



# 4-H TIMES

*"4-H is a community of young people across America who are learning leadership, citizenship and life skills"*

## APRIL 2011

## GREETINGS:

Have you ever waited to speak up because you weren't sure you had the perfect answer? Has your fear of being Embarrassed or wrong silenced you at times? Being cautious is good, but sometimes taking risks is better. Chances are you can tweak and improve as you go along. Don't wait. Take some chances - compete in the Williams County Consumer Choices and/or Communication Arts contests coming up at the end of April.

*I think that all of us are 5-year-olds and we don't want to be embarrassed in the schoolyard.* Helen Hunt

Being embarrassed... Losing face... Feeling humiliated. Making a mistake is one thing but, when we do it in public for everyone to see, we are mortified. We may wake up in the middle of the night reliving the moment. We avoid situations where it could happen again. We cringe at the mere thought of it. But should we?

While it's true that some mistakes can be catastrophic, 99% are not. We need to laugh at ourselves, and ask for help. Most important, we need to learn from our experiences. Instead of saying I should have.... or I

can't believe I didn't.... or other similar statements, review what happened and make a list of how you can be better prepared to handle a similar situation in the future. Ask others that you trust for feedback and advice. Instead of backing away from situations for fear of making a fool of yourself, look for opportunities to take risks until you are comfortable. You will find that it's better to find opportunities to grow and learn than to avoid taking risks for fear of being embarrassed.

Where can you practice speaking up in a safe atmosphere? Where can you get trusted feedback and advice? 4-H, of course! You can start out with a "short take" where you prepare for 10 minutes at the contest to answer a question about 4-H. Do you ever read to a younger sibling, or a child that you babysit for? Why not prepare an interpretive reading where you read a story out loud to communicate the author's thoughts expressively? Neither of these require you to write a speech and are a good way to start public speaking. Cloverbuds are invited to recite the 4-H Creed or the Pledge of Allegiance. I'm looking forward to seeing many of you at the county contest on April 29<sup>th</sup>!

*Mary*

## UPCOMING EVENTS

### INSIDE THIS ISSUE:

SWEET CLOVERS 4-H CLUB	2
FASHION REVUE; COUNTY CONSUMER CHOICES;	3
AUCTION SALES; CWF & 4-H AMBASSADOR; PROJECT EXPO	3
FLORAL ARRANGEMENT CLASS; REMINDERS; ; VOLUNTEER MONTH; BURLEIGH PET CLINIC	4
LIVESTOCK MEETING; TSC; JC PENNEY ROUNDUP;	4
PROJECT ADD/DROP DEADLINE	

### April

- 5 ~ 4-H Spring Council Meeting
- 7 ~ Consumer Choices workout
- 12 ~ Livestock Committee Meeting
- 15 ~ County Consumer Choices
- 16 ~ Burleigh County Pet Clinic
- 22 ~ Medora Award Trip applications due  
County Communication Arts  
registrations due
- 27 ~ Fashion Revue Registrations Due
- 29 ~ County Communication Arts

### May

- 2 ~ Last Day to Change or Enroll in 4-H  
Projects
- 2 ~ Market Steer registrations due
- 2 ~ Wonder Wizards submit article for 4-H

### Times

- 6 ~ Fashion Revue
- 14 ~ MPU1 (District) Communications  
Arts at Stanley
- 15 ~ Happy Mother's Day
- 30 ~ Memorial Day - Office Closed



## 4-H Club of the Month Corner



# Sweet Clovers 4-H Club



**Sweet Clover's 4-H Club** has been in existence for many years.

We currently have seven members and five registered leaders.

Our long time leader, Marcia Velenchenko, retired last year from 4-H after serving over 20 years as a leader.

We are still fortunate to get to see Marcia at auction sales throughout the year.

Kalli Kjos is our President/Treasurer and she has been a member for seven years. She has been selected to attend Citizenship Washington Focus this summer.

Our other members include second year members Kura Grindland as Vice-President and Carly Thomas as Secretary, and first year members Kaia Wenstad, Vanessa Monsalve, Brooklyn Haug, and Aniston Eslinger.

**So, here is what we do and believe...**

**HEAD** - We use our minds quite frequently in our club meetings. We come up with our own project ideas and agree to focus on one project at each meeting. So far our projects have included stained glass, cooking, wood arts, and photography.

We also had meetings focused on Project Expo and Consumer Choices.

We had two members, Kura Grindland and Kaia Wenstad who competed in Project Expo and did an excellent job.



**Stained Glass Project**  
Kalli, Kura, Aniston, Vanessa and Kaia



**4-H'ers**  
Kura and Carly  
with recipient of  
blankets

**HEART** - We know that to be good 4-H members we must have "heart".

We had fleece donated to our club so we made two tie blankets with this fleece and donated them to the women's shelter.

A community project we have done for years in our club

is Christmas shopping from the Angel Tree at Walmart

or the Forgotten Stocking from American State Bank.

This year, we found lots of fun things for teens and donated to the forgotten stocking.

This project always makes our hearts swell.



**4-H'ers Carly, Kaia and Vanessa**  
With Ken Kjos, American State Bank

**HANDS** - We must have "hands-on" in 4-H. We love doing projects that involve creative work. Our wood arts projects are always creative in that each individual member can design their own outcome. This year we made a family of bears for a Christmas decoration. Previous years have included projects such as a snow fence, Easter bunnies, Uncle Sam, and Turkeys. All were different. We also like to go to Bloomin' Shoppe and make flower pots. It is always fun to see the flowers that everyone picks.

**HEALTH** - We believe that health is very important to our every day living. We try to have healthy snacks at our meetings (though we still like to have goodies, too). This concludes the happenings of **Sweet Clover's 4-H Club**.

We look forward to seeing you at the fair and showing you our projects!



## UPCOMING 4-H EVENTS

Forms for Fashion Revue will be mailed to 4-H'ers enrolled in clothing and textile projects. Sewing projects and fact sheets are to be brought to the Extension office on or before **April 27**.

**Fashion Revue will be held on Friday,  
May 6, 4:30-6:30 p.m.,  
at Bethel Home  
Public Style Show at 6:00 p.m.**



**County Consumer Choices  
Friday, April 15, 6:30 p.m.  
2nd Floor Conference Room, Courthouse**

**Consumer Choices Practice/workout  
Thursday, April 7, 4-5:30 p.m.,  
2nd Floor Conference Room, Courthouse**

**District Communication Arts  
Saturday, May 14, 9:30 a.m.,  
Stanley High School, Stanley, North Dakota**

**County Communication Arts  
Friday April 29, 6:30 p.m.,  
2nd Floor Conference Room, Courthouse**

## UPCOMING AUCTION SALE SEASON

Auction sale season is beginning and the Williams County 4-H clubs have been asked to provide lunch at two auctions coming up in June. Proceeds go to 4-H clubs and 4-H council to sponsor Citizenship Washington Focus, Medora Awards Trip and other county activities. Any help you can give would be greatly appreciated.

The first one is **Saturday, June 4**, at the Multi-purpose building at the Fairgrounds, from 10:00 a.m., to about 5:00 p.m. The second one is **Saturday, June 11** for Marlene Roles horse sale—located across the road from McCody Concrete, 11:00 a.m. Please call Lavina Domagala (572-3698) or e-mail [domagala@nemontel.net](mailto:domagala@nemontel.net) as soon as possible if you can help in any way.

## CITIZENSHIP WASHINGTON FOCUS



**Brooke Alton**, Clever Clovers, and **Kalli Kjos**, Sweet Clovers, were selected as Williams County delegates to attend Citizenship Washington Focus. Delegates will participate in workshops at the Capitol, Mount Vernon, Arlington National Cemetery, and become involved in activities that stress the importance of civic and social responsibility, and experience hands-on learning.



## 4-H AMBASSADORS SELECTED

**Randa Cody**, Clever Clovers 4-H Club, was selected as one of our North Dakota 4-H Ambassadors. The 4-H Ambassadors do many things. They promote ND 4-H Youth programs with state and county Extension staff and 4-H Volunteers and act as an advisor for 4-H youth ideas and concerns. They assist at ND Extension Youth Conference and various state functions. They also volunteer, attend and plan retreats, travel and much more.



## PROJECT EXPO HELD MARCH 24

4-H'ers selected to represent Williams County at the State Project Expo Contest at Minot are:

- Emily Richter**, Clever Clovers - Pillow
  - Lauren Fearing**, Clever Clovers - Bath Fizzies
  - Katherine Fearing**, Clever Clovers - Duct Tape Tote Bag
  - Wesley Nygard**, Clever Clovers - Seasoned Hands
  - Kura Grindelund**, Sweet Clovers - Origami
  - Mallory Nygard**, Clever Clovers - Bassoon Basics
- Alternates selected were:
- Kaia Wenstad**, Sweet Clovers - Chocolate Chip Cookies
  - Jami Wells**, Clever Clovers - Brilliant Butterfly



Check out our website news for more info and photos!

Congratulations Project Expo Participants!



## LIVESTOCK COMMITTEE TO MEET—APRIL 12

Agenda for the 4-H Livestock Committee meeting scheduled **Tuesday, April 12, 7:30 p.m.**, in the conference room of the Williams County Courthouse will include the following:

- \* Minutes of April 24, 2010
- \* Schedule of Fair Activities
- \* Requirements for Swine & Sheep—should it be waived
- \* Review of Potential Buyer List for the Market Animal Sale
- \* Review of Exhibit List
- \* Award Sponsorships; Identification

We have the following number enrolled in Market Animal Projects: 37-Beef; 22-Swine; 20-Sheep; This is a sizeable increase over recent years. Sustaining a successful sale will require the expansion of the current list of potential buyers. **This is an important meeting.**

**Older 4-H members, club leaders and parents are encouraged to attend.**



**Williams County 4-H Spring Council Meeting**  
**Tuesday, April 5, 7:00 pm, 2nd Floor Conference Room, Courthouse**  
**Medora Awards Trip Applications and**  
**County Communication Arts Registrations are due April 22**

**Burleigh County Pet Clinic**  
 April 16 9am-4pm  
 Burleigh County 4-H Building  
 (Cats, Dogs, Rabbits and Poultry)  
 A day filled with all things “pets” including grooming, nutrition, care, and showmanship plus much more.  
 Registrations due April 7  
 For more information call Burleigh County Extension 701-221-6865

### 4-H CLUB ATTENDS FLORAL ARRANGEMENT CLASS

Eight members of Corner Club 4-H attended a floral arrangement class at Country Floral on February 25. It was reported that the employees were wonderful and allowed all of the girls to make their own arrangement and take it home. Fun was had by all and even the leaders learned some great tips! Many thanks to Country Floral!  
**Check out our website for more photos!**



April is **National Volunteer Month** so it is the perfect time to show your volunteer 4-H leaders how much you appreciate them.  
 Be sure and say **“thank you”** for all the time and energy that they put into making the Williams County 4-H program so successful!



Tractor Supply Company (TSC) store in Williston joined 4-H in support of local youth with the *TSC Paper Clover Campaign*, a national in-store fundraising effort to benefit state and local 4-H programming in each of the communities where a Tractor Supply Company store is located.  
**Beginning Friday, April 15 through Monday, April 25**, shoppers at the Williston Tractor Supply Company will have the opportunity to support 4-H in Williams County by purchasing paper clovers for just \$1 at checkout. All funds raised through this local *TSC Paper Clover Campaign* will be donated to 4-H, and will support local camps, after-school programs and other 4-H youth development program activities in Williams County.



Your spare change could change a kid's life!  
 When you shop at *Williston JC Penney Store* between **April 13–26**, and round your purchase up to the next whole dollar, the JCPenney Afterschool Fund will donate the difference to the **Williams County 4-H Youth Development Program** to provide children in this county with access to life-enriching afterschool programs.  
**Remember to Round-Up for kids at Williston JCPenney store from April 13–26!**



### PROJECT ADD/DROP DEADLINE

**The deadline for changing or adding projects to your enrollment list is May 2.**  
**Your Project Enrollment List for each 4-H family is included with this newsletter.** Your main 4-H leader is being sent a Club (each member's) Project Enrollment List. Please talk to your leader about your projects and have your leader notify our office of any additions or deletions to your project enrollment list.

