



PALO ALTO COUNTY 4-H NEWS

Sept./Oct. 2020

4-H County Council

Aliza Woodford	Katie Nelson
Maggie Nelson	Olivia Lace
Joe Chapman	Lex Kassel
Grace Olesen	Lexi Brown
Cassidy Welter	Kayla Welter
Kenzie Hoffman	Rachel Miner
Claire Kassel	Laney Montag
Abi Schmidt	Landon Haack
Josi Reiman	Madisen Fay

Extension Council

John Banwart	Roberta Hersom
Diane Nelson	Sue Haack
Kim Hohensee	Nathan Hoffman
Lori Wickman	Scott Anliker
Jennifer Hurley	

4-H Youth Committee

Debbie Kassel	Mary Woodford
Angie Joyce	Terri Sundall
Katrina Williams	Anita Fisher
Michelle Kogel	Colleen Kenyon
Charla Montag	

Fair Board

Colin Hoppe	Joey Moen
Amy Wesley	Dixie Marcellus
Brian Rouse	Phillip Schmitt
Bert Naig	Kristen Ruppert
Clyde Johnson	Alan Montag
Tracy Licht	Kyle Hurley
Autumn Patishall	Chris Soenen
Devona Perkins	– Business Manager
Rebecca Licht & Rachel Miner	(Y)

4-H Foundation

Ronia Klotwyk	Deb Kibbie
Kim Hoffman	Carmen Moser
Ronda Olesen	Sara & Carl Gerber

Office Staff

Beth Frankenstein, Regional Director
 Julie Naig, CYC
 Jody Leuer, OA
 Jamie Neff, Program/Office Coordinator
 Logan Egland, Summer Assistant

Dates to Remember

September

Sept. 7 Office Closed for Labor Day
 Sept. 15 4-H Shooting Sports Fall Organizational Mtg. – 6:30 PM @ office
 Sept. 15 Record Books due to club leader or office
 Sept. 15 Registration Deadline for Emmetsburg & Ruthven Clover Kids groups
 Sept. 20 Pedal with Pete – Bike Ride for Cerebral Palsy – 2:00 PM @ fairgrounds - registration from 1:30-2:00 PM
 Sept. 20 4-H County Council Mtg. – following bike ride event @ fairgrounds
 Sept. 24 No-sew T-shirt Bag Workshop – 5:30-7:30 PM in downstairs meeting room of the Extension Office
 Sept. 29 Youth Committee Mtg. – 6:30 PM @ office – Awards Selection

October

Oct. 1 Clover Kids after school – Emmetsburg group K-1 – 3:45-5:00 PM in downstairs meeting room of the Extension Office
 Oct. 4-10 National 4-H Week
 Oct. 5 4-H Shooting Sports Mtg. – 6:30 PM in downstairs meeting room of the Extension Office
 Oct. 6 **WEAR 4-H T-SHIRT TO SCHOOL & PROMOTE 4-H!!!**
 Oct. 8 Clover Kids after school – Emmetsburg group 2-3 – 3:45-5:00 PM in downstairs meeting room of the Extension Office
 Oct. 8 Salt Water Etched Tumbler Workshop – 5:30-7:30 PM in downstairs meeting room of the Extension Office
 Oct. 18 4-H County Council Mtg. – 6:30 PM in downstairs meeting room of the Extension Office
 Oct. 29 Hanging Macrame Holder – 5:30-7:30 PM in downstairs meeting room of the Extension Office

*Watch for additional opportunities, workshops, updates, etc. in the Weekly Clover Connect sent to your family email.

Thank You! Thank You!

I want to take this opportunity to send out a sincere thank you to all the exhibitors and their families who participated in our "show & go" fair. Thank you for your patience and understanding as ISU Extension & Outreach staff and the fairboard worked towards trying to offer the opportunity for 4-Hers and FFA members to showcase their exhibits and livestock/animals and still maintain a relatively safe environment in the midst of a pandemic. I hope everyone who participated this year will continue their involvement and generous support as we encourage others to join in this opportunity. It is my hope that we can continue the "fair experience" for the youth of Palo Alto County for many years to come!



IOWA STATE UNIVERSITY
Extension and Outreach

REMINDER: For those of you who received a livestock premium please remember to send a thank you to the businesses/individuals listed in your accompanying letter. If you received a trophy or medallion you should also send a thank you to the donor (address is on the bottom or back of the award). We need to show our donors what great kids our 4-Hers are and how much we appreciate their generous support.

4-H Clothing Event Results

On Tuesday, July 7th, four 4-Hers competed in the county 4-H Clothing Selection/Fashion Revue/\$15 Challenge Clothing Event at the Extension Office in Emmetsburg. Participants modeled outfits that they either constructed - Fashion Revue - or purchased - Clothing Selection or \$15 Challenge - in front of a judge who then conducted an interview with each participant about the choices that they made in selection, construction, fit, style, color, cost, purpose, and the accessories they chose to complete the outfit. The \$15 Challenge is a category that challenges participants to experience other shopping alternatives, such as garage sales, consignment stores, or retail shops such as Goodwill or Salvation Army, and not spend more than \$15.00, not including shoes, accessories, or undergarments. Winners were chosen in each category. This year the event was judged by Julie Larsen from Titonka.

The results are as follows:

- Sr. Clothing Selection Champion: Maggie Nelson
- Sr. Clothing Selection Reserve Champion: Katie Nelson
- Sr. \$15 Challenge Champion: Katie Nelson
- Sr. \$15 Challenge Reserve Champion: Maggie Nelson
- Jr. Fashion Revue Champion: Tyra Schupbach
- Jr. \$15 Challenge Champion: Mya Burns

All received blue ribbons for their entries. Congratulations to these girls for job well done!



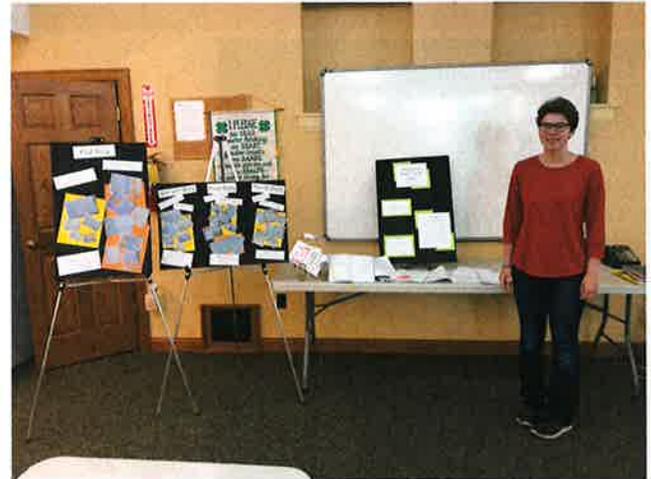
Maggie and Katie Nelson went on to represent Palo Alto County in the virtual Iowa State Fair Awardrobe Clothing Event. Way to represent Palo Alto County!!!

The virtual runway images can be found here:

<https://www.facebook.com/iowa4h/posts/3520379857981092>

2020 Communications Event Results

Congratulations to Katie Nelson, our Educational Presentation Champion! Her presentation was titled "Why is it so Hard to Finish a Story". She also represented us in 4-H Show Iowa, a virtual celebration which provided state level recognition to partially replace the communications event held annually at the Iowa State Fair. Katie received a Seal of Recognition in 4-H Show Iowa.



2020 Beef Carcass Results

Below are the results of the Palo Alto County Beef Carcass Contest held in conjunction with the 2020 "Show & Go" fair. Congratulations to all the winners!

- | | |
|------------------|----------------|
| 1 st | Katie Nelson |
| 2 nd | Katie Nelson |
| 3 rd | Josi Reiman |
| 4 th | Katie Nelson |
| 5 th | Maggie Nelson |
| 6 th | Cole Rouse |
| 7 th | Matt Berkland |
| 8 th | Owen Rouse |
| 9 th | Scarlett Olson |
| 10 th | Maggie Nelson |

4-H Show Iowa Results

Congratulations to all who participated in the virtual 4-H Show Iowa experience! Palo Alto County 4-H was well-represented!

- Claire Kassel – Bucket of Junk Car **Blue**
- Lex Kassel – Bucket of Junk Dog **Blue**
- Maggie Nelson – Off-white floral dress w/ denim jacket **Red**
- Aliza Woodford – Brightening Our Kitchen poster & write-up **Red**
- Aliza Woodford – Photo of Kona Dog – mono colored **Blue**
- Aliza Woodford –Off Roding in Utah Project **Blue**
- Rebecca Licht – E-hawk T-shirt Quilt **Red**
- Rebecca Licht – Screen Printed T-shirt Logo **Blue**

- Rebecca Licht – Forest Fires poster & report **Red**
- Tyra Schupbach – Isolation Gown project **Red**

State Fair Livestock Results

A big congratulations goes out to Jadyn Joyce for having the Grand Champion Meat Goat at the Iowa State Fair!!! Jadyn also received a purple ribbon for her junior doe born between Sept. 1-Nov. 30, 2019 and a purple ribbon and 4th Overall – Winter Division Res. Champion for her junior doe born January, 2020. Way to represent Palo Alto County, Jadyn!!!



Congratulations to our other winners, too!

- Adrianna Krieger - Commercial Heifer **Blue**
- Adrianna Krieger - Market Heifer **Blue**
- Jonathon Krieger - Commercial Heifer **Blue**
- Laney Montag - Breeding Swine **Blue**
- Aden Montag - Market Swine **Blue**

2021 Palo Alto County Fair Dates

Tentative dates have been set for the 2021 Palo Alto County Fair so mark your calendars now! Plans are to run the fair from Thursday, July 22nd through Sunday, July 25th with the pre-fair judging day for all exhibits in the Exhibits Building to be judged on Tuesday, July 20th. Fair clean-up will be Saturday, July 17th. Livestock entries will be due on Thursday, July 1st. Any changes to this will be posted in future newsletters.

Record Book Workshop

A Record Book Workshop was held at the Palo Alto County Extension Office on Tuesday, August 18th from 8:30-4:00. Four 4-Hers came throughout the day to work on their record books and award applications. They wrote, cut, pasted, and created pages to add to their books. They worked together and gave each other ideas which made the task a little more fun. Most of the participants went home with books finished or almost finished. Those attending were Sheila Reding, Josephine Joyce, Lily Straw, and Drake Mehan.

Record Keeping & Applying for Awards

With the fair over and the end of the 4-H year fast approaching it is time to think about updating your record book or record keeping system and applying for those highly deserved awards. We will again be awarding \$50 to put towards a pizza party to the club that has the best percentage of its members completing some form of record keeping system. Encourage your fellow club members to help the club enjoy pizza on us!

All 4-H families should have received information in the mail about record keeping. Please read over before you begin. Members now have the flexibility to decide what materials are important enough to keep and how to organize them, whether it be in a 3-ring binder, file folder, or on a computer memory stick. We would still like members to complete a Yearly 4-H Summary and the Member Self-evaluation along with project records of their choice, as suggested in the "4-H Record Keeping: As Simple as 1, 2, 3!" sheet. Forms are available at our office or on our website at <http://www.extension.iastate.edu/paloalto/4h> (be sure to scroll down the page to find them).

For those members who have livestock/animals, we have a couple of additional forms. They are also available at our office or on the above website, scroll to near the bottom of the page. Use the market animal worksheet for market beef, market sheep, market meat goats, and market swine. Use the other animal worksheet for dairy, breeding animals, poultry, rabbit, dog, horse & pony, and pets. These are required if you plan to apply for an award in any livestock project area.

For members not applying for awards, please turn your record book/system to your club leader by **Tuesday, September 15th**. We will also accept them here at the office. We do keep track of everyone who turns one in and we want to strongly encourage everyone to complete something. It is part of being a responsible 4-H member. Remember, if you didn't take any projects to the fair you can still do a record book – just write a paragraph about something you did do in 4-H and what you learned from that activity, event, project, workshop, etc. (We realize many events/activities were cancelled this year due to the pandemic but even a club meeting could be highlighted.)

Also enclosed in the mailing was information on applying for awards. We encourage everyone to apply for an award in some project area. Be sure to read the first paragraph carefully on the award application so you know what to do. You will need some supporting information (most likely a project record) for the area you are applying for an award in. Fair entry tags are not enough! Remember that record keeping systems and the award form need to be turned into the club leader or Extension Office **no later than Tuesday, September 15th**. The Youth Committee will meet shortly after that date to select the awards so your leader and the office needs this by the deadline so there is time to have everything ready for the selection process. You must follow this procedure to be considered for any of the awards, including the special awards for senior members.

If you have any questions, please feel free to stop in or

call the office at 712/852-2865. You may also email me at jnaig@iastate.edu.

Community Service Club Award

Has your club completed a worthwhile community service project this year? If so, your club should apply for a Club Community Service Award. Leaders or a club officer just need to write up a one-page paper telling about their club's project(s) and submit it with the record books. The Youth Committee will select the award winners.

Alumni/Honorary Awards

Anyone involved in the 4-H program has the opportunity to nominate any adult for the 4-H alumni or honorary member's award. It is an excellent way to recognize them and show appreciation for their efforts on behalf of 4-H. Many adults in the county have done some wonderful things for 4-H and their community as well as their profession. Nominations can come from an individual or club. If you would like to nominate someone, please call the Extension office by Sept. 15th.

Clarification on 4-H Club Eligibility

Our current enrollment guidelines (4H-14) state, "The target audience for club membership is 4th through 12th grade youth." Age only comes into play with home-schooled youth. Youth in K-3 are eligible for the Clover Kid program.

Re-Enrollment for 2020

As some of you may have heard, Palo Alto County 4-H will be moving to an updated 4-H enrollment system - 4HOnline 2.0. Because it is not quite ready we are going to ask that families wait to enroll until it is ready (with the exception of new members who should turn in a paper copy to the office). As soon as the new program is open for enrollment I will send out an email to all our previously enrolled families so that we can get everyone enrolled as soon as possible. It will be important to get enrolled quickly so we have insurance coverage should anything happen at a club meeting or county 4-H event. Thanks for your patience with this transition.

Enrollment Fees for 2020-21

Enrollment fees for 4-H will stay the same for the 2020-2021 4-H year. MaxYield has agreed to continue to pay \$10 for each 4-H member so we will continue to charge \$20 per member to make our financial commitment to the State 4-H Office. If there is a family with multiple youth who feel this is too much of a financial burden, please don't hesitate to come talk to us. We will do our best not to exclude anyone because of financial reasons.

* Don't forget to thank MaxYield for their contribution the next time you do business with them!

2020 Fall SESS New Instructor Training

Registration Open

[Registration](#) for the September 11-12, 2020 [New 4-H Shooting Sports Instructor Training](#) is now open. Disciplines offered include: Archery, Rifle, Shotgun, and Wildlife. Training will be limited to 10 participants per discipline. Training will be held in Ames. More details coming soon. Let Julie know if you are interested in being an instructor for our Shooting Sports club or adding a discipline.

Fall Organizational Meeting for 4-H Shooting Sports Club

A fall organizational meeting for the 4-H Shooting Sports Club is scheduled for **Tuesday, Sept. 15th** at 6:30 PM in the downstairs meeting room of the Extension Office. This meeting is for all youth in grades 4-12 and parents interested in learning more about the 4-H Shooting Sports Club. Disciplines being offered this year will include archery, rifle, and shotgun. The shotgun discipline has an age requirement of 11 years of age. Youth will be asked to pick one discipline and stick with it for one year. We do have some attendance requirements so we need to know who is interested now so they can get their safety training done before we actually shoot in the spring and summer. For present members, record books will be collected at this meeting.

*The wearing of face masks will be strongly encouraged since we may not be able to social distance in the meeting room.

Clover Kids for 2020-21

Ruthven-Ayrshire School - Due to the current situation Clover Kids for the Ruthven-Ayrshire group will not be held face-to-face for at least the first half of the school year. Instead it will consist of "Lesson to Go" bags that will be delivered to the school the first week of every month. For more information and a registration form click [here](#). Brochures will also be sent home from the school.

Emmetsburg Clover Kids - We will continue to hold face-to-face Clover Kids for the Emmetsburg group as long as school is doing in-person instruction. If our groups get to big we may need to add another group to enable us to social distance. Bussing to the office is still to be determined—hope to know more by the end of Sept.

Details:

Group A—K-1 grades Group B—2-3 grades

(Parents with more than one child can choose the group that they want their children to be in so that they can attend together.)

Meeting Dates:

Thursday, Oct. 1 & 8

Thursday, Dec. 3 & 10

Thursday, Feb. 4 & 11

Thursday, April 8 & 15

Thursday, Nov. 5 & 12

Thursday, Jan. 7 & 14

Thursday, Mar. 4 & 11

Thursday, May 6 & 20

Time & Place —3:45-5:00 PM in the downstairs meeting room of the Palo Alto County Extension Office.

*Dates are subject to change—email/postcard reminders will be sent before each meeting.

For more information and a registration form click [here](#). Brochures will also be sent home from the schools.

West Bend & Graettinger Groups—watch for more details coming soon.

Remember: Being a 4-Her is not just a title that gives you the right to exhibit at the county fair. It means being an active member of an organization where learning, helping others, and building life skills is most important. Are you getting the most out of your 4-H experience???

PEDAL WITH PETE Bike Ride for Cerebral Palsy

The 4-H Youth County Council is again organizing a bike ride to raise money for research for cerebral palsy. They would like to challenge **ALL** 4-Hers and their families to collect donations using the brochure included with this newsletter, dust off their bikes, and ride for this worthwhile cause.

The ride will take place **Sunday afternoon, September 20, 2020**. The ride will begin from the Palo Alto County Fairgrounds at 2:00 PM. Registration will be from 1:30 to 2:00 PM. Participants will be asked to ride on a designated route but will be able to ride as many of the miles as they would like. The complete route is 11 miles. Support vehicles will be available throughout the route.

All proceeds will go to the Pedal With Pete Foundation.

Refreshments will be served and prizes awarded after the completion of the ride. Come and join in on the fun!!!



Fall 2020 4-H Workshops

Due to the crazy times we now live in I have put together some fall workshops that are going to be offered that any 4-H can sign up for. The workshops will have an "in-person" option and a "take & make" option. Space will be limited for "in-person" option to allow for physical distancing. All registrations will be taken on a first come, first served basis with payment. Registrations are due 2 weeks before each workshop so supplies can be ordered as needed. Click [here](#) for a registration form and start signing up now! Wouldn't it be great to have five projects done for the fair before Jan. 1st!

September 24th—No-Sew T-shirt Bag Workshop
October 8th—Salt-Water Etched Tumbler Workshop
October 29th—Hanging Macrame Holder Workshop

November 12th—Coat Hanger Snowflake Workshop
December 17th—Lighted Christmas Burlap Garland

National 4-H Week October 4-10, 2020

National 4-H Week is an excellent time to tell others about 4-H. 4-H has much to offer and this is a great time to invite others to share in its benefits. We encourage all clubs to do something special this week (an event, an activity, a promotion, etc.).

Here are some ideas you and your 4-H club can do to help celebrate National 4-H Week:

- Submit articles to your local newspaper or 4-H newsletter on "Why 4-H is important to you". Make it a club project.
- Make posters to put up in your local school and other community places.
- Deliver pre-packaged food to local 4-H supporters as a special "thank you". The Extension office can supply you with a list of supporters.
- Decorate a store window.
- Invite prospective members and parents to a meeting or special "fun" club event.

Whatever you can do to promote 4-H in school and throughout the community would help make our 4-H program even stronger. Let them know you're out there!

*Remember to follow the Palo Alto 4-H Facebook page that week and answer trivia questions—and win some great prizes!!!

ATTENTION!!! We would like all 4-H members to proudly wear their 4-H T-shirts to school on Tuesday, October 6th. Join together and make a statement!!! Maybe you'll recruit some new members!

State Fair Champions Carcass Viewing Will Be Virtual

State fair champions carcass viewing will be provided virtually this year. Video recordings of the carcass measurements and explanations are being made and will be posted by September 1st on the [4-H Livestock webpage](#).

State Meat Judging Competition Will Be Virtual

State Meat Judging Competition will be held virtually on September 26. There will be a junior division (4-8 grades) and senior division (9-12 grades) as of January 1, 2020. This event will be conducted through Zoom and the scorecard will be completed online and scored electronically. More information is available on the [Meat Judging webpage](#).

Newsletter prepared by Julie Naig, County Youth Coordinator. Email at jnaig@iastate.edu.

CONTACT US!

ADDRESS

2008 10th St.
Emmetsburg, IA 50536

PHONE

712-852-2865

HOURS

Monday-Friday,
9:00 a.m. to 4:30 p.m.

EMAIL

jnaig@iastate.edu

WEBSITE

extension.iastate.edu/paloalto/4h



CONNECT WITH US
ON SOCIAL MEDIA

FACEBOOK
[Palo Alto County 4-H](#)
[Palo Alto Extension](#)
and Outreach

DOWNLOAD OUR APP
[Palo Alto County](#)
Extension

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Fall 2020 4-H Workshops

“In-Person” or “Take & Make” Options



No-sew T-shirt Bag: Have a favorite T-shirt that no longer fits? Why not learn to make a T-shirt fringed bag out of that T-shirt. This is so simple to make and can have many uses. An in-person workshop will be held **Thursday, Sept. 24th** at 5:30 PM in the Extension Office meeting room. Don't have a T-shirt? We have some of the old green 4-H fair exhibitor T-shirts that we can give you at no cost! The “Take & Make” option will include the directions and a 4-H T-shirt. This workshop is FREE!



Salt Water Etched Tumbler: Learn how to salt water etch your initials on a 30 oz. stainless steel tumbler—and learn the science behind it! Simple procedure that will make you want to do more! An in-person workshop will be held **Thursday, Oct. 8th** at 5:30 PM in the Extension Office meeting room. The Take & Make option will include directions, a tumbler, a stencil with your initials, and other experiment supplies. Cost is \$15 for either option.



Hanging Macrame Holder: Macrame is coming back! Learn how to tie a simple knot out of macramé rope and make this wall hanging! Once you master this project the sky is the limit for what you can create! An in-person workshop will be held **Thursday, Oct. 29th** at 5:30 PM in the Extension Office meeting room. The Take & Make option will include directions, macramé rope, dowel, and jar. Cost is \$15 for either option.



Coat Hanger Snowflake: Here is a simple decoration made only out of coat hangers and zip ties! Once completed it can be personalized with Christmas lights, glitter spray paint, etc. and can be displayed inside or outside. An in-person workshop will be held **Thursday, Nov. 12th** at 5:30 PM in the Extension Office meeting room. The Take & Make option will include directions, coat hangers, and zip ties. Cost is \$10 for either option.



Lighted Christmas Burlap Garland: Make your own lighted garland with just burlap ribbon and a string of lights—perfect for other holidays, too! So simple to make that you will want to make them to give as gifts for others! An in-person workshop will be held **Thursday, Dec. 17th** at 5:30 PM in the Extension Office meeting room. The Take & Make option will include directions, strand of lights, and burlap ribbon. Cost is \$15 for either option.

*Space will be limited for the “in-person” option due to physical distancing requirements. Registration due **2 weeks before each workshop** so supplies can be ordered as needed.



Return to the Palo Alto County Extension Office. (2008 10th St., Emmetsburg, IA 50536)
Space will be limited for “in-person” option. All registrations taken on a first come, first served basis.

NAME: _____ **Grade:** _____
PARENT CELL PHONE #: _____ **Family Email:** _____

<u>Workshop</u>	<u>Date & Time</u>	<u>Option</u>	<u>Cost</u>
No Sew T-shirt Bag	Sept. 24th @ 5:30 PM	<input type="checkbox"/> In-Person <input type="checkbox"/> “Take & Make”	FREE
Salt-Water Etched Tumbler Init. _____	Oct. 8th @ 5:30 PM	<input type="checkbox"/> In-Person <input type="checkbox"/> “Take & Make”	\$15
Hanging Macrame Holder	Oct. 29th @ 5:30 PM	<input type="checkbox"/> In-Person <input type="checkbox"/> “Take & Make”	\$15
Coat Hanger Snowflake	Nov. 12th @ 5:30PM	<input type="checkbox"/> In-Person <input type="checkbox"/> “Take & Make”	\$10
Lighted Christmas Burlap Garland	Dec. 17th @ 5:30 PM	<input type="checkbox"/> In-Person <input type="checkbox"/> “Take & Make”	\$15
Total			_____

Sponsor's Name

Address

Donation

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2020 PALO ALTO BIKE RIDE

Pedal for a Cure



Pedal-with-Pete®
Partnering for cerebral palsy research

SUNDAY

September 20, 2020

Registration: 1:30-2:00 PM at Palo

Alto Co. Fairgrounds

Ride: 2:00 PM (Refreshments following)

OPEN TO ALL AGES

Sponsored by the Palo Alto 4-H
Youth County Council.



A CYCLING EVENT OF THE PEDAL WITH
PETE FOUNDATION

A PHILANTHROPIC ORGANIZATION
DEDICATED TO RAISING MONEY FOR
THE PREVENTION AND CURE OF
CEREBRAL PALSY

What is Cerebral Palsy?

Cerebral Palsy is a neurological condition that can begin during pregnancy, labor, or even after birth, damaging the central nervous system. There is no single cause, but some contributing factors include prenatal exposure to drugs and certain infections, birth complications, low birth weight, or trauma after birth.

CP is a condition, not a disease. It is not contagious or progressive. Persons with CP may experience speech and learning difficulties, hearing problems, problems walking and using their hands, visual impairments and a variety of other neurological symptoms.

Estimates indicate more than 600,000 persons in the United States have cerebral palsy, and another 5,800 babies are born with CP each year.

PEDAL WITH PETE, INC.

Pedal with Pete, Inc. is a non-profit organization which raises money for medical research for cerebral palsy (CP). It devotes itself to staying on top of medical research being done to benefit persons with cerebral palsy, and acting as a clearinghouse for this information.

“Pete” was Peter Zeidner, the organization’s founder. Peter had CP. In 1991, he pedaled his specially designed bicycle around the State of Ohio to raise money and awareness for cerebral palsy. Through the help of Barnesville Elks Lodge, Peter raised \$10,000. The money was donated to Northwestern Ohio Universities College of Medicine for basic brain research.

HOW CAN YOU MAKE A DIFFERENCE?

GET DONATIONS!

People are uniting to help others...just ask. Take your sheet to:

- your employer and co-workers
- your place of worship
- your neighbors
- your friends
- your family

COLLECT!

Collect donations and turn in the money at check-in. Sponsors can make their tax-deductible checks out to the Pedal with Pete Foundation. Special prizes

will be awarded to recognize the following participants:

- The oldest rider
- The youngest rider
- The rider who raised the most money
- Others deserving of a special award

BIKE!

Go the Palo Alto Co. Fairgrounds on Sunday, September 20, 2020 between 1:30 and 2:00 PM and check in. Rain or shine—we will bike!

Donations may be sent to the Palo Alto County Extension Office, 2008 10th St., Emmetsburg, IA 50536.

SEPTEMBER 20, 2020

Name _____

Address _____

City _____

State _____

Zip Code _____

Phone _____



I hereby waive all claims against the Pedal with Pete Foundation, sponsors, or any personnel for any injury I might suffer in this event.

Signature _____

Parent's Signature (If under 18 years old) _____

All riders are encouraged to wear helmets and must follow local traffic laws.

Questions: Call the Palo Alto County Extension Office at 712-852-2865.

