

MINNESOTA 4-H **CLOVER UPDATE**

NW Region / Mahnomen County

November, 2013


UNIVERSITY OF MINNESOTA | EXTENSION



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Calendar of Events



November

- 18 Fall Volunteer Leader Training** 7 – 8:30 pm, (meal at 6:30 pm),
Topic: Hooray! You’ve Got 4-H Parents! Now What??, Courthouse, Red Lake Falls
- 24 / Holiday Greens Decoration Project Afternoon / 3:30 p.m. / Area Service Center**
- 24 / Federation Meeting/Pizza Party / 5:00 p.m. / Area Service Center**
- 
November 28th-Happy Thanksgiving. Office Closed

Looking Ahead

- Minnesota 4-H Adult Volunteer Association (HAVA) Conference
- BLU Leadership Retreat, Crookston Inn / February 15-16
- National 4-H Conference, Washington, D.C. / April 5-10
- YELLO! Leadership Retreat, MN State Fairgrounds, St. Paul / June 9-12

4-H/Nutrition After School “Food and Fun Around The World”



In October, Mahnomen County 4-H and the Norman County Nutrition Program with the Mahnomen Community Education and Ogema School-Age Child Care sponsored “Food & Fun Around the World”. Africa was the destination for our first adventure. We experienced the magic found in Africa’s diverse and rich heritage through books, trying on *Paros* or *Sarongs*, playing games, tasting sweet potato cookies and real ginger ale, and creating African-inspired crafts (foil wall mask, Kente paper weaving and necklace beading). Forty-six students from the Mahnomen Public School, St. Michael’s School and the Ogema School-Age Child Care (S.A.C.C.) attended the program.

“Journey to Japan” was the second trip offered by the 4-H/Nutrition after school program. Fifty-eight children from the area schools joined in this journey. The students played Jan-Kem-Po (rock-paper-scissors), used chopsticks to eat rice crackers with seaweed and edamame and drank tea. They had the opportunity to make one of the following crafts: paper *Uchiwa* (fan), Japanese folding screen or an origami cat.

Plans are in the making for November 12th in Mahnomen and November 14th in Ogema to visit Mexico (which was the students’ top-pick for the next place to visit). Watch for updates on further travel plans.

A special thanks to Sonja Meline, Linda Houghlum and Rebecca Donner for their help with this program and to our youth volunteer; Lindsey Swiers. Another shout-out goes to Kim Kochmann the Mahnomen Community Education Coordinator and Kristen Zima S.A.C.C. Coordinator and her staff

Holiday Greens Decoration with Ray Bisek



Fun for the WHOLE family!

***November 24th, 2013
Mahnomen Area Service Center***

PLEASE CALL THE EXTENSION OFFICE TO REGISTER!

3:30 p.m.

- Holiday Greens & Other Craft Projects
- Bring pinecones, feathers and small ornaments to personalize your swag/wreath

5:00 p.m.

- Federation Meeting
- Pizza party following the 4-H Federation Meeting

- ✓ Do your online 4-H enrollment **BEFORE the meeting by going to mn.4honline.com or online enrollment will be available during the meeting – Goal 100% enrollment before December 1st!**

- ✓ Bring back your filled-in assignment sheet from “Mind your Manners & The Table is Set”

Call the Mahnomen County Extension Office with any questions #218-935-2226

National 4-H Week October 6-12- 2013:

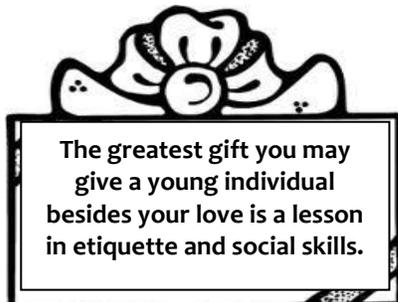
- ☘ Reached almost 50 kids during the 4-H/Nutrition “Food & Fun Around the World” after school programs in Mahnomen and Ogema - many of these youth not currently involved in 4-H!
- ☘ 42 students & 7 adults from St. Michael’s School visited the Mahnomen County Extension Office to find out more about 4-H through a Head, Heart, Hands & Health Hunt!

About 40 kids and adults attended the October 20th Cloverbuds meeting: “The Table is Set & Mind Your Manners” at the Mahnomen Area Service Center. Demonstrations included:

Correct table setting procedure.

- *What to do if you “BURP!” or “FART!” at the table.*
- *How to politely handle food you don't like.*
- *Fun ways to fold napkins: bow, pocket, fan...*
- *Etiquette for everyday situations.*

It was followed by a Mahnomen 4-H Meeting and a potluck supper - the tables were set by the Cloverbuds and other 4-Hers present. Good manners were displayed by all =)



4-H Enrollment and Re-enrollment for 2013-2014

Don't miss out! The new 4-H year began on October 1 and all 4-H youth and volunteers must be enrolled (or re-enrolled) in order to participate or volunteer in Minnesota 4-H. Enrolling early ensures continued communication about 4-H opportunities and deadlines as well as accident coverage while participating in 4-H programs.

Youth may enroll as Cloverbuds (Grades K-2), club members (Grades 3-13), or independent members (Grades 6-13). Project interests are selected as part of the enrollment process but may continue to be updated until county fair exhibit registration is due. Enrollment options are detailed at www.4-H.umn.edu/be-a-4-H-member.

MN 4-H uses 4HOnline.com, which means that families can go online to enroll new members and to re-enroll returning members and volunteers. In addition, club and project leaders can access enrollment data in 4HOnline related to their club or project area. Full details about 4HOnline.com are available at www.4-H.umn.edu/4honline.

New (first time) 4-H adult volunteers are always welcome and needed! To get started, interested adults must first complete the three step 4-H volunteer screening process before enrolling. Instructions and forms are available at www.4-H.umn.edu/volunteer/#application

Please enroll your families for the new 4-H year. Go to www.4honline.com to re-enroll or to enroll for the first time. If you have any questions or problems during this process please call the Mahnomen County Extension Office.

2013-2014 Annual Fall Volunteer Training

Adult volunteers and youth leaders are encouraged to attend the 2013-2014 annual volunteer training, which will use the North Central Region 4-H Volunteer e-Forums broadcast to local county training sites. Join with other 4-H volunteers in your community and across the 12-state North Central Region to learn cutting edge information that will help you work effectively with 4-H members. You will benefit from the feedback and discussion of other state 4-H programs and develop new skills for facilitating learning experiences and for applying this in your work with youth in 4-H projects, clubs, and activities.

November 18th

Topic: Hooray! You've Got 4-H Parents! Now What???

You've Got 4-H Parents! Now What??

Presented by: Pat McGlaughlin, University of Illinois; Steve McKinley, Purdue University; Mary Jo Williams, University of Missouri

Parents play a critical role in deciding the organizations in which their children will participate. The experience the family has in 4-H during their first year is important for long-term participation. This session will help volunteers explore a variety of strategies to increase positive parental support of local 4-H programs. As a result, parents will stay connected with their own children, recognize mutual expectations and responsibilities between parents and volunteers, and become caring adults for other youth.

- 7 - 8:30 pm, (meal at 6 pm), Courthouse, **Red Lake Falls**

December 3rd - 6:30 pm (light supper),
Topic: Strategies to Keep Teens Engaged in 4-H Programs

Presented by: Becky Harrington, University of Minnesota; Kandi O'Neil, University of Wisconsin; Brenda Shafer, University of Minnesota; Rachele Vetter, North Dakota State University

Research has clearly shown that quality youth programs, those proven most effective and rated highly by young people themselves, are masterful at engaging youth at the highest level in planning, making choices, and reflecting on their learning. Attention to making youth programs fun, interesting, welcoming and encouraging to young people in our 4-H Youth Development programs is important but not enough. This session, co-developed and delivered by youth, will provide insight, tools and resources volunteers can use to more effectively engage and meet the needs of teen members, a common challenge in youth programs.

- 7 - 8:30 pm (light meal at 6:30 pm), Clearwater County Courthouse, **Bagley**
- 7 - 8:30 pm (light meal at 6:30 pm), UMC Boardroom, **Crookston**
- 7 - 9 pm (light meal at 6:30 pm), Mahnomen Service Center, **Mahnomen**
- 7 - 8:30 pm (light meal at 6:30 pm), Family Service Center, **Moorhead**

January 14th

Topic: Using Technology to Improve the 4-H Experience of Youth and Adults

Presented by: Rod Buchele, Kansas State University; Molly Frendo, Michigan State University; Mark Light, The Ohio State University; Kari Robideau, University of Minnesota

Technology can be a great tool to support better communication and learning with 4-H participants. However, keeping up with the latest trends and changes can be challenging and overwhelming. This session will share some easy ways that technology can help 4-H leaders be

better connected with youth participants. It will also briefly explore ideas on integrating technology into 4-H projects to enhance the life skill development and 21st century skills of young people.

- 7 - 8:30 pm (light meal at 6:30 pm), UMC Boardroom, **Crookston**
- 7 - 8:30 pm (light meal at 6:30 pm), Mahnomen Service Center, **Mahnomen**

February 10th

Topic: Community Service Learning

7 - 8:30 pm (light meal at 6:30 pm), Family Service Center, **Moorhead**

These times and dates don't work for you? Volunteers are welcomed at any location. Visit the following website to find other trainings near you <http://www.4-h.umn.edu/volunteer/training-2013>. There is no cost, but registration is requested by contacting the County Extension Office three days prior to the training.

Message from Dorothy



Dorothy McGeorge Freeman
State 4-H Program Leader

Dear 4-H Families/Volunteers:

Minnesota 4-H's vision is to provide hands-on opportunities for youth to learn, lead and contribute in their school, college, career and communities, now and throughout their lives. Our 4-H alumni are shining examples of 4-H's impact in developing generations of leaders in Minnesota.

The current edition of Extension's *Source* magazine is now available and includes a story about Extension 4-H alumni and former speaker of the Minnesota House of Representatives Margaret Anderson Kelliher. In it, she talks about

how 4-H equipped her with skills and experiences that paved the way for her years of service and leadership as an adult.

I hope you will read this story and share it with people in your community to help them understand the important role 4-H plays in preparing youth to lead, contribute, and help Minnesota communities thrive. You can find the article on Extension's web site here: www1.extension.umn.edu/source/fall-2013/4-h-alumni-give-back-to-communities/.

Sincerely,

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

Sharpen Your Skills as a Project Leader

4-H offers young people a large menu of projects to learn skills. Project leaders have an important role in helping members plan and carry out projects. The online training *4-H Project Leaders: Where the Action Starts* will address the knowledge, skills, and resources volunteers need to be successful in their project leader roles.

The training is part of a series of dynamic, interactive 30-minute online training modules to help volunteers build their skills and knowledge from home. These trainings are available to all adult screened volunteers, through <https://mn.4honline.com/>. Check out other 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

To get a preview of each of the trainings, visit: www.4-h.umn.edu/volunteer/online-training/.

Making Smiles: Community Oral Health Youth Leader Grant

Did you know that 30-40% of children have cavities found at their first visit to the dentist around age three to four years of age? This cavity crisis can be reduced with simple community oral health education and community networking of health field resources. From producing community displays, public service announcements, or puppet shows to potentially working with dentists and doctors youth will gain skills in designing and delivering messages in ways that connect those skills to active citizenry.

Youth groups are invited to apply for \$200 mini grants to educate their communities about oral health needs of young children. Upon completion of an approved plan \$25 stipends are awarded to youth team members. Youth groups will design and submit their application by **January 1st** with the plan to deliver their program in the spring/summer of 2014 and highlight their project in a community fair display.

Grant funds may be used for project supplies and costs associated with delivering the program. Application, mini grant details and resources may be found at:

<http://www1.extension.umn.edu/youth/scholars/hips/community-oral-health-project-youth-leaders-grant/index.html>.

Additional questions may be directed to Carrie Olson at olson166@umn.edu.

Register for a BLU near You!

The Minnesota 4-H State Ambassadors invite all youth in grades 6 on up to plan to attend a *Building Leadership and Understanding (BLU)* overnight leadership retreat near you! Volunteer chaperones will also be needed. Five BLUs will be held this year in the following locations:

- **February 1-2 - Shoreview**
- **February 8-9 - Marshall**
- **February 15-16 - Crookston**
- **February 22-23 - Duluth**
- **March 1-2 - Owatonna**

Additional details are available online at: <http://www.4-H.umn.edu/events/blu/>, or connect with your County 4-H Office for more information.

MN 4-H Adult Volunteer Association Conference

February 6-8, 2014 - Plymouth, MN

Volunteers and their families are invited to attend the 29th Annual MN 4-H Adult Volunteer Association (M4-HAVA) Conference at the Best Western Plus Kelly Inn in Plymouth on February 6-8, 2014. One of the focus areas will be 4-H Project Curriculum Training. **Early Bird registration must be received before January 1st** to receive the discount rate for new or renewing M4-HAVA members.

Complete details including conference registration and hotel reservation information is available on the University of Minnesota Extension webpage:

www1.extension.umn.edu/youth/mn4-H/volunteer/m4-hava.

National Youth Summits Opportunity

The National Youth Summit series is a national opportunity for high school students, grades 9 - 12, to advance their skills, meet industry mentors, and prepare for a career in science, technology or healthy living. The first Summit on Geo-Spatial Technologies was successful with 127 high school students! Upcoming summit events include:

- National Youth Summit on Healthy Living: **January 9 - 12, 2014**
- National Youth Summit on Agri-Science: **January 16 - 20, 2014**
- National Youth Summit on Robotics: **February 13 - 17, 2014**

Link to more information at:

<http://www.nationalyouthsummit.org/>.

National 4-H Conference

The National 4-H Conference is a working conference in which youth and adults, at the invitation of the US Secretary of Agriculture, assist in the development of recommendations to help guide 4-H Youth Development Programs nationally and in their communities.

Important dates include:

- **April 5-10, 2014** - Conference, National 4-H Conference Center, **Washington, D.C.** (possible flight dates of April 4 and April 11)
- **November 19, 2013** - Application deadline postmark date. All youth delegate application, recommendation forms; staff recommendation forms; and other adult recommendation forms are due with postmark date of November 19, 2013.

Please go to the following URL for delegate application process and materials: www.4-H.umn.edu/events/national-conference.