

4-H BIZ Newsletter October 2020

Iowa State University Extension and Outreach Pocahontas County
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4-H Awards Day

I am sorry to say we cancelled the 4-H Awards Matinee due to COVID concerns. I will get awards to each club or individual family over the next month.

National 4-H Week

October 4-10, 2020, we celebrate National 4-H week. This year we will have prizes for the first (5) 4-H members that send me a picture of them wearing their 4-H t-shirt to school that week. Email your picture to lzeman@iastate.edu. We ask all 4-H members to invite a friend to join 4-H this year!

New 4-H Year Begins

4HOnline 2.0 opened October 1! Please go in and reenroll your family as soon as possible! If you have any questions or need help with the process, please give me a call. You will use your same email and password as you have in past years. New members you will need to create an account. Do not hesitate to call if you have any issues with the program! <https://v2.4honline.com>

Sewing Workshop

Due to a scheduling conflict we will not be able to have our sewing workshop October 28, but we will offer one later in the year. I will get you details as soon as it is planned.

Clover Kids

Clover Kids will be sent home a kit for the next few months through Pocahontas Area, Laurens Marathon, and Pocahontas Catholic. If you are a Clover Kids (K-3) and attend a different school district or are home schooled, please contact me and we will make arrangements to get the Clover Kids Kit to you. You still must sign up in v2.4honline.com to receive the kits.

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2021 Pocahontas County Fair Beef Weigh In
Saturday, December 19, 2020 9:30 a.m.-11:30 a.m.
Dale Wenell Farm 11413 500th St., Albert City

All market beef animals that will be exhibited at the 2021 Pocahontas County Fair must be weighed at this time. This includes lead steers and heifers, 2nd year bucket calves, and advanced cattle feeder pens. The cost is \$2/tag and \$3/implant if you want your calves implanted. Payment is due at weigh-in. Market beef must weigh a minimum of 950 pounds at fair weigh-in in July. **YOU MUST BE ENROLLED IN 4-H BEFORE THE DECEMBER 19 WEIGH-IN IF YOU ARE EXHIBITING MARKET BEEF AS A 4-H'ER AT THE 2021 POCAHONTAS COUNTY FAIR! NO STATE FAIR identification will happen at this time! PLEASE CALL THE OFFICE as soon as you can if you are exhibiting at State Fair and I will help you make arrangements with a neighboring county for retinal imaging.** You may weigh-in the following number of animals:

Lead animals—you may weigh 10 animals, but you may only exhibit 4 lead animals and only three of one sex.

Advanced Feeder Pens—you may weigh 5 heifers and 5 steers, and you will exhibit 3 in a pen. Only 1 pen of steers and 1 pen of heifers may be exhibited by an individual.

4-H Volunteers

The Pocahontas County 4-H program is run by adult volunteers that are willing to work with youth to reach their full potential through youth-adult partnerships and researched-based experiences. As we move into our new 4-H year we are always in need of caring adults to help with our program. If you are interested in volunteering in any capacity, please contact the ISU Extension and Outreach Pocahontas County Office at 712-335-3103 or lzeman@iastate.edu.

Resources

ISU Extension and Outreach Pocahontas County – www.extension.iastate.edu/pocahontas

Pocahontas County 4-H - <https://www.extension.iastate.edu/pocahontas/4h>

Office Phone – 712-335-3103

4-H Online – <https://v2.4honline.com>

Fair Entry – <http://www.fairentry.com>

Facebook - <https://www.facebook.com/ISUExtensionandOutreachPocahontasCounty>

Pocahontas County Fair Facebook <https://www.facebook.com/Pocahontas-Iowa-County-Fair-1505636526318770/>

State 4-H - <https://www.extension.iastate.edu/4h/>

4-H Volunteers - <https://www.extension.iastate.edu/4h/volunteer>

Lisa Zeman, CYC email – lzeman@iastate.edu

4-H Livestock - <https://www.extension.iastate.edu/4h/projects/livestock>



On Your Own and OK (FREE CLASS SEE BELOW)

AMES, Iowa – Registration is now open for families to sign up for the **free** On Their Own and OK program offered virtually this fall.

During this time when many parents are working from home or families are isolated at home, they may have more opportunities to help their children build skills. On Their Own and OK is tailored for parents and children in fourth through sixth grade. Registration is online and families have until Oct. 12 to sign up, says Brenda Welch, 4-H program specialist with Iowa State University Extension and Outreach.

The four-week program will begin on Oct. 22, and each week participants will receive directions via email for a hands-on family learning experience using materials typically found at home. They'll also receive a free parent guide to help support their children staying for short amounts of time on their own.

In addition, families will have opportunities to contact 4-H youth program specialists to share reflections and ask questions. Families participating in the spring program noted that the program reinforced how to act in an emergency, help their children handle boredom without technology, assign age appropriate chores, and plan a family celebration to continue to strengthen family relationships.

One parent said, "This is an awesome workshop! It has given my husband and I great talking points to discuss with our son who is very slowly staying home by himself."

"These classes build skills in youth, as well as incorporate ways for grownups in the home to support this step toward independence. Youth left home by themselves without self-care skills may find ways to occupy their time that grownups in the home may not like. Some young people may truly be fearful staying home alone without adequate education from parents, teachers and community partners," Welch said.

U.S. Census data shows that 7 million school-age children across the nation are left home alone during summer months. Fifteen states have laws defining a set age or age range for when a child can be left home alone. Iowa has no set age, Welch added.

To [register for this hands-on learning experience](https://form.jotform.com/202684836288064) to help parents teach their children how to gain confidence in staying home alone, please sign up online at <https://form.jotform.com/202684836288064>.



Home Food Preservation is not difficult. (FREE CLASSES SEE BELOW)

AMES, Iowa – Your spring gardens are flourishing with wonderful produce. Preserving your garden's summer bounty is a great way to enjoy home-grown produce year round – as long as you don't serve food borne illness, like botulism, with your home preserved foods, say nutrition and wellness specialists with Iowa State University Extension and Outreach.

"Home food preservation is not difficult, but it does require following specific directions exactly," said Holly VanHeel, nutrition and wellness specialist. "Ignoring recommended procedures can result in home canned products that will make you, your family and friends very ill."

To help Iowans safely preserve foods, ISU Extension and Outreach is hosting a virtual Food Preservation 101 course. Food Preservation 101 is a general overview that highlights the key information Iowans need to know to get started preserving food at home.

During this free, one-hour online course, nutrition and wellness specialists will:

- Discuss various food preservation techniques – pressure canning, hot water bath canning, dehydration and freezing;
- Provide science-based, reliable food preservation resources; and
- Answer general food preservation questions.

We are also offering 2 **new** online food preservation classes, both free and 1 hour in length, for the fall:

Preserve the Taste of Summer Online: Totally Tomatoes

Thursday, October 8, 10am and 6pm

Monday, October 12, 10am and 7pm

Preserve the Taste of Summer Online: All About Apples

Thursday, October 22, 10am and 6pm

Wednesday, October 28, 10am and 7pm

The reservation link for these classes is:

<https://www.extension.iastate.edu/humansciences/events?filter=preserve+the+taste+of+summer>



UPCOMING EVENTS:

- October 8 Preserve the Taste of Summer Totally Tomatoes
- October 12 Preserve the Taste of Summer Totally Tomatoes
- October 22 Preserve the Taste of Summer All About Apples
- October 28 Preserve the Taste of summer All About Apples
- October 22 On Your Own and Ok (4 weeks)
- December 19 2021 Pocahontas County Fair Beef Weigh In (details in upcoming BIZ)

