



February 2013      No. 438

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### **4HONLINE**

*Dean Aakre, 4-H Youth Development Specialist*

701.231.8595

[dean.aakre@ndsu.edu](mailto:dean.aakre@ndsu.edu)

#### **4honline Webinar**

4honline webinars will be held Thursday, January 17 and Wednesday, January 23. Both of these sessions will be on creating a report.

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### **AMBASSADOR PROGRAM**

*Sharon Query, 4-H Youth Specialist*

701.231.5923

[sharon.query@ndsu.edu](mailto:sharon.query@ndsu.edu)

#### **Ambassador Selections**

The North Dakota 4-H Ambassadors will be holding Selections on February 23 in the Morton County Courthouse in Mandan. If you have any questions, please don't hesitate to contact me at [sharon.query@ndsu.edu](mailto:sharon.query@ndsu.edu) or 701.231.5923.

#### **2013 Extension Youth Conference**

**EYC 2013 will be held June 17 – 20 on the NDSU campus – start recruiting!!** Watch for PR and registration information to help spread the word to young people in your county.

## **CITIZENSHIP IN ACTION**

***Karla Meikle, Morton County Extension Agent***

701.667.3340

[karla.meikle@ndsu.edu](mailto:karla.meikle@ndsu.edu)

### **Citizenship in Action 2013**

Join us at the 5<sup>th</sup> Annual Citizenship in Action Event February 17<sup>th</sup> & 18<sup>th</sup>, 2013. Sunday's events will include the electoral process, running for office and opportunities to network with other youth from around North Dakota. Monday's events will focus on how the state legislative process works and give you a chance to mingle with representatives and senators from your district.

The cost for the event is \$55.00. The event will start with registration at the Comfort Inn in Bismarck at 12:00pm on Sunday, February 17<sup>th</sup> and conclude at the Capitol on Monday afternoon February 18<sup>th</sup>.

We are asking each county attending to have a tabletop display centered on "Join the Revolution of Responsibility" that showcases North Dakota 4-H members' service learning projects. The display will be part of the 4-H Showcase that takes place from 11AM to 1PM in the Great Hall of the Capitol building.

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## **EAT SMART. PLAY HARD.**

***Julie Garden-Robinson, Food & Nutrition Specialist***

701.231.7187

[julie.garden-robinson@ndsu.edu](mailto:julie.garden-robinson@ndsu.edu)

### **2013 Eat Smart. Play Hard. Together Poster Contest**

2013 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, 2013.

The contest is open to North Dakota youth ages 8 to 19 as of Sept. 1, 2012. Posters will be judged in two age divisions: preteen (ages 8 to 12) and teen (ages 13 to 19).

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.

Posters will be judged on their general appearance and how well they present messages about nutrition and/or fitness and the importance of a heart-healthy lifestyle. Winners in both age divisions will receive \$50 for first place, \$35 for second place and \$15 for third place. All entrants will receive a certificate of recognition and a small prize.

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. 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>

The shipping address is:

Center for 4-H Youth Development,  
Attn: Eat Smart. Play Hard. Poster Contest Entry  
FLC 219, NDSU Dept. 7280  
P.O. Box 6050, Fargo, ND 58108-6050

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## **EDUCATIONAL TRUNKS**

*Linda Hauge, 4-H Youth Development Specialist*

701.231.7964

[Linda.hauge@ndsu.edu](mailto:Linda.hauge@ndsu.edu)

### **WeDo Robotics Trunk**

The LEGO® Education WeDo Robotics Trunk is an easy to use robotics construction set that introduces youth ages 7 and above to building models featuring motors and sensors; programming their models and exploring a series of activities. This trunk includes 6 WeDo constructions sets, 4 activity packs and software. You will need laptops or desktops to program the robot creations.

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## **JUDGING UPDATES**

*Dean Aakre, 4-H Youth Development Specialist*

701.231.8595

[dean.aakre@ndsu.edu](mailto:dean.aakre@ndsu.edu)

### **Winter judging dates**

Please share your dates for winter judging activities. Information will be posted on the <http://nd4hnews.ning.com> web site. Here are the dates I am currently aware of:

February 2 – Wyndmere (includes crops and livestock), and Napoleon

February 2 – Benson County hippology contest in Maddock

February 8 – Little I NDSU – link to registration form posted on nd4hnews.ning.com

February 9 – Kindred

February 23 – Oakes (includes, crops, livestock, and hippology)

March 2 – West River Beulah, and Lisbon

March 8 - Crops judging and hippology at NDWS Valley City

March 9 – Livestock judging at NDWS Valley City

April 12-13 – Horse Quiz Bowl and public speaking, hippology and horse judging at NDSU

The guidelines for putting a team together for state contests are:

- 1) Junior and Senior contests are separate contests.
- 2) A county may enter any number of youth in either contest. All participants are eligible for individual awards.
- 3) Three scores make a team score.
- 4) If a county does not have three participants, they may combine with another county (or two counties) provided that none of the counties have more than two participants in that division. The combined team must register together. Combinations will not be made at the event.
- 5) Age of participants is based on their age at the beginning of the 4-H year (September 1). 13 year old participants may judge in either division. However, for most national contests in the next year, participants must turn 14 before January 1, 2013.

## **Crop judging**

The 2013 state 4-H crop judging contest will be the same as last year except for the following:

- 1) Hoary cress and Perennial sowthistle be added to the prohibited noxious weed list.
- 2) Allow the use of clean clipboard. (other than a name and county, there should be no other notes on the clipboard)
- 3) Live plants along with plant mounts is acceptable (but realistically, not likely to be seen)

Updated junior division weed seed and weed mount cards as well as guidelines for the contest are on the 4-H website.

FFA has made several changes in their contest, including a name change to agronomy project. The plant science curriculum committee will discuss these changes and how that influences what the 4-H contest should look like.

We are always looking for good sources for weed mounts or crop market factors. If you know of some sources, please share that information.

### **State Crop Show**

The state crop show is held as part of the North Dakota Winter Show. Your office should have received a state crop show booklet. In addition, the booklet is posted on the North Dakota Winter Show website at [http://northdakotawintershow.com/wintershow\\_crop\\_show.php](http://northdakotawintershow.com/wintershow_crop_show.php)

Please encourage 4-H youth in your county to participate in this event. There are separate 4-H, FFA, and open divisions. Top exhibits in each lot advance to the championship division. As your 4-H members begin cleaning a sample, remind them of the amounts – two quarts for most crops, one quart for small seed crops like flax, canola, alfalfa, etc. Wouldn't it be great to have at least one sample from every county?

### **4-H Meats Judging Contest**

Dr. Rob Maddock has determined the 4-H meats judging contest will be the week of June 10-15 following state FFA convention so we can double utilize product. He indicated he is still holding two workshops in the state for agents and coaches. The exact date of the contest and workshops will be set soon as her works out details.

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## **MISCELLANEOUS**

### **North Dakota 4-H is now on Facebook!**

North Dakota 4-H is on Facebook. Check out pictures and upcoming events or post your own comments and pictures. If you have any questions, please contact Holly at [holly.halvorson@ndsu.edu](mailto:holly.halvorson@ndsu.edu) or 701-231-7251.

*Dean Aakre, 4-H Youth Development Specialist*  
701.231.8595  
[dean.aakre@ndsu.edu](mailto:dean.aakre@ndsu.edu)

### **nd4hnews.ning.com**

As the new 4-H year starts, you are encouraged to post questions and information on the <http://nd4hnews.ning.com/> web site. The site is open to anyone, but you must join the site to post information. Please check it out.

### **Junior Master Gardener Program**

We will have funds for Junior Master Gardener projects this summer. An application will be available in early February. Please watch for an announcement from Dr. Tom Kalb. This round of grants will require that funds are spent by June 15 and expenses submitted so they can be reimbursed during this fiscal year.

### **North Dakota Winter Show Scholarships**

4-H members are invited to apply for scholarships from the North Dakota Winter Show. To be eligible, an applicant must be a resident of North Dakota, a senior in high school, meet criteria of academic standing, have enrollment plans at a college/university in North Dakota and demonstrate leadership character and citizenship. Each year the NDWS Foundation will award up to two scholarships in the amount of \$250 each.

Application deadline is February 15. Read the guidelines completely before completing your application. Applications are available at:

<http://www.northdakotawintershow.com>

### **USTSA Starter Flock**

The U.S. Targhee Sheep Association (USTSA) will be offering a free registered Targhee Starter flock to a deserving youth at the 2013 USTSA National Show & Sale in Arlington, Wisconsin, July 18th-20th. Applications, due April 1st, are now available to download at [www.ustargheesheep.org](http://www.ustargheesheep.org) or by contacting Mardy Rutledge at the USTSA office ([ustargheesheep@gmail.com](mailto:ustargheesheep@gmail.com) or 702-292-5715). Any young person, ages 9-17, as of January 1, 2013, may apply. Please share this with interested youth in your county.

*Linda Hauge, 4-H Youth Development Specialist*

701.231.7964

[Linda.hauge@nds.u.edu](mailto:Linda.hauge@nds.u.edu)

### **4-H Voices History Project**

The National 4-H History Preservation Team is launching a 4-H Voices History Project in 2013. The purpose of the project is to capture – in audio, video and/or written form – the remembrances of past 4-H members, volunteers and staff. This project is timed to correspond with the 100 year celebration of the Smith-Lever Act in 2014.

How does it work? 4-H members conduct interviews to capture the stories of former 4-H members, volunteers and staff. Selected interviews will be shared for the 2014 Centennial Celebration of Cooperative Extension.

Each state can submit up to five products. These can be

- 1-3 minute audio clip of an interview
- 30-90 second video of an interview

- 3-5 minute audio or video montage
- 1-2 pages of written remembrances

The standards for the A/V or transcript are:

- Video – AVI or WMV format
- Audio – WAV format
- Transcript – Text or Rich Text Format

Support from the National 4-H History Preservation Team will be provided. Written training materials and resources can be found at [http://4-hhistorypreservation.com/Tell\\_a\\_Story/Oral\\_History\\_Project.asp](http://4-hhistorypreservation.com/Tell_a_Story/Oral_History_Project.asp)

Let's see North Dakota as a part of the Voices of 4-H History.

If you have a 4-H member that would be interested in participating in this project, please have them contact [linda.hauge@ndsu.edu](mailto:linda.hauge@ndsu.edu) 701.231.7964.

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### **NORTH DAKOTA 4-H FOUNDATION, INC.**

*Mylie Lavold, ND 4-H Foundation Development Director*

701.231.8569

[mylie.lavold@ndsu.edu](mailto:mylie.lavold@ndsu.edu)

### **PLEDGE YOUR HEART TO ND 4-H**

#### **Giving Hearts Day: February 14, 2013**

Dakota Medical Foundation (DMF) and Impact Foundation have selected the ND 4-H Foundation to participate in the 2013 Giving Hearts Day, a 24-hour online fundraising event that will be held on February 14, 2013.

Contributions of \$10 or more will be matched (up to 4,000).

To support North Dakota 4-H and have your donation matched, simply go to [impactgiveback.org](http://impactgiveback.org) on February 14 and click on the Giving Hearts Day "Donate" button. Scroll to ND 4-H Foundation.

With your help, the ND 4-H Foundation can raise a tremendous amount of funding to support our mission. If the ND 4-H Foundation is one of the top ten organizations to receive the most online contributions, we will receive additional funding from DMF!

Save the Date and Spread the Word! This is a one-day only opportunity to double your gift in support of ND 4-H youth development programs! (Promotional materials will be sent to counties to help promote this day of state-wide giving)

### **Revolution of Responsibility Raffle**



The 2013 ND 4-H Foundation "REVOLUTION OF RESPONSIBILITY" Raffle is officially underway! Once again we will be giving away a Case IH Scout utility vehicle. ALL COUNTIES/CLUBS ARE WELCOME AND ENCOURAGED TO PARTICIPATE. We have already send tickets and posters out to several counties! Earn up to 50% of ticket sales for your local 4-H program. Top youth sellers will win cash prizes from the foundation. Counties are also encouraged to create your own incentive programs to help boost sales. This year's goal is \$40,000! We would like to see \$20,000 go back to counties this year. Funds retained by the foundation support more than twenty 4-H programs implemented in all counties.

### **ND Foundation Scholarships**

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 1. If you would like to help review applications and select scholarship recipients please volunteer to serve on the scholarship committee! We need you!

### **4-H Recognition**

- **4-H Hall of Fame:** This award is given to outstanding leaders and volunteers that have been involved in 4-H for 15 years or more at the local, county, or state level. Application forms are available online and must be postmarked or received by May 1. Recipients will be honored at the ND State Fair in July.
- **North Dakota 4-H Century Families:** Any families whose years as a 4-H member, leader, and/or volunteer add up to 100 or more are eligible. If your family or a family you know qualify, please visit the website for an application form or contact your local extension office. Applications are accepted any time but must be received by May 1 for recognition at the ND State Fair.

### **Committee Volunteers Needed!**

Looking for a new way to help North Dakota 4-H continue growing great leaders? Please consider joining us on a foundation committee. Opportunities include:

- **The Clover Classic Golf committee (Oxbow/Fargo tournament):** August (??) Help us raise funds by securing tournament sponsorships, teams or raffle/door prizes. It all culminates in a day of golf, fun and food out on the course! (The Clover Classic West will be not be held this year. A new even is planned in its place. See next bullet.)

- **NEW! The “yet to be name” shooting sports fundraising event:** June 22, 2013 Capital City Sporting Clays, Bismarck. Help us plan this brand new event and raise funds by securing tournament sponsorships, teams or raffle/door prizes.
- **Recognition Committee:** Help us recognize and honor donors and supporters of ND 4-H and the 4-H Foundation. This includes planning and executing the 4-H Foundation recognition social at the ND State Fair.
- **Scholarship Committee:** review scholarship applications and help select recipients. May also help in identifying and securing new scholarships as well working with current scholarship donors.

Contact the 4-H Foundation 701-231-8569 to learn more about these and other opportunities!

**We welcome your ideas and need your passion!**

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## **OUTDOOR SKILLS/NATURAL RESOURCE EDUCATION**

*Adrian Biewer, 4-H Youth Development Specialist*

701.231.6184

[adrian.biewer@ndsu.edu](mailto:adrian.biewer@ndsu.edu)

### **State Match Dates Set**

The spring match will be held at the North Dakota State 4-H Camp near Washburn May 4 & 5. The match for air rifle is a 3 position 60 shot. The archery will be 3-D for all ages including a new contest, FITA field archery for seniors.

The summer match is scheduled in Bismarck at the same locations as last year. The match will be all three shotgun events and field archery. The date is August 24 and 25.

### **New District Tournaments**

#### **Southwest District Indoor Archery 300**

The Southwest District Tournament at the Burleigh County Extension Office on January 19 is nearly full with only senior slots in the second relay left. Registration closes noon January 17. The divisions are bare bow and freestyle in the three age divisions. The registration is through 4-H Online. Tournament limit is 100 and 4-H members only.

#### **Northeast District Air Rifle Standing 60 shot**

Ramsey County is planning an air rifle match on March 16 in Devils Lake. The match will be 60 shot standing. Equipment will be available to use. If enough participants request, we will have the shooting equipment such as shooting

stands and rifles on site for the match. Request them from me or you can use one of Ramsey County air rifles for a small fee. (They are probably sighted in real good!)

## **Upcoming Trainings**

There are numerous archery trainings in the works. McLean County and Mountrail County have expressed archery interest and are in the process of setting dates. If you are planning an air rifle or archery training, please try to get them in before April. April and May are busy months for our staff and once graduations and field work sets in, our volunteers become scarce.

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## **PROFESSIONAL DEVELOPMENT**

***Sharon Query, 4-H Youth Specialist***

701.231.5923

[sharon.query@ndsu.edu](mailto:sharon.query@ndsu.edu)

## **4-H Youth Development Professional Development/Curriculum Committees**

January 29-31, 2013

ND Farmers Union, Jamestown

Tuesday, January 29

1:00 – 5:00: Project Learning Tree – great environmental education curriculum for use at both day and overnight camps

Wednesday, January 30

8:00 – 12:00: Using Technology to Teach

1:00 – 5:00: Curriculum Committees

Thursday, January 31

8:00 – 12:00: Curriculum Committees

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## **SCIENCE, ENGINEERING AND TECHNOLOGY**

***Linda Hauge, 4-H Youth Development Specialist***

701.231.7964

[Linda.hauge@ndsu.edu](mailto:Linda.hauge@ndsu.edu)

## **2013 4-H Aerospace Event**

The ND 4-H Foundation, UND Department of Aerospace Science along with NDSU Extension – Center for 4-H Youth Development will once again be sponsoring the 4-H Aerospace Event which is scheduled for April 28-29, 2013

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. A copy of the Aerospace brochure was sent in each county box a couple of weeks ago. You can find additional copies on the 4-H web site [www.ndsu.edu/4h](http://www.ndsu.edu/4h)

Online registration will be available around January 15, 2013. Registration will take place through 4-H online so each county office will have to give approval for the registration. Any adult from your county that registers to come as a chaperone must go through the child protection screening procedure before they are allowed to serve as a chaperone. Counties are responsible to seeing that this is complete before the event.

Registration is limited to 75 youth and will be taken on a first-come first-served basis. Late registrations will be placed on a waiting list, if the program fills. You do not have to be a 4-H member to attend this event. Please share this information with 4-H youth, schools and other organizations that might be interested in this event. If you have questions, call 701-231-7251 or email [linda.hauge@ndsu.edu](mailto:linda.hauge@ndsu.edu)

### **2013 North Dakota 4-H Film Festival**

The 2013 North Dakota 4-H Film Festival is scheduled for 2 p.m. on Sunday, July 21 at the North Dakota State Fair in Minot. 4-H members ages 11 and over are encouraged to create and submit a video. Teams of one – four members may submit a film, but at least one of the team members must be a current 4-H member. Films can be one - ten minutes in length.

There are five categories for the 2013 4-H Film Festival:

- Narrative
- Animation
- Documentary
- 4-H Promotional
- Voice of 4-H History

The top three entries in each category will be invited to showcase their video at 2 p.m. on Sunday, July 21 at the North Dakota state fair in Minot. A \$100 cash prize will be awarded to the top entry in each division and a \$100 cash prize will be given as the People's Choice award.

Details, registration forms and more information will soon be available on the 4-H web site.

Check out the 2012 videos at:

<http://www.youtube.com/playlist?list=PL9ennItriCebhfAC0bFXcHvDts3t3uZhN>

Check out the 2011 videos at:

<http://www.youtube.com/playlist?list=PL9ennItriCea0Rv9g39oKBwQhpks43EUq>

Please encourage your 4-H members to participate in the 2013 Film Festival.

### **2013 National FilmFest 4-H**

The National FilmFest 4-H event will take place August 4-7, 2013 in Branson, MO. It is an event where youth can submit videos into the national contest, participate in learning sessions from nationally known videographers, and meet other youth from across the United States. If you have youth that might be interested in attending this event, please let me know. The North Dakota 4-H Foundation will once again sponsor a group of ND 4-H members and adults to attend this event. Let me know if you have any questions.

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### **WESTERN 4-H CAMP**

*Adrian Biewer, 4-H Youth Development Specialist*

701.231.6184

[adrian.biewer@ndsu.edu](mailto:adrian.biewer@ndsu.edu)

### **Facility**

We have received the new rendering of the 4-H building project and have prepared for the upcoming legislative session. The Extension Service will be in front of the committee on January 16. The amount of funding in the governor's budget is \$500,000 for the North Dakota State 4-H Camp.

### **Camp Program**

The statewide camp committee is finalizing the marketing toolkit. We have started on developing the brochure, posters, website, and online registration. We plan to complete the materials in time for the March registration "Go Live" deadline.

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