



### Calendar

#### October

- Oct. 1: County Award Applications Due
- Oct.4-10: National 4-H Week
- Oct. 5: STEM Day
- Oct. 6: Civic Engagement and Leadership Day & 4-H Day of Giving
- Oct. 7: Healthy Living Day & Muscatine County 4-H Healthy Living Walk
- Oct. 8: Communication and the Arts Day & "Totally Tomatoes" Canning Class
- Oct.9: 4-H Spirit Day
- Oct. 11: County Award Interviews
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- Oct 15: Beef Superintendent Application Due
- Oct. 19-24: Go Further Conference
- Oct. 22: "All About Apples" Canning Class & On Their Own & OK begins
- Oct. 25: Gobble Up Competition Deadline
- Oct. 28: "All About Apples" Canning Class

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- Nov. 6-8: National 4-H STEM Conference
- Nov. 8: County Awards Night
- Nov.10: Prudential Spirit of Community Award Deadline

### *Catch-Up with Katrina*

Hello 4-H Families!

Are you ready for National 4-H Week?! I certainly am! We have a bunch of fun things planned for the week, so please be sure to check out the Muscatine 4-H Facebook page often!

This is also a great time to share your love of 4-H with others. Think about what you like about 4-H and how you can invite others to also take part in the fun. I challenge you to tell one new person about 4-H each day of National 4-H Week.

It is also a great week to learn about a new area of 4-H that you don't know about. Take a moment to explore the [Iowa 4-H website](#) and learn about new project areas (like robotics) or new programs (like the STEM Homepage.)

If you or your club do anything awesome for National 4-H Week, I'd love to hear about! Give me a call, email me, or tag @Muscaitne4H on Facebook. So excited to celebrate with all of you!

*Katrina Bostwick*

# COUNTY NEWS

## County Awards Applications



County Award applications are due **TODAY Thursday, October 1** to Katrina Bostwick at [kbost@iastate.edu](mailto:kbost@iastate.edu) or the

Extension office 1601 Plaza Place Muscatine, IA 52761. Interviews for Intermediate and Senior awards will take place in the afternoon on **Sunday, October 11**. All 4-H members are encouraged to apply for awards. Step out of your comfort zone and apply! You have a golden opportunity to practice your reflection, writing, and interviewing skills in a safe environment with people who have a sincere interest in what you have learned in 4-H. Please also nominate Muscatine 4-H partners, volunteers, and families.

Find applications here: [www.extension.iastate.edu/](http://www.extension.iastate.edu/)

## Extension Office OPEN!

The Muscatine County Extension Office is now **open to the public!** If you have any questions or needs, please stop in with your face mask and we can help you. The meeting room currently is available only for Muscatine County Extension programming and has a capacity of 10 people.



## 4-H Enrollment 2020-2021

Enrollment for the 2020-2021 4-H Enrollment year has been **DELAYED** due to the transition to 4hOnline 2.0. The system is expected to be up sometime this October. You will be notified once enrollment is open. Thank you for your patience!

## County Awards Night



Save the date for the annual Muscatine County Awards Night on **Sunday, November 8**. More information to come!

## Record Books

Don't forget to turn in your record books! Questions or concerns about record books for this unique year? Contact Katrina at the Extension Office. Forms and information for record books can be found [here](#).

## New 4-H Club Leaders

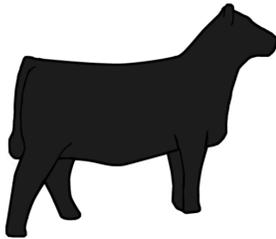
Will your club have new leaders for the coming 4-H year? If so, be sure to contact the Extension Office so we can begin the training and paperwork. If you are interested in learning more about becoming a volunteer please contact Katrina at [kbost@iastate.edu](mailto:kbost@iastate.edu) or 563-263-5701.



## COUNTY NEWS

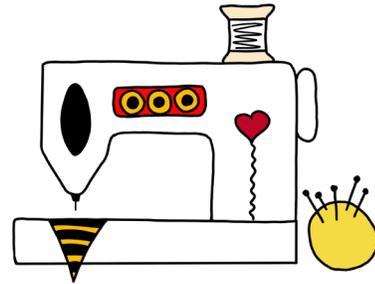
### ***Beef Superintendent Application***

If you, or someone you know, wants to have a more active role in helping to organize and facilitate the Muscatine County Fair 4-H/FFA Beef show, consider applying to volunteer as a beef superintendent. The [application can be found here](#) and is due **October 15**.



### ***Sew Creative 4-H Club***

Did you know that you can enroll in more than one 4-H club? If you are interested in learning more about sewing and want to practice your skills, join the Sew Creative 4-H Club! The club meets at the Muscatine Extension office on the second Monday of the month. Sewing machines and other materials provided.



### ***Calling All Clover Kids!***

Do you know a K-3rd grader who wants to do fun activities, meet new people, and can't wait to join 4-H once they are old enough? Invite them to join the Muscatine Clover Kids club! Clover Kids can enroll on 4hOnline, just like 4-H members. The club meets on the last Tuesday of the month at the Muscatine Extension Office.



### ***Invite Your Friends to Join 4-H***

As we start the new enrollment year, be sure to invite your friends to join 4-H! Bring them with you to a meeting, help them enroll online, or give them Katrina's contact information to help them join!



## NATIONAL 4-H WEEK



***Monday, October 5– STEM Day***

***Tuesday, October 6– Civic Engagement and Leadership Day***

***Wednesday, October 7– Healthy Living Day***

***Thursday, October 8– Communication and the Arts Day***

***Friday, October 9– 4-H Spirit Day– WEAR GREEN!*** 

National 4-H Week is October 4th-10th! This year's theme is Opportunity4All. Join us in celebrating and promoting 4-H! Check out @Muscatine4H on Facebook all week for fun activities, project ideas, and challenges!

<https://www.facebook.com/muscatine4h>



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# NATIONAL 4-H WEEK

## ***4-H Spirt Outfit Challenge***

Friday, October 9 is 4-H Spirit Day! Wear your favorite 4-H apparel and anything green! Take a picture, post it Facebook, and tag @Muscatine4H to be put into a drawing for awesome 4-H swag!

## ***Thank Muscatine 4-H Partners***

If you see any organizations or businesses across Muscatine County with a 4-H poster or clovers on display during National 4-H Week, be sure to stop in and say thank you for their support!

## ***House/Yard Decoration Challenge***

Show your 4-H pride by decorating your house/yard for National 4-H week! Hang up clovers in your windows, make a sign for your front yard, sidewalk chalk your driveway, or come up with your own way to 4-H-ify your house/yard! Take a picture of your decorations, post it to Facebook, and tag @Muscatine4H to be put into a drawing for some awesome 4-H swag!

**Resources to help you decorate:**

- [National 4-H Week Coloring Sheet](#)
- [How to fold and cut out a clover- \(VERY EASY\)](#)
- [Clover to print and color](#)
- [4-H Member Lives Here sign](#)
- [National 4-H Week Logo](#)
- [Facebook Photo Frame](#)

## ***4-H Day of Giving***

Join us on **Tuesday, October 6** for the Iowa 4-H Day of Giving! "Give. Grow. Iowa 4-H" is a 24-hour online giving day to support the Muscatine 4-H Program! Join others across the state of Iowa to provide the financial support needed to help 4-H continue providing Iowa Youth the opportunity to grow, learn, and do more. Give a gift, large or small, and be a part of a collective effort to strengthen the Muscatine 4-H Program and better serve the youth of our county!

[Donate here.](#)



## ***Muscatine County 4-H Healthy Living Walk***

Celebrate National 4-H Week and Healthy Living by walking! On **Wednesday, October 7**, walk anywhere you like for 30 minutes and take a picture and share it with Muscatine County 4-H on Facebook. Our walk is in conjunction with Iowa's Healthiest State Initiative and the Healthiest State 10th Annual State-Wide Walk event. [Register here to join the walk!](#) **The first 50 4-H'ers who sign up for the walk will receive a FREE pedometer to help keep track of the number of steps you take!**



## STATE 4-H NEWS

### ***Preserve the Taste of Summer***

Enjoy the taste of summer all year long! Join Human Sciences Extension & Outreach for one-hour, free online food preservation sessions. “Totally Tomatoes” for freezing and canning tomatoes is **October 8 and 12**. “All About Apples” for canning, freezing, and drying apples is **October 22 and 28**. Sign up today! <https://tinyurl.com/y2m5nngl>



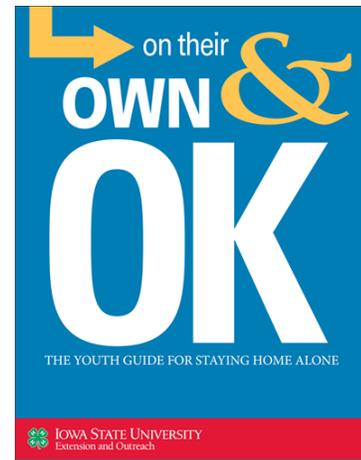
### ***Gobble Up! A Turkey Marketing Competition***

Use your creativity and develop a marketing strategy for turkey! Learn about agriculture careers, nutrition, and the turkey industry. You can win up to \$200 and a turkey lunch! Groups of three or more will work together to make a poster to showcase a turkey product. [Register before October 25 and learn more.](#)



### ***On Their Own and OK***

Do you have children who stay home alone? Check out On Their Own & OK! This four-week, free program teaches 4th-6th graders how to act in an emergency, handle boredom without technology, assign age appropriate chores, and plan a family celebration. The program starts on October 22 and registration is open until October 12. [Check it out here.](#)



### ***Prudential Spirit of Community Award***

The Prudential Spirit of Community Award honors students in grades 5-12 for making meaningful contributions through volunteer service. You can win a scholarship and receive national recognition by applying by **November 10**. [Learn more here.](#)



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## STATE 4-H NEWS

### ***National 4-H STEM Summit: Mars Basecamp***

Your team of astronauts is stranded on Mars. Your supplies are dwindling. How will you survive, and how will you return to Earth? At the 2020 STEM Summit, students will work with peers and group leaders on a variety of workshops and exercises built around solving this main problem. Each collaborative exercise will test and strengthen both the STEM skills and the teamwork and collaboration it takes to solve complex problems in the real world – and on Mars. This completely virtual event will take place from **November 6-8** and is \$75. [Registration and more information here.](#)



### ***National Science Festival Career Fair***

Want to learn more about careers in STEM? [Check out this virtual event](#) with information about working for Amazon, NASA, the U.S. Force, and more!

### ***Go Further Girls STEM Conference***

Check out this free, virtual conference geared towards 8-10th grade girls who want to learn about STEM fields and how to infuse their passions within a career. The conference, hosted by the Iowa State University Program for Women in Science and Engineering, will be held from **Monday, October 19 to Saturday, October 24**. Participants can attend as many or as few of the sessions as they would like. Registration is due **Friday, October 9**. [Register and learn more here.](#)



### ***Linn County Recovery Book Drive***

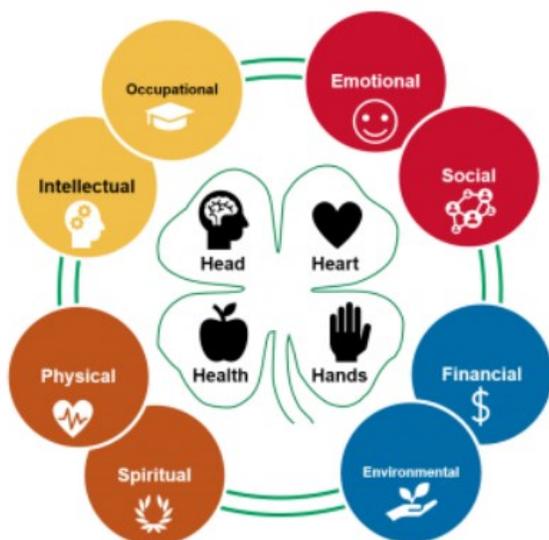
Linn County ISU Extension is hosting a book drive to help youth experiencing stress from the recent storms and ongoing pandemic learn to process their feeling through books. A major natural disaster can be very stressful for young children. Linn County Extension & Outreach will be distributing books along with support materials to families throughout Linn County. You can [purchase books on their wishlist](#) or [donate directly](#).



## 4-H Healthy Living Club Challenge

The 4-H Healthy Living Club Challenge will be starting in **September and runs through June!** This year, the program will be Winning with Wellness, focusing on the 8 dimensions of wellness: environmental, social, occupational, spiritual, physical, intellectual, financial, and emotional. Club members will learn about their well-being as well as practice healthy habits through fun and interactive activities each month. Family resources will be provided monthly to allow the whole family to practice these healthy habits together at home. This is going to be an exciting year of healthy living! Club leaders or Wellness Officers [can register their club and learn more by visiting this webpage.](#)

**Registration has been extended to October 15** to receive a club challenge kit with resources to implement challenges this year.



## Iowa 4-H Camera Corps



Do you love to take photographs? Want to learn more about photography and challenge yourself to take more photographs? Join the Iowa 4-H Camera Corps! This state-wide program is for all 4-H'ers. Each month a photography theme is provided with a different focus. Professional evaluators will give feedback to each photographer on their monthly submission and then each photograph will be exhibited on the Iowa 4-H Facebook page. The top ten photographs will be printed, framed, and shown at statewide gallery exhibitions every month. [Learn more and sign up here.](#)

## Healthy Living Ambassador

Iowa 4-H is selecting Healthy Living Ambassadors for the 2021 program year. Youth in grades 9-12 passionate about the Healthy Living program priority area and interested in growing their leadership skills, learning more about health and wellness, and willing to implement new strategies to improve health among youth, families, and communities across Iowa should apply! [Learn more and apply here.](#)



## *A Message for 4-H Parents: Best Practices at Face to Face Meetings*

We continue to navigate this unusual start to our 4-H program year. Our leaders and youth have been asked to follow guidelines and best practices for face to face meetings established by Iowa 4-H which are included below.

As parents and role models, we ask that you, too, follow the expectations outlined for your children. These apply if you are helping at a club meeting or waiting outside for the meeting to conclude. With social distancing requirements, it may not be feasible for parents to attend meetings if they are not actively involved as a volunteer.

### **Guidance and Expectations from Iowa 4-H**

1. Participants should stay home if they are sick and follow safety guidelines.
2. It is strongly encouraged that all volunteers and members wear face coverings when unable to maintain six-foot social distance.
3. In-person programming should be limited to a participant capacity that allows for the required physical distancing. For example, if your room capacity is 100, how many participants should be in the room to allow for social distancing? A capacity for that room may be as few as 25.
4. To assist with social distancing, club meetings should be limited to members and volunteers actively participating.
5. Clubs should maintain a record of meeting attendees.
6. Do not share supplies. For example, provide a pair of scissors for each member.
7. Food at meetings may NOT be potluck and should be limited to pre-packaged and/or catered food, served by the caterer.
8. It is expected that facilities have adequate equipment for handwashing/hand sanitizers.
9. Youth and families should NOT carpool to meetings. Families should travel separately to the meeting location.

We appreciate your assistance in keeping our 4-H youth, families, volunteers and staff healthy and safe.

If you have any questions, please feel free to contact me at [anng@iastate.edu](mailto:anng@iastate.edu).

Sincerely,

Ann Green  
4-H Youth Program Specialist  
Serving Muscatine and Scott Counties



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## PROJECT AREA HIGHLIGHTS

Each month, different project areas within 4-H will be highlighted. Each highlight will include things like county events, state events, things to know, resources to learn more, local organizations, and Iowa 4-H resources related to the project area. To see all of the 4-H project areas visit: [www.extension.iastate.edu/4h/projects-list](http://www.extension.iastate.edu/4h/projects-list).

### HORSE & PONY

**County Events:** Fun Shows– May to August

**State Events:** Equine Extravaganza– August

Livestock Quiz Bowl- August

Animal Science Round-Up- June

**Things to Know:** [Show Requirements](#)

[Timed Events Requirements](#)

[Horse Helmet Requirements](#)

**Resources to learn more:** [Horse Curriculum](#)

[My Horse University](#)

[Horses & Horsemanship](#)

**Local Organizations:** [Muscatine Saddle Club](#)

**National Organizations:** [Various](#)

**Iowa 4-H Resources:** [Project Webpage](#)

[Project Hotsheet](#)

### HEALTH

**County Events:** [Hospital Volunteer– All year](#)

**State Events:** National Healthy Living Summit–  
February

[Healthy Living Ambassador](#)

**Resources to learn more:** [Health Curriculum](#)

[Spend Smart, Eat Smart](#)

[Words on Wellness Blog](#)

**Iowa 4-H Resources:** [Project Webpage](#)

[Project Hotsheet](#)

### WILDLIFE

**Local Events:** [Muscatine County Conservation  
Board Events– All Year](#)

**State Events:** [Volunteer with Iowa DNR-All Year](#)

[Iowa State Park Events– All Year](#)

**Resources to learn more:** [Wildlife Curriculum](#)

[ISU Extension Wildlife](#)

[National Wildlife](#)

[Federation](#)

**Local Organizations:** [Quad Cities Audubon Society](#)

[Muscatine Arboretum](#)

[Wildcat Den State Park](#)

**Iowa 4-H Resources:** [Project Webpage](#)



## MASTER GARDENER



### Who are Master Gardeners?

Master Gardeners come from a variety of backgrounds. They are passionate about serving their communities and sharing gardening best practices. Master Gardeners are individuals who have taken the Master Gardener training and share their time and expertise as volunteers in community gardens, city beautification projects, and farmers markets to name a few. It is the acquisition of knowledge, the skill in gardening, and giving back to the community that distinguishes a Master Gardener from other gardeners.

## 4-H ENDOWMENT

Muscatine County 4-H Endowment provides enhanced experiences for Muscatine County 4-H Members by way of educational trips, conferences, camp experiences and service learning. We also offer many other forms of member and volunteer recognition.

The next funding cycle for the Muscatine County 4-H Endowment is due on November 22.

[Applications](#) are due to the Extension office on the following dates:

February 22	August 22
May 22	November 22

Questions about the endowment can be directed to the Extension Office or any board member listed below.

### Muscatine County 4-H Endowment Board Members

- Jodi McConnaha
- Chris Wulf
- Doug Hora
- Coralie Voss
- Nichole Sorgenfrey
- Marylu Watkins
- Kelsey Morris

*If you would like to give to the Muscatine County 4-H Endowment you can call the Extension Office for a form to fill out or you can visit*

<https://www.iowa4hfoundation.org/index.cfm?nodeID=95897&audienceID=1>





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### IOWA STATE UNIVERSITY EXTENSION AND OUTREACH MUSCATINE COUNTY

**KATRINA BOSTWICK**, 4-H Program Coordinator

[kbost@iastate.edu](mailto:kbost@iastate.edu)

563-263-5701 or 1-800-992-0894

1601 Plaza Place

Muscatine, IA 52761

[www.extension.iastate.edu/4h/MUSCATINE/page/4-h-information](http://www.extension.iastate.edu/4h/MUSCATINE/page/4-h-information)



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