

Osceola County 4-H News

October 2022



4-H CLUBS

Baker Roadrunners

Clover Kids

East Holman Wildcats

Ocheyedan Indians

Sibley-Ocheyedan
Shooting Club

Westerners

Happy National 4-H Week!

It's National 4-H Week! There are fun things happening this week. Read the rest of the newsletter to find out!

Jill

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Extension and Outreach

News



Award Nominations

Everyone works hard all year long on their 4-H projects and growing as a 4-H member. If there is an adult or 4-H member that you would like to nominate for an award, follow these steps:

1. Go [Homepage | Iowa State University Extension and Outreach Osceola County \(iastate.edu\)](http://www.extension.iastate.edu/osceola) (www.extension.iastate.edu/osceola)
2. Hover over the “4-H & Youth” tab.
3. Click on “Club Resources”.
4. Click on “Awards”
5. Then click on the correct form you need.
6. Fill it out and send to Jill at jberk@iastate.edu or drop it off at the Extension office.

Award nominations are due November 21st.



Youth Mental Health First Aid Trainings

Iowa State University Extension and Outreach will provide [Youth Mental Health First Aid trainings](#) to strengthen rural communities and support youth during the new school year.

Youth mental health remains at the forefront of many people’s minds. Over the last few years, youth mental health challenges have continued to rise. In response, Iowa State University Extension and Outreach continues to provide Youth Mental Health First Aid trainings to community members statewide.

This program provides adults with tools they can use to identify when a youth (ages 6-18) in their life might be struggling with a mental health and/or substance use problem.

ISU Extension & Outreach will offer this training virtually on November 7th from 9am to 3pm on Zoom. [All virtual classes require pre-registration](#) and approximately two hours of pre-work. Private classes for groups of 15-30 participants are also available upon request.



Reminders



4-H Scavenger Hunt

We have created a list of activities and tasks for 4-H members and families to complete! It is up to you how many you complete.

For each task you complete and submit you will be entered into a drawing for family fun prizes sponsored by ISU Extension and Outreach in Osceola County.

Use your **creativity** and **imagination** as you complete the tasks! There is no one right way to complete the tasks; **just have fun!** For each task send a photo that shows your interpretation of the completed task. If you would prefer to send a video – go for it! Please send the number of the task with the photo or video to jberk@iastate.edu.

The list is attached to the email!

This activity will be open from October 2nd-8th. A winner will be drawn on Monday, October 10.



Re-Enrollment Opened September 1st!

- The new 4-H year began on September 1st.
- Please go to [Sign In \(4honline.com\)](http://4honline.com) to re-enroll.
- Enroll by December 1st to get a discounted rate!
- If you have questions on club dues, please ask your club leader or contact Jill (jberk@iastate.edu or 712-754-3648)
- Cash or checks made out to ISU Extension and Outreach can be dropped off at the extension office.
- Encourage your friends to enroll in 4-H!





Record Books

- Record books are due to your leaders by October 13, 2022.
- Your leaders will score your record books and turn their scoring into the office by November 10, 2022.
- Why do a record book?
 - Record books help keep track of what you did throughout the 4-H year. They also make it easier to keep track of what was done for your animals. Record books are a great way to learn skills that you will need in the future!



New Member Night

- When: October 6, 2022 @ 6PM
- Where: Osceola County Extension Office (121 9th Street, Suite B in Sibley)
- What: Discuss what 4-H is about, events, deadlines, opportunities, etc.
- This night is for new members and their parents/guardians who would like helpful information about 4-H and the rest of the year.

Please register by using this link: [New Member Night Registration \(jotform.com\)](https://www.jotform.com)



Don't Forget!

IMPORTANT DATES

- September 1: Enrollment opens!
- September 15: Osceola Youth County Council Application Deadline
- September 19: Youth County Council Interviews
- October 2-8: National 4-H Week
 - October 2: 4-H Amazing Race
 - October 3: Business Scarecrow Contest
 - October 2nd-8th: 4-H Scavenger Hunt
 - October 5: Healthiest State Walk
 - October 6: New Member Night
- October 13: Record Books are due to leaders.
- November 10: Record Book score sheets from leaders are due to extension office
- November 21: County Award Nominations Due
- December 17: Beef Weigh-In from 10AM-12:30PM

