 inches high and 5-6 inches wide and lined. A sample pattern will be available.

You could watch a tutorial at [www.youtube.com/watch?v=XMvA7YE6x00](https://www.youtube.com/watch?v=XMvA7YE6x00) for directions. Pauline Zima will have supplies available if you need them (zipper and material) in a plastic bag, in a tote on her porch at the corner of 13<sup>th</sup> and Iowa. If you have any questions, contact Nancy McGrain [nmcgrain@iastate.edu](mailto:nmcgrain@iastate.edu).

## COUNTY NEWS

# Clothing & Communications Entries Due June 1

All fair entries for clothing and communications classes are due by June 1 in Fair Entry online. Judging day will be July 7 in Onawa.

Instructions will be available on our website [www.extension.iastate.edu/monona](http://www.extension.iastate.edu/monona). More details are also listed in the Fair Entry article in this month's newsletter. Contact us for questions.



## COUNTY NEWS

### 4-H Mini Grants Awarded

Two 4-H Clubs were awarded funds to complete their community projects in the Monona County. The Mapleton Starspinners were awarded \$237.64 to purchase a basketball hoop and soccer goal post to be installed at the Westwinds Park in Mapleton for everyone to enjoy.

The Franklin Go-Getters were awarded \$90 to buy paint supplies and pavers to print Kindness words on the pavers and put throughout the community. Good Job! You may apply for club mini grants again in October.

## COUNTY NEWS

### No Livestock Entries Allowed after July 1

An updated policy will go into effect for the 2020 fair. All youth must enter preliminary information into 4hOnline by June 1, 2020. This includes all beef, sheep, goats, horses and swine. If the June 1 deadline is missed, it is possible (not guaranteed) for the 4-H'er to show IF they submit a written letter to the 4-H Youth Committee explaining why they missed the May 15 deadline. They will not receive premium money. **Those species MUST ALSO complete a fair entry prior to July 1. If the July 1st entry is missed, those animals will not be eligible to show.**

Dogs, pets, poultry and rabbits also need to enter for the 2020 fair no later than July 1. **If the July 1st entry is missed, those animals will not be eligible to show.**

**We are using FAIR ENTRY software online, no paper copies will be accepted. If July 1st entry is missed, that animal or animals are not eligible to show and should not be brought to the Monona County fairgrounds.**

If you have any questions or need clarification, contact Melissa.

## COUNTY NEWS

### Monona County 4-H Foundation

Please remember the Monona County 4-H Endowment Fund as your club considers community support for the year. If your club has made a 4-H 400 pledge, your \$100 contribution may become a 4-H \$1000 pledge. Out of this fund, it has been possible to provide over 189 seniors in the Monona County 4-H program each a \$250 scholarship for college. \*Again this year the 4-H Fund Board is raising funds by having a silent auction during the fair.

Each club is asked to contribute an item for the auction, so be brainstorming on what you would like to donate.

The Monona County 4-H Foundation was established to help ensure support of 4-H locally now and in the future. Donations of a check by personal individuals and clubs can be made to "Monona County 4-H Foundation" and sent to the Extension Office.

## COUNTY NEWS

### Pinterest and Copyright

With our 4-H exhibits being on public display, we must adhere to copyright laws. Exhibits can be disqualified if they are copied. You must always credit the source of inspiration for your design. For more information on copyright, go to <http://www.extension.iastate.edu/4hfiles/StateFair/SFDocuments/SF1UseofCopyrightV1010401.pdf> or contact the Extension Office.

If you got your idea for your exhibit from Pinterest, you must go to the original site to source your information. Pinterest is not the source. Double click on the image on Pinterest and it will take you to the original designer/blog/website where the project is from.

Hot sheets are available to 4-Hers and families for information at <http://www.extension.iastate.edu/4h/projects>.



## Great tips and a refreshing recipe to try

### Tips for fresh fruits and vegetables

As the weather gets warmer, we want to eat more fresh fruits and veggies. Here are 10 Tips to shop smart for fruits and vegetables



1. **Celebrate the season:** Use fresh vegetables and fruits that are in season.
2. **Why pay full price?** Check the local newspaper, and at the store for sales, coupons, and specials.
3. **Stick to your list.** Plan your meals ahead of time and make a grocery list.
4. **Try canned or frozen:** Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit.
5. **Buy small amounts frequently:** Many fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6. **Buy in bulk when items are on sale:** For fresh vegetables or fruits you use often, a large size bag is a better buy. Canned or frozen fruits/vegetables can be bought in large quantities when they are on sale, since they last much longer.

7. **Store brands = savings:** Buy the store brand when possible.

8. **Keep it simple:** Buy vegetables and fruits in their simplest form. Pre-cut, ready-to-eat, and processed foods are convenient, but cost much more.

9. **Plant your own:** Start a garden in the yard or a pot on the deck.

10. **Plan and cook smart:** Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

#### COUNTY NEWS

### Cool Cucumber Salad

Try this refreshing salad!

#### Ingredients

- 1 cup grape tomatoes, halved
- 1 cup cucumber (quartered and sliced)
- 1/4 cup onion, diced
- 1/4 cup crumbled feta cheese
- 2 teaspoons oil (vegetable, olive, canola)
- 1 Tablespoon lemon juice
- 1/4 teaspoon ground black pepper

#### Directions

1. Wash and cut tomatoes, cucumber, and onion. Stir together in a bowl.
2. Add cheese, oil, lemon juice, and ground black pepper. Stir until combined.
3. Store, tightly covered, in the refrigerator for 3–4 hours before serving. Stir well before serving.



#### COUNTY NEWS

### Donation Garden Volunteers Needed

The ISU Demonstration and Donation garden is in need of volunteers for the summer of 2020. The garden started in 2018 with funds from the Master Gardener Mini-Grant. All produce grown is donated to local residents in need at the local food giveaways, food banks and low-income housing centers. In 2 years, we donated nearly 1,600 pounds of fresh fruits and vegetables to residents in need.

We need volunteers to help plant, weed, harvest, wash and deliver the fresh produce throughout the summer. You do not need to commit for the whole project - any help is appreciated.

Contact Melissa 515-231-9896 if you have a couple of hours to spare this summer!

If you garden at home, plant an extra row and donate it through Monona County Extension. The need for food has nearly tripled in the past 2 months in Monona County.