

4-H Newsletter

Message From Dana:

Dear Families:

Fremont County Extension office is following the guidance on the Covid-19 (Coronavirus) from the University of Idaho and the Idaho State Department of Health and Welfare.

Our office is currently closed but you can reach us by phone 208-624-3102 or email: dmiller@co.fremont.id.us or akunz@co.fremont.id.us. Payments will need to be mailed in to 19 W 1st N, St. Anthony, ID 83445.

With that in mind, we are finding different ways to deliver our 4-H program for now. Our office will post things on our 4-H facebook page and our department page on the county website.

Once you get your profile on the new ZSuites website, you will be able to record what you watched or things you did at home under the activity section.

You will have to use the honor system and contact your 4-H leader when you have completed a lesson and make sure you enter it in your record book.

Read the following pages in this newsletter about the different things available for you to do. I tried to break it down by Shooting Sports, 4-H Clubs, Horse, Livestock, Day Camps.

Thanks for your patience and hopefully we are headed into a great summer of 4-H.



University of Idaho
Extension



Fremont County Extension Office
19 W 1st N
St. Anthony, ID 83445
208-624-3102

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2020-2021 Enrollment

Please log on to 4honline.com and click on the state of Idaho. Your family information should already be in there if you enrolled last year. You will need to click on each child and review their information to make sure it is correct. There will be waivers and health information that will need to be updated. If you are doing the same projects, be aware that you will need to change the year you are doing that project. If you are not going to be doing that project there will be a button to push to delete it.

Payment for enrollment needs to be brought into the Extension Office.

Enrollment	State Fee	4-H Program Fee & Insurance	Total Fee
Traditional and Livestock Clubs (ages 8-18, on Jan. 1, 2020)	\$15	\$5	\$20 (each up to 3 children immediate family, then, \$5)
Horse Project Clubs (ages 8-18 on Jan. 1, 2020)	\$15	\$10 Idaho Horse Council/ District Horse Council	\$25 (each up to 3 children immediate family, then, \$5)
Volunteers	Paid by	Fremont 4-H	



Welcome to ZSuite!

Idaho 4-H record books are now online! Members and leaders will now have access to 4-H online record book keeping through ZSuite. A tutorial link is provided below to help get familiar with the new format. 4-H Volunteers and members can create accounts now, as the system is open. This video tutorial walks through the steps to create a new account https://4h.zsuite.org/login_help [4h.zsuite.org] There is also an online chat option available for any questions or concerns. Trainings on the new online record books will be scheduled soon, so watch your 4-H online account and newsletters for dates and times.

4-H Clubs (Cooking, Rockets, Afterschool Club, Etc.)

Your 4-H Leader will determine the method in which to meet as a club according to CDC guidelines. In the meantime:

- Make a household account on ZSuites.
- Wait for your 4-H Leader to contact you.
- Find some things to do online that you are interested in that relate to your project.
- Watch our facebook page to see different activities from 4-H learning sites.

Until we can meet face to face we will have to find different ways to still have a 4-H experience. I will do my best to keep you informed. We will all have to do our part!

Attention: Volunteer Club Leaders

All returning certified 4-H Volunteer leaders from last year will need to re-certify for the 2019-20 4-H year.

Volunteer Leaders cannot begin club meetings or activities until certification is met. As a reminder, the certification process includes:

Re-enrollment into your family profile on 4-H online.com (if you do not remember your login pass-word, there is an option to re-set it).

Sign all waivers and update all personal and club information as needed. If you are combining with another club or changing your club name, please let us know!

Complete the "Protecting Minor's Training" (required every year) located under the "Trainings" tab at the top of your account screen. Click on "Sign up for a training" and choose the "Protecting Minor's Training". Please view the entire video to the end. This alerts staff of your completion.

Update the background screening every three years. Volunteers that need to update their screening will be notified and sent the link to do so.



University of Idaho
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Livestock Members

4-H/FFA Swine Weigh In
Thursday, April 23 @ 6pm

4-H/FFA Sheep Weigh In
Thursday, May 21 @6pm

Mid Summer Weigh In
Thursday, June 18
Thursday, July 23
Scales Open 5pm—8pm

All Record Books Due
Monday, July 27 -
Wednesday, July 29
@5pm

**2020
Fremont
County Fair
August
3rd—8th**

Attention all Livestock participants !!!

1st Year Showman has been removed. Everyone will compete in their age groups only. Ages as of January 1, 2020

- Juniors: 8-10 years old
- Intermediates: 11-13 years old
- Seniors: 14- 18 years old
- FFA Members

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In regard to animal weigh-ins:

- Purchasing animals is a family choice – 4-H will not reimburse, and animals may be sold in different venues at the end of the summer.
- Have hand sanitizer readily available
- All personnel should wear rubber gloves, as in the past with Livestock Bio-hazard control.
- Unload the animal (s) by trailer, weigh, tag, reload and then go home.
- It is a best practice to only have an animal owner (or family member of the owner) handle the animals to and from the scales. Avoid having youth wait in line with the animal.
- Don't allow people to congregate around the scales.
- The weigh-in will be a safe place as long as we continue to practice biosecurity measures for livestock and follow CDC guidelines for humans.

Minimum Ending Weight for Beef (Steers) 1150 lbs

Minimum Ending Weight for Swine (Hogs) 235-300 lbs

Minimum Ending Weight for Sheep 115 lbs

Make a ZSuites Record Book.

4-H Livestock Lessons are on the University of Idaho website: uidaho.edu/4H/Livestock . They are easy to find, after you do a lesson, be sure to record it in your record. Your leader will have access to check your record book. Please be honest and let your leader know!

Hopefully we will all have a great summer in 4-H!

2020 4-H Camp

When: June 17—19

Where: Alpine Wyoming

Can you be away from home for 3 days and 2 nights? Come join us at camp. A bus is provided, you just need to bring your personal items, a sleeping bag and some good shoes. Meet new friends or hang out with your current friends.

What's new this year? We are going to stop at Heise and swim on the way home Friday.

Are you 13 years old or older and been to camp before? Apply to be a Junior Leader. You will have to attend a couple of mandatory trainings to be eligible.

General Camper Fee: \$70, Junior Leader Camper Fee: \$45

Hiking - Crafts - Games - Campfires - Fun



UPDATE!



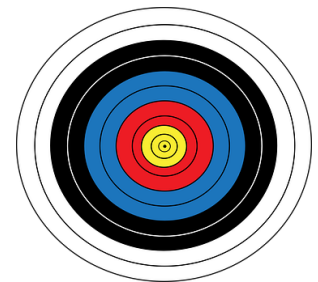
4-H Shooting Sports Club

We only had 2 meeting left to complete our club. But we will have our final meeting to hand out completion certificates and t-shirts. Thank you for attending all the 4-H meeting so far, we have one of the largest clubs in the state!

In regards to the State Shooting Match on June 12-13, 2020 in Boise. We will make sure all members who want to participate have enough club meetings and will have the opportunity to practice at the range prior to the Contest. Please send me an email, dmiller@co.fremont.id.us letting me know that you are interested in attending. Once I get the sign up sheets, I will mail them to you.

We have decided to move our **Invitational Match to Saturday June 27th** so members in other counties will have time to complete their club requirements. I will mail the sign in sheet closer to the dates.

Thank you to the leaders, parents and members for making our club so GREAT!



4-H HORSE

The Horse Deadline is May 8th, 2020

You must be signed up on 4honline and pay the \$25 fee.

Please mail your fees to:
Fremont 4-H
19 W 1st N, St. Anthony, ID 83445



Please create a ZSuites account online. Your 4-H leader will contact you on meetings through ZSuites or email. Meeting can be taught online by accessing lessons on the University of Idaho 4-H Website and other online venues.

Check your emails for upcoming events, the county department page: https://www.co.fremont.id.us/departments/extension_office/index.htm and our Facebook page.

Hopefully you will be on the back of your horse in May or June. Hang in there!!

2020 Day Camps

The list of Day Camps is on the county website:

https://www.co.fremont.id.us/departments/extension_office/index.htm

Sign up on Idaho.4honline.com under the day camp enrollment tab.

The Sportsman Skills Day or Wildlife Day Camp on May 9th has been cancelled!

We plan on having all our Day Camps in June and July. We will send notice if anything changes.



**If your looking for something to do, check out these websites for information.
When you do these activities be sure to record it in your ZSuites record book!**

Check your emails for upcoming events, the county department page: https://www.co.fremont.id.us/departments/extension_office/index.htm and our Facebook page.

We will be posting activities on our Facebook page at <https://www.facebook.com/UI4HYD/>. We will be updating that page and the list below. Please share your programs! By sharing, we can offer more opportunities for our youth.

Additional Resources:

Inspire Kids to Do actives provided by National 4-H Council

<https://4-h.org/wp-content/uploads/2020/01/4-H-Activity-Guide-Final-0126-2020.pdf>

Healthy Living activities provided by National 4-H Council

<http://4-h.org/wp-content/uploads/2019/04/4H-Healthy-Living-Activity-Guide.pdf>

Holiday activities provided by National 4-H Council

<https://4-h.org/wp-content/uploads/2018/11/4-H-Holiday-Activity-Guide-Final-11-21-18.pdf>

Our colleagues in Washington have put together a webpage with activities that parents or school-age care providers can use. It is a dynamic website, and they will continue to add curricula and activities (and some activities that are PDF's not just links) that are research-based and from trusted sources. <https://extension.wsu.edu/king/4-h/learning-links-4-h-and-more/>