

Clark County 4-H Weekly Update

January 8, 2021

Clark County 4-H Families and Volunteers:

Happy New Year and Go Bucks! As we enter the 2021 4-H Year, I encourage all of you to reflect on what you learned from navigating COVID-19 in 2020. Here is what I believe we learned from navigating COVID-19 during the 2020 4-H year:

We can ...

- **LOOK** into the crystal ball and **SEE** possibilities.
- **FACE CHALLENGES** with grace and perseverance.
- **LEARN** new **WAYS** of doing 4-H to "Make the BEST Better"-- ZOOM, YouTube, Facebook Live, Skype, Kahootz, etc.
- **RISE** above **ADVERSITY** when we work together.
- **SERVE** as positive role models for community **ACTION** and **CHANGE** even during a pandemic.
- **GIVE** what it takes to **ENGAGE** young people in reaching their 4-H goals.

Just like 2020, we do not have a crystal ball for 2021.

What we do have is...

- **COMMITMENT** to keeping you informed as **CHANGES** occur.
- **PASSION** for ensuring that the best 4-H program is offered - be it **VIRTUAL, FACE-to-FACE** and/or **HYBRID**.
- **FLEXIBILITY** to change course to meet the **NEEDS** of the 4-H membership.
- **AWARENESS** of the importance of **TEAMWORK** and **COOPERATION** to make the 4-H Program happen in Clark County.

THANK YOU FOR ALL YOU DO FOR THE CLARK COUNTY 4-H PROGRAM.

Weekly 4-H Updates: We will be sending out a weekly Clark County 4-H update on Fridays to help members, cloverbuds, volunteers and families plan their 4-H experiences and stay connected. If there is a topic that you would like us to highlight in a weekly update, please e-mail house.18@osu.edu. The updates will also be posted to the Clark County Web at <https://clark.osu.edu> under News and on the 4-H Weekly Updates Page replacing the 4-H newsletter page.

No In-Person Programming Until At Least January 18:

- A reminder that OSU Extension, Clark County staff are still **teleworking until January 18, 2021** per Ohio State University COVID-19 restrictions. Don't hesitate to reach out to us by phone – **937-398-7599** or **937-398-7604**, e-mail house.18@osu.edu or newman.221@osu.edu or at the office once we resume COVID-19 office hours – Monday – 11 AM to 4:30 PM, Wednesday – 9 AM to 4:30 PM and Friday – 11 AM to 4:30 PM or by appointment Monday through Friday.
- A reminder 4-H clubs can not hold in-person meetings and/or events **until at least after January 18**. We will let you know by text message, e-mail, weekly update when you may resume in-person programming. If in doubt, please call or e-mail us.



January – Ohio 4-H Mental Health Month

As the country grapples with a global pandemic, economic downturn, conversations on racial injustice and more, youth and adults are experiencing added stressors and seeking new ways to cope. Members and volunteers will have a variety of opportunities to participate in VIRTUAL Mental Health programming. Visit [January: Ohio 4-H Mental Health Month | Ohio 4-H Youth Development](#) to learn more.

Mental Health Training for 4-H Volunteers – Take advantage of one of these virtual trainings.

Register at <http://go.osu.edu/4HMHtraining>

- **Typical Adolescence vs. Emerging Mental Health Problems January 13, 6:00 - 7:00 p.m.** Learn to identify signs and symptoms that may point to an emerging mental health problem in our youth. Learn strategies for having impactful conversations with 4-Hers about their behavior and mental health.
- **Trauma Informed Approaches Training January 20, 6:00 - 8:00 p.m.** There are many types of trauma that impact the youth we work with. This session will give you an understanding of trauma and how to make your 4-H meetings a place of safety for those who have experienced it.
- **Suicide and Non-Suicidal Self Injury Training January 27, 6:00 - 7:00 p.m.** Learn to recognize the warning signs of suicide and NSSI and how to help someone you notice may be struggling. We'll give you tools to have impactful conversations and connect to key resources.

Healthy Body, Healthy Mind 4-H SPIN Club for YOUTH age 8 to 18– Take advantage of exploring the 4th H through this virtual 4-H club experience. **Must Register by January 14, 2021**

<http://go.osu.edu/healthymindsSPIN>

Jan. 19 & 26 and Feb. 2, 9, 16 and 23 - 5:30-6:30 pm by ZOOM. Join 4-Her's from across the state as we learn fun ways to keep our body and mind healthy. Yoga for Kids, games, activities and more all in the comfort of your home and in our virtual SPIN club setting.

Mindful Wellness - For Youth and Adults Including Parents and Grandparents

Tuesday, Jan. 12, 5:30 PM by ZOOM. Develop skills to strengthen the mind and body connection and promote holistic health and wellness across the lifespan. **Register at:**

<https://go.osu.edu/4hmindfulwellness>

Your Thoughts Matter 4-H Health Project

Want to learn more about 4-H's Health projects, watch Luke Uhlenbrock's, Clermont County 4-H'er review of Your Thoughts Matter 4-H project at <youtu.be/6GRbZnOfMOU>. If you decide to take this 4-H health project or any of the others, you can purchase the 4-H project book at the Clark County Extension Office or order at extensionpubs.osu.edu.

Start Getting Your 2021 4-H Project Books

It is never too early to select and start on your 2021 4-H Project Books. You can view the 2021 4-H Family Guide at <https://ohio4h.org/familyguide>. A simple list of 4-H projects is also available at <http://clark.osu.edu>. You may purchase 4-H projects during Extension Office hours or by appointment. For drive through service, call the Extension Office at 937-398-7604 to place your project book order and set day and time to pick-up project books if different than office hours. To pay for 4-H books by credit card, go to <https://go.osu.edu/clarkextensionpayment>, you will be given the total price to pay when you place your order.



New 4-H Projects

- **Medicine Science and Safety**
- **Tracking Your Health & Fitness**
- **Edible Landscape**
- **Exploring Polar Science**
- **Here, There, Ag Careers are Everywhere!**
- **Photography Basics, Book 1** (may use same book 1 to 3 years)
- **Next Level Photography, Book 2** (may use same book 1 to 3 years)
- **Mastering Photography, Book 3** (may use same book 1 to 3 years)

Revised 4-H Projects

- **Sew for Others**
- **Shotgun**
- **Muzzle Loader**
- **Living History**

New 4-H Project Opportunity at Fair

- **Single Roaster – Meat Rabbit:** A market roaster is one (1) meat breed rabbit born after January 23rd and at least 8 weeks of age by Rabbit Registration Day (April 10, 2021). Exhibitors may register 3 roasters, show 1 and sell 1. Exhibitors may purchase rabbit(s) for their roasters or breed their own.

For complete rules related to meat rabbits check the 2021 Clark County Jr. Fair Rabbit Rules -

https://clark.osu.edu/sites/clark/files/imce/Program_Pages/4H/ClarkCoFair/FairBook/2021%20Junior%20Fair%20Rabbit.pdf

Now Available on the Web

- **2021 Clark County 4-H Project Requirements** <https://clark.osu.edu/program-areas/4-h-youth-development/project-requirements>
- **Clark County Jr. Fair Rules** <https://clark.osu.edu/program-areas/4-h-youth-development/clark-county-fair>

Learn about new 4-H projects and opportunities and Fair related changes by reviewing these two important documents. **Don't assume that everything is the same.** There are numerous changes which are highlighted in red throughout both documents. If you have questions, please don't hesitate to reach out to us for clarification.

4-H Off to A Running Start Club Advisor Training

Every 4-H club **must have at least one 4-H volunteer participate** in one of the following training sessions. This training just received OSU Exemption to be held in-person pending any COVID-19 restrictions that could arise.

- **January 28 – Off to a Running Start - 6 PM to 8 PM, Youth Building**
- **January 29 – Off to a Running Start - 1 PM to 3 PM, Youth Building**
- **January 30 – Off to a Running Start - 1 PM to 3 PM, Youth Building**

An on-line registration survey will be made available by January 18 for volunteers to register for the session they would like to attend. The sessions are open to all 4-H volunteers.



4-H Volunteer BCI Fingerprint Re-Check

4-H volunteers that need to complete a BCI Fingerprint re-check this year were sent an e-mail and hardcopy letter this week. Please do not ignore or delay taking-action on this OHIO 4-H REQUIREMENT. You have until Feb. 28, 2021 to complete this requirement. If not completed by this date, your 4-H volunteer status will become inactive. The success of the Clark County 4-H Program is dependent upon 4-H volunteers' dedication, talents, skills, knowledge, and enthusiasm. If you have questions about the fingerprint re-check processes, please contact house.18@osu.edu.

REMINDER 2021 Ohio State Fair DNA Kits

Any 4-H or FFA member that wishes to show a market beef steer or market beef heifer at the Ohio State Fair in 2021 must submit DNA hair samples and I.D. their animal with an EID tag. DNA samples with completed envelope must be submitted no later than January 30, 2021. This year you must mail the completed and signed DNA envelope with sample to **Lizz Share, Extension Specialist, 222 Animal Sciences Bldg, 2029 Fyffe Ct, Columbus, OH 43210.** **Do not mail to the Ohio State Fair.**

Clark County 4-H and Project Related Committee Meetings

All Clark County 4-H and project related committees are meeting by ZOOM currently. The meeting dates and times are posted at <https://clark.osu.edu/program-areas/4-h-youth-development/committees>. Please check this listing and put meeting dates in your calendar. A text message and e-mail message are sent out with the ZOOM link to join. Committee meetings are open to all, but only active committee members may vote on business conducted by the committee.

January meetings

- **Horse – January 18, 7:30 PM**
- **4-H – January 25, 6:30 PM** (moved from January 11 because of the Championship Game)

In the 4-H Spirit,

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4-H Extension Educator
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CFAES provides research and related educational programs to clientele on a non-discriminatory basis. For more information: <http://go.osu.edu/cfaesdiversity>.
OSU Extension, Clark County and 4-H Youth Development educational programs provided with major support by the Clark County Commissioners:
Melanie Flax Wilt, Rick Lohnes, Lowell McGlothlin

