

# MINNESOTA 4-H CLOVER UPDATE

NW Region / Mahnomen County

March, 2014

 UNIVERSITY OF MINNESOTA | EXTENSION



**"The Diamond Within - BLU"**  
participants:

Christopher Braaten,  
Sydney Clark, Maggie Hedstrom,  
Tate Hoseth, Laney Swiers,  
and Mackenzie Lampton-Olson

## CONTACT US

Mahnomen County  
115 E Madison Avenue /PO Box 477  
Mahnomen MN 56557  
218-935-2226  
Fax: 218-935-5412

Gerri Swiers  
4H Program Coordinator  
Email: swier023@umn.edu

Website:  
[www.extension.umn.edu/county/mahnomen](http://www.extension.umn.edu/county/mahnomen)

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## Calendar of Events



### Looking Ahead .....

- Speak Up and Be Heard / March 4<sup>th</sup> / Mahnomen Public School
- 4-H After School Program / March 11<sup>th</sup> - Recycled Crafts
- Beltrami County 4-H Rabbit Fun Show / March 16<sup>th</sup> / Bemidji
- 4H After School Program / March 25<sup>th</sup> / Planting Power
- 4-H After School Program / April 1<sup>st</sup> - Mad Scientists
- Recreational Leadership Training / April 5th
- National 4-H Conference, Washington, D.C. / April 5-10
- Aerospace Event / April 27-28<sup>th</sup> / UND Aerospace Sciences
- UMC Science Career Camp / June 3-5
- YELLO! Leadership Retreat, MN State Fairgrounds, St. Paul / June 9-12
- Sandhill Lake 4-H Camp / June 20-21
- Shooting Sports and Wildlife Camp / August 6-7



## The Diamond Within

Six area youth explored the “**The Diamond Within**” at the 2014 BLU (**Building Leadership & Understanding**) 4-H Training in Crookston February 15<sup>th</sup>-16<sup>th</sup>. Building Leadership and Understanding (BLU) is an exciting and fun overnight leadership adventure that brings together youth from across Minnesota. Youth learn and practice valuable skills that they will be able to take back with them to their counties and communities and use throughout their lives. Christopher Braaten (8<sup>th</sup> grader NCE), Sydney Clark (6<sup>th</sup> grade Mahnomen Elementary), Maggie Hedstrom (6<sup>th</sup> grade Mahnomen Elementary), Tate Hoseth (7<sup>th</sup> Grade NCE), Mackenzie Lampton-Olson (7<sup>th</sup> grade Waubun) and Laney Swiers (6<sup>th</sup> Grade St. Michael’s School) joined more than 100 other 6<sup>th</sup> - 12<sup>th</sup> grade youth at this leadership training event lead by Minnesota State 4-H Ambassadors. The 2014 BLU event focused on self-awareness and stress and involved small group discussion, large group activities and social time. Meeting other kids (cute girls/ambassadors), learning how to line-dance, trying Yoga poses, discovering personality traits and playing games were some of the favorite things about the BLU event. All six participants shared some of their newly-learned skills by presenting a skit to the Cloverbuds/4-H members at the February 16<sup>th</sup> 4-H meeting.

## Have Talent to Share??



Looking for activities/events for kids or have a special talent/skill you’d be willing to share? - contact the Mahnomen County Extension Office 218-935-2226. There are projects /events for all areas of interest: from aerospace to zoology! Currently looking for wood crafts & crochet trainers! 4-H Slogan: “Learn By Doing”

## Speak up and Be Heard

**Meet a radio announcer, listen to story tellers and learn how to speak up in public!**

- 4-H after school March 4<sup>th</sup> 3:15-5:15  
Mahnomen Public School Auditorium
- This program is offered to Kindergarten- 6<sup>th</sup> grade students
- Speakers, games, learning activities and a snack

## Upcoming 4-H After School Programs

Contact the Extension Office for more information. **Cost: \$2.00 per session or \$5.0 for ALL four!**

- **Tuesday, March 11th** - T-shirts Revisited & Recycled Crafts  
(Bring OLD, clean T-shirts - as many as you want to get rid of - DON’T buy anything new-these are cut up)
- **NO AFTER SCHOOL** on Tuesday, March 18th Beef Quality Assurance Training in Waubun 4:00 - 6:00 p.m.
- **Tuesday, March 25<sup>th</sup>** - Planting Power  
You will take home a mini-greenhouse
- **Tuesday, April 1<sup>st</sup>** - Mad Scientists  
Unleashed Fun experiments and activities to try on April Fools’ Day - Science, Technology, Engineering & Math

## The Mahnomen County Farm Bureau and Minnesota Beef Council Are Sponsoring

### Beef Quality Assurance Certification Training

- Tuesday, March 18th from 4:00-6:00 pm at **Pappy's Restaurant**  
Main Street, Waubun

This highly recommended training gives livestock producers, FFA and 4-H youth needed tools to assure they're producing a safe and sustainable beef product for the consumer. Participants will be certified in numerous areas of beef handling, production and consumer information. Farm Bureau and Farmer's Care Program support this event to help farmers and the consumers connect. **Please contact Deb Hoseth 701-429-4050 or Gerri Swiers Mahnomen 4-H coordinator 218-935-2226 to register. There is no cost to the program and lunch will be served.** All those in the beef industry should plan to attend. Thanks for your support.

## Aerospace Event

**April 27-28, 2014**

**UND Aerospace Sciences, Grand Forks, ND**

A two-day camp to teach youth age 12 to 15 about aerospace. Discover your future in the world of aerospace careers!

- Learn about the basics of aircraft structure, navigation and aerodynamics
- Tour the altitude chamber
- Learn about air traffic control
- Take the controls in a digital aircraft simulator
- Tour UND Aerospace

**Registration is due by April 9, 2014**

- Open to any youth ages 12 -15.
- Registration is on a first come - first serve basis. Groups should register together.
- A registration fee of \$35 must be included in the registration. Fee includes materials, lodging, Sunday evening meal and snack, along with Monday morning continental breakfast at the motel.

For more information and registration materials, visit the website at:

[http://www.ndsu.edu/4h/programs\\_events/overnight\\_tripscamps/aerospace\\_event/](http://www.ndsu.edu/4h/programs_events/overnight_tripscamps/aerospace_event/)

## Kitchen Concoctions

### 4-H/Cloverbud / February 16th



The newly-trained BLU attendees (Christopher, Laney, Mackenzie, Maggie, Sydney & Tate) led the meeting with an informational

skit and a fun, hand-holding circle game. 18 kids and 9 adults began stirring, measuring and shaking after that at each of these three stations: Frozen Dairy Delights with Gina & Kaden Noll, Cabbage Juice Indicator Experiment and Home-Made Play Dough. The ice cream creating, play dough making and skit performing were voted as favorites of the day. The youth also shared ideas for future meetings which included: visiting the Waubun School Forest, bird house project/art with wood, drawing, baking, playing outside, crocheting and a camp fire. If you have a talent or activity for any of these ideas, please contact the Extension Office!

The Mahnomen County 4-H Federation meeting followed at 5:30 and the night concluded with a potluck meal.

## Washington Focus Fundraiser

Gene Snetsinger, Jake Worms & Mike Bisek are registered for Citizenship Washington Focus this July. A Steak Supper is being held to help raise funds. **The Steak Supper will be held on Saturday, March 22 at the Mahnomen Area Service Center serving at 5:00pm & 7:30pm. The cost of a ticket is \$20 per person and can be purchased from Gene, Jake, Mike and also from the Extension Office.** All support is greatly appreciated! Deb Hoseth applied for and received a \$500 MN Beef Council Grant to help with the cost of the beef for the steak supper.

## 4-H X-Camp (Exploration Camp) at University of Minnesota Crookston

**June 3 – 5, 2014**

***A new camp experience for youth in grades 6 – 8 (and a new opportunity for camp counselors).***

Details are still being planned, but mark your calendars now! This camp will offer youth the opportunity to work alongside University of Minnesota faculty in a variety of topics, using university resources. We anticipate fun, hands-on activities in agricultural science, natural resources, fine arts, science and mathematics, and possibly entrepreneurial business adventures! And 4-H'ers will get to experience what it's like to be college student by living in the dorms! Of course, you'll meet students and faculty at the University of Minnesota Crookston and you'll also make new 4-H friends from northwest Minnesota and eastern North Dakota.

We're anticipating the cost to be \$125 (but it could be less). Watch your future Clover Updates for more information and how to register.

## 4-H Volunteers: Watch and Win!

Minnesota 4-H wants to help our volunteers easily access the training and support you need. We've rolled out 30-minute online training modules:

- Creating a Welcoming, Engaging and Encouraging Environment for Youth
- The 4-H Learning Environment
- 4-H Project Leaders: Where the Action Starts!
- Managing 4-H Clubs: A guide for 4-H Club Leaders

### **AND COMING SOON...**

- Ensuring Safe 4-H Environments
- Keeping Youth in 4-H
- 4-H Financial Management
- Chaperon Training

Training modules for individual viewing can be accessed through any adult volunteer account in 4HOnline. A detailed user guide is available at [www.4-H.umn.edu/volunteer/online-training](http://www.4-H.umn.edu/volunteer/online-training)

Reward yourself! For each module you complete, your name will be put in a drawing for a \$25 gas card or 4-H Mall card. Four names will be drawn on April 1, July 1, and October 1, 2014.

## Beltrami County 4-H Rabbit Fun Show

**Where: Beltrami County Fairgrounds/Bemidji**

**When: Sunday/March 16<sup>th</sup>**

**Time: Registrations starts at 10:00 a.m. Show begins at 12:00 noon**

**Cost: \$ 2.00 per rabbit**

- ✓ Must be enrolled in a county 4-H program to show
- ✓ Please bring a tart for under your rabbit cages

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218-935-2226 | [www.extension.umn.edu/county/Mahnomen](http://www.extension.umn.edu/county/Mahnomen)

- ✓ Education Exhibits
- ✓ Rabbit Tattooing Available
- ✓ Agility Demonstrations
- ✓ Superior Equipment available for your equipment needs
- ✓ Rabbits available for sale
- ✓ 4-H youth get your rabbits before the **May 15<sup>th</sup> Animal ID Deadline!**

## Awards

- ✓ Ribbons for All Breeds
- ✓ Trophies for Best in Show and Reserve in Show
- ✓ Showmanship Medals for Champions
- ✓ Fun Rabbit Award Too

Lunch Stand Available. Need more information??  
**Contact Beltrami County 4-H Office at 218-444-5722**

## Recreational Leadership Training

Interested in being a camp counselor? Or maybe just interested in gaining some leadership skills and having a fun time?! New this year will be **“Recreational Leadership training”**. The location is not yet determined but **Save this Date! April 5th from 10 a.m.-4 p.m.**

This training is for any 4-H member who is currently in 7th grade or above who wants to:

- Learn fun ways to lead a group
- Enhance their leadership skills
- Meet new friends from around the NW Minnesota area
- Have fun with some team building activities!

***This workshop is not just for youth interested in being a camp counselor, however if you are interested in being a counselor this workshop is a part of the camp counselor application process.***

Anyone who wants to build their leadership skills and have fun is welcome to come! If you would like to sign up please contact your local

County Extension office for more details about transportation and fees.



## 2014 4-H Summer Camps *Save The Dates!*

**June 3-5 - UMC Science Career Camp (grades 6-8)**

**June 20-21 - Sand Hill Lake 4-H Camp (grades 3-6)**

**Aug 6-7 - Shooting Sports & Wildlife Camp, Lake Bronson (grades 3-8)**



## Message from Dorothy ....

**Dear 4-H Families/Volunteers:**

Last month, I had the honor of presenting Cornelia Kryzer of Winona County with the 2014 Minnesota 4-H Salute to Excellence Outstanding Lifetime Volunteer Award. The award is presented to acknowledge the critical role that volunteers play in providing positive learning experiences for youth in the 4-H program. Kryzer started as a 4-H member of the Wilson Fireflies 4-H Club. As an adult, she became a volunteer 4-H club leader for the Happy Hart 4-H Club and served in that role for 50 years.

Research shows that volunteers and the mentorship they provide are key influences in positive youth development. Adult volunteers are 4-H's most valuable asset in delivering the youth-led, adult guided programs that support youth as they acquire the skills they need to learn and lead in their lives.

The greatest reward our volunteers experience is seeing the results of their efforts and the impact on the youth they mentor. Rachel Salwey, the current youth president of the Happy Hart 4-H Club and one of the many youth who benefited from Cornelia's years of mentoring, recommended Cornelia for the

lifetime volunteer award. Rachel praised Cornelia for innovative approach to mentoring, and the way she determined a youth's style of learning and adapted to cater to their needs. "I personally was recruited by Corny and have been rewarded more than I could have ever imagined," said Rachel. "Corny has given me opportunities to develop new skills and broaden my horizons, and has helped to shape me into the leader I am today." I'd like to thank all of our 4-H volunteers. Your passion and commitment to positive youth development is making a difference and changing the lives of all of the youth you mentor.

Sincerely,  
**Dorothy M. Freeman**  
Associate Dean and State 4-H Director

## 4-H Lama Training Clinic

4-H is excited to invite youth to a state-wide clinic to learn about lamas in a fun, hands-on way! The Lama Training Clinic will be from 9 a.m. to 2:30 p.m. on Saturday, May 3, 2014 at the Benton County Fairgrounds, Sauk Rapids. Beginner and advanced youth are encouraged to attend and bring their lamas. But if you do not have a lama, please do not worry, we will introduce you to these amazing animals! The cost is \$5 per youth; lunch is not included. Youth 2nd grade and under will need to be accompanied by an adult while handling an animal. Non 4-H'ers are welcome, but they must complete the short proper short-term membership paperwork before the clinic.

For more information, go to the Benton County web site:  
<http://www3.extension.umn.edu/county/benton/4-h/event/4-h-lama-training-clinic>.

Contact Cheryl for further information or to register. Phone: 320-654-8180, after 5 p.m.  
Email: [cpflipse@umn.edu](mailto:cpflipse@umn.edu). **Please RSVP before April 28, 2014.**

## Scholarships for College-bound 4-H Youth

Are you entering college this fall? Did you know that each year the Minnesota 4-H Foundation awards over \$20,000 in scholarships to college-bound 4-H'ers? **Applications are due April 15, 2014.** Visit the Minnesota 4-H Foundation website at: <http://z.umn.edu/sga> to learn more. Contact Erin Kelly-Collins ([erinkc@umn.edu](mailto:erinkc@umn.edu) /612.624.7667) for questions.

## 4-H Silent Movie Introduces Science/Engineering Practices

Every part of our lives is affected by science. How will your club develop the science and engineering skills of club members? This topic can be introduced by using the 4-H silent movie Who Took My Book. Many everyday mysteries (like answering "who took my book!") can be solved by using the scientific method and the 8 Science & Engineering Practices. Our 4-H members, volunteers and clubs can use this video to introduce the topic in a fun, engaging and exciting way. Check out Who Took My Book at the 4-H Science, Engineering & Technology website: [www.4-H.umn.edu/projects/set/](http://www.4-H.umn.edu/projects/set/). Club programs, or any volunteer led group, can complete the investigation seen in the video. Contact your county Extension office to reserve the kit today.

## National 4-H Conference Delegates

This year's National 4-H Conference delegation has been selected. The delegation will consist of Kate DeAnn Harrington, Clay County; Alison Marie Durham, Watonwan County; Jacob I. Goeldi, Fillmore County; and MacKenzie Leigh Streich, Lac qui Parle County. The youth delegates were competitively selected by a panel of University of Minnesota Youth Development

staff. Additionally, a 2013 Minnesota delegate, Logan Johnson, Traverse County, was selected as one of five youth across the country to the National 4-H Conference Leadership Team. Logan will serve as co-chair of the team whose goal is to lead and implement various aspects of the 2014 conference. Logan will share the chair position with Jacquie Lonning, State Program Director of Citizenship & Leadership at the University of Minnesota Extension Center for Youth Development.

## 4-H Volunteer Training 24/7

4-H is offering a series of dynamic, interactive 30-minute online training modules to help volunteers build their skills and knowledge from home at any time of the day or night. These trainings are available to all adult screened volunteers, through <https://mn.4honline.com/>. Check out current online volunteer training topics:

- Creating a welcoming, engaging and encouraging environment for youth
- Managing 4-H Clubs - Online 4-H Volunteer Training
- The 4-H learning environment
- Project leaders: Where the action starts

Coming soon are new topics:

- Keeping youth in 4-H
- Ensuring a safe 4-H environment
- Chaperone training
- 4-H financial management

To get a preview of the current trainings, visit: [www.4-H.umn.edu/volunteer/online-training/](http://www.4-H.umn.edu/volunteer/online-training/).

## 4-H Celebration of Minnesota Agriculture

On March 20th at the Minnesota History Center in St. Paul, the Minnesota 4-H Foundation will host a Celebration of Agriculture beginning at 6:00 p.m. Please join us in celebrating the abundance of food and fiber produced by Minnesota farmers and support 4-H's commitment to agriculture education! For more information and to RSVP please call 612-624-7971 or visit the event website at: <http://z.umn.edu/CelebrateAg>.