In This Issue

Calendar .............................................................................................................................................. 2
Message from Dorothy ......................................................................................................................... 2
Freezin’ Fun ........................................................................................................................................ 3
Communication Arts Festival: Learning Out Loud .......................................................................... 3
REDD for K-5th grade 4-H’ers ......................................................................................................... 3
2016 SS&W spring Leader Certification Trainings: Two sites! .................................................. 4
What do Minnesota 4-H first year member parents have to say? ....... 4
2016 4-H Rube Goldberg Challenge: Crush and recycle a can! ...... 4
Judging 4-H exhibits at Minnesota county fairs .............................................................................. 5
Heart & Hooves Horse Workshop ................................................................................................. 5
M4-HAVA 2016 Annual Conference .............................................................................................. 5

CONTACT US

123 NE 4th Street
Grand Rapids, MN  55744

Robbie Radaich
4-H Program Coordinator
Office - 218-327-2801
Cell – 218-259-2061
radai002@umn.edu

Amber Kallaus
4-H Extension Support Staff
218-327-7486
Amber.Kallaus@co.itasca.mn.us

www.4-H.umn.edu
Itasca County 4-H Website

© 2014, Regents of the University of Minnesota. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this publication/material is available in alternative formats upon request. Direct requests to 612-624-2116.
### Calendar

**FEBRUARY**
- **15** RSVPs for Freezin’ Fun due
- **15** Application deadline for 4-H summer intern positions
- **15** Youth application deadline for state 4-H beef committee
- **16** Market Beef ID’s DUE
- **21** Freezin’ Fun
- **23** Itasca Horse Project meeting
- **25** Itasca Science & Robotics Project meeting
- **27/28** NE BLU
- **29** Itasca 4-H Learning Out Loud Communication Arts registration and Paper submissions due

**MARCH**
- **4** Itasca 4-H REDD
- **6** Itasca 4-H SSW Project meeting
- **7** Itasca Communication Arts: Learning Out Loud & Federation Meeting
- **14** Itasca Livestock Project Meeting
- **14** Itasca Dog Project Meeting
- **17-19** M4-HAVA 2016 Annual Conference, Fergus Falls
- **19** Regional Project Bowl, Bemidji
- **22** Itasca Horse Project meeting

**APRIL**
- **16** State Project Bowl, Sauk Rapids
- **17** County livestock PDC training webinar

**MAY**
- **15** Animal ID deadline
- **15** 2016 4-H Rube Goldberg Challenge registration due

**JUNE**
- **22-24** Heart & Hooves Workshop

### Message from Dorothy

**Dear 4-H families and volunteers,**

This month, hundreds of 4-H’ers from around the state will participate in one of our five 4-H Building Leadership and Understanding (BLU) youth leadership conferences.

The annual regional youth conferences are planned and facilitated by our Minnesota 4-H State Ambassadors. The ambassadors use a youth-teaching-youth approach to teach their peers about leadership and engage participants in hands-on activities, games, small group discussions, and a dance during each event. This year’s topic is called, “Find Your Element.” The focus will help youth explore how they can live out the passions in their lives. The 4-H BLU conferences are one important way that we provide youth with hands-on opportunities to learn and practice leadership skills.

If you aren’t familiar with 4-H BLU, or the statewide 4-H Youth Exploring Leadership and Learning Outloud! (YELLO!) youth conference in June, I encourage you to explore these wonderful leadership opportunities for youth (and adult volunteers!)
Go to our web site at [www.4-H.umn.edu/events/blu/index.html](http://www.4-H.umn.edu/events/blu/index.html) and [www.4-H.umn.edu/events/yello/index.html](http://www.4-H.umn.edu/events/yello/index.html).

Sincerely,

Dorothy M. Freeman
Associate dean and state 4-H director

---

**Freezin’ Fun**

**Sunday, February 21, 1-3pm, Portage Park, Cohasset**

Come join us for some outdoor winter fun!

There will be lots of fun options for all 4-H family members: ice skating, sledding, cross country skiing, snow fun activities, smooching races, bonfire, hot dogs & ’smores, and horse-drawn hayrides!

Some skates & cross country ski gear available to use, bring your own if you can.

**Cost:** a donation of dry food goods or money for the Food Shelf. Please bring cookies/bars to share.

**RSVP no later than Monday, February 15, to plan for food, etc. Contact Robbie or Amber**

---

**Communication Arts Festival: Learning out Loud**

**Monday, March 7th 5:30pm before Federation meeting; Registration and paper entries due Monday, February 29th.**

The Communication Arts Festival is a fun way to gain experience in speaking to an audience (great practice for fair time!). It also gives you a chance to share your talents in many categories. Go to the Itasca Co. 4-H website for complete details. The Festival will begin at **5:30 p.m.** The Federation meeting will follow at approximately **7 p.m.**

---

Was it a fair project, a service project, a leadership retreat? You may choose to create or present a piece about a topic of special interest to you.

**Note:** all paper submissions: creative writing, photo journalism, cartooning, and poster entries are due by the registration date of **February 29th.** Entries will be displayed and awarded at the Festival.

All participants will receive certificates, and a $5 award. Parents are encouraged to come and enjoy the oral presentations and check out the other submissions, as well! Registration forms will be inserted in the February Federation Minutes mailer, or can be picked up from the 4-H office.

---

**REDD for K-5th grade 4-H’ers**

**Friday, March 4, 6-8:30pm, Courthouse**

REDD - Real Exciting Day of Discovery! Last year’s event for our 4-H’ers grades K-5 was a big hit, so we are doing it again.

Friday evening, March 4, from 6-8:30pm we will meet at the Trailhead Building at the fairgrounds for an evening of discovering fun with science, crafts, games, food, and friends.

Flyers will mail out to enrolled 4-H members currently in grades K-5 soon.

**Register by Tuesday, March 1** - T-shirt size and parent/guardian contact phone during the event needed. Complete form on mailer, print from website: [http://z.umn.edu/nu6](http://z.umn.edu/nu6) or contact Amber: 327-7496.

**Event helpers needed!**
2016 SS&W spring Leader Certification Trainings: Two sites!

The Minnesota 4-H Shooting Sports & Wildlife program development committee invites you to attend a 4-H Shooting Sports & Wildlife Leader Certification! The committee recommends that leaders attend the entire certification weekend every five years. Now is your chance to attend!

The training is designed for adults and youth (9th grade and older) that lead or would like to lead training in shooting sports or wildlife. Classes will be offered in the disciplines of archery, rifle/pistol, shotgun, muzzleloading, and wildlife. This training meets the 4-H project leaders’ requirements for certification and recertification. Although there is range time allocated in the schedule, the majority of the training is classroom work to become an effective instructor, not to practice your own shooting skills.

April 23-24, 2016
St. Mary’s Church and Kanabec County Gun Club, Mora

April 23-24, 2016
Worthington Regional Office, Worthington

Registration materials will be available online Feb. 1 at at www.4-H.umn.edu/events/shooting-sports-certification/. Deadline to register is April 8, 2016. Disciplines fill quickly, so make sure registration forms are sent in early!

What did we learn this year?:

- Overall parents and youth feel welcomed into the program.
- A quarter of parents felt that enrollment and membership policies were challenging.
- 94% of parents said the topics their child worked on were of interest to them.
- 80% of parents agreed that their child became really good at something they worked on.
- We have a large number of youth who are experiencing 4-H for the first time in their family. Over 45% of our survey respondents had never had exposure to the 4-H program in their family history.

Currently teams of educators are looking at this information and thinking about how we can improve the 4-H program to help all our members.

Thank you first year member parents for responding to this survey!

2016 4-H Rube Goldberg Challenge: Crush and recycle a can!

The 2016 4-H Rube Goldberg Challenge is to create a machine that will crush an empty aluminum soft drink can and put it into a recycling container!

The third annual challenge asks teams of youth to design overly complex contraptions that accomplish this year’s designated task using...
everyday items that interact in a series of chain-reactions. Teams compete in contests at their county fair, and then will be eligible to compete at the Minnesota State Fair.

Teams are encouraged to register by May 15, 2016 and get started on their machines!

To learn more about the 4-H Rube Goldberg Challenge and how to register, go to: www.4-h.umn.edu/events/engineering-design-challenge/index.html.

NOTE: No paper registration this year. Team leaders, members and youth coaches will sign up through 4HOnline accounts. Adult volunteer leaders must register before their team members can register.

Judging 4-H exhibits at Minnesota county fairs

Minnesota 4-H depends on the skills, talents and dedication of hundreds of adults who judge 4-H projects at county fairs across Minnesota. In support of 4-H judges, Minnesota 4-H offers online training, toolkit resources and more. To learn more, or if interested in becoming a 4-H judge, visit www.4-H.umn.edu/county-fair/judges/

Heart & Hooves Horse Workshop

Wednesday-Friday June 22-23

Itasca County and No. St. Louis County 4-H Horse Project groups are combining to offer this workshop opportunity to its members

The first 1½ days will focus on ground work and Clinton Anderson type obstacles. The second 1½ days will build skills under saddle.

Meals, outdoor stalling, camping, and a trail ride finale are all a part of the program.

At the Tuesday, Feb. 23 Itasca Horse Project meeting, we will discuss scholarship options. Join us at the Courthouse, 6:00pm, for this important meeting.

Jenna Benes will be on hand at this meeting to share her knowledge of horse massage and essential oils.

M4-HAVA 2016 Annual Conference

Please consider attending the 31st annual Minnesota 4-H Adult Volunteer Association Conference being held March 17-19 at the Bigwood Event Center/Best Western Inn in Fergus Falls, Minnesota. This year's theme is Keen, Green, and Lean in 2016.

The M4-HAVA Conference is a great place for volunteers to learn about what is happening throughout the state and new trends going on in 4-H. You will meet other volunteers who are really excited about 4-H, leave with an arsenal of new activities and ideas from the 32 workshops offered to take back and share with your clubs and counties, and recognize outstanding volunteers and clubs during the annual banquet.

For more information on registration for the 2016 M4-HAVA Conference, Blue Ribbon Awards, and Membership visit www.4-H.umn.edu/volunteer/m4-hava/.