The 4-H Skating Party is **THIS Sunday, January 19** from 1:00-3:00 p.m. at the Wellman Skating Rink. This is a fun way to get moving with your family during cold days and make memories with your Clover Kid Club friends! All ages will skate from 1:00-3:00. Everyone is welcome, bring your family & friends! Don’t miss the fun, friends, games, and more! Cost is $4 to skate. This annual event is sponsored by County Council. Listen to KCII 106.1 for any weather cancellations or changes.

As postage increases and our number of families continues to grow, it is in our best interest to use email communication as much as possible, so we can use our money towards programs and not postage. Please be checking your email and let us know if we can email you information instead of using the postal service. Thank you!

**CK ENROLLMENTS**

This year we have 189 Clover Kids enrolled, but we are always wanting to grow and have more friends be a part of this program. Do you know of other caring adults who want to help lead?

**January is National Staying Healthy Month**

Add more fruits and vegetables in your meals and snacks!

**Graham Cracker Smacker**

Spread a graham cracker square with a thin layer of peanut butter. Top it with slices of fresh banana, peaches, pears or other soft fruits. Top with another graham cracker square for a delicious and healthy sandwich smacker.

This recipe goes well with the book *Peanut Butter, Apple Butter, Cinnamon* by Argentina Palacios.

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Winter months are a great time to experiment with crafts, cooking and new hobbies inside. Turn those into Clover Kid projects for fair!

**Some Project Ideas:**

- Decorate flower pot and check out books on the types of seeds you want to grow this spring
- Make a pillow or fleece tie blanket
- Tie-dye shirts
- Take pictures
- Decorate a picture frame
- Build a race track out of recycled materials
- Use fresh fruits and vegetables to make fun food pictures and then eat them!

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Prepared by: Amy Green, 4-H/Youth Coordinator amygren@iastate.edu

S: 4-H/Clover Kids/CK Newsletter/CK Corner Jan20
The attached activity is distributed by the school district as a courtesy to parents. This activity is NOT a school district sponsored event. The school district makes no endorsement on the quality of the activity or of the individuals and/or group that is sponsoring or involved with this activity. Parents are encouraged to investigate this opportunity for themselves to judge the appropriateness of the activity for their own elementary, middle school, or high school student.

**How Sweet It Is**
**Father-Daughter Dance**
Open to any kindergarten-4th grade girl and that special man in her life
**February 8**
6 p.m. – 8 p.m.
Dalimeyer Hall on the Fairgrounds
Lower level

***Listen to KCII 106.1 fm for any weather cancellations***

This fun evening out for a young girl and special adult will include:

- A night of dancing and games in the SWEET life
- Light refreshments
- Door prizes
- Fresh flower corsage
- SWEET accessories for the night and to take home
- Digital images available from the photo booth with one keepsake print
- A night of memories with someone special

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Get that "SWEET" look by scheduling a hair appointment too! County Council members will be taking appointments from 3 p.m. – 5:30 p.m. that day for $10.

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**Pre-Registration Form due Jan 24**

Return form to: Washington County Extension, 2223 250th St., Washington, IA 52353 (319-653-4811)

Enclose the correct registration fee with this form. Make checks payable to Washington County Extension.

No refunds will be given.

**Please check the correct boxes below:**

$20/couple ______ How Sweet It Is, 6 p.m.—8 p.m.

$10 ______ Hair Appointment You will be called with your finalized time. Please number your Top 3 choices.

____ 3 p.m. ______ 3:30 p.m. ______ 4 p.m. ______ 4:30 p.m. ______ 5 p.m. ______ 5:30 p.m.

Name: ____________________________ Grade: ____________ Escort’s Name/relationship: ________________

Address: __________________________ City: ______________ Zip: ______________

Home Phone: ________________________ Cell Phone: ______________________

Family Email: ________________________

Are you a current Clover Kid or 4-H Member***? (circle one): Yes No ***Membership is not required to participate

Allergies: ____________________________

Does your child have any behavioral needs that we need to be aware for a positive experience?

**Parent Permission**

I hereby give permission for ___________________________ to attend this event sponsored by Washington County Extension. I understand that I will be notified if my child is not respecting others and in the event of severe weather I will pick my child up immediately. Extension staff/volunteers will supervise the event and provide necessary emergency care. If a serious illness or injury develops and medical and/or hospital care is necessary, I give permission for emergency treatment or surgery as recommended by the attending physician. Extension staff may photograph my child for media and website usage.

Parent’s Signature: ___________________________ Extension programs are available to all without regard to race, color, national origin, religion, sex, age, or disability.
4-H Skating Party

January 19
1pm-3pm
Wellman Skating Rink

What: Annual 4-H skating party hosted by 4-H County Council. An afternoon of fun and healthy movin’ and groovin’ with 4-H friends and family, door prizes, and games!

Who: All 4-H members, Clover Kid members, 4-H volunteers, families AND FRIENDS! Bring the whole family!

How: No pre-registration required. $4 to rent skates.

In the event of bad weather, listen to KCII 106.1fm for cancellations.

Washington County Extension
2223 250th St, Washington, IA 319-853-4811
www.extension.iastate.edu/washington

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