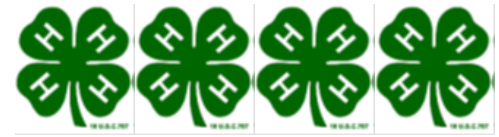




4-H



focus

February 2018

What's Happening?

4-H Council Meeting & Awards Selection

The next 4-H Council meeting will be held on **Monday, February 5th** in the Extension Office. The business meeting will begin at 6:00 p.m. and the awards selection process will follow. The meeting is open to all 4-H leaders, members and families.

Project Expo – Registration Due March 16th

Walsh County will be holding its Project Expo Event **Friday, March 23rd, 2018**. It will be held at the Park River School with registration starting at 5:30 p.m. and judging beginning at 6 p.m. Age divisions include Cloverbud (5-7 years), Preteen (8-12 years) and Teen (13 and up). This is based on your age as of September 1st.

Registration for Project Expo is due in the Extension Office by 4:30 p.m. Friday, March 16th.

This event is an opportunity for 4-H youth to develop communication, presentation and public speaking skills, as well as show off their talents. This event qualifies as a Walsh County Top Notch event.

Contact your club leader or the Extension Office for a complete description of the objectives and guidelines or visit <http://www.ndsu.edu/fileadmin/4h/Contests/bcc546.pdf> Publication BCC546 "4-H Project Expo" lists objectives and guidelines for the county Project Expo. It also includes a sample scorecard with criteria used to judge a Project Expo exhibit.

Participants must provide and bring their own card table. A standard square card table is required. The entire display must fit on a standard size card table, not extend beyond its edges. The use of clamps, hinges and on-the-floor easels are not allowed.

4-H Dress Code is required for this event! If you are not sure what the requirements are call the office (284-6624) to check with Jamie. Chevrons may be purchased prior to the event at the Extension Office.

County Awards: Each participant will receive a blue, red or white ribbon placing. Rosette ribbons will be awarded to the top individuals in the Pre-Teen and Teen divisions. Participants receiving, grand, reserve or honorable mention recognition will represent Walsh County at the State 4-H Project Expo held in July during the North Dakota State Fair in Minot. Participants may exhibit their Project Expo

NDSU | EXTENSION SERVICE

e Newsletter published by:
Jamie Medbery
4-H Youth Development

101 County Road 12B
Park River, ND 58270

For more information visit:
<http://www.ag.ndsu.edu/walshcountyextension>

Inside this issue:

Project Expo Hints & Tips	2
Archery – 2018	2
Shop Clovershop	3
Citizenship in Action	3
Scholarship Application	3
ND Aerospace Event	4
Cinnamon Pancakes	5

items at the county fair if it is an exhibit described in the fair premium book for their particular project.

Project Expo Hints and Tips



The objectives of Project Expo are to 1) provide youth with experience in planning, preparing and displaying an article or educational exhibit; 2) give youth an opportunity for self expression both verbally and visually; 3) provide youth with an opportunity to share with others what has been learned in a specific project.

A 4-Her selects and researches a topic or project directly related to a 4-H project in which they are currently enrolled, prepares an exhibit for display and prepares to answer questions from the judges on their topic.

Below are a few tips on how to create a table top display directly related to one of your favorite 4-H projects. It won't seem like work if you enjoy your topic.

Pick a topic that you enjoy. Select a project or topic directly related to one of your favorite 4-H projects.

1. Pick one idea about your topic that you would like to share. Be careful not to choose too many topics to discuss. You want to make sure you have enough time and space to cover your topics.
2. Pick a title. Choose a title that will give the audience a clear understanding of what your display is about. Keep it short and to the point.
3. Pick the items for your display. Create a story board that will help you tell your story just by looking at it.
4. Arrange the items in a logical order to tell the story clearly to the audience.
5. Prepare and practice. What questions might the judges have? What will your answers be? What will you say if you don't know the answer?

Archery



Archery Workouts will begin Friday, February 2nd at 6:30pm & will run through April at the Northern Lites Archery Club, with the possibility of outside workouts in May. There will be no workouts on March 23rd (Project Expo), March 30th (Good Friday) or April 27th (Communication Arts.) **Participants must have turned 8 before January 1st, 2018.**

Archery is an activity in which people from all walks of life and almost every size and ability can participate. It has been shown to be effective in helping young people experience

success. Once boys and girls enjoy a taste of archery success, they realize they can accomplish many things with proper instruction, practice and a positive attitude.

Archery participants learn the different parts of the archery equipment; how to inspect the equipment for safety; how to conduct themselves on an archery range; how to maintain and repair bows and arrows and how to successfully shoot at different types of archery targets. Youth also develop camaraderie, learn responsibility, foster an appreciation for the environment and natural resources and have opportunities to serve as mentors.

Please call the extension office or email me with any questions.

Shop The Clovershop

If you are in need of clothing approved for 4-H competitions, you may place an order through the Clover Shop. It's an online store you can find at <http://www.ag.ndsu.edu/ndae4hw/clover-shop>.

State and National News

Citizenship in Action

2018 Citizenship in Action

Starts: Sunday, February 18, 2018 at 1:00 p.m.

Ends: Monday, February 19, 2018 at 3:00 p.m.

Event Location: University Of North Dakota Law School | 215 Centennial Dr, Grand Forks

Hotel: Sleep Inn | 1350 S 42nd St, Grand Forks, ND

Registration Fee: \$65 (\$85 late fee) includes shirt, materials for the event, lodging, and all meals

Register: through [4hOnline](#) - listed as "2018 Citizenship in Action" (NOT Active until January 2018)

Workshops will include meeting real judges and attorneys, how laws are created, a court quest and civics lessons. Monday will be a mock trial with attendee participation. Join us to meet new and old friends, swim at the hotel and explore the UND campus.

For more information, contact:

Sue Quamme

Center for 4-H Youth Development Specialist

Tel: 701.231.5923

Email: [Sue Quamme](mailto:Sue.Quamme)

Scholarship Opportunities



The North Dakota Winter Show offers up to two scholarships - applications are due February 15. <https://northdakotawintershow.com/foundation-scholarships.php>



The North Dakota State Fair Foundation offers scholarships. Up to four \$1,000 scholarships are available in 2018. Check out their website from more information. <http://www.ndstatefairfoundation.com/news-events>



The ND 4-H Foundation scholarship applications are due March 1st to the ND 4-H Foundation. Updated applications will be on the website within the next week. The Scholarship Committee has made the decision to add that if an applicant has won a specific scholarship in a previous year, the applicant is no longer eligible for that scholarship and if an applicant has applied for a ND 4-H Foundation Scholarships in previous years, the applicant must submit both updated application and Narrative Sections each year. Scholarships are available to present and former ND 4-H members through the 4-H Foundation. The scholarship application should be completely filled out with all the required signatures, copy of current transcript and two recommendation letters. <https://www.ndsu.edu/4h/foundation/scholarships/> . If you have any questions please contact Holly Halvorson at holly.halvorson@ndsu.edu or 701-231-9218.



NDSU provides a number of college scholarships for new and re-enrolling students. The 2018-19 scholarships can be found at this web address: <https://www.ndsu.edu/onestop/finaid/scholarships/> and will be available until 3/1. Please share this information with your 4-H youth who are seniors and encourage them to consider to apply (and attend NDSU). They must complete the general application in order to be eligible for scholarships. Once the general application is completed, they will receive an email confirmation. Also remember, not all scholarships are based on GPA.

4-H Aerospace Event – 2018



The ND 4H Foundation, UND Department of Aerospace Science along with NDSU Extension, will once again be sponsoring the 4-H Aerospace Event on April 8th, 2018 at UND School of Aerospace in Grand Forks. This program is open to youth ages 10-15 who are interested in learning more about the field of

aerospace science. Youth must be accompanied by a chaperone. Chaperones must register and put the same fee as youth participants. **Walsh County 4-Hers who applied for the Aerospace award trip through the Walsh County 4-H Council will be notified by mail shortly if they were chosen to attend for 2018.** Visit [2018 Aerospace Event](#) for more info. Registration is limited to 75 youth and will be taken on a first-come first-served basis. Registration is available online through www.4honline.com. If the program fills, late registrations will be placed on a waiting list. You do not have to be a 4-H member to attend this event.

Cinnamon Banana Pancakes

This healthy recipe comes from NDSU Extension Service.



Ingredients

- 2 large bananas, ripe to overripe
- 2 eggs
- 1 tsp. cinnamon
- 1 tsp. baking powder
- ½ c. skim milk or almond milk
- 1 c. whole-wheat flour
- Maple syrup or fruit to serve

Directions

In a bowl, add bananas. Lightly mash with a potato masher or a fork, but not too much. Leave small chunks of bananas to make fluffy pancakes. Add all remaining ingredients to banana mixture, mixing well. In a frying pan, cook pancakes over a medium-low heat. Use ½ cup of batter for each pancake and flip once edges get bubbly.

Makes four servings. Each serving has 190 calories, 3 g fat, 9 g protein, 35 g carbohydrate, 4 g fiber and 50 mg sodium.

4-H Focus

Published By:

Jamie Medbery, 4-H Youth Development
101 County RD 12-B, Park River, ND 58270
Tel 701-284-6624 Fax 701-284-7383
www.ag.ndsu.edu/walshcountyextension

Clubs and Leaders

Flatlanders, Grafton..... Jenny Napier, Susan Narloch
Hayshakers, Fairdale.....Kori & Mark Hodek, Nancy Huhta
Made in the USA Kids, Pisek.....Jacqi Zikmund, Julie Zikmund, Helen Zikmund, Miranda Lien
Ranch Hands, Fordville.....Corrine & Travis Bell, Angie Schroeder, Sally Larson
Seven Rustlers, Fordville.....Todd Knudson, Jon Beneda, Lori Ternquist, Allie Beneda, Katie Ralston
Spirit, Hoople.....Charlotte & Paul Klose, Naomi Myrdal
Walsh Winners, Park River.....Anna & Megan Ramsey, Becky Nelson, Marlys Kjelland, Sue Brummond

Walsh County 4-H Calendar of Events – 2018

* Walsh County 4-H Events

February 2 – Archery, Grafton, 6:30

February 2-4 – 4-H Ambassador Winter Retreat

February 5 – 4-H Council Meeting, Park River, 6:00

February 10 – 4-H Shooting Sports – Cando

February 24 – 4-H Shooting Sports – Watford City

March 3 – State 4-H Livestock Judging Contest – NDSU Campus, Shepperd Arena, Fargo

March 3-10 – North Dakota Winter Show

March 4 – State 4-H Livestock Quiz Bowl Contest – NDSU Campus, Family Life Center, Fargo

March 10 – Crop Judging Contest (tentative until approved by NDWS)

March 10 – 4-H Shooting Sports – West Fargo

March 10 – Winter Show 4-H Hippology Contest – Tentative until winter show approval, Valley City

March 17 – 4-H Shooting Sports – Minot

March 23 – Project Expo, Park River School, 5:30 registration

April 7 – 4-H Shooting Sports – Edgeley State Indoor

April 7 – State 4-H Horse Judging Contest & the State 4-H Hippology Contest – NDSU Equine Center, Fargo

April 7-12 – National 4-H Conference – Washington, DC

April 8 – Variety Show – Park River Auditorium, 3:00pm

April 8 – State 4-H Horse Demonstration Contest, State 4-H Horse Public Speaking Contest and State 4-H Horse Quiz Bowl Contest – NDSU Campus, Family Life Center, Fargo, ND

April 13-15 – 4-H Ambassador Spring Retreat, Devils Lake

April 27 – Communication Arts – Park River High School, 5:30 registration

June 5 – District communication Arts – Cavalier Public School

June 18-21 – Extension Youth Conference – Fargo

June 26 – Consumer Choices – Park River Auditorium, 8:30 registration

June 26 – Clothing Revue – Park River Auditorium, 12:30 registration

July 20-28 – North Dakota State Fair

August 1 – Swim Party – Park River Pool, 9:00pm

August – 4-H Ambassador Summer Retreat

View 4-H Focus on our website:

<http://www.ag.ndsu.edu/walshcountyextension>

OR

Log into your 4hOnline account at:

<https://www.4honline.com>

Non-Discrimination Policy: North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, race, religion, sex, sexual orientation, or status as a U.S. veteran. Direct inquiries to the Vice President for Equity, Diversity and Global Outreach, 205 Old Main, (701)231-7708