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WILLIAMS COUNTY



4-H TIMES

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



MARCH 2011

TAKING THE 4-H CHALLENGE

During a recent banquet I sat next to a young couple who recently moved to this area. We exchanged the usual information about our lives and careers. These folks came from a rather large city from a southern state. The young wife had heard about 4-H and only knew it was an organization for young people who had animals at the state fair. This is where she remembered seeing the 4-leaf clover and some young people feeding their animals.

The husband asked if 4-H was an activity for farm youth. I quickly jumped on this opportunity to explain that 4-H offers many learning experiences besides developing skills in raising animals and producing food for the world. I was proud to tell them that the 4-H program focuses on developing life skills which promote knowledge and self worth and that these values can be achieved by participating in many different projects and activities offered on club, county, state and national levels. I acknowledged that livestock projects such as beef, sheep, swine, horses are popular to 4-H members in this area, but young people who do not live in a rural area can experience the same values through other projects such as photography, computer technology, electricity and many more. They were intrigued about the activities which promote public speaking, decision making and leadership.

Although this couple was young, it was obvious they understood the skills young people will need to be successful adults in tomorrow's world.

When asked what they felt were valued characteristics today's youth will need as adults, they responded with the

following: honesty, dedication, knowledgeable, people skills and leadership. I thought to myself "this is what 4-H is all about". What they said is definitely more than having the champion exhibit or selling an animal at the county fair.

4-H is really about such things as learning, decision making, relation to others, planning, organizing, etc.

With this in mind, I draw your attention to several outstanding activities described on page three of this newsletter. If you want to develop skills in decision making and speaking I suggest strong consideration of consumer choices and communication arts. Consumer choices promotes decision making and speaking while communication arts works by developing communication skills. This can be done at various skill levels by give a: 1) commercial, 2) short take, 3) broadcast, 4) speech, 5) demonstration, 6) illustrated talk, 7) dramatic presentation, and 8) interpretative reading.

I challenge all 4-H members to take 4-H beyond the county fair. Later as an adult, you will have no regrets. 4-H is about preparing yourself for adult living. It is a learning by doing program driven by much self-motivation. The more you put into it, the more you will reap. Do **you** want to be one who takes 4-H to a new and challenging level?

Until the next time,

let there be green grass.

Warren



UPCOMING EVENTS

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March

- 13 ~ Daylight Savings Time Begins
- 24 ~ Project Expo at Bethel Home
- 25 ~ Consumer Choices workout
- 26 ~ Mountrail County 4-H Basketball Tournament

April

- 1 ~ Sweet Clovers submit article for 4-H Times
- 5 ~ 4-H Spring Council Meeting
- 8 ~ Consumer Choices workout
- 12 ~ Livestock Committee Meeting
- 15 ~ Consumer Choices
- 29 ~ Communication Arts

May

- 2 ~ Registration for market steer due at Extension office
- 2 ~ Wonder Wizards submit article for 4-H Times
- 6 ~ Fashion Revue



4-H Club
of the Month
Corner



**Reminder - Sweet Clovers
4-H Club!**

Please submit your article for
the April 4-H Times
on or before **April 1**.
Thank you.

Livestock Committee Meeting

Tuesday, April 12
7:30 p.m.,
2nd Floor Conference Room
Courthouse



MARK YOUR CALENDAR AND PLAN TO ATTEND!

SPRING 4-H COUNCIL MEETING

APRIL 5, 7:00 P.M.

2ND FLOOR CONFERENCE ROOM, COURTHOUSE

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.

The success of the last campaign spurred TSC's continued support of the community fundraising event. 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.



Recipe compliments of Prairie Partners 4-H Club

Horse Treats



7 cups sweet feed 2 (12 oz.) jars molasses
½ cup water 2 ½ cups flour

1. Mix the sweet feed, water and molasses.
2. Stir in flour.
3. Coat muffin tins with vegetable oil or cooking spray.
4. Press dough into muffin tin.
5. Bake 350 for 20 minutes or until dark brown

Allow to cool. Makes approximately 34 treats.

*Can use mini muffin pan also.

**WESTERN
4-H CAMP**

Each Williams County 4-H Family is being sent a camp booklet with this newsletter. This booklet contains more information on the camps along with a registration form.

Visit www.ndsu.edu/4h/camp for more information or to register on line.

**Round-Up for the
Williams County 4-H
Youth Development Program
at JCPenney April 13-26**



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!**



UPCOMING COUNTY 4-H EVENTS



**Project Expo
will be held on
Thursday, March
24, 4:30 p.m.,
at Bethel Home.**

To participate in Project Expo, select and research a topic or project related to a 4-H project in which you are currently enrolled. Some examples include: "Picture Perfect" Photography; "Sew What's New" Clothing, or "Get a Rise Out of Bread" Foods and Nutrition. To participate in Project Expo, please let your leader know before March 18. Leaders, turn in your registration forms by **March 18.**

It's time to start thinking or working on your buy and show and sew and show skills for Fashion Revue.

PLEASE NOTE: Clothing (Fashion) revue participants must have a wearable garment as their exhibit for state competition. Pre-teen needs top or bottom and teen needs a complete outfit in order to be eligible to compete at the State Fair. **HOWEVER**, participants may show non-wearable exhibits at the county level on May 6 at Bethel Home.

The Fashion Revue consists of three categories: **Sew and Show, Buy and Show and Decorate Your Duds.**

Sew and Show requires the Pre-teen Division to construct half or more of the clothing being modeled and the Teen Division to construct the major part of clothing being modeled. The clothing constructed must be made as part of clothing and textiles related project in which you are enrolled and appropriate for public revue.

Buy and Show requires participant to buy an outfit and accessorize that fits into their budget, style, and current wardrobe. The following are suggestions for types of garments for the Sew and Show and Buy and Show: school outfits, spectator and active sports apparel, street attire, formal and semi-formal dress or suit, and cultural and ethnic heritage.

Decorate Your Duds requires participant to decorate a garment and/or accessory in a new way that reflects individual style. The decoration process, workmanship and quality of the finished project will be evaluated and must be appropriate for public revue.

Forms for participation in Fashion Revue will be mailed to 4-H'ers enrolled in clothing and textile projects. Sewing projects & 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
6:00 p.m.**

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

**Consumer Choices Practice/workouts
are scheduled for
Friday, March 25 and
Friday, April 8, 4:00-5:30 p.m.
2nd Floor Conference Room,
Courthouse**

To participate in County Communication Arts, please let your leader know before April 22. Leaders, please turn in your registration forms by **April 22.**



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



FARRMS HOLD BEGINNING GARDNER WORKSHOPS



Have you ever wanted to grow your own vegetables, herbs or flowers? FARRMS, the foundation for sustainability, is offering an opportunity to learn how to begin your own garden plot at gardening workshops in March. The workshops planned for Minot, West Fargo and Bismarck will begin with the very basics of planning a successful first-time garden. Information will be presented in a fun and hands-on style by professional and master gardeners Annie Carlson and Sue B. Balcom. Participants will learn where to plan a garden, what to plant, how to start seedlings, keep a journal and more. Lunch, seeds, journals and other goodies will be part of a relaxed and informative session. Bring your questions and dress casually for these Saturdays open to all ages and expertise.

Time and dates for the workshops are:

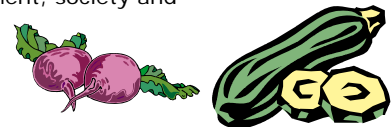
- ◆ **10:00 a.m. - 5:00 p.m., March 12 at the Minot Public Library, 516 2nd Avenue SW, Minot**
 - ◆ 10:00 a.m. - 5:00 p.m., March 19 at the West Fargo Public Library, 109 3rd St. East, West Fargo
 - ◆ 10:00 a.m. - 5:00 p.m., March 26 at Bismarck Art and Gallery Association, 422 E Front Avenue, Bismarck
- Cost is \$40 and one child under 13 can attend free with paying adult.**

Topics include

- 1) Keeping journals and garden maps, 2) Seed Selection, 3) Starting plants, 4) Frost dates, when to plant what
- 5) Row covers, water walls, etc., 6) Companion planting/rotation, 7) Mulch, 8) Pests, 9) Harvest

For more information or to register contact FARRMS (701) 486-3569 or email: info@farrms.org

FARRMS vision: FARRMS is the center of sustainable agriculture and local food systems education. Our education and outreach programs will establish strong links between people, good food, working farms and thriving rural communities with appreciation and respect for the environment, society and fair trade. The resulting local food systems are safe, profitable and productive for generations to come.



EIGHT ELEMENTS ESSENTIAL FOR POSITIVE YOUTH DEVELOPMENT

Just like other living things, youth need nourishing, supportive and protective environments in which they can grow into healthy and contributing adults.

Youth need to know others care about them. They also need to believe they are capable of being successful and be confident they are able to influence people and events. In addition, they need opportunities to practice helping others.

Most youth grow up in environments that support healthy development. However, many youth lack the essential elements for growth.

"It is important for adults to enhance settings with positive elements that lead to positive youth development," says Dean Aakre, North Dakota State University Extension Service 4-H youth development specialist.

Some experts call positive elements for youth development "protective factors." These protective factors or positive elements promote healthy behaviors and decrease risky behaviors. Other experts call these elements "features of positive development settings."

In 2002, human development experts discovered that young people develop positive characteristics in settings that have a positive social environment, such as 4-H programs and activities. 4-H youth development experts found that positive youth development is related to the quality of the setting and atmosphere of youth programs.

A team of evaluators from the National 4-H Impact Design Implementation Team has identified eight critical elements that must exist for youth to have opportunities and experiences that are positive and effective. Those eight essential elements are:

- ◆ Positive relationships with caring adults
- ◆ A safe emotional and physical environment
- ◆ Engagement in learning
- ◆ Opportunity for mastery
- ◆ Opportunity to see oneself as an active participant in the future
- ◆ Opportunity for self-determination
- ◆ Opportunity to value and practice service to others

These eight essential elements are the framework for developing 4-H program environments and opportunities and measuring their effectiveness.