

MINNESOTA 4-H CLOVER UPDATE

MC LEOD COUNTY

December 2013

 UNIVERSITY OF MINNESOTA | EXTENSION



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Message from Dorothy

Dear 4-H Families and Volunteers,

Social and emotional skills are an essential part of every young person's learning and development, and contribute to success in school, college and careers. In fact, some research suggests that skills like self-confidence, perseverance, empathy, teamwork, critical thinking, initiative and self-direction are better predictors of success in life than standard academic measures.

We also know that families, schools and communities are all important in helping to strengthen social and emotional skills in youth. Youth programs like 4-H play an important role and are uniquely equipped to support social and emotional learning. 4-H's learn-by-doing approach empowers youth to direct their own learning and provides opportunities to work with other youth on topics they are passionate about. In addition, our group process opportunities provide members practice in engaging with others different than themselves and thus enhance social and emotional learning abilities.

Parents and adult volunteers can contribute to the social and emotional learning of youth in many ways. To learn more about what you can do to support the social and emotional learning of youth go to www.casel.org/social-and-emotional-learning/frequently-asked-questions.

Sincerely,

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

General Livestock Bowl Practice Starting

General Livestock Bowl practices are beginning soon! The first livestock bowl will be Sunday, Dec. 1 at 3 pm. There will not be a meal, instead bring a potluck snacks. The meetings will be at Doug and Patty Dahlke residents at, 14275 Lacey Ave., Glencoe Practice will take place every Sunday evening at 6:00 p.m. with a potluck supper. If you have any questions please feel free to contact Patty at pattydahlke@yahoo.com.

Saturday with a Scientist

One Saturday a month at the University of Minnesota's *Bell Museum of Natural History in Minneapolis*, engage in authentic science and inquiry learning... and have a lot of fun while doing so! December's topic is "Chemistry Makes it Happen" (on *December 14*). For more information, check out the "For Families" section of the Bell Museum's webpage at: www.bellmuseum.umn.edu.

McLeod County 4-H Ambassador Meeting

On Sunday, December 8, the 4-H Ambassadors will be meeting at Walmart at 1:00 p.m. to go Christmas shopping for the adopt-a-family; please bring \$5.00 cash to contribute towards the gifts. Once the group has completed the shopping they will meet at the 4-H Café until 4:00 p.m. The group will begin their exploration of the "7 Habits of Highly Effective Teens," work on planning their Middle Madness event, discuss BLU, 4-H Regional Lock-In and more! Snacks will be provided.

Clovermart Holiday Sale!

There is a limited time offer for all 4-H clothing items you might have missed the opportunity to buy during the State Fair! ***This sale will only last through December 13th, 2013.*** Please visit the link below to see all items available for purchase, to download the order form and to receive more information: <https://sites.google.com/a/umn.edu/4hclovermartholidaysale/>

4-H Dairy Project Meeting

All McLeod County *youth* in the 4-H dairy project should mark their calendars for Monday, December 30th at 11:30 am in the 4-H Café. Pizza will be ordered for noon delivery. This will give the youth an opportunity to share what ideas they have for the dairy project in McLeod, share expectations they have for their dairy experience outside of exhibiting animals, along with their expectations for their county and state fair experiences. The group will also take time to touch on opportunities in 4-H Dairy Bowl and Dairy Judging. The meeting should conclude around 1:30 p.m.

Favorite Food Show

The Favorite Food Show for 2014 will be held on Monday, March 10th during 4-H Family Fun Night. There will be a planning meeting on Tuesday, January 7th at 6:00 p.m. in the McLeod County Extension Office. Any youth or adult interested in helping plan this event are welcome to attend. We will need a number of volunteers the night of the event to help, as well.

Auction Program Development Committee

There will be an Auction Meeting on Tuesday, January 7th at 7:00 p.m. in the Extension Office. All committee members are expected to attend. Agenda items include: evaluation of committee roles, distribution of thanks, media thanks,

recognitions of buyers and more. Please plan on attending.

McLeod County 4-H Records Meeting

Minnesota 4-H has worked hard the past couple of years to streamline policies and best practices for 4-H groups across the state. As the result of this some changes have been made for the 2013-2014 4-H year. Because of this McLeod County 4-H needs to take a look at how 4-H records look and work here in our county. We can no longer tie them to whether or not a project can be exhibited at the county fair. The county fair survey the last two years has also indicated that many of you wanted change in the way 4-H Records are handled. Now is your chance to help us formulate the how, what, where, and when of the 4-H records. This is short term committee that will meet 2-4 times in the next year. The first meeting will be on Thursday, January 16 at 6:00 p.m. in the Extension Office. Please contact Jill at the Extension office if you are interested in serving on this committee; we are looking for BOTH youth and adults.

4-H Exhibit Building Planning Committee

It seems crazy to be thinking about the 4-H Exhibit building in January but that is what we are going to do! How can we best showcase the work that McLeod County 4-H members complete in a year? What can we do to draw people into the exhibit building to promote 4-H? It is these questions and more that this group will be exploring at the Exhibit Building Planning meeting on Thursday, January 16 at 7:00 p.m. in the Extension Office. Please contact Jill at the Extension office if you are interested in serving on this important committee; we are looking for BOTH youth and adults.

4-H Bowling Tournament

The annual 4-H Bowling Tournament will be on Sunday, January 26th at Hutch Bowl with shifts at 1:00 p.m. and 3:00 p.m. Information and sign-up will be at your December Club meetings. This event is a great opportunity for 4-H families and club members to spend an afternoon together. Hope to see you there!

Youth Association Meeting

The next McLeod County 4-H Youth Association meeting will be on Monday, January 27 at 7:00 p.m. in the 4-H Café. We encourage all clubs to have delegates there. Starting with this meeting, refreshments will be served by clubs. Thank you to the Winsted Jolly Jrs and Glencoe Jr. Pioneers for volunteering to help serve refreshments at this meeting!

Fruit Sales

4-H Fruit Sales are the second largest fundraiser for 4-H members in McLeod County. The money is used to cover county wide programming costs for 4-H, as well as scholarships for events that members attend. This year we have a goal of meeting last year's sales of \$21,000. By meeting that sales goal we will be able to sustain our scholarship programs for Camp Patterson, State Fair and Summer Day Camps. Fruit Sales packets will be handed out to clubs at the 4-H Bowling Tournament on January 26 and at the McLeod County 4-H Youth Association Meeting on January 27. Sales will be due around the 17th of February. Watch for more details in your email and from club leaders!

Share Your Ideas for How to Make the World a Better Place and Be Recognized for Your Efforts!

The DuPont Challenge, North America's premier science essay competition, encourages students in grades 7 through 12 to delve deep into

science, technology, engineering, and math (STEM), express themselves with creativity and purpose, and make the world a better place.

The DuPont Challenge asks students to consider our most important challenges by researching and writing a 700-1,000-word science essay in one of these four categories:

- Together, we can feed the world.
- Together, we can build a secure energy future.
- Together, we can protect people and the environment.
- Together, we can be innovative anywhere.

Essays must be between 700 to 1,000 words in length, include a list of research sources and **must be submitted online by January 31, 2014.**

For more information, including official rules, entry form and details on awards, visit <http://thechallenge.dupont.com/>.

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: www.4-H.umn.edu/volunteer/m4-hava.

BLU 2014 Registration Now Open

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! Come to BLU to learn about leadership topics through discussions and activities, and meet other youth from your area! 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/>.

Contact your local 4-H office for more information! Volunteer chaperones will be needed - youth are not able to attend unless they are chaperoned by a 4-H screened volunteer. If you are interested in volunteering, contact your local 4-H office for details.

McLeod County 4-H has decided to attend the Marshall site on February 8-9. Registration is through 4-H Online and can be completed at the link above with additional details.

2014 Project Bowls

Project Bowls are just around the corner! It is that time of year again when project bowl teams will begin practicing for the Regional Contests in March. There are opportunities for teams to form in dairy, dog, general livestock, horse, poultry, rabbit and wildlife. Two team contests are held - Junior (grades 3-8) and Senior (grades 4-12+). Check out the 4-H Project Bowl website at: www.4-H.umn.edu/events/project-bowl/ for rules, resources, and more information for the 2014 bowls. If you would like to coach, help coach or participate on any

of these teams, please call your Extension Office. Regional Bowl dates and locations are:

- *March 1 - Foley*
- *March 8 - Farmington*
- *March 15 - Bemidji*
- *March 15 - Redwood Falls*
- *March 22 - Snow Date*
- *April 5 - State Bowl, Foley*

Dairy Bowl Practice

Dairy bowl practice will begin shortly after the first of year. Please watch your calendars for details!

Cloverbud Grade Change

New in 2013 - Minnesota 4-H has taken a look at the Cloverbud program and made some adaptations. Beginning this fall, Cloverbuds will be available for youth in grades K-2. Third graders should be enrolling as 4-H members with specific projects. As third graders are re-enrolling in 4-H Online the project area must be updated with projects (like food and nutrition, photography, beef, etc.) instead of the Cloverbud project. You will also find a new Cloverbud information sheet for parents, guardians and mentors, which outlines the program options and characteristics as well as the rules that apply in competitive settings. If you have questions about Cloverbuds please contact your county Program Coordinator.

County Fair Lost and Found

There is still some lost Under Armour gear in the Extension Office that was found in the 4-H Café at clean-up. Please call the office with identifying factors to claim.

Welcome Andrea Lucas

We would like to welcome Andrea Lucas to the McLeod County Extension Office! She started on November 18 as our second full time support staff. Andrea is not new to our office as she has been here on part time basis at 14 hours a week, and we are excited to have her here full time. She will be providing support to the fairgrounds manager, parks and extension. Make sure to introduce yourself when you are in the office as she looks forward to meeting all of you.

Meet Your Regional Extension Educators

The University of Minnesota Center for Youth Development has divided the state into five regions. In the Central Region there are ten Extension Educators working in 4-H Youth Development. This article will introduce you to one of those Extension Educators. Watch this space in the months to come for additional introductions or click on this link to read all the introductions now: z.umn.edu/REEs



Hello everyone! My name is Jessica Russo, and I have been an Extension Educator in the Urban Youth Development Office (Urban 4-H, serving Ramsey and Hennepin counties) on the St. Paul campus since 2008. The four years before that, I worked as an Urban 4-H Program Coordinator. In my role as an Extension Educator, I direct the Urban 4-H Office, and for the Central Region, I concentrate on Regional Program Planning and Evaluation, and Citizenship and Leadership. I also work closely with 4-H Program Coordinators in Ramsey and Isanti counties.

I love working for Extension and with 4-H! As these two organizational entities come together, we have a unique opportunity to make a big impact for youth and families, not only in our

local counties, but across our Central Region, our state, and our country. I am especially interested in what we can learn from each other as we cross geographic and cultural barriers.

I can be reached at pier0239@umn.edu or at 612-624-7625.

Next month look forward to an introduction to Amber Shanahan from the Farmington Regional Office.

Minnesota 4-H State Horse Winter Roundup

You won't want to miss this fun opportunity to learn more about the Minnesota 4-H Horse Project activities available to 4-H youth. Winter Roundup **January 24-26, 2014** at Green Lake Bible Camp, Spicer. Full conference fee includes three days and two nights of learning, sharing information, and having fun! Conference fees will be supplemented again this year by the Minnesota 4-H Horse Association.

Sessions on Horse Project areas will be geared toward new 4-H parents/leaders, veteran leaders, and **junior youth leaders**. This weekend is best suited to adults and older youth (**8th grade & above**) as it is an intense leadership training with few recreational activities provided.

Registrations postmarked by January 11th, 2014 - \$75.00

Registrations postmarked January 12th, 2014 or later - \$90.00

Fees include conference materials, lodging and meals.

Registrations will not be accepted if postmarked after January 17th

Please call or e-mail Amy Boeckermann at 218-828-2300, boeck008@umn.edu or Renee Kostick at 218-232 5174, hinkx001@umn.edu with any questions about fees and /or deadlines.

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320-484-4334 | www.fourh.mn.edu

During your Friday through Sunday stay you will be provided: Friday evening pizza party, 5 meals, two nights stay, lots of information on the Minnesota 4-H Horse Project, great info and ideas from our keynote Speaker, a chance to meet new friends, and **FUN!**

Don't wait, **space is limited!** Complete the [registration form](#) and mail it back. For more information, call contact Kathy Pliszka at plizkas@comcast.net or Amy Boeckermann at boeck008@umn.edu.

Calendar

DECEMBER

- **8** Ambassador Meeting
- **13** Clovermart holiday sale ends
- **14** Saturday with a Scientist, Bell Museum of Natural History, Minneapolis
- **30** Youth Dairy Project Meeting

JANUARY

- **1** Early bird registration due for M4-HAVA Conference
- **7** Favorite Food Show Planning Meeting
- **7** Auction Committee Meeting
- **16** Records Meeting
- **16** Exhibit Building Meeting
- **26** 4-H Bowling Tournament
- **27** McLeod County 4-H Youth Association Meeting
- **31** Essays due for the Dupont Share Your Ideas Challenge

FEBRUARY

- **1-2** BLU Retreat, Shoreview
- **6-8** MN 4-H Adult Volunteer Association (M4-HAVA) Conference, Plymouth MN
- **8-9** BLU Retreat, Marshall
- **15-16** BLU Retreat, Crookston
- **22-23** BLU Retreat, Duluth

MARCH

- **1-2** BLU Retreat, Owatonna
- **1** Project Bowl, Foley
- **8** Project Bowl, Farmington
- **10** 4-H Family Fun Night
- **10** 4-H Favorite Food Show
- **10** Fruit Sales delivered
- **15** Project Bowl, Bemidji
- **15** Project Bowl, Redwood Falls

APRIL

- **5** State Project Bowl, Foley