



4-H focus



NDSU | EXTENSION SERVICE

e Newsletter published by:
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For more information visit:
<http://www.ag.ndsu.edu/walshcountyextension>

What's Happening?

District Communication Arts - May 9th

District Communication Arts will be held on **Thursday, May 29th** at Sharon Lutheran Church in Grand Forks. Registration will begin at 9:15 a.m. and judging will follow at 9:30 a.m. Eligible participants should have received an informational letter from the Extension Office. 4-H Dress

Code is required for this event. If you are unable to participate, please call Kari.

Mid-Year Enrollments Due June 1st

Enclosed in this mailing is a list of projects 4-H members are enrolled in as of May 2014. If you plan to add new projects beyond those listed it is **YOUR** responsibility to **change them via 4honline.com** by **JUNE 1st**. Settings on the 4honline system are changed after June 1st and families will no longer be able to add or drop projects.

You must be enrolled in a project by June 1st to exhibit at the fair. No additions can be made after June 1st. If you have questions about 4honline call the Extension Office and we will gladly help you walk through the website.

Walsh County Land Judging Team

Brad is again recruiting for the Walsh County Land Judging team. Land judging includes texturing soils, classifying land, figuring slopes and making management recommendations based on all of the above. We have been quite fortunate the past three years with trips to Oklahoma City to compete in the national contest. We will need to work at this if we are going back. The first workout will be **Tuesday, June 3rd at 7 p.m.** at the Extension Office in Park River. This is for all ages of 4-H but it is the senior team that competes in Oklahoma if they win. Members have to be 14 by May 1 of next year generally speaking. Participation in land judging workouts and the state contest counts towards a 4-H'ers Top Notch award.

Tractor Driving

Tractor Safety School will be offered for ages 13-15 on **June 4th and 5th from 9am-5pm** each day. It is a good idea for all youth who work on a farm to be trained in equipment safety. Any youth without a driver's license and under the age of 16 are not allowed to be driving on the farm. Youth ages 14 and older, who pass this program will be licensed to operate tractors over 30horsepower as well as other agricultural equipment.



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If you attend this safety school at age 13, you will receive your certificate upon turning 14. Oliver County Extension agent Rick Schmidt will be instructing the course.

The cost is \$40 and will be located at the Park River High School-Alumni Room. Each participant will receive an instruction/safety book. Course will offer both classroom and behind-the-wheel instruction. It's a great opportunity to get certified, and will help insure safety in young farm workers. Please register before May 30th by calling the Walsh County Extension Office @284-6624. Snacks will be provided, snacks/lunch should be brought with.

Walsh County 4-H Ambassador Meeting June 15th

The next meeting for the Walsh County 4-H Ambassadors will be **Sunday, June 15th at 1 p.m.** at the Walsh County Extension Office. Walsh County 4-H Ambassadors are 4-H members ages 14-19 who wish to take an active role as a 4-H youth leader. Consider inviting another 4-H'er to attend the Ambie meeting!

Consumer Choices - Registration June 18th

The 4-H Consumer Choices contest will be held on **Thursday, June 26, 2014**, at the Park River City Hall. Registration will begin at 9 a.m. Members interested in participating in this event must be registered no later than **Wednesday, June 18th**. 4-H Dress Code is required for this event.

Study guides and practice sets maybe picked up at the Extension office. Please call ahead so we can have them ready for you. Guides and sets may be printed from the following web link: http://www.ndsu.edu/4h/programs_events/state_4_h_contests/other_contests/#c197877.

The 4-H Consumer Choices contest helps 4-Hers practice making decisions by matching knowledge, skills and abilities against those of others. 4-Hers learn to rank articles or products based on standards and qualities.

The following **"Come & Go" workouts** will be available at the Extension Office: **May 30, 2-4 p.m.**; **June 5, 10 a.m. - 2 p.m.**; **June 13th 10 a.m. - 2 p.m.**; and **June 23rd, 10 a.m.-2 p.m.** 4-H'ers can stop by the Extension Office at their convenience between those hours and work on sample classes and practice reasons. They do not need to stay for the entire time!. Evening workouts may be scheduled at a later date.


Fashion Revue - Registration June 18th

Walsh County 4-H Fashion Revue will be held **Thursday, June 26, 2014, at the Park River City Hall** The review will start at 1:00 p.m. with judging to follow. **Please send in your registration by June 18, 2014.** Registrations received after the deadline will not be allowed to participate.


Three categories for competition with Cloverbud, preteen and teen divisions are:

- **Sew and Show:** 4-H'ers construct a major portion of a total outfit, select accessories and model the outfit.
- **Buy and Show:** 4-H'ers purchase or recycle a major item of clothing related to a wardrobe plan.
- **Decorate your Duds:** A purchased or constructed garment or accessory is embellished.

4-H'ers may participate in each event.

PD600		A 1234	
		B 1243	
		C 1324	
		D 1942	
		E 1423	
		F 1432	
		G 2134	
		H 2143	
		I 2314	
		J 2341	
		K 2413	
		L 2431	
		M 3124	
		N 3142	
		O 3214	
		P 3241	
		Q 3412	
		R 3421	
		S 4123	
		T 4132	
		U 4213	
		V 4231	
		W 4312	
		X 4321	

Placing Score _____
Reason Score _____

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Follow Us on Facebook Winner!

Sally Larson was the lucky winner chosen randomly from the fans of our Facebook page. Sally receives a basket full of goodies! Congratulations! Don't miss out on the latest tips and news find Walsh County Extension at <https://www.facebook.com/pages/NDSU-Extension-Walsh-County/492158157472815?ref=hl>

Walsh County Extension Facebook page is another outlet for YOU to get the latest updates on events here at the office and around the community. If there is something you aren't seeing but would like to, please let us know! Check back periodically for photos, event reminders, 4-H updates, Ag updates, Family Science updates and seasonal updates.



Sally Larson receives her bag of goodies from Katelyn Hain, Agent in Training.

July 4th Parade Help Needed

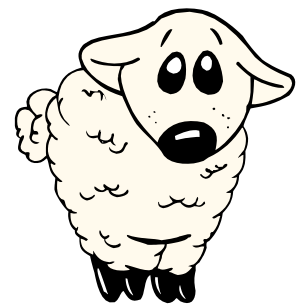
The city of Park River is looking for help in cleaning up the Fourth of July parade route. If your club or family or group of friends is interested in taking on official horse pooper scooper duties contact Patty at the Park River City Administration 284-6150.



Animal Lease Agreements Due July 1st

All 4-H youth leasing an animal as a 4-H project need to file an Animal Lease Agreement with the Extension Office if they are planning to exhibit the animal at the fair. Animal Lease Agreement forms can be requested from the Extension Office.

Animal Lease Agreements must be signed by the person from whom you are leasing the animal. Please attach a photo of the animal with the form. **Forms must be returned to the Walsh County Extension Office by July 1st. All animals (leased or owned) must be in the 4-H'ers possession by July 1, 2014!**



Through animal leasing 4-H'ers agree to take on a managerial role with the animal and are responsible for its care, including feed, cleaning and showmanship preparation.

State Fair Projects – July 1st (including livestock entries)

Please bring all non-perishable State Fair exhibits to the Extension Office by **July 1**. Anyone receiving a blue ribbon at the 2013 Walsh County Fair on a static exhibit may exhibit those items at the State Fair. Food, crops and gardening exhibits must be brought to the office by Tuesday, July 15. Exhibits tags for ALL exhibits must be filled out and left at the office by July 1. If you have a large project, please call the office to make sure there will be adequate space for transport.

John D. Paulson Memorial Scholarship Recipients

Congratulations to seniors **Hayley Fingarson, Edinburg, and Abigail Zikmund, Pisek**, for being named recipients of the 2014 John D. Paulson Memorial Scholarship for \$1,000. This scholarship is administered through the ND 4-H Foundation and is in memory of John D. Paulson with funds donated by family and friends of John.

Congratulations and Best Wishes to Our Graduating Seniors!



Andrew Brummond, Hayley Fingarson, Katia Kjelland, Zach Nelson, Brogan Novak, Jette Peterka, Jessica Tennison, Abby Zikmund -Congratulations and best of luck to you in all your endeavors!

Walsh County 4-H Cookbook - Recipes Wanted!

In celebration of the upcoming 100th Walsh County Fair the Walsh County 4-H Ambassadors are working to put together a Walsh County 4-H Cookbook. They are looking for recipes that current and former 4-H'ers successfully exhibited at the Fair. Recipe submissions should include name, club name, ribbon placing and source (Grandma's kitchen or Taste of Home, April 2000).



Blue ribbon or higher-placing recipes can be dropped off at the Extension Office or emailed to Kari (kari.l.helgoe@ndsu.edu) before the end of summer 2014.

Project Corner

Citizenship

Citizenship Public Adventures (Grades 4-12):

Youth channel their energy toward solving real problems in their community. Youth change a piece of the public world, discover the possibilities of democratic citizenship and build a commitment to taking action in new and exciting ways. They plan and conduct a project that will create change or improve something that is valuable to many people. A project kit and helpers guide are available.



Service Learning (Grades 5-12):

Service learning engages young people in actively giving back to the community and reflecting thoughtfully on the implications of service. Young people organize personalized journeys into service learning and discover their won abilities to make the world a better place. Two different member manuals (grades 5-8 and 9-12) and a helpers guide are available.

Past Meetings and Events

Communication Arts

Twenty-two 4-H'ers participated in the Walsh County 4-H Communication Arts event on May 9th with representation from 7 different area clubs! Congratulations to everyone for an excellent job!

Interpretive Reading - Humorous: Grand Champion Teen - Gretchen Brummond, Reserve Champion - Kristen Larson. Grand Champion Pre-teen: Eva Sobak, Reserve Champion - Seth Nelson, Honorable Mention - Billy Laaveg, Blue - Greta Schuster, Andrew Myrdal

Interpretive Reading - Serious: Grand Champion Teen - Hayley Fingarson, Reserve Champion - Emily Laaveg, Honorable Mention - Andrew Brummond and Beatrice Kjelland. Grand Champion Pre-teen - Marit Ellingson, Reserve Champion - Eva Sobak

Prepared Speech: Grand Champion Teen - Emily Zikmund, Reserve Champion - Zach Nelson

Broadcasting Duo: Grand Champion Teen - Mikayla



Pre-Teen & Cloverbuds: Front Row - Greta Schuster, Hannah Myrdal, Sophie Laaveg, Andrew Myrdal. Back Row - Seth Nelson, Billy Laaveg, Eva Sobak, Sandra Kjelland, Marit Ellingson.



Fingarson and Rachel Klose

Presentation Software: Reserve Champion Teen - Becky Klose

Commercial: Honorable Mention Pre-teen - Sandra Kjelland

Cloverbuds: Sophie Laaveg, Alexis Monson, Hannah Myrdal

Teen Division: Mikayla Fingarson, Hayley Fingarson, Gretchen Brummond, Kristen Larson, Beatrice Kjelland, Becky Klose, Rachel Klose.

State and National News

4-H Camping Options

If you're looking for adventure this summer, it's still not too late to register for the ND 4-H camp near Washburn and still take advantage of the early bird discount on June and July registrations for many camps.

Any youth can attend a variety of camps to have fun while developing lifelong skills, trying new activities, learning the importance of a healthy lifestyle and discovering what they can accomplish, all in a safe environment. [Check out the possibilities!](#)

The NE District which includes Walsh County is part of the creative team behind 4-H Adventure Camp I June 1-5, 2014. This camp is designed for youth ages 8 to 12. Just think you can go camping with perhaps someone you know from Grand Forks or Pembina County. Camp descriptions can be found online at:

www.ndsu.edu/4h/camp/camp_descriptions/

For more information on all the camps please contact the Extension Office at 284-6624.



Adventure is waiting for you at 4-H Camp
located at North Dakota 4-H Camp, Washburn, N.D.

May 27-31 Livestock Camp	ages 8 and older
May 27-31 Wish I Had a Horse Camp	ages 8 to 10
June 1-5 Horse Camp 1.....	ages 8 and older
June 1-5 4-H Adventure Camp I.....	ages 8 to 12
June 6-8 Family Fun Camp	ages 6 and older
June 8-12 Outdoor Skills Camp.....	ages 11 and older
June 8-12 All Archery Camp.....	ages 10 and older
June 15-19 Horse Camp II.....	ages 8 and older
June 15-19 4-H Adventure Camp II.....	ages 8 to 12
June 20-21 Clover Camp.....	ages 6 to 8
June 22-26 4-H Adventure Camp III.....	ages 8 to 12
July 6-10 Survivor Outdoor Recreation Camp.....	ages 10 to 14
July 6-10 4-H Adventure Camp IV.....	ages 8 to 12
July 13-15 Discover Camp.....	ages 8 to 11
July 13-15 Great Outdoors Camp.....	ages 8 to 11
July 27-31 Military Youth Camp I.....	ages 8 to 11
July 27-31 Military Youth Camp II.....	ages 12 to 15

Register early to receive a discount for camp.
For more information and to register online, visit www.ndsu.edu/4h/camp.
For mail-in registration, call (701) 231-7251. **Open to ALL youth!**

Extension Youth Conference - The Stars of 4-H

If you have completed the seventh grade, are willing to share new ideas with others and want to be among those who will gain the most from the experience and provide leadership you should consider attending the 4-H Extension Youth Conference **June 16-19, 2014** at NDSU in Fargo.

The total cost for EYC is \$200 per participant. The fee includes all meals from Monday - Thursday brunch, overnight housing for Monday-Wednesday and a conference t-shirt. Youth do not need to be a 4-H member to attend. The next state Ambassador selections will be held during the EYC event.

For more information about the EYC experience and to enroll online visit the 4-H Center's website:

http://www.ndsu.edu/4h/programs_events/overnight_tripscamps/extension_youth_conference/



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>

Maple Sweet Potatoes



Ingredients:

2 sweet potatoes (large) 1 tsp. maple syrup
2 Tbsp. yogurt, nonfat 1 Tbsp. orange juice

Directions:

1. Rinse and scrub sweet potatoes with a vegetable brush.
2. Prick potato skins thoroughly with a fork.
3. Microwave on high for three to four minutes or until soft and easily pierced with a knife.
4. Scoop sweet potatoes out of the skin into a medium bowl. Mash and stir in the yogurt, maple syrup and orange juice.
5. Transfer to a microwave-safe serving bowl and microwave for one to two minutes to heat through.

Makes two servings. Per serving: 130 calories, 0 grams (g) fat, 3 g protein, 30 g carbohydrate, 4 g fiber and 85 milligrams sodium.

Source 2014 North Dakota EFNEP/FNP Calendar

4-H Focus

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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

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:
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OR

Log into your 4hOnline account at:

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