



# GROWS HERE

## 4-H FAMILY NEWSLETTER

January 2022

*Greetings Tama County 4-H Families!!*

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***Welcome to January—the month of new beginnings! The month of setting goals!!***

A GOAL is..... deciding what you want to do and learn in a 4-H project.

A GOAL is..... having a road map. It helps you decide how to get to where you want to go.

- Set goals that:
- \* Are specific (not too general or broad)
  - \* Meet your needs and interest
  - \* Provide you an opportunity for achievement
  - \* Can be accomplished in a reasonable amount of time and with the resources available to you

Remember: the more time you have been in a project area, the more challenging your goals should be and the more learning you should be able to demonstrate.

### HOW TO WRITE A 4-H GOAL

A goal has 3 parts. A goal should tell:

1. The **action**:                **how** you are going to do it.
2. The **results**:                **what** you will do.
3. The **timetable**:            **when** you plan to have it done.

***Happy New Year!***



### ISU EXTENSION & OUTREACH TAMA COUNTY

203 W High Street  
 PO Box 308, Toledo, IA 52342  
 Phone 641-484-2703  
 FAX: 641-484-6178  
 OFFICE HOURS:  
 M-F 8:00 AM - 4:30 PM  
<http://www.extension.iastate.edu/tama>

Jenny Hulme  
 TAMA COUNTY EXTENSION  
 County Youth Coordinator  
[jhulme@iastate.edu](mailto:jhulme@iastate.edu)  
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Find us on Facebook!

[ISU Extension and Outreach/4-H Tama County](https://www.facebook.com/ISUExtensionandOutreach4HTamaCounty)

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IOWA STATE UNIVERSITY  
Extension and Outreach

# Livestock



All 4-H (no Clover Kids) livestock exhibitors are required to be YQCA certified for county and State Fair exhibition for the following:

- \* Beef    \* Dairy Cattle/Dairy Goat    \* Meat Goat
- \* Poultry    \* Rabbit    \* Sheep    \* Swine

**\*\*THIS MUST BE COMPLETED BY JUNE 15, 2022 in order to exhibit at the Tama County Fair.**

Training can be completed online (cost \$12)

<https://yqca.learnrow.io/Account/Login>

There are NO coupons available for online training.

Or can be completed at an in person training (cost \$3). Must pre-register online (see website above). Coupon code for the in person training available by contacting the Extension Office.

### **Mark your calendars for these in person trainings**

Sat. Jan 15th at 9-10:30 a.m. (Tama County Extension Office)

Tues. Feb. 22 at 7-8:30 pm (Traer Public Library)

Sat. Mar. 19 at 9 –10:30 a.m. (Tama County Extension Office)

## **Tama County Cattlemen**

**Beef Queen:** Applications are now being accepted for any young women interested in running for the 2022 Tama County Cattlemen's Beef Queen. The Beef Queen's duties includes promoting beef, helping with grilling events and riding in parades around Tama County. If you would like an application, please email [tbeenken@gmail.com](mailto:tbeenken@gmail.com).

Applications are due February 15.

**Cattlemen's Scholarship:** High School seniors interested in applying for the 2022 Tama County Cattlemen's Scholarship please email [tbeenken@gmail.com](mailto:tbeenken@gmail.com) for an application. To be eligible, family or applicant must be a paid Iowa Cattlemen's Association member. Applications are due April 1st.

## **BEEF WEIGH-IN ID's DUE FEBRUARY 1st**

**REMINDER:** All Beef ID's need to be entered online at:

<http://v2.4honline.com>

Call the Tama  
County Extension  
Office at 641-484  
2703 or e-mail



## **Tama County Pork Producer Scholarships**

The Tama County Pork Producers are offering two (2) \$1,000.00 scholarships to Tama County Seniors. Candidate must be a resident of Tama County. Candidate or parents must be members of the Tama Co Pork Producers the current year.

Completed applications and letters of reference must be **postmarked February 1, 2022** and mailed to Sheryl Jesina 2737 "O" Ave, Toledo, IA 52342.

For all guidelines and an application, contact the Tama County Extension Office.



# Upcoming Events

## 7-9th grade Mindful Teen: From Surviving to Thriving in a Busy World

Feb 2, Feb 16 and March 2 at Garwin Christian Church (2:00-4:30 pm).  
Need to attend all 3 sessions

3 weeks to participate in sessions to manage stress, difficult emotions and help improve overall well-being, relationships, and performance in school, sports, the arts and other daily activities.

Cost is \$5 which includes book, journal and snacks.



## 4-8th Grade Lock-In February 25-26, 2022 9:30 pm—6:00 am

Marshalltown YMCA-YWCA

Open to ALL youth in grades 4-8 grade, so bring a friend along!

Swimming, racket ball, basketball, board/card games!

Adult chaperones are needed (background check required)

Cost is \$25.00. Registration due by Feb 18th. Register by contacting the Extension Office.

Meet new friends! Find new adventures!



## Real Money! Real World!

Coming to Gladbrook on Saturday, March 5th (9 am to 3 pm) for 8-12th graders. More information to come.



## 7-9th Grade Des Moines Leadership Trip March 23, 2022 7 am—4:30 pm

Tour the State Capitol, meet with legislators, explore the Historical Center and Botanical Center.

Cost is \$25 (which includes a polo to wear and admission to the Botanical Center) Bring a sack lunch.

## Family Fun Night

This year, Tama County 4-H will be hosting a Family Fun Night on Saturday, March 19th from 6:00-8:00 pm at the Traer Memorial Building. An evening to hang out with your Tama County 4-H friends and make new ones. Board games, team building games, Minute To Win It games, prizes and more! Families will be invited to bring snacks to share. More information to come. Put the date on your calendar!



## Bus Trip to Ames

6-12th graders—Mark your calendars for a bus trip to Ames on April 6, 2022. We will complete YQCA on the bus and then visit many of the ISU teaching farms. More info to come.

LUNCH AND LEARN



**NEW OPPORTUNITY FOR  
IOWA 4-H VOLUNTEERS**

[go.iastate.edu/ROBG6A](http://go.iastate.edu/ROBG6A)

## VOLUNTEER LUNCH AND LEARN

JANUARY THROUGH APRIL 2022

Mark your calendars for the Iowa 4-H Volunteer Lunch & Learn Series! The lunch & learn series consists of four brief 15-20 minute Zoom sessions that will dive into topics that volunteers can apply into their role as a 4-H volunteer with clubs and programs.

- **JANUARY 7th @ Noon-12:20:** Icebreakers and Games
- **FEBRUARY 4th @ Noon-12:20:** Incorporating Themes and Projects Into Your Club
- **MARCH 4th @ Noon-12:20:** Accommodations- Information and Tips on Making 4-H Accessible for All
- **APRIL 1st @ Noon-12:20:** Preparing Youth for the Fair



## CWF TRIP REGISTRATION OPEN

**Deadline to Register is January 25, 2022**

Registration for the annual Citizenship Washington Focus (CWF) trip is now open for **4-H members in 9<sup>th</sup>-12<sup>th</sup> grades**. CWF is a national 4-H leadership and civic engagement program for high school youth. Each summer teens gather in Washington DC to learn what it means to be a strong leader in their community, country, and world. The Iowa delegation will travel to Washington



**June 17-24, 2022**  
*Held in Washington D.C.*

CWF connects **young leaders** from across the country to gain the skills and experiences to become effective **change agents**.

Open to 9th-12th grade 4-H members.  
Register NOW through the events tab in 4HOnline.

D.C. by charter bus from **June 17-June 24, 2022**.

Youth can register via the events tab in 4HOnline and the **deadline to register is January 25, 2022**. The cost of the trip per youth is \$1,800 and several fundraising and financial assistance options, as well as trip agenda and

## NEW VOLUNTEER TRAINING

**March 8, 2021, 6PM—9PM, Grundy Center**

New Volunteer Training is **required** within the first 12 months for new 4-H volunteers committing to a long term experience working with 4-H youth as club, project, Clover Kid leaders, and assistants.

## STATE 4-H RECOGNITION OPPORTUNITIES

State 4-H Recognition is the process in which senior 4-H members in **grades 9-12** can apply to be selected for special statewide opportunities such as awards and trips. The purpose of this event is to provide an avenue for youth recognition and to provide young people with an **opportunity to practice and grow leadership, communications, and college and career readiness skills** through application and interview activities.



### Important Dates

- Applications open in 4HOnline on January 1. Interviews may be done in-person or by video teleconference.
- **The application deadline every year is 11:59 PM on February 1.**
- Interview selection and schedule are announced in the first week of March. Please review the interview times posted below. Time requests and preferences will only be available in 3-4 hour time blocks as listed.
- In-person interviews are available Saturday, **March 26, 2022, 9 am-12 pm and 12 pm-3 pm.**
- Video interviews will be available on Saturday, **March 19, 8 am-12 pm,** or Tuesday, **March 22, 4 pm-7 pm.**
- Awards are announced every year in mid-April.

**For more information and to view all opportunities visit:** <https://www.extension.iastate.edu/4h/recognition-opportunities>

## SCHOLARSHIP APPLICATIONS DUE FEBRUARY 1ST

Are you an Iowa 4-H'er planning to attend college? The Iowa 4-H Foundation knows it's not easy to finance a college education, and we know that many Iowa 4-H'ers can use help achieving their educational goals. Consider applying for an Iowa 4-H Scholarship, funded by donors through the Iowa 4-H Foundation.

Designed to encourage Iowa 4-H members to continue their education beyond high school, our current scholarship program offers over **90** scholarships worth more than **\$100,000**. Scholarships range in value from \$500 to \$10,000. Thank you to the donors who make these scholarships possible! Read about the scholarships available at [https://www.iowa4hfoundation.org/en/funding\\_for\\_4hers/scholarships/](https://www.iowa4hfoundation.org/en/funding_for_4hers/scholarships/)

Applications are available on-line and are **due before or on February 1, 2022**. Only one application form is needed for all Iowa 4-H scholar-ships. Eligible Iowa 4-H youth may apply for more than one scholarship, however, only one scholarship per individual will be awarded per academic year.



# DID YOU KNOW?

## Project Areas

Each month we will highlight project areas that you might be interested in but didn't know much about!



The mechanics project area examines a range of fields linked to practical applications of power, energy, and electricity. Experience this technology firsthand while increasing technical and scientific literacy, communications, and decision-making skills.

Ideas for this project: Present safety information related to mechanical systems. Understand safety and equipment used in welding. Maintain small engines in your home and garage. Practice safe operations of engines and engine driven systems, including tractors, combines, mowers, and other applications. Experiment with different welds and beads for joints for constructing products.



Music rocks! It's all around us. It's in movies, TV, radio, computers, school, concerts, and just about everywhere! Music sets the mood and is the focus for voice or instrumental performances. Challenge yourself or learn to increase your skill level!

Ideas for this project: Perform your music in different places. Compare how location affects the sound. Trace a musical style such as jazz or baroque. Discover how a genre of music was started and developed over time. Create a poster to promote a musical performance. Organize a talent show. Perform at a community event or a nursing home. Trace the history of an instrument that interests you.

For more information on this project and others, check out this website:

<https://store.extension.iastate.edu/product/15266>

## State 4-H Conference June 28-30



Every year, approximately 700 teenagers converge on the campus of ISU for 3 days full of speakers, workshops, mixers, dances, a banquet and service-learning activities. If you have completed 8-12th grade, you are eligible to attend! You don't even have to be in 4-H to attend.

You will experience campus life and meet new people from across the state. You will have fun while learning by doing! If you have an interest in animal science, you might want to look into becoming part of the ROUND-UP track! There are also workshop tracks that span all 3 days for certain topics if you'd like to study something in more depth. Or, you can choose different workshops each day to get more variety while you're on campus.

Registration opens March 2022. Registration fee by June 1 is \$180 with a late registration fee of \$200 until June 10. You can also check out financial aid applications through the Iowa 4-H Foundation.

# County Upcoming Events

## Mark Your Calendars

**Feb 2, 16 and March 2—2:00-4:30 pm**

Mindful Teen Program for 7-9th graders

**Feb 25-26** 4-8th grade Lock-In

**March 5** Real Money! Real World!

**March 19** Family Fun Night at Traer Memorial Building— Mark your calendar!

**March 23** Legislative Trip

**April 6** Bus Trip To Ames

## Weigh-ins

SWINE WEIGH-IN—Sat. March 26

SHEEP AND GOAT WEIGH-IN - Sat. April 30

Make sure to be enrolled in these project areas to receive information about the weigh-ins. Letters will be mailed only to those entered.

**May 15** ALL Animal ID's due in 4-H Online

**June 15** Tama County Fair Entries Due

June 26 Clothing and Communications Event

June 28-30 Iowa 4-H Conference

July 6 Garden Judging

July 9 Fair Clean Up

**July 11-17** Tama County Fair

**Aug 11-21** Iowa



## Summer 4-H & Youth Assistant Position Open

May 16-July 22, 2022  
(Maximum of 40 hours/week up to 400 hours total)

\$10.00/hour. 40 hours/week. Assist Extension & Outreach staff with summer activities and programs. Duties will include planning, teaching, organizing, supervising and evaluating youth activities.

Must have reliable transportation and a driver's license. Experience as 4-H member or volunteer is preferred. Minimum of one year college work outside of high school. Must pass Child Protection and Safety Policy screening prior to employment.

Applications available at the Tama County Extension and Outreach Office. Deadline: February 15, 2022. EOE



## Fair Information

Dates for Tama County Fair are July 11-17, 2022

All 4-H members and Clover Kids must have attended at least three business meetings of their primary 4-H club by June 1, 2022 in order to exhibit at the 2022 Tama County Fair. If you have situations in which you cannot attend your three meetings, contact [jhulme@iastate.edu](mailto:jhulme@iastate.edu) to work out a plan!

**Tama County Entries are due June 15, 2022.**

Communications—In order to be selected to the Iowa State Fair—you must have given your presentation at your club prior to the fair.

\*\*Tama County Fairboard premium checks were distributed at the October club meetings. If you did not receive your check, contact your club leader.

**\*\*CASH YOUR CHECKS IMMEDIATELY!!**

Tama County Livestock and Fair Association meeting is January 24, 2022 at 7 pm.



TAMA COUNTY EXTENSION &

OUTREACH OFFICE

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Toledo, IA 52342-0308

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**COVID-19 Statement:** We are prioritizing the health and safety of Iowans and are following the most current federal, state, local, and university COVID-19 guidelines. Visit <https://www.extension.iastate.edu/vp/open-iowa> to learn our protocols to keep Iowans healthy and safe.

**Event cost refund policy:** Full refunds will be issued if an event is cancelled. NO refund will be given for participants who cancel less than 48 hours in advance or don't show up. Please see event registration pages for more event-specific restrictions.

**Fees Statement:** The fees for services will be used to offset direct expenses and to support the 4-H Youth Development County Extension Program.

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