



## Worth County Connection

**We're not  
CLOSED.**

We're working  
differently.

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**We are here for YOU!**

Working from home can be an adjustment. Our friends at [Iowa Concern](#) have compiled some great resources focused on wellness while working from home.

Follow their suggestions as we all do our best to stay healthy.

Visit [iowahealthieststate.com](http://iowahealthieststate.com)

WORKING FROM  
**HOME**

**Eat Well**

fuel your body with  
healthy snacks & meals

**Move More**

go outside & find a new  
at home workout routine

**Feel Better**

make your mental health  
a priority

IOWA STATE UNIVERSITY  
Extension and Outreach

### Worth County Extension Calendar

#### MAY

- 5 State 4-H Virtual Fair Committee Webinar 1:3pm-2:30pm
- 6: Region 3 4-H Staff Meeting 9:00am.
- 6: Worth County Extension KGLO Radio Interview 9:30am
- 7 4-H eStaff Meeting 9:00am-1:00pm
- 8 4-H Livestock Judging Educational Workshop 9:00am-11:00am.
- 11 Worth County Extension Council Fair Planning Teleconference 7:00pm.
- 13 4-H Region 3 Extension Staff Meeting 9:00am.
- 14 Worth County Fair Board Meeting 7:00pm.
- 15 Worth County Extension Community Garden Planting Day 3:00pm
- 20 4-H Region 3 Staff Zoom Meeting 9:00am
- 20 County Extension Region 3 Directors WebEx Meeting 3:30pm.
- 21 Worth County Fair 4-H Town Hall Virtual Meeting 7:00pm
- 22 4-H Livestock Judging Educational Webinar 9:00am-11:00am
- 22 Master Conservation Planning WebEx Connect Meeting 9:00am
- 27 ISU Extension KGLO Radio Update 9:30am
- 28 Worth County Extension Council Meeting 7:00pm

#### JUNE

- J 4-Hers for 4-H Due 12:00pm
- 1 4-H Livestock ID's Due

### Worth County Fair Town Hall Teleconference Meeting

Join us on Thursday, May 21st 2020 at 7:00pm for the latest updates about the Worth County Fair and Extension Events/Activities.

-To join the teleconference please call: 641-591-6903.

-Enter the participant passcode 971245 followed by the # sign.

- For more information email [ljwaller@iastate.edu](mailto:ljwaller@iastate.edu)





- The ISUEO State 4-H Office recently announced that they will not be permitting any overnight 4-H camps and conferences this summer, therefore our June 30th to July 2nd State 4-H Conference has been cancelled for this year. We have not heard about the status of the Iowa State Fair, However, there is a state wide 4-H committee investigating the possibility of how a virtual fair could be organized.

- Please stay connected and hear the latest updates by liking our Worth County [4-H Facebook page](#), visit our [Worth County Extension Website](#) and follow along via 4-H Online Broadcast Emails.

-ISUEO wants to see the great things clubs have done and hear what makes each one unique. If any club leader or member is interested in participating please contact us to fill out a simple [letForm](#).

-The 4-H Youth in Action Award Deadline is now extended to May 18th, 2020. Complete the [application](#). 4-H youth can complete for a \$5,000 scholarship and a trip to Washington D.C.

-section.

## Livestock Project News

- 4-H Online [Animal ID Family Help Sheet](#) is updated.
- The 2020 State Fair Market Broiler Entry is due June 1st.
- The entry is now in FairEntry. Help sheets are on the [4-H Poultry Page](#) and the [4-H Livestock State Fair](#) webpage. --
- The 2020 State Fair 4-H Premium Book is now posted under ["Premium Book and Exhibitor Info"](#)
- ISUEO is offering a 4-H Livestock Judging Webinar on Friday May 15th from 9-11am. This is an excellent learning opportunity for any 4-H members wanting to learn about 4-H livestock judging at the County, Regional or State Level Competition. Please call or email to join.

## 4-H State Recognition

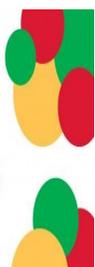
We would like to celebrate all of our Worth County 4-H'ers who participated in State Recognition day. Worth County 4-H once again led the state (2 yrs in a row) in nearly every State 4-H Recognition category. A special feature of their successes will be documented in a special edition newsletter coming soon.

## 4-H'ers for 4-H Campaign

The State Council invited 4-H'ers from across the state to "Count Your Clovers" and help provide support for 4-H members across the state. Funds raised from this campaign provide financial aid support for young people, helps to keep costs low for the State 4-H Conference and supports the State Council's efforts. Complete the [Count your Clovers Pledge Form](#) and return the bottom portion to the Worth County Extension office by Monday, June 1st. Learn more about the 4-H'ers for 4-H Campaign on the [Iowa 4-H Foundation webpage](#).



## AT HOME LEARNING RESOURCES



Looking for ways to beat being stuck at home and change up the learning routine. Check out these [learning resources](#). They are adding things almost on a daily basis. There are many challenges that are either daily or weekly. I would like to challenge you all to do something out of your comfort zone and you haven't done before while you are home and do 1-2 projects in this time you have. We would love to see the projects you are working on