



### January 2021, Lawrence County 4-H News, for 4-H Members, Families & Advisors



#### 4-H 2020 COVID-19 Time Capsule Creating a Family Time Capsule



2020 has been an unusual year to say the least. We are all living in a historic time with the global pandemic impacting so many parts of life as we have known it. A time capsule is a great way to capture this time and how your family has been impacted. Below is information about creating a time capsule in general and some ideas to capture this year.

##### CHOOSING A CONTAINER

When choosing a container for your time capsule think about...  
Where you will store your time capsule?  
How long it will be before you open your time capsule?

For indoors: a shoe box, wooden box, plastic storage container, or mason jar.

For outdoors, a weatherproof, non-biodegradable container ideally made of stainless steel.

Be sure that your container will not leak. Your container should keep out light, dust and other air-borne pollutants.

Even if you use a good container, there are many items that will deteriorate over time. When one item in a time capsule deteriorates, it can affect other items in your time capsule. It will also help to package items in acid free envelopes or zipper bags.



Image by Devanath from Pixabay

Designed by Christy Millhouse  
Extension Educator, 4-H

##### WHAT TO INCLUDE IN YOUR COVID-19 TIME CAPSULE

- A drawing of things that happened in 2020
- A facemask
- A roll of toilet paper or empty toilet paper roll. If you use a full roll of toilet paper, you could unroll some of the toilet paper and draw events from 2020 on it or have each family member write something he or she remembers.
- A picture of your family wearing facemasks or a porch picture of your family to remind you of the time when we had to stay at home
- A small, empty hand sanitizer bottle (be sure to rinse the bottle out and dry it)
- A picture of your ZOOM classroom
- A letter to yourself about your experiences in 2020
- Something you did during virtual learning – a note from your teacher, an assignment, a list of assignments for the week, artwork
- A USB drive with a video or pictures (Remember that the technology we use now may not be the same in the future so include non-technology items as well)
- New recipe your family tried while staying at home
- A craft you made while staying at home or something to represent a new hobby.

##### LOOKING FOR OTHER INFORMATION ABOUT CREATING A TIME CAPSULE

###### Check out these websites

- <http://www.ala.org/alcts/preservationweek/preserve-memories-create-family-time-capsule>
- <https://www.loc.gov/preservation/resources/educational/timecapsule/index.html>

preble.osu.edu

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 THE OHIO STATE UNIVERSITY  
COLLEGE OF FOOD, AGRICULTURAL  
AND ENVIRONMENTAL SCIENCES



#### 2020 4-H Time Capsule Activity

“2020 has been an unusual year to say the least. We are all living in a historic time with the global pandemic impacting so many parts of life as we know it. A time capsule is a great way to capture this time and how your family has been impacted. Check out the full document for ideas on what to add and activity sheets for Cloverbuds to also contribute to the time capsule: [Ohio 4-H Time Capsule](#)

#### Ohio 4-H Meetings & Events

Through at least January 15<sup>th</sup> all Ohio 4-H meetings and events must be postponed, cancelled, or held virtually. I know many clubs are excited to begin meeting, so please consider virtual as an option. I know connectivity is an issue for some, but there are many hotspots throughout our area to help with this and many fun ways to engage online. Tip sheets and virtual club meeting considerations can be found at [Virtual Meeting Agenda Resource.pdf \(ohio4h.org\)](#)

To help us all stay connected, Lawrence County 4-H will begin offering **countywide 4-H virtual check-ins** to share timely topics, fun ideas, and have opportunity for Q&A. These check in's will be on the 4<sup>th</sup> Tuesday, beginning January 26<sup>th</sup> from 7:00pm-7:30pm. Join us by registering for a connection link at [2021 Lawrence 4-H County-wide Connect](#)

#### Ohio 4-H Volunteer Mental Health Training

January is Ohio 4-H Mental Health Awareness Month. All Ohio 4-H Volunteers are invited to attend the Ohio 4-H Volunteer Mental Health Training series each Wednesday in January. These trainings will be held virtually on ZOOM from 6:00 – 7:00 p.m. Each training is stand alone, so you can pick and choose which training(s) you'd like to attend. The attached [flyer](#) gives detailed descriptions of each training

- January 6 – Mental Health 101
- January 13 – Typical Adolescence vs. Emerging Mental Health Problems
- January 20 – Trauma Informed Approaches Training
- January 27 – Recognizing the signs and symptoms of Suicide and Non-Suicidal Self-Injury

To register for any of the trainings, please go to <http://go.osu.edu/4HMHtraining>.

#### Ohio 4-H Healthy Body, Healthy Mind SPIN Club, Tuesday's January 19<sup>th</sup> – February 23<sup>rd</sup>, 5:30-6:30pm

For 4-H Members during January's Ohio 4-H Mental Health Awareness Month. All Ohio 4-H youth are invited to participate in a Healthy Body, Healthy Mind Virtual SPIN Club opportunity. 4-H'ers from across the state learn fun ways to keep our bodies and minds healthy. Each meeting members will practice yoga, explore a healthy living tool, play a game, and complete a challenge.. Register by January 14<sup>th</sup> at [go.osu.edu/healthymindsSPIN](http://go.osu.edu/healthymindsSPIN)

#### Lawrence County Junior Fairboard Opportunity

All Lawrence County 4-H and FFA members, 14 years or older as of January 1<sup>st</sup>, 2021 are eligible to participate in Jr. Fairboard. Come chat with us at our first meeting of the new year will be virtually Tuesday, January 8<sup>th</sup> at 6:00pm. For connection information, please email [Fralei.171@osu.edu](mailto:Fralei.171@osu.edu)

#### Lawrence County 4-H Shooting Sports Club

Interested in joining Lawrence County 4-H Shooting Sports, their next meeting is Sunday, January 10<sup>th</sup> at 2:00pm, virtually, email [Fralei.171@osu.edu](mailto:Fralei.171@osu.edu) for connection information. Deadline to register for 700 level shooting sports is Jan. 24<sup>th</sup>.





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### Don't Forget, Reminders from December 2020 News

#### **2021 Market Steer Tag-In, Forms Due January 1st**

FINAL REMINDER: All 4-H & FFA Exhibitors planning to exhibit a market steer at the 2021 Lawrence County Fair must complete the online form at [go.osu.edu/2021lawcomarketsteerid](http://go.osu.edu/2021lawcomarketsteerid). This form must be completed in its entirety by January 1<sup>st</sup> to be eligible to exhibit at market steer at 2021 fair.

#### **4-H Enrollment Open, <http://oh.4honline.com>**

We have been using 4-H Online as our 4-H Database for quite a few years now, but it has recently had an upgrade! Although the layout of the online enrollment may look different than before, good news is everything transfers over. Since the preferred method of enrollment is online, you will need to use your family email and password to login! The E-mail associated with returning members is the e-mail used for this message.

- If you are an advisor and have returning members who have not received this e-mail, please contact our office or have the member contact our office for log-in information. Do not create a new family profile, for returning members.
- If you are an advisor and have new members wishing to join your club, please have them create a new profile.
- Need help navigating the new website? Visit [How to Create and Use a Family Profile in 4honline 2.0](#)
- Need paper enrollment forms, forms can be found at [4-H Member Enrollment Form](#)

#### **4-H Project Selection and Ordering Process**

The 2020-2021 4-H Family Guide is now available online (<https://ohio4h.org/familyguide>), for project selection guidance. There are many ways you can order your 4-H project books for 2021:

- Download one for free, select from a dozen popular titles in the [Perfect Stay At Home Projects](#) collection. Click it, print it, do it.
- Buy one online! Families can order directly from [extensionpubs.osu.edu](http://extensionpubs.osu.edu). Ohio residents receive free shipping on orders of \$20 or more with the coupon FREE2021. Please note, books cost slightly more this way but can be shipped directly to any Ohio address for free, using the coupon.
- Advisors, place a club publication order, we have some books in stock but can place a bulk order for you. Please use the [Volunteer Order Form](#) and email order to [Matney.30@osu.edu](mailto:Matney.30@osu.edu). Once your order is complete, we will set up an appointment for you to pick up.

#### **2021 Lawrence County 4-H Senior Scholarship Application, Deadline March 15<sup>th</sup>**

The Lawrence County 4-H Committee honors Lawrence County 4-H Seniors, seeking higher education, with the opportunity to apply for a \$250.00 scholarship. Application and scholarship details can be found at [lawrence.osu.edu](http://lawrence.osu.edu)

#### **2021 Canter's Cave 4-H Camp Counselor Applications Available, Due February 1st**

The 4-H Camp Counselors are a group of 4-H teens selected to assist in being responsible for campers ages 8-18 during 4-H camp. As a result of participation, counselors will develop knowledge, skills, attitudes and aspirations needed for adult success, and the county 4-H program will be strengthened and expanded. Camp Counselors must be 14, as of January 1, 2021, to apply. Application, Roles & Responsibilities of a Camp Counselor, and training requirements can be found at [go.osu.edu/ABLMPCounselor](http://go.osu.edu/ABLMPCounselor). Please note, interviews and many trainings will be held virtually to allow us to connect and train with co-counselors in training from our camping group of Adams, Brown, Meigs, and Pike county.

#### **Current, OSU Extension, Lawrence County Office Hours, as of January 1st**

Currently the Lawrence County Courthouse remains closed to the public and all employees are working virtually. As of January 4<sup>th</sup>, Rachael will return to office office, Monday, Tuesday, and Thursday each week, and available for appointments from 9:00-3:00pm. To be permitted into the courthouse, you must schedule an appointment, at least one day prior. We are available remotely on Wednesday's and Fridays. 740-533-4322. Rachael, [Fraley.171@osu.edu](mailto:Fraley.171@osu.edu) or Paige, [Matney.30@osu.edu](mailto:Matney.30@osu.edu)

