Calendar of Events

November 4...……………….Discover 4-H Meeting 2:00-3:00 p.m., Extension Office
November 4...……………….SESS Club 1:00-2:30 p.m., Archery, Monona County Arboretum
November 4...……………….LEGO team meeting, 3:30 pm, Extension Office
November 6...……………….Mapleton Clover Kids, 3:30-4:45 p.m.
November 7...……………….Outdoor Adventure Club meeting, WM Elementary 3:30-5:00 p.m.
November 10...……………….Cooking Club Meeting, 10:00 a.m., Mapleton
November 11...……………….Dog Club Meeting 6:00 p.m., Extension Office
November 13...……………….Onawa Clover Kids Group 1 3:30-4:45 p.m., WM Elementary
November 18...……………….Bobcats Club Meeting 6:00 p.m., Extension Office
November 22-23...…………...Happy Thanksgiving! The Extension Office is CLOSED
November 27...……………….Onawa Clover Kids Group 2 3:30-4:45 p.m., WM Elementary
November 27...……………….Leader Meeting, 6:00 p.m., Extension Office
December 12...……………….Hour of Code, K-3rd grade, 3:30-5 pm, WM Elementary
December 12...……………….Mentor Maker Night, 6:30-8:00 pm, Extension Office
December 22...……………….Market Beef Weigh-In, 9-11:30 a.m., Dunlap Livestock Auction
December 28...……………….Babysitting workshop, Extension Office

Nancy celebrated 25 years with ISU Monona County Extension and Outreach in October!
National 4-H Week

Thank you to all 4-H’ers, clubs and community members that helped promote National 4-H week with window displays, baking goodies for supporters and sharing your 4-H spirit with friends.

Promoting 4-H never stops. The impact of 4-H’ers is felt all across the county, year-round. Keep up the good work!

Join the $400 Club

The Monona County 4-H Fund Board was formed in 1999. The purpose was to support significant experiences and add to the ability of the 4-H Youth Program to serve the youth of Monona County in a more effective way. We have given scholarships to 136 eligible graduating Senior 4-H’ers the past 16 years. Over the past few years to generate money for this fund, the Board has sponsored the Silent Auction at the fair. We are also asking 4-H Clubs to support the 4-H Foundation by contributing to the $400 or $1000 Club membership. You can pay $100 a year for 4 years on the $400 sponsorship level. Thanks for your continued support of the Monona County 4-H Fund Board.

Fair Fright Nights

Thanks to all volunteers that made Fair Fright Nights a success. This was a lot of fun to be a part of and it’s a great thing to bring to our community. We are looking forward to next year!

4-H Project Awards

Congratulations to all 4-H’ers that applied for project awards. The 4-H Youth Committee is currently reviewing those awards. Awards will be distributed to your club leaders soon. Each award recipient will receive project discs. Great work, everyone!

Encourage others to apply for 4-H project awards next year. It really isn’t that hard if you do it when you are doing your project. The experience will help you in future school work, job applications and more.

Clover Kids in November

Clover Kids in Mapleton will meet November 6th at 3:30-4:45 pm. Onawa Clover Kids will meet November 13th at 3:30-4:45 pm at WM Elementary and Group 2 will meet November 27th at the same time.

Call the Extension Office at (712)423-2175 with questions.
**Furry Friends 4-H Dog Club**

All current dog participants and other youth interested in learning about dogs are invited to join the 4-H dog club. Dog superintendent Megan Wimmer will be leading the club and plans to offer citizenship opportunities while teaching members about dog breeds, grooming, obedience and more. We all love our furry friends and want what is best for them. Dogs make our lives more enjoyable. Life is better with a dog! Come enjoy learning about dogs and how to better care for our furry friends. Our next meeting will be **November 11, 2018 at the Monona County Extension Office at 6pm**. Call Megan Wimmer at 712-423-2175 if you are interested or have questions.

**Robotics Club Starting**

The LEGO Robotics Team—"Coders" - has a club leader! Lana Radke of Onawa is excited about leading this club with DJ Kuker as co-leader. The 4-H members will learn how to work as a team while following the LEGO Core Values as they prepare for robotics competition. Youth participants will use EV3 Lego Robots and software to program an autonomous robot. Explore a real-world problem, and create the solutions with your team. Build technology skills, team work and make close friends during the season.

If you are interested in joining the LEGO Robotics 4-H Club, contact the Extension Office right away. The first meeting will be **Sunday Nov. 4th at 3:30pm @ the Monona County Extension Office**.

Photo: 2016 Team Coders won the Top Robot Design Award at regional competition in Sioux City.

**Cooking Club**

Do you love cooking and baking? Do you want to learn how to make yummy snacks and meals for your friends and family? Don’t miss the 4-H cooking club meetings the 3rd Saturday of each month at 10:00a.m. in Mapleton.

Current 4-H'ers can join as well as brand new youth in grades 4-12.

Contact Megan Wimmer at 712-423-2175 to enroll.

**Equine Extravaganza!**

Save the date for the Equine Extravaganza on March 22, 23, and 24 of 2019. This is held at Ellsworth Community College in Iowa Falls and encourages youth to participate in the horse project. If you love horses this is the event for you. Activities include: Horse Quiz Bowl, Hippology, Riding Clinic, Horse Judging, and more.

Information from last year is available now on this website: [https://www.extension.iastate.edu/4h/equineextravaganza](https://www.extension.iastate.edu/4h/equineextravaganza) Please check back for information that will be updated for 2019.
**Market Beef Weigh-In**

**Saturday, December 22  9:00 a.m.— 11:30 a.m.**  
**Dunlap Livestock Auction**  
**Crawford County: Saturday, December 23**  
County Ear Tag: $1.25  
DNA for Ak-Sar-Ben- $6

All 4-H members that are considering showing market beef for the Monona County Fair and/or Ak-Sar-Ben or the Iowa State Fair MUST have their cow weighed and tagged at an official county weigh-in. **All entries must be verified in 4-H online by the exhibitor no later January 26.**

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 is 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. Breeding animals must be identified by **May 15th**.

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**Re-enrollment for 2018-2019 Year**

Enrollment and re-enrollment for the 2018-2019 4-H year is online. **Visit https://iowa.4honline.com**  
**Every member must be enrolled in 4-H online to be able to attend meetings and events and to be eligible for insurance coverage offered through the county 4-H program.**

Enrollment fees of $10 can be paid directly to your club leaders. Fees will go up to $25 if you re-enroll after December 15.

Contact Melissa or Keith if you need to re-set your password or need assistance with re-enrolling.

**Very Important:** If you do not remember your login info, **DO NOT CREATE A NEW ACCOUNT IN 4-H ONLINE!** Call the office for assistance.

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**Hour of Code**

4-H staff will be presenting a FREE hands-on workshop for K-3rd graders at West Monona Elementary December 12 from 3:30-5:30 p.m. The workshop will include programming age-appropriate robots and discovering computer science technology. **HOUR OF CODE**

The "Hour of Code™" is a nationwide initiative by Computer Science Education Week [csedweek.org] and Code.org [code.org] to introduce millions of students to one hour of computer science and computer programming."

The workshop is FREE, and includes an after school snack. You must pre-register by calling the Extension Office at (712)423-2175.

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**Mentor Maker Night**

Monona County Extension will host a Mentor Maker Night on December 12 from 6:30-8:00pm. This will be a fun night to make crafts of candles, soaps and snacks for the holidays.

A child and an adult pair are encouraged to register. It is open to the first 24 people who register. Call the Extension Office to register.
Babysitting Workshop

On December 28th, Monona County Extension will hold a Babysitting Workshop from 8:30-3:30pm at the Extension Office for 4-8th graders. Hands-on instructions to help students make decisions and take on the important responsibility of babysitting. Learn about growth and development of babies, toy safety, CPR and more! Cost is $10.00. Contact the Extension Office at (712) 423-2175 to register.

Clay County Fair

Congratulations to all who participated in the Clay County Fair. We appreciate your time in traveling to the fair and your effort in all of your projects! Hope to see you next year!

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.

Resistance Training Prevents Sarcopenia

Sarcopenia is the decline of skeletal muscle tissue, or muscle mass, as we age. The loss of this muscle over time decreases strength and balance of older adults.

You can prevent sarcopenia by staying physically active, particularly with resistance training and weight-bearing exercises. Resistance training (using resistance bands or lifting weights) has shown the best results for building and maintaining muscle. Other weight-bearing exercises, such as walking, hiking, jogging, climbing stairs, dancing, or tennis, are beneficial too.

The more we use our muscles, the bigger they grow! It’s never too early or too late to start strengthening our muscles to stay independent for life.