



CLOVER CONNECTION



LORA WRIGHT
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MARCH

- 2-ESC#1 Clover Kids
- 4- Innovative Pioneers Mtg 8:30 am
- 11- Saturday Clover Kids
- 12-Jacksons—5pm
- 12-OA Richland Robins—4 pm
- 12-WLB/VV—6 pm
- 12-Schaller Shamrocks 4 pm
- 12- County Council 7 pm
- 13—Schaller Clover Kids
- 18-Sac Green Team 8:30 am
- 19—Early Achievers Clover Dinner
- 20-OABCIG Clover Kids
- 26-Early Achievers 4 pm
- 27—ESC #1 Clover Kids

From the Desk of Lora Wright

Spring is just around the corner and we are going to get another blast of winter! I am ready for warmer weather! Don't forget to change your clocks on March 12th.

Thank you to the following for helping at the 4-H lock-in! Myra Steinkamp Julie Steinkamp, Julie Clayton, Jamie Bloyer, Brian Pickhinke, and Chad and Jamie Ripley. It was a great group of 40 kids and the county council did a great job of leading the lock-in!

Please get your enrollment completed right away!

You can always contact me at the Sac County Extension and Outreach Office at 712/662-7131 or my cell 712/660-0129 or email ldwright@iastate.edu.

APRIL

- 1—Early Achievers Egg Hunt
- 2- OA Richland Robins 4 pm
- 2—WLB/VV—6 pm
- 3—ESC #1 Clover Kids
- 8- Saturday Clover Kids
- 8- Schaller Shamrocks 6:30 pm
- 9—Sac Green Team 1 pm
- 10—Innovative Pioneers Mtg 6:30pm

Upcoming Programs:
Last Chance Private Pesticide Training
April 13 & April 14

Lora Wright



State Fair Changes for 2023

Static Rule Updates

- **Photography** - All photographs must be printed on photographic paper and must be mounted and/or matted. **Maximum thickness of finished project must not exceed ¼" thick.**
- **Photography** - A series is a group of photographs [3 to 5] that are related to or tell a step-by-step story. Photographs must be mounted together in story order or sequence. Finished size of individual photographs in a series should not exceed 6"x8".
- **Child Development** – An exhibit that shows learning about children. Exhibits that include items intended for use with children (books, toys, learning games, babysitting kits, etc.) should include information about what you have learned 1) about children while creating and using the exhibit or 2) what the child(ren) learned from use of the item(s) in the exhibit. Exhibit examples include careers in child development, caring for children with special needs, childcare, growth and development, safety and health, etc.
- **Food and Nutrition: Prepared Product** – An exhibit of a prepared food product that shows skills or learning about cooking, baking, eating and choosing healthy foods, or safety practices through the making of a prepared or preserved food product. See *Food and Nutrition Special Rules below and HS 76 "Foods for Iowa 4-H Fairs – Quick Reference Guide"* at <https://store.extension.iastate.edu/product/6434> for additional information regarding prepared food products. **Display boxes are not allowed for prepared products at the Iowa State Fair.**
- **Home Improvement** - Exhibit write-up/information must include source of inspiration and/or references indicating where the idea or information was obtained, giving credit to **original author(s), designer(s), artist(s).**
- **4-H Poster Communication Exhibit – The themes for 2023 are:**
 - ✦ 4-H is . . . (open to 4-H members interpretation)
 - ✦ Join 4-H
 - ✦ Opportunity4All (2022 National 4-H Week theme)
 - ✦ Spy Your Potential (2023 Iowa 4-H Youth Conference theme)
 - ✦ Best Days Ever (in 4-H) (variation of Iowa State Fair theme)

Safe Frosting for Iowa 4-H Fairs

The blog post contains the recipe that must be used for homemade butter cream recipes. (Include a copy of the blog posting with your write-up.) The only other frostings that are acceptable for display at the fair are commercially canned frostings, a sprinkle of powdered sugar, and glazes made with powdered sugar and water only. If you have any questions about foods that are appropriate to display at the fair, contact AnswerLine at 1-800-262-3804 or answer@iastate.edu." AnswerLine Blog Post - <https://blogs.extension.iastate.edu/answerline/category/food-safety/>

4-H IS HANDS-ON LEARNING



\$10 Meal Challenge is now Thrifty Meal Challenge

The \$10 Meal Challenge has been redesigned as the Thrift Meal Challenge for the 2023 Fair. The rules are:

Thrifty Meal Challenge—Create a balanced nutritious meal for family of four(4) that includes a serving from each of the five food groups with a budget of \$11.

Thrifty Meal Challenge Special Rules:

Each county may enter one (1) exhibit in this class.

All entries will receive an evaluation and ribbon.

Exhibit may be from an individual or group effort.

The meal must include a serving for each person from each of the five (5) food groups. Recommended portion sizes per person: ½ cup fruit, ½ cup vegetable, 3 ounces protein, 1-2 ounces grain, 1 cup equivalent dairy.

The meal must serve four (4) people.

Total expense on receipt(s) must not exceed \$11.

The exhibit will be a poster (maximum size 20" x 30") that includes:

Menu

Meal type

Copy of receipts (up to 2)

Photos of participant experience

Thrifty Meal Challenge Worksheet (required)

For more information about this special challenge, please go to <https://www.extension.iastate.edu/4h/meal-challenge>.

Foods for Iowa 4-H Fairs

The link below will help you plan ahead for a successful fair experience. Use these guidelines to help select an acceptable product for exhibit, find an approved recipe source, and identify the appropriate preparation method. <https://store.extension.iastate.edu/product/6434>

Camera Corps Theme 71—Photography Challenge

For this challenge, you are tasked with creating a self-portrait with a twist! This self-portrait cannot include *you* in it. This self-portrait is about your identity, things that are important to you, and things that make you who you are! This theme is all about self-expression. There are many ways you can approach self-expression. When arranging your compositions, think about who you are as a person or feelings you want to express about yourself. Check out the [Iowa 4-H Camera Corps Website](#) for technical tips, examples, and submission information. Deadline is March 30.



New and Revised Clothing Classes

The \$15 Challenge has been updated for 2023 and is now the \$20 Challenge. A new class has also been created for Clothing Revue: Innovative Design. Rules for these classes are:

The \$20 Challenge

1. This class is designed to expand the 4-H member's shopping experience to shopping venues emphasizing recycling, reducing, and reusing. Outfits must be purchased at a garage sale, consignment store, thrift store, secondhand store, or similar place.
2. Online venues are allowed, must be second-hand in nature. Shipping and handling are not included in the total calculations.
3. Traditional shopping venues may not be used, regardless of a low regular or sale price. Hand-me-downs or clothing as gifts do not qualify for this class.
4. Twenty dollars is the purchase price limit including tax. However, some secondhand stores and venues do not typically charge sales tax.
5. Receipt(s) for every item included as a part of the calculated total must be submitted with the entry. A garage sale receipt can be a piece of paper with the name of the location such as "Jane Doe garage sale", date, amount paid, and signature of person selling at the garage sale. If the outfit was free at a garage sale, "free" can be listed on the report form and on the receipt. Failure to provide receipts will be reflected in the evaluation.
6. An outfit consists of major clothing pieces such as a shirt and pants or a dress. Shoes, undergarments, and accessories are not included in the \$20 purchase price limit.
7. Alterations are permitted to achieve a desired look or fit.
8. There are no additional considerations for an outfit that totals less than \$20.

The outfit pieces should be purchased to meet the 4-H member's goal or intended use for the purchased outfit, and the 4-H member should have had an experience in choosing shopping alternatives, evaluating fit, quality and construction features, price, and cost comparison.

Innovative Design

1. The purpose of this class is to encourage creativity and out-of-the-box thinking when creating an outfit.
2. These designs can be theatrical costumes, cosplay, wearable technology, sustainable/upcycled fashion, accessible fashion, and/or outfits that use unconventional materials.
3. The outfit must be showcased as a worn garment modeled by the exhibitor or by the individual that it was designed for.
4. Exhibitors may make their garment entirely, or permanently alter the silhouette of pre-existing materials through some method of permanent alteration or addition.
Consideration is given to originality and innovation.

2023 Uncommon Student Award Application Open

The Herbert Hoover Uncommon Student Award is a \$10,000 scholarship program for Iowa high school juniors. The award, honors Herbert Hoover, an Iowa native and the thirty-first President of the US, identifies approximately 15 Iowa high school juniors who propose and then accomplish projects of their design. The projects should demonstrate the values Hoover exemplified. Each of the finalists will receive a \$1,500 cash award at the completion of the program. Four of those could earn an additional \$10,000 scholarship each, for a total of \$11,500! Application deadline is March 15, 2023. For more information and to submit an application, have students visit the [website](#).

4-H IS HANDS-ON LEARNING



2023 Dairy Goat Share-A-Kid Opportunity

Are you looking for a new and exciting way to expand your 4-H experience? Interested in showing an animal, but don't know where to start?

Each year the Iowa Dairy Goat Association promotes interest in dairy goats across our state. One of the ways IDGA encourages young people to explore this aspect of agriculture is through their Share-A-Kid program. This statewide contest is open to youth in 4th thru 12th grades and who are a member of 4-H, FFA, IDGA, or any other agricultural group. Winning applicants are selected from an essay they submit. The essay can include drawings, photos or any other creative touches. IDGA can only award one goat per family per year; however, siblings are encouraged to apply. Previous winners are ineligible.

If you are interested in this opportunity visit <http://www.iowadairygoat.org/share-a-kid-program/> for more details and an application form. Entries must be postmarked by **March 15, 2023**.

2023 Dairy Goat Showing and Fitting Clinic

Interested in learning about showing and fitting a dairy goat? On May 6th from 9am-3pm at Ma's Acres in Bondurant, IA the Iowa Dairy Goat Association is hosting a **FREE** dairy goat showing and fitting clinic. No need to bring a goat with you there will be plenty to practice with. This is a hands-on clinic. Ring procedures and goat care will be covered. So...if you have a goat or desire to own a goat one day this is an excellent opportunity to see what it's all about. Please RSVP by texting Judi McIvor at 515-250-4836 for this **FREE** event by April 30. Any questions can be directed to Judi or Wendy Peffers, IDGA's Youth Coordinator at 641-780-8600. Hope to see you there!

Animal Science Roundup

Animal Science Round-Up will be held in conjunction with Iowa 4-H Youth Conference. Youth in grades 8-12 that have an interest in cattle, dogs, horses, poultry, sheep, or swine are encouraged to attend. Youth will learn about health, nutrition, behavior, genetics, and reproduction. Each animal project area is limited to the first 20 who register via 4HOnline.

New this year: youth do not need to apply or be approved! More information is available on the [Animal Science Roundup webpage](#).

4-H Online Enrollment

4hOnline 2.0 is ready for re-enrollment! Any enrollment fees will still be the same and paid by the 4-H clubs. Check with your club leader if there is program development fee that 4-H members owe to the club! As you re-enroll be sure to update & double check any changes in contact information so you don't miss out on any upcoming events or club communications. To re-enroll or enroll in 4-H go to <https://v2.4honline.com/#/user/sign-in>. Please get the enrollment completed ASAP!

Volunteer Lunch and Learn Series

The Volunteer Lunch & Learn Series is back for year two! We will hold the Lunch & Learns the first Friday of each month via Zoom, January-April, Noon-12:20pm. Volunteers are encouraged to tune into these brief sessions that dive into topics they can apply in their role as an Iowa 4-H volunteer. All Lunch & Learns can be joined at <https://go.iastate.edu/TOS64C>.

4-H IS HANDS-ON LEARNING



State Livestock Quiz Bowl and Skillathon Contests

Registration is now open in 4-Honline for the state livestock quiz bowl and skillathon contests scheduled for April 1 on the ISU campus in Kildee Hall. This team event is for 4-12 grade 4-H members who want to test their knowledge of beef cattle, meat goats, sheep, and swine. For more information, visit the [Livestock Quiz Bowl website](#) or contact [Amy Powell](#).

4-H'ers for 4-H Campaign

It's that time of year where the State 4-H Council invites 4-H'ers from across the state to get involved in the 4-H'ers for 4-H Campaign! **Their goal this year is to raise \$27,000 and we need your help to make the campaign a success!**

Again this year, counties who participate in the campaign will be eligible to apply for a mini-grant thanks to funding from Growmark. Top counties will be recognized at the 2022 Iowa State Fair!

What is 4-H'ers for 4-H???

For almost 40 years, the 4-H'ers for 4-H Campaign is a youth driven campaign to raise funds for the 4-H Program. 4-H'ers are challenged to contribute \$4/member—funds support:

- 4-H Enrollment Fee Financial Aid
- Financial aid for camps, conferences and other programs

Support statewide leadership opportunities like State 4-H Conference and State Council

Funds need to be turned in to the Sac County Extension Office by **June 15th!**

2023 Northwest Iowa Beef Bonanza

Event held on March 25, 2023, from 10 am to 3 pm at the Iowa Lakes Community College in Emmetsburg. Any youth in 4-H or not is invited to attend this beef cattle-focused day of learning from industry experts. Topics include biosecurity, online cattle buying, and more! We will start check-in at 9:45 am with lunch offered for \$10.00 per person. YQCA is offered through this event, so please [register](#) to get credit.

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4-H IS HANDS-ON LEARNING



4-H Endowment

Thank You

There is 1-\$250 club grants available from the 4-H Endowment, good until December 31, 2023! For the 2022-2023 4-H year the Endowment will be paying \$10 per member, towards the program development fee.

YQCA Information

Below are steps to help you get your YQCA training or testing for those that are showing livestock at the fair—beef, sheep, swine, poultry, rabbit and goats.

- * Youth Age January 1st of the Current Year
- 8-11 year olds—must complete training (Junior)
- 12-14 year olds—must complete training this year—test out option available (Intermediate)
- 15-18 year olds—must complete training this year—test out option available (Senior)
- 19-21 year olds—must complete training this year—test out option available (Young Adult)

*****Contact Lora to get your coupon code before taking the training. If you are testing out you will need to have 3 coupon codes so let me know if you are testing or training.**

Go to <https://yqcaprogram.org/>. If you completed your YQCA training after March 2022, enter in your username and password. If you have not already created a YQCA account, select “Register New Account”. Complete the information for the person whose name will appear on the certificate. A parent or guardian must create the account for a member that is 12 or younger and use their own e-mail. To validate your registration, you will need to access an e-mail sent to you. Children can be added to accounts as needed. Make sure that you complete the data sharing consent, so that YQCA will be able to share your certification with the State 4-H Office. A registration and course help sheet is available on the [Iowa 4-H YQCA website](#). Once registered, go to the Home page and select a course. You can add multiple courses to your cart and multiple licenses of one training. Click “Proceed to Buy”. Enter the coupon codes provided. After purchasing you will see a list of courses purchased. Return to the Home Page and select “Take Course”. Select the user (child) that will be taking the course. Complete the course.

NOTE — if you are 13 years old as of January 1, 2023 you CANNOT test out you must take the training, only those that are 12, 15 and 19 as of January 1, 2023 have the test out option.

You must pass 3 quizzes to pass the certification. Select a knowledge builder and skills lab to gain knowledge and test your skill. Your status will show throughout to track your progress. Return to course menu screen to print certification after all quizzes have been passed. You can download as a PDF to save

Annual Leader Training

4-H Volunteer Training – “Helping 4-H Youth Thrive”

Thank you to those volunteers that were able to join us on February 28 for our Annual Leader Training. I know everyone is busy. We will be in touch with an online option for those of you that weren't able to attend.

Join 4-H leaders from across Sac County in an interactive, hands on training that will help volunteers develop strategies to create a positive and supportive environment for youth and develop a stronger understanding of the importance of emotional and social well-being and the impact it has on today's youth. In addition, you will gain resources that can be used with 4-H youth throughout the year.

A benefit of participating in the face-to-face volunteer training is the interaction and sharing with other volunteers. If you are not able to attend the training, an online option is available.

This training is part of the statewide leader training.

4-H IS HANDS-ON LEARNING



GOAL CALENDAR

Yearly Calendar for Planning Project Area Goals

September	October	November
December	January	February
March	April	May
June	July	August



IOWA STATE UNIVERSITY
Extension and Outreach

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4H 5001 Revised May 2021

4-H Members can use the Goal Calendar to help them as they make goals for what they would like to accomplish in this 2022-2023 4-H year!

4-H IS HANDS-ON LEARNING



SAC COUNTY EXTENSION AND OUTREACH

CLOVER CONNECTION



4-H

GROWING TOGETHER

adventure

Imagine a world of 4-H where you learn new and different things in different ways. Expand your horizons.



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WWW.EXTENSION.IASTATE.EDU/4H/SAC

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