



# 4-H TIMES

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



## FEBRUARY 2010

## GREETINGS:

Once in a while I meet people who know very little about 4-H. Sometimes these people ask what 4-H is all about. I have found it difficult to explain the many activities and projects in just a few sentences. We might think of 4-H in terms of showing an animal at the fair, participating in Project Expo, attending club meetings, learning how to take good pictures, building a bird house, etc. Really though, these and many others compose a long list of projects and events which support efforts to build youth with **Competence**, **Confidence**, **Connection**, **Character**, and **Compassion**.

**Competence** refers to the social, academic, and vocational capabilities of an individual. It also includes one's ability to process information and make judgment.

**Confidence** stems from improving self-esteem, self-concept, self-efficacy (effectiveness) and hope for the future.

**Connection** is the result of building and strengthening relationships with people and institutions.

**Character** refers to the development of self-control, a sense of right and wrong, and respect for cultural and society norms.

**Compassion** (caring) refers to one's empathy and identification with others.

With these expected outcomes of the 4-H program, the value of 4-H goes far beyond the championship rosette or the market animal sale.

I have come to believe that positive youth development does not happen by chance. We (NDSU Extension Agents, club leaders, parents and adults supporting 4-H) must be constantly aware of opportunities to promote these important values of 4-H. They will enable our youth to function effectively as adults in a complex world.

Within this month's newsletter are dates posted for Project Expo, Communication Arts, Consumer Choices and Fashion Revue. Participation in these events are a bit intimidating but involvement reaches to the very heart of 4-H values. Please give us a call if you think we can help promote involvement.

*In closing, just remember,*

*we are one day closer  
to green grass!*



*Warren*



## UPCOMING EVENTS

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### February

- 14 ~ Happy Valentine's Day
- 15 ~ CWF Applications due at Extension Office
- 15 ~ Presidents' Day - Office Closed

### March

- 1 ~ ND 4-H Citizenship in Action Registrations due at Extension Office
- 4-H Foundation Scholarships due at State 4-H Office
- Beef Ambassador Application Deadline
- Crop Show Entries due at Winter Show

- 3-6 Globe at Night
  - 24 ~ 4-H Livestock Meeting
  - 25 ~ Project Expo
- April**
- 6 ~ Communication Arts



## SCHOLARSHIPS

Last month's newsletter contained information for the various 4-H Foundation scholarships. If you are interested in applying for any of these scholarships please submit them to the Center for 4-H Youth Development, FLC 219, Dept. 7280, PO Box 6050, Fargo, ND 58108-6050 on or before March 1.

Application forms and complete information on these scholarships can be obtained from this office or on-line at: <http://www.ndsu.edu/4h/foundation/scholarships/> Please use the Scholarship Application at the website since it is the most current version.

## WESTERN 4-H CAMP

Western 4-H Camp has twelve camp sessions which will run from June 1 through the first week of August.

The camps and dates are listed below:

Livestock Camp.....	June 1 - 5
Military Youth Camp (OMK) .....	June 6 - 10
Survivor Outdoor Recreation Camp.....	June 13 - 17
Barrel and Pole Horse Camp.....	June 20 - 23
Military Youth Camp (OMK).....	June 27 - July 1
Amazing Dance Camp.....	July 5 - 8
Trail Riding Camp.....	July 5 - 8
Military Youth Camp (OMK).....	July 11 - 15
Clover Camp.....	July 16 - 17
Beginning Outdoor Skills Camp.....	July 18 - 22
Lights, Camera, Action Camp.....	July 18 - 22
Baking Boot Camp.....	August 1 - 5

For more information on these camps check out the 4-H website [http://www.ndsu.edu/4h/camp/camp\\_descriptions](http://www.ndsu.edu/4h/camp/camp_descriptions) Registrations will begin March 1.

## ND 4-H CITIZENSHIP IN ACTION



The 2nd annual North Dakota 4-H Citizenship in Action will be held on Sunday and Monday, April 11-12, 2010 at Bismarck. Participants will learn how the judicial process works, tour the ND Heritage Center, participate in the jury selection process, interact with a Supreme Court Justice, and share ideas on how you can have a greater impact in your community.

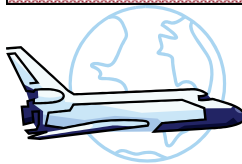
The Williams County 4-H Council will pay the \$40.00 registration fee for all Williams County 4-H'ers who would like to participate. The Extension Office will make arrangements for transportation to and from Bismarck. Citizenship in Action is open to all youth - not just 4-H'ers, so share this information with your friends and/or teachers. A government or social studies class may be interested in participating.

Send your completed registration form for ND Citizenship in Action to the Williams County Extension Office by March 1. We will send all of the Williams County delegates registration forms in together along with a check for all fees. If a form is needed, please call the Extension office or check our website <http://www.ag.ndsu.edu/williamscountyextension/4h-and-youth/forms>

## REMINDER

Citizenship Washington Focus Scholarship Applications are due at the Extension Office February 16. Forms were mailed to all applicable Williams County 4-H'ers and the application form is on our website.

## 2010 AEROSPACE EVENT



MARK YOUR CALENDARS for April 25-26, 2010 for the 4-H Aerospace Event in Grand Forks, ND. This event offers youth, age 12—15, a great opportunity to explore aerospace related careers, learn about air traffic control, build and fly rockets, try their hand at the controls of a digital aircraft simulator, meet other youth from the state plus much more. You do not have to be a 4-H member to attend. For more information check this website: [http://www.ndsu.edu/4h/programs\\_events/overnight\\_trips/camps/aerospace\\_event/](http://www.ndsu.edu/4h/programs_events/overnight_trips/camps/aerospace_event/)

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Extension Youth Conference 2010 will be held June 21-24 on the NDSU campus with the theme of "Dive In".

Check out this website for a brochure and more information on the conference.

[http://www.ndsu.edu/4h/programs\\_events/overnight\\_trips/camps/extension\\_youth\\_conference/](http://www.ndsu.edu/4h/programs_events/overnight_trips/camps/extension_youth_conference/)



**UPCOMING 4-H EVENTS—MARK YOUR CALENDARS**

**WHAT:** Project Expo  
**WHEN:** Thursday, March 25  
 at 6:30 p.m. (set up 6:00 p.m.)  
**WHERE:** Bethel Home

**WHAT:** Consumer Choices  
**WHEN:** Tuesday, May 6  
 at 6:30 p.m.  
**WHERE:** 2nd Floor Conference  
 Room, Courthouse

**WHAT:** Communication Arts  
**WHEN:** Tuesday, April 6  
 at 6:30 p.m.  
**WHERE:** 2nd Floor Conference  
 Room, Courthouse

**WHAT:** Fashion Revue  
**WHEN:** Sunday, May 16  
 at 2:00 p.m. (judging)  
 3:30 p.m. (public style show)  
**WHERE:** Bethel Home

**PLEASE NOTE:**

Clothing (Fashion) revue participants must have a wearable garment as their exhibit for state competition. Pre-teen needs a 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 16 at Bethel Home.

Fashion Revue  
 Entry Forms are  
due at the Extension  
 Office  
 on or before  
May 10

**4-H LIVESTOCK MEETING**

**WHEN:** Wednesday, March 24, 7:30 p.m.  
**WHERE:** 2nd Floor Conference Room, Williams County Courthouse  
 All 4-H Leaders and Parents are encouraged to attend.



**Babysitter's Training Course**

Gain the skills and confidence you need to be a great babysitter! This Course is designed for youth between the ages of 11-15. The Extension office is creating a list of interested youth. Classes are limited to 12, so we will need to schedule according to interest. Parents, please call the extension office (577-4595) if you wish to have your child added to our list.





## REMINDER - TRUNKS AVAILABLE

Stop by or call our office if you are interested in checking out the various trunks available for your use in working on your projects or for your club meetings. Last month's newsletter gave you a detailed list of the trunks. They are Scrapbooking, Leather Craft, Photography, Quilting & Sewing, GPS, Lego, Robotics, Camera and Professor Franklin's Photo T-Shirt Software.



## GLOBE AT NIGHT 2010



**Globe at Night 2010 event will take place March 3-16, 2010.**

What is this event? Youth and families are encouraged to participate in a global campaign to observe and record the magnitude of visible stars as a means of measuring light pollution in a given location. Check out the web site at <http://www.globeatnight.org> for more information.

## EAT SMART. PLAY HARD. POSTER CONTEST

If you are 8 to 19 years old, as of September 1, 2009, you have a chance to test your creative talents, win prizes and encourage your friends and family to live a heart-healthy lifestyle. The North Dakota State University Extension Service - Health, Nutrition and Exercise Sciences and the Center for 4-H Youth Development have teamed up to hold this year's "Eat Smart. Play Hard" poster contest. Posters will be judged in two divisions: preteen (ages 8-12) and teen (ages 13-19). The theme of the posters must relate directly to eating health-healthy foods and/or playing hard to build and keep a healthy heart. Judges will consider how well the posters present information, their general appearance and their importance to educating others about healthy lifestyles.

**All entries must be mailed to Center for 4-H Youth Development, Attn: Eat Smart. Play Hard. Poster Contest Entry—FLC 219, NDSU Dept 7280 PO Box 6050, Fargo, ND 58108-6050 and postmarked by March 15.**

Poster contest rules are available at <http://www.ndsu.edu/fileadmin/4h/GroupProjects/PosterContestRules.pdf>

For submission (cover sheet), go to <http://www.ndsu.edu/fileadmin/4h/GroupProjects/PosterContestSubmissionCoverSheet.pdf>



[www.nationalbeefambassador.org](http://www.nationalbeefambassador.org)  
**NATIONAL BEEF AMBASSADOR PROGRAM**

All youth between the ages of 17 and not over 20 by January 1, 2011, are eligible to be a North Dakota Ambassador and a National Beef Ambassador: Win cash prizes and scholarships. The North Dakota Competition will be held on March 24 at Bismarck, North Dakota, and will include; Media interview -Tell the Beef Production Story; Consumer Beef Promotion with the contestant promoting a Beef product; Presentation to 6th graders promotion Beef; and Issues response to a news article regarding the Beef Industry.

To apply or for further information contact, Kathy Tokach, ND Beef Ambassador Chairperson at [ktokach@aol.com](mailto:ktokach@aol.com) or 701-445-73909. The deadline for applying for competition is March 1, 2010. The competition is based on the National rules which can be downloaded at [www.nationalbeefambassador.org](http://www.nationalbeefambassador.org) and click on "rules".

## ND STATE CROP SHOW



The ND Winter Show is scheduled for **March 2-7, 2009** at **Valley City**. The North Dakota State Crop Show is part of the winter show activities. 4-H members are encouraged to enter samples in this show. The NDWS provides a \$10 premium for each lot champion in the 4-H division in addition to the \$3 paid for a blue ribbon sample. Top blue ribbon exhibits are automatically entered into the Championship division where they compete for additional premiums. 4-H members are encouraged to clean and enter a sample in the 2009 state crops show. **Entries are due at the winter show by noon on Monday, March 1.**

Sample sizes are two quarts for most small grains and one quart for small seeds such as flax, alfalfa, grasses, canola, millet, etc. Grain entered must be grown in North Dakota, but does not need to be grown by the 4-H member entering the sample. Samples become the property of the NDWS. For more information go to the 4-H web-site at: [www.ndsu.edu/4h/](http://www.ndsu.edu/4h/) and click on the event.

