



# POWESHIEK COUNTY 4-H NEWS

**SAVE  
THE  
DATE**

Dec 1 & 5 Montezuma  
Clover Kids

Dec 6 Bailey Park Clover  
Kids

Dec 7 & 14 BGM Clover  
Kids

Dec 15 Davis Clover Kids

Dec 13 Fairview Clover  
Kids

Dec.10 Beef Weigh-Ins  
Grinnell Vet Clinic

Dec 15 Reenrollment  
deadline

Dec. 12 Nature Club-  
Montezuma

Dec. 21 Nature Club- BGM

Feb 1 Market Beef ID Due

## December 2022

It's that time of year again to get enrolled on 4-H Online!

Starting January 1st, 2023 newsletters will only be sent out to approved members.



Link to enroll: <https://v2.4honline.com/#/user/sign-in>

**Office is closed**

## Happy Holidays!

**Our office will be closed on December 23rd, 26th, and 27th. We will also be closed on January 2nd, 2023.**



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# Enrollment

## 4-H Enrollment

Enrollment is now open! The registration cost for the year is \$35 per youth for traditional clubs. Nature club will be \$45. There are scholarships available through the Extension Office! Please contact our office if you are in need of a scholarship. We can accept cash, check or we do have a square card reader now (Note: there is a service fee using card).

Link to enroll: <https://v2.4honline.com/#/user/sign-in>  
(you will use same email and password that you did last year)



*If you are coming to the office on a Friday or Monday, please call as we have a lot of meetings & trainings on Monday's and Friday's. Vickie is only in the office on Tuesday, Wednesday, and Thursday.*

**\*Starting January 1st, 2023 newsletters will only be sent out to enrolled/approved members.**

## Clover Kid Enrollment

All Clover Kids will need to enroll on 4-H online! Enrollment will start October 1st.

Link to enroll: <https://v2.4honline.com/#/user/sign-in>

We have the following Clover Kid clubs: Sheridan (\$5), Sugar Creek (\$5), Grinnell Afterschool, Montezuma Afterschool & Brooklyn Afterschool.

## 4-H & Clover Kid Club Requirements

Just a reminder all clubs must have the following:

- ♦ 5 youth from at least 3 different families
- ♦ Have an identified approved leader
- ♦ Meet at least 6 times a year.



## **Beef Weigh-In– Dec. 10th from 1-3pm**

**When:** Saturday, December 10th– 1pm-3pm; snow date Dec. 11th

**Where:** Grinnell Vet Clinic | 1631 West St (south on HWY 146) (Please turn around in airport road and use it as a waiting area )

**What:** All market beef animals being shown at the Poweshiek County and/or Iowa State Fair must be weighed in and tagged. This includes second year market bottle calves and production beef (animals harvested at Dayton's in July). If your second year bottle calves need to be retagged, we can do this at this time.

**General Information:** Participants must be enrolled in 4-H Online AND pay their \$35 annual enrollment fee prior to weigh-in.

**State Fair Information:** Retinal images will be collected for all animals that may possibly be exhibited at the State Fair.

**After Weigh-in:** Like last year, you will be responsible for putting the information online into 4-H Online. We will have instructions printed out for you at the weigh-ins.



**Note:** Please plan to attend our county's weigh-in. If for some reason you are unable to attend, you need to contact the Poweshiek County Extension Office at 641-623- 5188 or emailing [xpoweshiek@iastate.edu](mailto:xpoweshiek@iastate.edu) to make other arrangements.

## **Pioneer Grant**

This grant is meant to stimulate local 4-H clubs to plan and carry out community improvement activities. If you and your club have a community service project in mind and would like some financial support to make that happen, here is your chance!

**The grant is due to the Extension Office by January 16th**, so we can get them to the State Office by the deadline! Here is the link to the application: <https://www.extension.iastate.edu/4h/pioneergrants>

On this website, there is an information sheet and application tips! This is a great opportunity! Please let our office know if you have any questions or need support in applying for this grant!



# 4-H Programs

## 4-H Club Challenge

We are challenging all of our clubs to take part in our Gratitude Challenge during their next meeting.

There are 2 parts to this challenge: Complete 1 Mindfulness activity & 1 act of gratitude towards your community at your next meeting.

Leaders: Take a picture of each activity and send it to [xpoweshiek@iastate.edu](mailto:xpoweshiek@iastate.edu).

### Links to mindfulness activities:

[mindfulness and mental health resources.pdf](#)

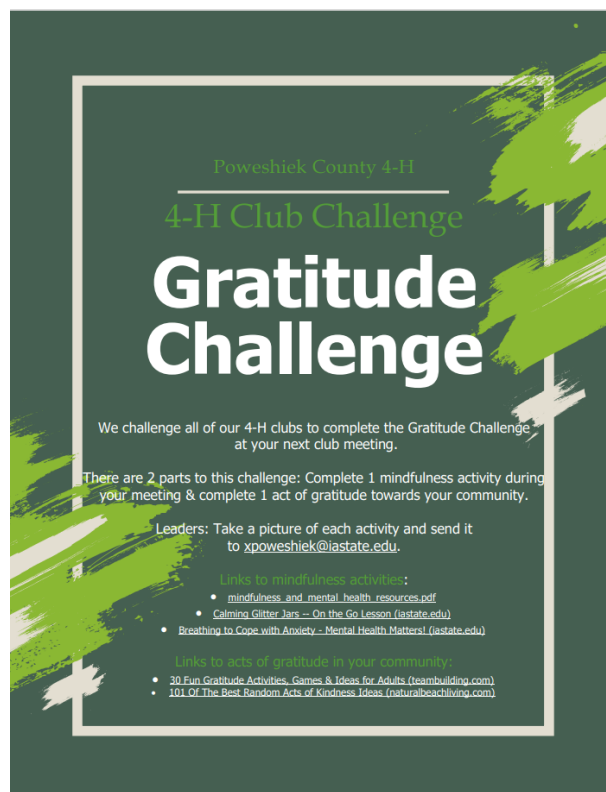
[Calming Glitter Jars -- On the Go Lesson \(iastate.edu\)](#)

[Breathing to Cope with Anxiety - Mental Health Matters! \(iastate.edu\)](#)

### Links to acts of gratitude in your community:

[30 Fun Gratitude Activities, Games & Ideas for Adults \(teambuilding.com\)](#)

[101 Of The Best Random Acts of Kindness Ideas \(naturalbeachliving.com\)](#)





# 4-H Programming

## CWF Trip

Iowa 4-H is planning to offer Citizenship Washington Focus for teens who have completed grades 9-12. Trip dates are June 17-24, 2023. The week will be full of workshops with 4-H teens from around the country and sightseeing in the Washington, DC area. Cost for teens will be \$2,300 per person. A minimum of 3 adult chaperones will be needed. Chaperone cost is discounted to \$1,300 per person. We are updating the Iowa 4-H CWF website, and registration will be open by December 15. There is a minimum number of 32 teens, with a maximum of 48 to make this trip cashflow.

Objectives for the program are:

- Strengthen communication, leadership, and other citizenship skills on a national level
- Understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders
- Exchange ideas, practice respect, and form friendships with other youth from diverse backgrounds
- Experience hands-on learning using the historical backdrop of our nation's capital city, Washington, D.C.

These objectives are met through pre-trip education, speakers, workshops, daily excursions to view national sites, a day at the Capitol with elected officials, and a delegate designed and implemented action plan.

## National 4-H Youth Summit

**March 9-12, 2023 in Washington D.C.**

At the National 4-H Youth Summit on Healthy Living, Photography, and Agri-Science, high school students develop the skills and knowledge needed for the challenges facing agriculture, food security, and sustainability. Students will work with each other and experts in the agricultural community in this collaborative, hands-on educational setting.



# 4-H Programming

## Iowa 4-H Foundation Scholarships

The Iowa 4-H Foundation Scholarships have officially opened.

**The application is open now through March 1st, 2023.**

Instructions, helpful hints and a complete list of scholarships can be found at this link: [Scholarships - Iowa 4-H Foundation \(iowa4hfoundation.org\)](https://iowa4hfoundation.org)



## Future Ag Leader Scholarships

**\$1,500 scholarships are available now through January 12, 2023.** Bayer Fund is excited to offer ag students the opportunity to receive a \$1,500 Grow Ag Leaders scholarship. High school seniors through college juniors pursuing any ag-related field of study at a trade school, community college, or four-year college or university can apply now. We encourage anyone who knows a student pursuing higher education in agriculture to share this scholarship opportunity with them today! Students do not need to be FFA members to apply or receive this scholarship. Visit the Bayer website for more information and official rules.

## Iowa 4-H Enthusiast: Clothing and Sewing Projects

9-12<sup>th</sup> grade youth are invited to expand their learning in the clothing and sewing project areas by joining Iowa 4-H Enthusiasts! Partner with Iowa 4-H professionals and Joi Mahon, fashion entrepreneur and author, to advance your knowledge and skills in the project area while completing technical skill building challenges.

Iowa 4-H enthusiasts will have access to an online classroom, experience virtual monthly meetings, practice skills by creating modern sewing projects, and have access to live and recorded companion resources and lessons to enhance your skills

To register, log into your 4-H Online profile and visit the 4-H Events tab on 4-H Online.

Questions? Please Contact the Iowa 4-H Enthusiasts Team by emailing Bonnie Dalager at [bdalager@iastate.edu](mailto:bdalager@iastate.edu).





# 4-H Programming

## Volunteer Lunch & Learn Series

These lunch & learn series will dive into topics that volunteers can apply to your club or programs as a 4-H volunteer. These sessions will take 15-20 minutes each. Watch for more details.

**Dates:** January 6th, February 3rd, March 3rd, and April 7th. These will all start at Noon via Zoom.



### VOLUNTEER LUNCH AND LEARN WEBINAR SERIES

Iowa 4-H Youth Development is offering a Volunteer Lunch & Learn series! The lunch & learn series consists of four brief 15-20 minute Zoom sessions that will dive into topics that you can apply into your role as an Iowa 4-H volunteer with your clubs or programs. The sessions will be held via Zoom.

Below are the dates and topics for the four sessions:

- January 6th, Noon-12:20PM | Incorporating Project Area Guides into Club Meetings
- February 3rd, Noon-12:20PM | 4-H Club Budgets & Fundraising
- March 3rd, Noon-12:20PM | TBD
- April 7th, Noon-12:20PM | Preparing Youth for the Fair

Zoom link: <https://go.iastate.edu/TOS64C>

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/eq](http://www.extension.iastate.edu/diversity/eq).

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## Save the Date: Future Experiences

**Junior Trip:** This would be a wonderful experience to gift a 4th-6th grader. More details and prices will be shared as soon as it is available. Watch for updates so be sent out via broadcasts, Facebook (Poweshiek County 4-H), and our newsletters.



### SAVE THE DATE

#### Jr. 4-H Omaha Zoo Overnight Safari

An overnight "Sleeping Bag Safari" to the Henry Doorly Zoo. You will sleep near the animals and experience the zoo in fun new ways. Experience behind the scene tours, a night hike, the Lozier IMAX Theatre, and much more.

Watch for more details to follow!

April 2023

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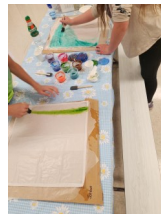
Watch for upcoming workshops and events for all youth to partake in. Once the dates are set, we will release them to all of you.

## Nature Club

For the month of December, Nature Club members will learn about plant propagation. Members can also attend the Nature Club Winter Day-Cation!

- **Montezuma** will meet on **December 12th** from 3:30pm-5pm.
- **Brooklyn** will meet on **December 15th** from 2:30pm-4pm.
- **Grinnell Middle School** will meet on **December 21st** from 3:30-5pm.
- **Winter Day-Cation** will be held on **December 28th from 8am-3:30pm at Diamond Lake**. Please remember to turn in your Winter Activity Waiver.

In November youth learned all about leaf printing. Youth created their own recyclable wrapping paper. Below are a few pictures from last month's activities.

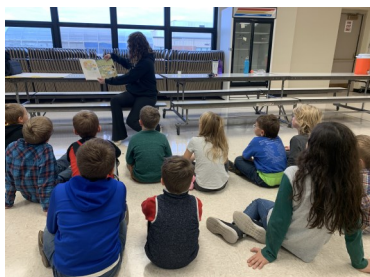


## Clover Kid After-School Program

For the month of December, our clover kids will learn that sound is a vibration, or wave, that travels through matter that can be heard. They will also learn about various elements of music such as rhythm and pitch. Participants will then get the opportunity to play with various musical instruments and design their own musical instrument.

- **Montezuma** will meet on **December 1st & 5th** from 3:30pm-5pm.
- **Brooklyn** will meet on **December 7th & 14th** from 2:30pm-4pm.
- **Bailey Park (Grinnell)** will meet **December 6th** from 3pm-4:30pm.
- **Fairview (Grinnell)** will meet on **December 13th** from 3pm-4:30 pm.
- **Davis (Grinnell)** will meet on **December 15th** from 3pm-4:30pm.

In November youth, were introduced to the fairy tale genre by reading "Goldilocks and the Three Bears." Participants also learned what it takes to build a strong chair. They then used various office supplies and the engineering design process to build a sturdy and comfortable chair for a stuffed animal.







# 4-H Celebrations

## Awards Day Program

On November 6th, 2022 we celebrated our annual Awards Day Program. Our awards were sponsored by the Poweshiek County Farm Bureau. Please send the Farm Bureau a thank-you note.

### CONGRATULATIONS

Below is the list of youth/club who  
received an award at our program!

#### Deep River Helping Hands:

Vivian Cook

#### Poweshiek Pioneers:

Maggie Manatt

William Manatt

Gabriella Cushman

#### Sheridan:

Ava Seney

#### Mighty Golden Clovers:

Gracie Kaufman

Carleigh Klein

Blayne LaRue

Dasha LaRue

Slane McCue

Lucy Turley

Matthew Turley

#### Club Awards:

Abby Cheney: Making a Difference

Deep River Helping Hands:  
Club Service Award & Poweshiek  
Pride

Mighty Golden Clovers: Poweshiek  
Pride

#### Danforth Award

Abby Cheney

#### Friend of 4-H

Key Cooperative

#### Award of the Clover:

Traci Williams: 5 years

Michelle Cheney: 10 years

Tom Cheney: 10 years



## 4-H NATURE CLUB

**WHO:** 4th-12th Grade  
**COST:** \$45 (scholarships are available)  
**TOPICS:** This 4-H Club focuses on learning more about environmental topics while enjoying outdoor activities! This years theme will be:

**\*Animal Adaptations**

### WHEN & WHERE

#### Montezuma:

October 18th  
 November 22nd  
 December 20th  
 January 31st  
 February 28th  
 March 21st  
 April 25th

#### Grinnell:

October 19th  
 November 16th  
 December 21st  
 January 25th  
 February 15th  
 March 22nd  
 April 19th

#### Brooklyn:

October 20th  
 November 17th  
 December 15th  
 January 26th  
 February 16th  
 March 16th  
 April 20th

3:30-5pm  
 Montezuma School

3:30-5pm  
 Grinnell Middle School

2:30-4pm  
 Brooklyn School

Join  
**Poweshiek County  
 Extension**  
 &  
**Poweshiek County  
 Conservation**  
 for this fun adventure!



**REGISTER:** Contact Poweshiek County Extension at 641.623.5188 or email [poweshiek4h@iastate.edu](mailto:poweshiek4h@iastate.edu)



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*Scholarships*



### 4-H SCHOLARSHIPS Fall Semester 2023

**Over 80 Scholarships Available  
 from \$500 to \$5000**

One application determines eligibility for all available 4-H scholarships

#### APPLICATION PERIOD:

December 1, 2022 to March 1, 2023

#### Application web site:

[iowa4h.awardspring.com](http://iowa4h.awardspring.com)

#### Road to Success Instructions at:

[iowa4hfoundation.org](http://iowa4hfoundation.org) – Funding for 4-H'ers

*Questions:*

**Mary Clancy**, [clancy@iastate.edu](mailto:clancy@iastate.edu), 712-830-1321,  
 phone or text any time between 9 a.m. and 9 p.m.

## Club & Senior Spotlight

This year we would like to give a monthly spotlight to all of our 4-H clubs and seniors. At your next club meeting, please fill out the club information below and have your leader send it to Haley. Seniors, please fill out the Senior Spotlight information below and send it to Haley. (hphouse@iastate.edu)

### Club Spotlight:

Club:

Volunteer Leaders:

Favorite Club Activities:

Community Service Projects:

Photos:

### Senior Spotlight:

Name:

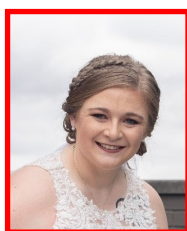
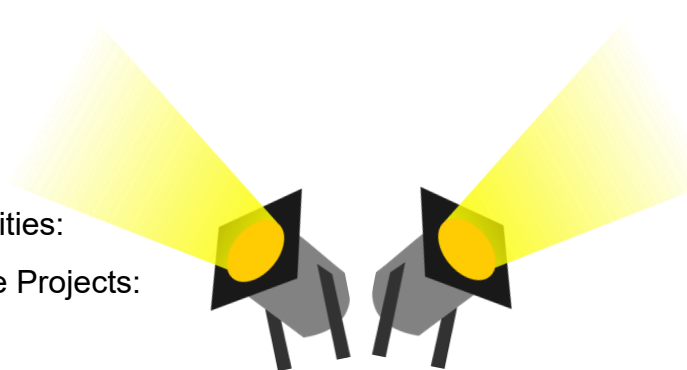
School:

Club(s):

Favorite Club Activity:

Quote:

Photo:



**Haley Princehouse**

County Youth Coordinator

hphouse@iastate.edu



**Signey Hilby**

Youth Program Asst.

shilby@iastate.edu



**Cathy Lents**

County Director

clents@iastate.edu

## CONTACT US!

### ADDRESS

114 S 3rd St. Po Box 70  
Montezuma, IA 50171

### PHONE

[641-623-5188

### HOURS

Monday-Friday,  
[8:00 a.m. to 4:30 p.m.]

### EMAIL

xpoweshiek@iastate.edu

### WEBSITE

extension.iastate.edu/poweshiek



**Vickie Beyer**

Office Manager

vbeyer@iastate.edu



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