



4-H



focus

February 2014

NDSU | EXTENSION SERVICE

What's Happening?

Project Expo - Registration Due March 7th

Walsh County will be holding its Project Expo Event March 14, 2014. It will be held at the Park River Public 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 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 7th.

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>

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 Kari. Chevrons may be purchased prior to the event at the Extension Office.



e Newsletter published by:
Kari Helgoe
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:

Crop Judging Workouts	2
County Project Days	2
County 4-H Ambassadors	2
4-H Club History	2
Project Corner	3
Club Highlights	3
ND Aerospace Event	4
Scholarship Applications	4
ND State Crop Show	4
Winter Judging Dates	5
Citizenship Washington	5
Gear Tech 21 Camp	5
Artwork & Photo	5
Eat Smart Play Hard	6
Invest An Acre	6
Arriba Nacho Dip	7



Crop Judging Workouts

Crop Judging Workouts are being held Saturdays this winter at the Extension Office starting at 9:30 a.m. until the ND Winter Show in early March. (Feb.15, 22, Mar. 1) All 4-Hers who are interested may participate. Parent(s) are encouraged to attend workouts to learn along with their 4-Her(s) and assist coaches.

Crop judging participants evaluate crops for seed and factors affecting market quality, and identify crop and weed seeds and plants. Becoming a proficient crop judge includes identification of crops grown in North Dakota and the region and the correct identification of weed mounts and weed seeds. For dates contact Brad Brummond at the Extension Office (284-6624)



Upcoming County Project Day - April 13th

Pembina County 4-H Council is sponsoring a 4-H Project Day on Saturday, March 15, 2014 at the Cavalier School. **Registration** should be returned by **February 24**. Payment must accompany registration forms. Please see the attached registration pdf for more information regarding project descriptions, etc.

Ramsey County 4-H Council will again be sponsoring their Lake Region 4-H Project Day on Saturday, April 5, 2014, at the Memorial Building and Courthouse in Devils Lake. The basic registration fee, including lunch and all supplies is \$15 per 4-H'er. An additional \$4 fee will be assessed for certain projects.

Please see the attached pdf for more information regarding project descriptions, times, and registration forms. **Registrations** need to be received by **March 17, 2014** and can be mailed to NDSU Extension Service/Ramsey County, 524 4th Ave NE #5, Devils Lake, ND 58301-2486. If you would like assistance with carpooling, please contact Kari at the Extension Office if you are planning on attending and have room available in your vehicle.

4-H County Ambassadors Meeting

The next meeting for the Walsh County 4-H Ambassadors is tentatively set for **Saturday, March 29 at 10 a.m.** The group is planning on touring Welch's Bakery in Park River before holding their regular business meeting. Walsh County 4-H youth ages 14-19 are invited to attend. Agenda items include election of officers, community service ideas, and goals for the upcoming 4-H year. Individuals must be willing to work hard to promote 4-H, build a stronger community and have a lot of fun while doing it! For more information on becoming involved in this Walsh County program contact Kari~



4-H Club History

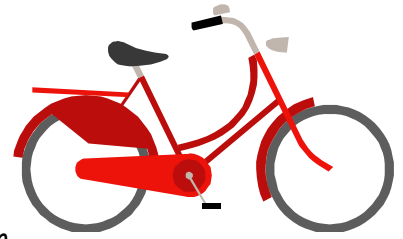
Reminder this year the Walsh County Fair is celebrating its 100th birthday! Current and former Walsh County 4-H Clubs are encouraged to begin making plans to share their club history in time for the Fair. Clubs may use their creativity in sharing their story with the public, examples include photos, videos, short stories, display boards, etc.



Project Corner

Bicycle

Activities in the series are designed for youth bicycle enthusiasts and volunteers. Two levels of youth activity guides and a helper guide provide a comprehensive program for youth. In Level 1- youth learn safety, road rules and planning for a pleasant ride. In Level 2- you learn to choose a bike that is right for them and practice bike maintenance. The Helper's Guide provides group activities for cycling enthusiasts. It also contains information and activities related to basic bicycling handling, traffic skills and bicycle events.



Club

Highlights

Flatlanders

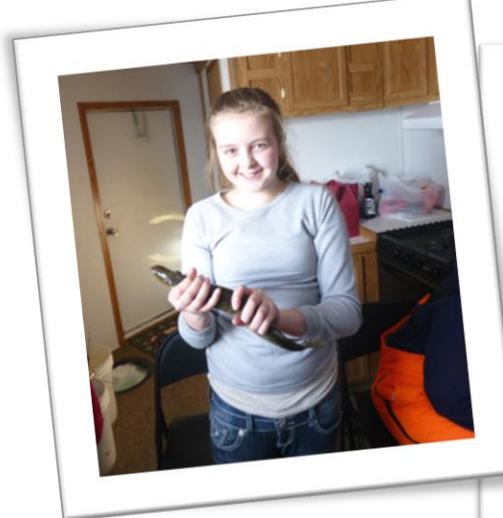
Madison Bogert taught the Flatlanders 4-H members how to make a parachute cord during their January meeting. In February new member Zach Crawford demonstrated how to make a birdfeeder using burlap and birdseed among other materials.



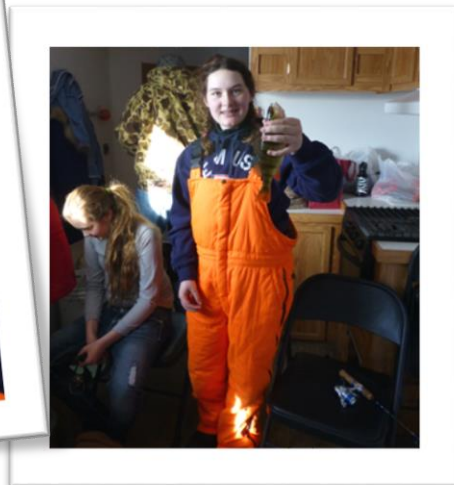
The Flatlanders make parachute cords.

Hayshakers

The Hayshakers went fishing on Whitman Dam for their February meeting. Not too many fish were caught but Abby Mack and Eva Sobak the club's two members who had never been ice fishing each had success. Abby caught a northern and Eva caught a perch. Mike and Connor Hodek hosted the fishing extravaganza.



Abbv and her Northern.



Eva nabs a perch!

Share your Club's 4-H adventures with Kari or Brad and we'll make sure to share with other Walsh County 4-H members. Email your photos and stories to Kari at kari.l.helgoe@ndsu.edu today.

State and National News

4-H Aerospace Event - 2014

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 27-28, 2014 at UND School of Aerospace in Grand Forks. This program is open to youth ages 12-15 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 2014.**



Visit http://www.ndsu.edu/4h/programs_events/overnight_trips/camps/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.

Scholarship Applications due March 1st

Two John D. Paulson Memorial scholarships (\$1,000) will be awarded to students who have been involved in 4-H in Walsh County, ND. Applicants may pursue their education at a vocational school, technical school, college or university. One of the awards will show preference to first-year students.

Other scholarship opportunities are available to present and former North Dakota 4-H members through the 4-H Foundation. The application form can be completed online or printed and mailed. Scholarship applications must be postmarked or received by March 1st. For an application form or more information visit http://www.ndsu.edu/4h/4_h_foundation/scholarships/



ND State Crop Show

The North Dakota State Crop Show, in conjunction with the North Dakota Winter Show, will be held March 5-10 in Valley City, ND. Youth may enter in 4-H, FFA or Open Divisions with the top blue ribbon entries advancing to the Championship Division.

It's still not too late to think about preparing an exhibit for the state crop show. The exhibit size is two quarts for seeds of wheat, durum, oats, barley, sunflower, rye, peas, lentils, beans, and shelled corn. One quart is exhibited for flax, canola, grasses, small seeded legumes, millet, and seeds of similar size. Ear corn is exhibited with ten ears.

Entries must be at the NDSW by 10:00 a.m. on Monday, March 3, 2014. Complete rules and regulations can be found in the Crop Show Book online at www.northdakotawintershow.com or call the Extension Office at 284-6624 for a copy.

Winter Judging Dates across the State

- February 22 - Oakes
- March 1 -Southeast - Lisbon and West River - Beulah
- March 7 - State Crops judging and Hippology at NDWS Valley City
- March 8 - State Livestock judging at NDWS Valley City
- April 5-6 - State Horse Quiz Bowl and public speaking, State Hippology and horse judging at NDSU



2014 Citizenship Washington Focus Trip

The 2014 Citizenship Washington Focus (CWF) trip will be held June 1-7. The cost will be \$1,600 with \$500 due with registration on March 15 and the balance due April 15. The trip is a great opportunity to visit with 4-Hers across the country, see Washington D.C. and learn how our government works.

Visit:

http://www.ndsu.edu/4h/programs_events/national_trip_opportunities/citizenship_washington_focus_cwf/

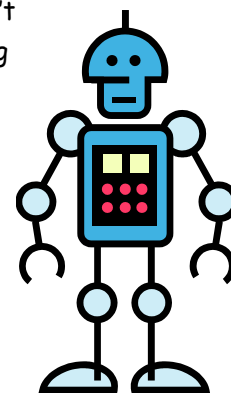
GEAR-Tech-21 Camp

GEAR-Tech-21 is an innovative program that brings robotics, GPS and GIS together. This camp is open to any youth who will be going into grades 5 - 8 in the fall of 2014. (You don't have to be a 4-H member to attend this camp.) We have scheduled this camp during Extension Youth Conference, June 16 -

19 on the NDSU campus, so youth interested in attending will be able to ride the bus to Fargo.

Youth attending will:

- ♥ Build and program robots.
- ♥ Operate a handheld GPS receiver.
- ♥ Put your science, technology, engineering, and math skills to work.
- ♥ Apply robotics, GPS, and GIS technologies to geo-tracking, navigation, and mapmaking.
- ♥ Discover opportunities with 3D printing.
- ♥ Find out about careers in science, technology, engineering, and mathematics including robotics, GPS/GIS, natural resource management and agricultural technology.
- ♥ Complete fun robotics challenges.



Registration will be open in 4honline and a brochure can be found on the ND 4-H website.

Recognition Opportunity for Artwork and Photography Project Work

4-H members have been invited to submit their 4-H project work in the Visual Arts area, artwork and photography, to be recognized in a NDSU sanctioned publication. Students in grades 7-12 are eligible. If the student's work is accepted for publication, they will receive a free copy of the journal. In the last part of the journal, information about the contributors is printed. Please be sure to mention that your submission is the result of a 4-H project and this will get mentioned if the materials are accepted for publication.

Deadline for submission is March 31. For more information contact Kari at the Extension Office.

2014 Eat Smart. Play Hard. Together Poster Contest

North Dakota youth will have a chance to demonstrate their creativity and knowledge of heart health in this spring's "Eat Smart. Play Hard." Poster contest. Poster entries must be post-marked or delivered by **March 15, 2014**.

The contest is open to North Dakota youth ages 8 to 19 as of Sept. 1, 2013.

Posters will be judged in two age divisions: preteen (ages 8 to 12) and teen (ages 13 to 19).

The posters should educate and promote the idea of living a heart-healthy lifestyle. The posters also should inform North Dakota youth and adults about the importance of healthful food choices and regular physical activity to heart health. The North Dakota State University Extension Service, NDSU Extension's Center for 4-H Youth Development and the North Dakota Academy of Nutrition and Dietetics (NDAND) are sponsoring the contest.

This year's posters must be centered on a theme that directly relates to eating healthful foods and playing hard to promote heart health. This could include the importance of taking part in 60 minutes of physical activity each day or eating a diet rich in whole grains, fruits and vegetables.

The poster contest rules are available at:

<http://www.ndsu.edu/fileadmin/4h/GroupProjects/PosterContestRules.pdf>

The required submission form is available at:

<http://www.ndsu.edu/fileadmin/4h/GroupProjects/postercontestssubmission.pdf>



A Call to 4-H Youth

4-H and Invest an Acre is an opportunity for youth in your community to apply for up to \$1,000 to help solve hunger in your community. Grant funds can be used for a number of hunger related projects, and it is our hope that through this grant, 4-H'ers will:

- ♥ Demonstrate how they will increase their learning and actions related to food security and hunger relief
- ♥ Use recommended resources to educate others related to food security and hunger relief most appropriate to their community/area
- ♥ Select a community project(s) that uses recommended resources, creates an awareness and educates others about food security and hunger relief in their communities
- ♥ Use the toolkit provided to educate their community on hunger related issues
- ♥ Record and report their volunteer hours and the number of people they reached

County Extension offices and youth receiving funding will be expected to learn about hunger in their local community as well as the impact of food insecurity globally. A toolkit will be provided that includes programs and activities designed to complement the education needed. Community projects selected will engage both youth and adults in brainstorming and then carry out meaningful service to the community.

Suggestions of service ideas include, but are not limited to: GIS mapping of areas in which food security is most prevalent and presenting it to the town/city council; creating or partnering with an existing community garden; or assisting the food bank with packing weekend backpacks for students. Youth and adults will be expected to collect data on how many youth and adults they

reached and also the number of volunteer hours involved. To apply, email Katie Tyler at Katherine.Tyler@ndsu.edu.

The ND 4-H Newsletter can be found at <http://www.ndsu.edu/4h>.

or

Log into your 4hOnline account at: <https://www.4honline.com>

Arriba Nacho Dip

Ingredients:

- 2 cloves garlic, finely chopped
- 1 c. onion, finely chopped
- 1 c. green bell pepper, finely chopped
- 1/2 jalapeno pepper, finely chopped
- 3 large Roma tomatoes, chopped
- 1/4 c. cilantro, finely chopped
- 1/4 c. lemon juice
- 1 (15-oz) can fat-free refried beans
- 4 oz. reduced fat cheddar cheese, shredded



Directions:

1. Combine the first seven ingredients in a bowl; mix.
2. Put refried beans and vegetable mixture in a pot; stir until blended.
3. Cook on low to medium heat for 20 minutes.
4. Sprinkle with cheese and allow to melt.
5. Serve with veggies or whole grain-crackers.

Makes 12 servings. Per serving: 60 calories, 0.5 grams (g) fat, 4 g protein, 8 g carbohydrate, 2 g fiber and 230 milligrams sodium

Source 2014 North Dakota EFNEP/FNP Calendar

4-H Focus

Published By:
Kari Helgoe, 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

4-H COUNCIL EXECUTIVE BOARD

President – Jacqi Zikmund
Vice-President – Brent Nelson

Secretary – Anna Ramsey
Treasurer – Charlotte Klose

CLUBS & LEADERS

Country Kids, Pisek.....Shanna Foerster, Ian Foerster
Flatlanders, Grafton.....Lori Zahradka, Jenny Napier, Susie Narloch
Hayshakers, Fairdale.....Kori & Mark Hodek, Dave Haslekaas
Made in the USA Kids, Pisek.....Jacqi Zikmund, Julie Zikmund, Helen Zikmund
Ranch Hands, Fordville.....Corrine & Travis Bell, Angie Schroeder, Sally Larson
Seven Rustlers, Fordville.....Todd Knudson, Jon Beneda, Lori Ternquist
Spirit, Hoople.....Charlotte & Paul Klose, Lori Beth Sapa, Sherry O’Toole, Naomi Myrdal
Walsh Winners, Park River.....Faye, Anna & Megan Ramsey, Becky & Brent Nelson,
Marlys Kjelland, Sue Brummond

**Walsh County 4-H Calendar of Events
2013-2014**

Saturday, February 15, Archery Tournament (Cando)
Sunday, February 16, Monday, February 17, Citizenship in Action (Bismarck)
Saturday, March 1, 4-H Scholarships Due
Friday, March 7, State Crops Judging (Valley City)
Saturday, March 8, State Livestock Judging (Valley City)
Friday, March 14, Project Expo (Park River)
Friday, April 11, Saturday, April 12, State Hippology & Horse Judging
Sunday, April 13, Walsh County Variety Show (Park River)
Thursday, April 24, New 4-H Family Workshop
Sunday, April 27, Monday, April 28, Aerospace Event (Grand Forks)
Monday, May 5, Ambassador Applications Due
Friday, May 9, Communication Arts (Grafton)
Thursday, May 29 District Communication Arts (Grand Forks)
Wednesday, June 11, State Meats Contest
Monday, June 16 Thursday, June 19 Extension Youth Conference (NDSU, Fargo)
Tuesday, June 26 Consumer Choices, Fashion Revue (Park River)
Wednesday, July 2, Swim Party
Friday, July 18 Saturday, July 26 ND State Fair
Monday, December 15 End of Year Records Due

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.