Consumer Choices Contest/Project Expo and Clothing Revue were all held on April 9 at the Law Enforcement Center in Wahpeton.

Consumer Choices results:

**Senior Division:** First—Laura Manstrom; Second—Allison Kipp; Third—Abby Braaten

**Junior Division:** First—Catherine Manstrom; Second—Leslie Hibl; Third—Ana Braaten

**Beginners:** First—Mary Goroski; Second—Lydia Stephens; Third—Anne Manstrom; Fourth—Evan Braaten

Gale Link and Dale Siebert were the reasons judges.

Clothing Revue was held in conjunction with Consumer Choices.

**Decorate Your Duds—Grand Champion**—Mary Goroski

**Sew & Show Division—Grand Champion**—Therese Weber

**Buy & Show Division—Grand Champion**—Lydia Stephens

Gale Link helped judge the Clothing Revue.
Communication Arts

Communication Arts Contest was held on May 31, 2011 at the Wyndmere School. Results are as follows:

Demonstrations:  
- Teen Grand: Cassie Podliska
- Reserve: Ana Braaten
- Blue: Leslie Hibl
- Preteen Blue: Daniel Stephens

Video Production:  
- Teen Grand: Abby Braaten
- Dramatic Presentation: Teen Grand: Catherine Manstrom and Emily Lothspeich

Interpretative Reading—Serious:  
- Teen Blue: Emily Lothspeich
- Preteen Grand: Catherine Manstrom

Interpretative Reading—Humorous:  
- Preteen Reserve: Anne Manstrom
- Blue: Lydia Stephens

Public Speaking:  
- Teen Grand: Laura Manstrom

Special thanks to Jean Hoerer for judging at this contest!
District Communication Arts

4-HER’S RECEIVE HONORS AT DISTRICT COMMUNICATION ARTS CONTEST

The 2011 District 4-H Communication Arts Contest was held June 7th at Centennial Elementary School in Fargo, ND. Youth from Cass, Richland, and Traill counties participated in the contest. This event included youth giving presentations in the following categories: Demonstrations, Illustrated Talk, Public Speaking, Interpretive Reading, Dramatic Presentation, Short Takes, Video Production and Commercials.


Maxine J. Nordick, Extension Agent/4-H Youth for Cass County coordinated the 4-H District Communications Arts event and said, "This event helps young people to build self-confidence, poise and good communication skills. It's encouraging to see so many young members participating so enthusiastically." Judges for the event were: Jean Hoerer, Wahpeton; Mylie Lavold, Director of the 4-H Foundation; and Rita Ussatis, NDSU/Cass County Extension Agent; Andy Johnson, NDSU/Steele County Extension Agent. Assisting with the event were: Ken Nichols, NDSU/Traill County Extension Agent; Tiffany Stoppler, NDSU/Cass County intern; Nicki Pedeliski NDSU/Richland County intern; and Jennifer Manstrom, volunteer from Richland County. Colleen Svingen, NDSU/Richland County Extension Agent hosted the awards.

Youth from Richland County who received top honors included the following:

Preteen Interpretive Reading/Humorous
Honorable Mention: Catherine Manstrom, Wyndmere, Richland County

Teen Interpretive Reading/Serious
1st Place: Emily Lothspeich, Wyndmere, Richland County

Teen Dramatic Presentation
Honorable Mention: Catherine Manstrom, & Emily Lothspeich, Wyndmere, Richland County

Teen Video Production
1st Place: Abby Braaten, Barney, Richland County
Achievement Days

Champions—2011 4-H Achievement Days held at the Bagg Farm on July 15 and 16:

**Animal and Vet Science**
- Teen Grand: Allison Kipp
- Teen Reserve: Heidi Eberhardt
- Preteen Grand: Levi Heley
- Preteen Reserve: Isabella Krueger
- Honorable Mention: Abby Braaten

**Crop Production**
- Teen Grand: Jamie Wahler
- Teen Reserve: Jamie Wahler
- Honorable Mention: Jamie Wahler

**Horticulture (Garden Produce)**
- Teen Grand: Jamie Wahler
- Teen Reserve: Michael Biewer

**Horticulture (Flower and Other)**
- Teen Grand: Cassie Podliska
- Teen Reserve: Therese Weber
- Preteen Grand: Evan Braaten

**Environment & Natural Resources**
- Teen Grand: Michael Biewer
- Teen Reserve: Jamie Wahler
- Preteen Grand: Ryan Biewer
- Preteen Reserve: Chase Hibl
- Honorable Mention: Chase Heley

**Engineering**
- Preteen Grand: Chase Hibl
- Preteen Reserve: Evan Braaten
- Honorable Mention: Chase Heley
- Honorable Mention: David Novotny

**Personal Development**
- Preteen Grand: Christopher Arndt

**Arts**
- Teen Grand: Matty Wynn
- Teen Reserve: Molly Wynn
- Preteen Grand: Christopher Arndt
- Preteen Reserve: Charlie Wynn
- Honorable Mention: Ana Braaten
- Honorable Mention: Evan Braaten

**Arts (Clay and Plasterware)**
- Teen Grand: Alexa Jelinek
- Preteen Grand: Jackson Jelinek
- Preteen Reserve: Eli Jelinek
- Honorable Mention: Anna Heley

**Arts (Leisure)**
- Teen Grand: Matty Wynn
- Teen Reserve: Seth Harles
- Preteen Grand: Mary Goroski
- Preteen Reserve: Charlie Wynn
- Honorable Mention: Eli Jelinek
- Honorable Mention: Anna Manstrom
- Honorable Mention: Catherine Manstrom
- Honorable Mention: Allison Kipp

**Fiber Arts**
- Teen Grand: Anyssa Jelinek
- Preteen Grand: Charlie Wynn
- Preteen Reserve: Anna Manstrom
## Achievement Days

Champions—2011 4-H Achievement Days held at the Bagg Farm on July 15 and 16:

### Photography

<table>
<thead>
<tr>
<th>Category</th>
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<td>Junior Reserve</td>
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<td>Christopher Arndt</td>
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<td>Best Overall</td>
<td>Evans Braaten</td>
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</table>
**Achievement Days**

Champions—2011 4-H Achievement Days held at the Bagg Farm on July 15 and 16:

**Rabbits**
- Grand: Heidi Eberhardt
- Reserve: Cassie Podliska

**Rabbit Showmanship**
- Grand: Cassie Podliska
- Reserve: Heidi Eberhardt

**Horsemanship**
- Grand: Cassie Podliska

**Sheep**
- Grand: Molly Wynn
- Reserve: Charlie Wynn

**Sheep Showmanship**
- Grand: Charlie Wynn
- Grand: Molly Wynn

**Beef**
- Grand: Cassie Podliska

**Beef Showmanship**
- Grand: Cassie Podliska

**Round Robin Showmanship**
- First: Molly Wynn
- Second: Cassie Podliska
- Third: Charlie Wynn

Jamie Wahler with Wayne Hankel, Environment and Natural Resources Judge
Katelyn Heley with Nick Weber, Photography Judge
Molly Wynn with Joan Schlect, Foods Judge
Molly and Charlie Wynn with Danny Galbreath, Livestock Judge
Cassie Podliska with her horses.
Richland/Wilkin Activity Day

Activity Day was held August 3, 2011 in Chahinkapa Park. There were 5 different tracks with a total of about 50 youth attending. Helping with the event were Allison Kipp, Matty Wynn, Therese Weber, Nicholas Weber, and Joan Beyer.

- **Meet Stryker**
  - “Get to know Stryker”
  - “Puppy Chow”

- **Fish Eyes**
  - “Fishing Lures”
  - “Casting Contest”

- **Bee Happy**
  - “Learn about the honey bee”
  - “Use honey in food”

- **Catch the Science Bug**
  - “Crunchy Pizza and Insect Spit”
  - “Weird Science”

- **The Foodies**
  - “My Plate Special”
  - “Featuring the Perfect Plate”
The Shooting Sports Event was held August 6 & 7, 2011 in Devils Lake, ND.

Alicia Biewer received Silver in the Beginning Archery Division Freestyle.

Ryan Biewer received Silver in the Junior Archery Division Freestyle.

Mike Biewer also received Silver in the Senior Archery Division Freestyle.

Ryan and Mike also participated in the Sporting Clays Division.

Ryan received Bronze in the Junior Trap Division and Mike received Silver in the Senior Trap Division.

Junior Archery League participants held January through April in 2011. Gaylord Hibl and Nathan Hill were the archery volunteers.

Gaylord presenting Chase Anderson with a new bow he won as a participant of the Archery League.
Club Reports

Energizers 4-H Club

April 9, 2011
Met at the Lidgerwood School. Eli gave a demo on “How to make a dog toy.” Jamie Wahler’s demo was on “How to make a European antler mount.” “Putting together a First Aid Kit” was given by Katie Heley and “using a spray air brush set” was demoed by Anna Heley.

May 14, 2011
Meeting held at Elaine Heley’s house. Demos given were:

- Anyssa—homemade ice cream
- Mike—changing oil filter
- Alicia—making summer snack
- Jack—dry brushing
- Calista—first aid for bits
- Cassie—putting together first aid kit
- Wyatt—paper planes
- Chase—table setting
- Alexa—memory board
- Ryan—making a dessert
- Levi—Tucker
- Seth—turkey calls

June 11, 2011
Meeting held at Lidgerwood High School. Cassie gave a demo on “making a cow rope halter” and David told about tomato plants and do-it-yourself tomato kits. Other activities were rocket building and quilting.

July 9, 2011
Meeting held at Lidgerwood High School. The Harles family served lunch.

Starlights 4-H Club

February 13, 2011
Leslie Hibl showed the group some yoga ball exercises, Chase Hibl showed us how to program his Lego robot from the NDSU trunk, and Jazmine Hill did a fruit demonstration on bananas. Molly Wynn showed the group how to decorate a chocolate bar with craft paper and ribbon for Valentine’s Day. Snack was banana bread, bananas and strawberry banana smoothies.

April 10, 2011
Matty Wynn showed the group how to exercise with different types of exercise bands. Charlie taught the group about six different types of apples, giving their history and a brief description. We did a taste/sight test to see if we could identify the six apples in Charlie’s demonstration. The snack was apples with fruit dip, apple juice and cheesecake oreos.

Gaylord invited Abbey McDonald, Molly’s friend visiting from Australia, to the Youth Archery Program. In Australia, bow and arrows are considered weapons and are very hard to come by and require a special permit.

May 22, 2011
Chase taught the group about the functions for each part of a bike and how to maintain it. Leslie told the group the importance of a bike helmet and how to fit them properly. After the demonstrations, Melissa showed us what was in our First Aid kits. Jazmine gave a demo on how to treat a cut. Snack was crackers and cheese, grapes and lemonade.

September 17, 2011
Meeting held at Lidgerwood School. Daniel Novotny gave a demo on “how to make a tie fleece pillow. Curt and David Novotny have a presentation on “how to change a tire” and Elaine Heley showed how to “make bread”. Lunch was served by the Novotny Family.

Members of the Starlights 4-H Club participated in the Kinship Amazing Race—and won a prize!!
Club Reports

Believers 4-H Club

April 3, 2011
Meeting held at the Wyndmere Community Center. Anne and Jack Manstrom gave demos on health. The Lothspeich family served healthy snacks.

May 14, 2011
Meeting held at the Wyndmere School Library. Demos given for first aid kits were: Evan Braaten—Do you have an appendicitis? And Anne Braun—Caring for a bee sting

General demos:
Ana Braaten—How to make an orange Julius
Daniel Stephens—How to make terriaki jerky
Carly Eback—How to care for your hay
Breena Anderson—How to carve a wooden bat
Chase Anderson—How to carve a walking stick

The meeting was followed by a community service project—yard clean-up at Clara Horak’s homestead.

June 27, 2011
The Believers spent Monday, June 27 at Ottertail Lake. Between practicing for Achievement Days, listening to demos by Chase and Breena Anderson, eating ice cream cones and swimming, we fit in a tour of Lake Country Gardens. Pat Johnson from the greenhouse gave us a tour of edible flowers! We nibbled our way through: Fiddlehead fern, kale, Johnny Jump-Ups, Oxalis, and Stevia as well as begonia and rose petals. We also learned that salicylic acid (a main ingredient in aspirin and acne treatments) comes from willow tree leaves. It was a very educational, interesting and delicious tour!

Congrats to Catherine Manstrom for receiving 1st place in the pre-teen division in the Eat Smart Play Hard poster contest.

Congrats also to Abby Braaten who received 2nd place in the teen division in the Eat Smart Play Hard poster contest.
**Club Reports**

**Helping Hands 4-H Club**

**January 2, 2011**

Recreation was ice skating at Stern’s Arena. Healthy snack was Norwegian potluck—green bean Swedish meatball casserole, Klub, and Norwegian fruit salad. Therese gave a talk on Klub, Heidi’s talk was on Rummagrote, and Allison’s talk was Chicken soup with Norwegian dumplings.

**January 22, 2011**

Club Scrapbooking Day held at Immanuel Lutheran Church. Recreation was “follow the leader” by Mary. Healthy Snack was egg bake, oranges, juice, milk, hamburger rice casserole, veggies, milk, cookies and American pizza.

**March 13, 2011**

Meeting held at Weber’s house. Allison and Mary practiced for Project Expo and Clothing Revue. Allison gave a talk on Caribbean trip. Healthy Snack was green pea soup, guacamole and chips, kiwi smoothie, celery and mint and chocolate birthday cake.

**April 16, 2011**

Club Scrapbooking Day held at Immanuel Lutheran Church. Healthy Snack was cheesy vegetable soup, chicken noodle soup, beef & rice casserole, yogurt and granola, fruit and dip.

**May 15, 2011**

Meeting held at Weber’s house. Education was selecting, potting, and care of flowers in a pot. Recreation was clipping Labels for Learning (500!). Therese gave a demo on “creating a pot of flowers”. Healthy Snack was oranges and Mo Beta “orange colored” antioxidant fruit drink.

**June 8, 2011**

Meeting held at Weber’s house. Lesson was sewing pillowcase tops. Mary gave a first aid demo on bandages. Healthy Snack was a Mexican dinner.

**August 10, 2011**

Meeting held at Weber’s house. Jamie gave a talk on “Safety in the Boundary Waters”. Therese gave a talk on TKD first aid. Healthy Snack was Italian dinner.

**ED Gals and Guys**

**December 11, 2010**

Meeting held at Claire City Community Hall to celebrate the Christmas holiday. Demo given by Ross Geesey. Snack was snack mix. Basketball was the recreation. Supper was served by the club. Donations were collected and delivered to Toys-for-Tots.

**February 2, 2011**

Meeting held at Arndt Brother’s Farm shop. Sammy Arndt gave a demo on making a name weld. After welding activities, the group traveled to Cindy Arndt’s home for snack and board games.
Club Reports

May 5, 2011
Meeting held at Jessica Lentz’s home. Demonstration by Christopher on “making pop-up cards”. Walking animals was the recreation. Jessica treated the club to shakes and McDonald’s. The club volunteered at the Humane Society.

June 6, 2011
Meeting held at Cindy Arndt’s home. A demonstration was given by Georgia and Isabella on Corn husk dolls and scrapbooking pages. Recreation was kick ball. Lunch of fruit skewers and fruit dip was served by Amy.

Mary Goroski and Allison Kipp, Helping Hands Club, out doing community service!

Believers Club showing off their new shirts!
Comments from Colleen

We have sewing machines here at the office to be checked out by clubs for project use. Plan on a little lesson on the machine before you take them. Thanks!

Also there are lego robotics to be used by clubs, families or members here at the office to be checked out.

I would like to consider the possibility of programming to some older 4-Hers over the internet, whether it be Wimba sessions, etc. I was thinking about a short series of sessions on the new curriculum, Shopping in Style. It is new 4-H curriculum that I thought might be fun to teach over the computer.

If you think you may have an interest in this project, please email me. Please think about modes of teaching, when, and how much time you would be willing to commit to an online project. The first 4-H member to email debra.evenson@ndsu.edu or call the Extension Office with the key word “shopping” will win a movie ticket. The new curriculum focusing on leadership has some possibilities too. Please refer to the updated 2011-12 Program Guide online to see the changes in the clothing and textiles area.

“Rustlin’ up 4-H Project Ideas”
North Dakota 4-H Adult and Teen Project Training

These trainings are being held at 4 different locations:

- November 8—Zion Lutheran Church, Mohall, ND—5:30-8:30 p.m.
- November 14—Napoleon Public School, Napoleon, ND—6:00-9:00 p.m.
- November 29—Cass County Annex, Fargo, ND—6:00-9:00 p.m.
- November 30—Park River Public School, Park River, ND—5:30-8:30 p.m.

The NDSU Center for 4-H Youth Development has created this training to help you identify and implement projects that create fun learning experiences for all 4-H members.

Let us know if you would like to attend.

Check out more info at:
http://www.ndsu.edu/4h/volunteers/#c54045

Need help helping with homework?

Check out the “Khan Academy” on YouTube. There are over 2400 videos to help tutor with homework!
Join other 4-H Volunteers in your community to learn cutting edge information from experts across the North Central Region. Gain new knowledge you can share with your 4-H members throughout the year! This e-Forum will be held at the Richland County Extension Office.

2011 North Central Region
4-H Volunteer e-Forum

Volunteer Resources

Web Resources to Assist—NDSU Extension Staff with Volunteer Management

For more information, see the educational materials available from the NDSU Extension Service at www.ag.ndsu.edu/money.

Handmade ornaments or other craft items
Family treasures
Magazine subscriptions
Gift certificates for your time or talents
Nostalgic items from yard sales and flea markets
Green Thumb Special: gardening items arranged in a watering can
Mail Bag: a bag with stamps, postcards, stationery, pens, address book, address labels
Beverage Bonanza: a decorative tin with hot chocolate, spiced tea and/or coffee
The Misplaced Box: decorated tackle box with easy-to-lose items such as tape, pins, needles, thread, pencils, nail file, scissors, tape measure
The Bath Basket: pretty wicker basket with bubble bath, lotion, scented soaps, loofa or sponge, headrest, etc.
Emergency Kit: a decorated toolbox with flashlight, candles, matches, batteries, duct tape, glue, fuses, etc.
Office Organizer: a decorated box or tray with calendar, paper clips, stapler, staple remover, pens, sticky notes, pads of paper, etc.

NDSU Extension Service
For more information, see the educational materials available from the NDSU Extension Service at www.ag.ndsu.edu/money.
Raffles

Richland County 4-H held two raffles this year. The regular raffle held in the spring and a gun raffle held this fall. They were both very successful—together garnering the 4-H Council about $2,000.

Good job to everyone who sold tickets and solicited or donated prizes.

The winners of the gun raffle are as follows: first prize 30-06 rifle goes to James Seibel from Mantador; second prize .22 auto rifle goes to Julie Wahler of Barney and third prize $50 cash to Joan Beyer.

Educational Trunks

Educational Trunks are group lessons provided by the Center for 4-H. These hands-on lessons include directions and all necessary materials. The first 4-H member to email debra.evenson@ndsu.edu or call the Extension Office with the key word “trunks” will win a movie ticket. The trunks are available for check-out through the county extension offices.

4-H Trunk Check-out Procedure

This document is attached to the hard copy of this newsletter.

Kinship Amazing Race

The Amazing Race was simply “amazing” this year because this Richland County team actually participated and finished!!

The team consisted of Darlene Irion, Deb Evenson, Colleen Svingen, Makenna Dean and Kyler Dean.

It was an amazing experience, especially for Colleen, who had just finished her chemo treatments not too long ago.