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December

1  4HOnline Re-Enrollment and Membership Due
1  Beef Blast
6  Youth Council Meeting @ 7:00 p.m.
16 Healthy Living Applications DUE
19 Extension Council Meeting @ 6:30 p.m.
20 Market Beef Weigh-In 3:00-6:00 p.m.
24-25 Christmas: Extension Office Closed
31 New Year’s Eve

Welcome 2019!

January

1  New Year’s Day: Extension Office Closed
15  CWF Applications DUE
21  Martin Luther Kind Day: Extension Office Closed

February

1  Iowa 4-H Foundation Scholarships DUE
1  State Recognition Day Applications DUE
14  Valentine’s Day
18  President’s Day

March

1  Wayne County 4-H Scholarship DUE
Hello 4-H friends, families, and guests! I hope you all had a great Thanksgiving and are looking forward to Christmas! As we love spending time with family and friends during break, it is also a wonderful time to think about next year's county fair exhibits, reviewing those record books, and for graduating members—applying for scholarships!

I have many project area books in my office for youth to look at to help! Or youth can visit: https://www.extension.iastate.edu/4h/projects-list

Check out the new presentation of How to Make a Record Book: https://www.extension.iastate.edu/wayne/page/member-info

Please remember financial assistance is available for any opportunity that youth are interested in: https://www.iowa4hfoundation.org/en/funding_for_4hers/iowa_4h_financial_assistance/

Hannah Wilson, County Youth Coordinator

641-872-1755  |  hmwilson@iastate.edu

IMPORTANT CLOVER KIDS NEWS

Starting in December, Clover Kids will now be meeting:

3rd Wednesday of the month
5:15-6:00 p.m.
Wayne County Extension Office

4-H Enrollment and Re-Enrollment

Please visit https://www.extension.iastate.edu/4h/4honline-information-families-and-leaders for help documents and the link to 4HOnline.

It is important to make sure your profile information: name, phone number, mailing address, etc. is up to date as this assists the County Youth Coordinator in contacting you with important 4-H news!

COMPLETE AS SOON AS POSSIBLE:

- 4-H enrollment or re-enrollment through 4HOnline
- Pay your $5.00 membership due to Wayne County Extension Office (Clover Kids has no fee)

Why is it important to complete your enrollment/re-enrollment?

- You will be covered under 4-H Insurance
- Sponsors help pay for your membership fee
- The CYC cannot invoice sponsors until ALL youth are in 4HOnline.

If you have any questions or need computer access, please contact the CYC.

Currently there are 130 active youth members in 4HOnline!
Thank you to all that attended the 4-H Awards Night! We had approximately 60 members, adults, and guests present. Congratulations to those that received awards! We are proud of you!

**4-H Awards Night**

**Congratulations to Spencer Wallace on being a recipient of the 2019 Youth Heifer Program!**

Spencer Wallace is a 7th grader who is involved in 4-H and FFA. While he is most interested in the animal side of agriculture, he is also interested in learning about what ingredients soil needs to produce good crops. His dream is to one day start his own cow-calf operation.

The goal of the Midwest Heritage Youth Heifer Program is to help future young farmers gain interest and knowledge of the beef cattle industry. Winners were chosen based on merit, future goals and their ability to care for the heifers. These individuals are 7th or 8th graders from Adair, Lucas, Madison, Wayne, or Warren County, Iowa. The program will span five years. During the program, each participant will maintain and submit accurate records of income and expenditures as well as a brief summary of activities annually. At the conclusion of the five years, recipients are responsible for paying back the market value of the three bred heifers.

**Midwest Heritage**

A Hy-Vee Company

Banking • Investments • Insurance

**Iowa State University**

Extension and Outreach
Healthy Living Club Challenge: Race Across Iowa is Back!

Kick Off: November 1, 2018—June 30, 2019

Clubs take part in the challenge by introducing a variety of healthy living practices during club meetings each month. Completing the challenges earns the clubs "miles" as they race across Iowa throughout all 20 regions of the state. Each month, your club submits that month’s tracker.

- **Water Consumption**—75 Miles
  - Offer water as the main beverage at club meetings

- **Fruits & Vegetables**—100 Miles
  - Include a fruit and/or vegetable as a snack choice

- **Physical Activity**—125 Miles
  - Organize a physical activity to get moving for 10-15 minutes

Every month there will be “Bonus Challenges” to earn extra miles!

Talk with your club leader today about joining the Race Across Iowa Challenge.

**Registration is now open!** For more information visit: [https://www.extension.iastate.edu/4h/healthy-living-club-challenge](https://www.extension.iastate.edu/4h/healthy-living-club-challenge)

CWF: Citizenship Washington Focus

June 14-22, 2019

Registration Deadline: January 15, 2019

Citizenship Washington Focus (CWF) is a 4-H leadership and civic engagement program for high school youth (completed grades 9-12 at the time of the trip). Each summer teens gather at the National 4-H Conference Center to learn what it means to be a strong leader in their community, country, and world.

- Trip cost is $1850. This includes all lodging, travel, tours, and a majority of meals.
- Financial Assistance is available: [https://www.iowa4hfoundation.org/en/funding_for_4hers/iowa_4h_financial_assistance/](https://www.iowa4hfoundation.org/en/funding_for_4hers/iowa_4h_financial_assistance/)
- Full details: [https://www.extension.iastate.edu/4h/cwf?fbclid=IwAR3RAbyvfaGs53SvPg48j_dmjXv7chuVPo43MSa5FqZpvMfVlfGW_Rc1Cc](https://www.extension.iastate.edu/4h/cwf?fbclid=IwAR3RAbyvfaGs53SvPg48j_dmjXv7chuVPo43MSa5FqZpvMfVlfGW_Rc1Cc)
Come Join Wayne County Youth Council!

The Wayne County Youth Council is composed of members in grades 8-12th who act as ambassadors for the Wayne County 4-H Program. Although it is not a requirement, it would be of great representation if 2 members from each 4-H Club could join!

Meeting will be: Sunday, December 6th @ 7:00 p.m. at the Wayne County Extension Office

What does youth council do?

- Winter Retreat
- Team Building Activities
- Assist the CYC at the Wayne County Fair and 4-H Awards Night
- Learn about serving as a State 4-H Council Member and attending the Iowa 4-H Youth Conference
- Form friendships that will last a lifetime

Save the Date: Market Beef Weigh-In

Thursday, December 20th
3:00-6:00 p.m.
Wayne County Fairgrounds-Chastain Show Ring

- Must be enrolled in 4HOnline BEFORE weigh-in
- If showing at Aksarben or Iowa State Fair, a $5.00 retinal image MUST be taken
- CYC will enter weigh-in information into 4HOnline following weigh-in date.
- 4-H member(s) must verify information in 4HOnline by February 1, 2019.
- Additional information can be found at: https://www.extension.iastate.edu/wayne/page/projects

4-H Scholarship Opportunities

Iowa 4-H Foundation: https://www.iowa4hfoundation.org/en/funding_for_4hers/scholarships/
Due: February 1, 2019

Wayne County 4-H Scholarship: https://www.extension.iastate.edu/wayne/page/member-info
Due: March 1, 2019

If you need computer access or help filling out application please reach out!
What is State 4-H Recognition Day?

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.

Important Dates:

- Applications open in 4HOnline November 15, 2018
- Application deadline 11:59PM February 1, 2019
- Interviews March 30, 2019, 9AM-3PM, ISU Campus

Available Opportunities:

- State Project Awards- 4-H'ers who have focused on specific project areas during their 4-H experience can apply for recognition for their efforts through this program.
  - In grades 9-12 at time of application
  - Up to 50 award recipients
  - $100 per award made possible by Iowa 4-H Foundation donor

- National 4-H Conference - is a week-long trip to our nation’s capital, March 28 – April 2, 2020. Youth will share their perspective on the 4-H program with national leaders, including Congressional members.
  - In grades 9-11 at time of application
  - 5-6 delegates will be chosen
  - $500 cost per participant

- National 4-H Congress - is held over the Thanksgiving holiday, November 22-26, 2019 in Atlanta, GA. The event includes dynamic keynote speakers, community service in the Atlanta area, workshops on leadership, cultural issues, and team building.
  - In grades 10-11 at time of application
  - 20 delegates will be chosen
  - $500 cost per participant

- State 4-H Council- group of high school students works directly with Iowa 4-H Youth Development staff to represent the program across the state.
  - In grades 10-11 at time of application
  - Up to 40 applicants will be chosen
  - Terms will be from the upcoming June through July of the following year.

- State 4-H Shooting Sports Ambassador- promote 4-H and specifically 4-H Shooting Sports.
  - In grades 9-11 at time of application; at least 15 but not over 18 on January 1 of the application year.
  - Applicants must be currently enrolled and have at least 3 years of enrollment in SESS
What is State 4-H Recognition Day? (Continued)

- Iowa 4-H Reporter Program is an opportunity for youth who have an interest in media and the communications project area. Selected participants will get to work with professional media mentors from Iowa Public Television, WHO Radio and the Iowa Newspaper Association and develop news media during two consecutive weekdays of the Iowa State Fair.
  - In grades 9-12 at time of application
  - Up to 16 applicants to be chosen

For ALL applications, program overviews, goals, and expectations please visit: [https://www.extension.iastate.edu/4h/recognition-opportunities](https://www.extension.iastate.edu/4h/recognition-opportunities)

Iowa 4-H Healthy Living Ambassadors Program

Iowa 4-H is looking for youth in grades 8-12, interested in the Healthy Living program priority area that want to serve as a 4-H Healthy Living Ambassador for the 2019 year.

Ambassador Duties:

- Attend the National 4-H Healthy Living Summit
  - February 15-18, 2019 in Chevy Chase, M.D.
- Trainings in January, February, and March
- Attend 1 hour monthly web calls
- Member of the 4-H Healthy Living Committee
- Embody the role of Healthy Living Ambassador to be the youth voice in your community to making healthy changes.

Registration Deadline: December 16, 2018

National 4-H Healthy Living Summit

The National 4-H Conference Center hosts a four day conference for high school youth on Healthy Living, February 15-18, 2019, at the National 4-H Conference Center in Chevy Chase, Maryland. This event will develop youth knowledge and skills in addressing today's health related issues including nutrition education, physical fitness, wellness, and emotional wellbeing.

Tentative Summit Trip Plan:

Depart: Thursday, February 14
Return: Monday, February 18

Expenses:

- Estimated cost for the trip is approximately $1,000.
- 4-H participants will be expected to cover $500 towards the trip, plus meals/souvenirs during travel.
- Iowa 4-H will cover remaining trip expenses.

For more information visit: [https://www.extension.iastate.edu/4h/iowa-4-h-healthy-living-ambassadors](https://www.extension.iastate.edu/4h/iowa-4-h-healthy-living-ambassadors)
Stay up to date with the Wayne County 4-H Program by visiting these websites:

- 4-H Website: https://www.extension.iastate.edu/wayne/4h
- Facebook Page: https://www.facebook.com/waynecounty4h

- December 15 at the Wayne Elementary School at 6:00 p.m.
  - Jacobson, Leaders

- December 13 at the Wayne County Extension Office at 6:30 p.m.
  - Wayne Wranglers: Amber Fickes

- December 17 at the Wayne County Extension Office at 6:00 p.m.
  - Benton Free Press: Tammy Terrell, Leader

- December 24 at the Seymour Fire Station at 6:30 p.m.
  - Warren Willpower: Amber Fickes

- December 7 at the Allerton Legion at 7:00 p.m.
  - Bentzen Bus Bees: Amanda O'Brien

- December 2 at the Wayne County Extension Office at 7:00 p.m.
  - Clio Southwesters: Tieko Nickell, Leader

- December 9 at the Wayne High School Lunch
  - Union Hotshots: Bridget Gostka

- December 8 at the Wayne County Extension Office at 7:00 p.m.
  - Cooking Club: Nicole Lutz-Polsdofer and Amber Fickes

- December 12 at the Wayne County Extension Office at 6:00 p.m.
  - Benton Batteries: Tammy Terrell

- December 12 at the Wayne County Extension Office at 6:00 p.m.
  - Clio Southwesters: Tieko Nickell, Leader

- December 13 at the Wayne County Extension Office at 6:00 p.m.
  - Warren Willpower: Amber Fickes

- December 12 at the Wayne High School Lunch

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