In This Issue

Calendar .................................................................................................................. 2
Medieval Quest ........................................................................................................ 2-3
NSL BLU .................................................................................................................. 3
YMCA Day / Banquet ............................................................................................... 3
NSL County Online ................................................................................................ 3-4
Message From Dorothy ............................................................................................ 4
Minnesota 4-H State Horse Winter Roundup ......................................................... 4
2016 SS&W Spring Leader Certification Training ................................................ 4-5
4-H Summer Intern Positions .................................................................................. 5
4-H Alumni Reunion Feb. 6 ..................................................................................... 5
Save the Date: Youth Day at the Capitol March 29 .............................................. 5
Save the Date: 4-H Citizenship Washington Focus 2017 Inauguration
Jan. 17-21 ............................................................................................................. 5-6
Attention Minnesota 4-H Dairy Families! ............................................................. 6
Citizenship Washington Focus (CWF) .................................................................... 6-7
National 4-H Conference ....................................................................................... 7
Information for 2016 LQA&E Train the Trainer Webinar Registration! .......... 7
Livestock Volunteers are Invited! .......................................................................... 7
Youth Application for State 4-H Beef Committee ................................................. 7
Regional Horse Event Jan. 9 .................................................................................. 7-8
Calendar

JANUARY
8  Medieval Quest Registration due!
9  Regional horse event
9  LQA&E train the trainer webinar, 10 – 11:30 a.m.
12 LQA&E train the trainer webinar, 7 – 8:30 p.m.
15 BLU Registration Due
23/24 Medieval Quest in Goodland MN (3pm – 10am)
25 Federation Meeting (6:30 – 4H office in Virginia, MN)
31 YMCA Fun Day / Federation Banquet (2pm – 6pm) at the Mesabi YMCA

FEBRUARY
6  4-H alumni reunion
15 Application deadline for 4-H summer intern positions
15 Youth application deadline for state 4-H beef committee
22 Federation Meeting (6:30 – 4H Office in Virginia MN)
27-28 NE BLU (Palisade MN)

MARCH
5 Regional Project Bowl, Foley
12 Regional Project Bowl, Hastings
12 SNO Fun!
19 Regional Project Bowl, Bemidji
19 Regional Project Bowl, Redwood Falls

21 Federation Meeting (6:30 4H Office in Virginia MN)
29 Youth Day at the Capitol

APRIL
2 Regional Project Bowl, Snow date
16 State Project Bowl, Sauk Rapids
17 County livestock PDC training webinar
9-14 National 4-H Conference, Washington, D.C.
23-24 4-H Shooting Sports & Wildlife Leader Certification training, Mora.

MAY
15 Animal ID deadline

JULY
2-9 Citizenship Washington Focus

Medieval Quest

Hear ye hear ye ... 
...knights and princesses are hereby summoned to attend feasting and festivities in King Arthur's court. We'll protect the kingdom from dragons that snort. So get out your chainmail and your gowns! Our castle awaits - just hop on your horse and head towards the gates!

Using medieval references, we will have fun exploring and developing skills to deal with a variety of situations & dilemmas that youth encounter in their daily lives. Building life skills, making new friends, and having fun is what this MEDIEVAL QUEST is all about!

Join us January 23 and 4th starting at 3 pm on Saturday and wrapping up around 10 am on Sunday. All 4-H'ers in grades 6 through 13 are welcome to attend! The cost is $10 per person.

We will be hosting this event at the Goodland Community Center in Goodland, MN. You will need to bring along sleeping bag & pad, pillow,
toiletries and a snack to share. There is an ice rink as part of the facility, so bring your skates along if you would like as well as warm outdoor clothing.

As with past leadership retreats you are encouraged (but not required to) dress up in costume which could be a knight in chainmail, ladies gowns, peasant’s garb, jester or other medieval costumes! Registrations are due by January 8th, so please sign up today!

**Medieval Quest Registration**

**NSL BLU**

The Northeast BLU will be held on February 27th and 28th at the Long Lakes Conservation Camp near Pallisade, MN. The cost of this year's event is $100 and includes a t-shirt. The North St. Louis County 4-H Federation is offering a $25 scholarship for youth in our county that are attending this event. This year's event will include some opportunities for outdoor activities such as cross country skiing, snowshoeing, making snow caves, or orienteering in addition to the fabulous leadership activities that are being planned by our State Ambassadors. North St. Louis County has had tremendous participation in this event over the past few years and are planning to send another big contingent of 4-H’ers to this year's event. Registration is due January 15th. For more information please contact the office, or click below for the registration form.

**BLU Registration Form**

**YMCA Day / Banquet**

This year we will be having a YMCA Fun Day and Federation Banquet on Sunday, January 31st. The day will start at 2:00 pm with an open pool and gym. We will also have board games and other activities available in the multipurpose room. The banquet will be a potluck and will be starting at 4:30. The cost for the event is $5 / person or a maximum of $15 / family. Please click on the form below to sign up for the potluck.

**Potluck Sign Up!**

**NSL County Online?**

Did you know that North St. Louis County has a website that contains the most current up-to-date information available? Did you know that the county also has a county Facebook page where you can see regular updates about county programs? Did you know that this past December we held our first Federation Meeting online?

The North St. Louis County Website was launched over one year ago as part of a statewide effort to bring current 4-H happenings to our families. On this website, you will see articles about current program offerings (both local and statewide), a calendar with upcoming events; and downloads (such as registration forms and scholarship applications!). Please check it out with the link below:

**North St. Louis County Website**

Our Facebook page has been around for several years; and is a great way to keep up on current events that are happening. We have tried to post “live” updates from county and state events including the state fair. Please check it out and “like” us if you have not done so yet.

**North St. Louis County Facebook Page**

Starting this past December, the Federation started to make its Federation Meetings available online through the use of Google Hangouts. If you have not used google hangouts in the past, we will work with you to get access to these meetings. You will need to have a google+ account. If you want to try it out and see if you can access the meetings, please let me know and we will take a few minutes between now and the next meeting and make sure that you can get access to the video
stream. Also, we will post the previous minutes and current meeting agenda on the Facebook page prior to the meeting so you have an opportunity to print them off.

Message from Dorothy

Dear 4-H families and volunteers,

Happy New Year! 4-H is starting the New Year by celebrating 4-H alumni! Most of our 4-H parents and volunteers were 4-H members themselves, and are now carrying on the tradition of supporting 4-H by having their children participate, volunteering, and often times, both!

The Minnesota 4-H Foundation is holding a Minnesota 4-H alumni reunion on Saturday, Feb. 6. Join us at the event to eat, visit, take a picture in the alumni photo booth, and participate in a service project benefitting Anna Marie’s Alliance & Salvation Army!

We hope this fun gathering provides an opportunity to gather together and celebrate all that we love about 4-H, and our fond memories and experiences in the program over the years.

Learn more and register for the event here: blog-mn4hgive.extension.umn.edu/2015/12/4-h-alumni-reunion.html

I hope to see you there!

Sincerely,

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

Minnesota 4-H State Horse Winter Roundup

Winter Roundup is an exciting three day, two night conference Jan. 22 - 24, 2016, in Spicer, focused on developing youth and adult leadership in the 4-H horse project. The conference is packed with speakers and educational workshops. Topics cover areas such as developing leadership skills, horse care and showing, horse project areas such as western heritage, Horse Bowl, hippology, speech and demo, applying to the Dan Patch and Youth Leadership Awards and much more!

This conference is geared towards and best appreciated by adults and youth 8th grade and above. For more information and registration materials go to www.extension.umn.edu/youth/mn4-H/projects/animal-science/horse/winter-roundup/index.html. Registrations are due by Jan. 5 for the early bird discount. You can also register in 4HOnline and mail your payment.

2016 SS&W spring leader certification training

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 coordinator, 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. Please see registration materials for full details.
The training will take place April 23-24, 2016 at St. Mary's Church and the Kanabec County Gun Club in Mora.

Registration materials will be available Feb. 1 and posted here: www.4-H.umn.edu/events/shooting-sports-certification/

The deadline to register is April 8, 2016. Disciplines fill quickly, so make sure registration forms are sent in early! All volunteers MUST have successfully completed the background screening process through their county extension office before participating in the training.

4-H summer intern positions

Are you looking for work experience in the youth development field?

Once again this year, there will be county-based 4-H summer intern positions throughout the state of Minnesota. Each internship will provide an excellent opportunity to learn more about University of Minnesota Extension and explore job opportunities in 4-H Youth Development. Most positions will be for ten or eleven weeks, with flexible starting dates.

Candidates must have a high school diploma, and at least two years of undergraduate study is preferred. Candidates must apply on-line through the University of Minnesota job site. The application materials will include a standard application, résumé, cover letter, list of three references and a college transcript. The summer intern positions will be posted soon at www.extension.umn.edu/about/employment/. The application deadline is Feb. 15.

For more information, please contact Michele VanDyke at mvandyke@umn.edu.

4-H alumni reunion Feb. 6

You’re invited to a fun and friendly 4-H alumni reunion! On Feb. 6, 2016 at the Gold’n Plump company offices in St. Cloud, the Minnesota 4-H Foundation will host an alumni reunion from 1 - 4 p.m. Reunion activities include food and mingling, a service project, alumni photo booth and a few nostalgic surprises. Registration is open and space is limited so RSVP today! More info is available on our event website: http://z.umn.edu/4hreunion.

Save the Date: Youth Day at the Capitol March 29

Minnesota 4-H will be participating in the 2016 Youth Day at the Capitol on March 29. Join youth from throughout the state in learning about our state legislative process, and share your perspective on local issues with policy makers! Additional information will be posted online in late January at www.4-H.umn.edu/events/youth-day-at-the-capitol/index.html.

The annual event is co-sponsored by the Minnesota Alliance With Youth, Ignite Afterschool, Youthprise, Minneapolis Youth Coordinating Board, Minnesota School-Age Care Alliance and YWCA of Minneapolis.

To learn more about how you can participate, contact Nicole Pokorney, Citizenship & Leadership Team Member, at 507-536-6304 or pokorney@umn.edu.

Save the Date: 4-H Citizenship Washington Focus 2017

Inauguration Jan. 17-21

Minnesota 4-H will be bringing a group of youth to participate in the 4-H Citizenship Washington Focus Presidential Inauguration 2017!

Participants will practice their roles in citizenship through service, civic education, and
engagement; learn the meaning and importance of the democratic process; and explore the history of the American presidency, the election process, the role of the press, the intricacies of the Executive Branch and careers in politics.

WHO: 4-H’ers must be ages 14-19 at the time of the experience to participate

WHEN: Jan. 17-21, 2017

WHAT: Participate in workshops, sessions, and speakers; visit memorials, historical sites, and museums; and participate in Inauguration Day events, including an Inaugural Ball dinner and dance cruise.

Additional information will be posted online at http://z.umn.edu/cwfinauguration by Jan. 15.

Attention Minnesota 4-H dairy families!

Four reminders Minnesota 4-H dairy project members will want to keep in mind for 2016:

1. All animals must be owned or leased AND identified (data entered into 4HOnline or an ID worksheet submitted to the Extension office) before the animal’s first freshening. If you want to ID a first calf heifer for the first time, please note this must be done BEFORE she calves.

2. All other ID’ing for dairy project animals must be completed by May 15. You will receive details from your county office.

3. All leased animals need a lease agreement resigned/renewed each year. To renew leases, download last year’s lease agreement OR obtain a copy from the Extension office. Obtain the appropriate signatures to renew and, if need be, update the agreement. Finally scan and email the updated lease agreement to the Extension office OR take it to the Extension office. The deadline for this is May 15. Remember, all lease forms need to be completed and uploaded prior to the animals first freshening.

4. If your "family unit" includes someone who has graduated out of 4-H or is not enrolling in dairy this year AND ID’ed in their name last year, you will want to reassign those animals to another family member. The exception is animals shown by this past dairy project member AFTER freshening. Those animals are not eligible to be shown by another 4-Her.

Complete details are available on the Dairy Information Sheet, which is posted at www.4-H.umn.edu/animal-id.

Citizenship Washington Focus (CWF)

Thousands of young people from across the United States come to the National 4-H Youth Conference Center every summer to participate in CWF, a citizenship and leadership program held in Washington, DC. Through a series of speakers, committee work, field trips and social events, participants learn the importance of citizenship and social responsibility and are given the opportunity to explore, develop, and refine skills needed to be an outstanding leader on both a local and national level.

Dates

- **July 2, 2016**: A.M. Required pre-conference workshop then depart for Washington D.C.
- **July 9, 2016**: Arrive Back in Minnesota in P.M.

Application

- **Jan. 16, 2016**: All pre-application materials accessed on website.
- **Feb. 16, 2016**: CWF full application materials accessed on website. With a
postmark date beginning **Feb. 16**, all required application materials and $700 down payment due.

- Check with your county 4-H program coordinator if there are other requirements for participation.

Additional information: [www.4-H.umn.edu/events/citizenship-washington-focus/index.html](http://www.4-H.umn.edu/events/citizenship-washington-focus/index.html)

Contact: Judith A. Conway, [conw0076@umn.edu](mailto:conw0076@umn.edu)

### National 4-H Conference

It is never too early to start thinking about your Minnesota 4-H older youth that would be a great youth delegate for the 2017 National 4-H Conference. Be thinking about this experience for 2017. Check out the 2016 National 4-H Conference url below to learn more. (Please note that dates, age requirements, and post-conference expectations will change for 2017)

[www.4-h.umn.edu/events/national-conference/index.html](http://www.4-h.umn.edu/events/national-conference/index.html)

Updated material for 2017 National 4-H Conference will be on this website beginning in September 2016.

Contact: Judith A. Conway, [conw0076@umn.edu](mailto:conw0076@umn.edu)

### Information for 2016 LQA&E train the trainer webinar registration!

We are looking into an online training for the future, but training will remain the same in 2016.

Intended Audience: All new trainers teaching any of the LQA&E lessons and any others wishing to brush up their skills. LQA&E curriculum will be sent to new trainers after the first of the year.

Dates:

- **Jan. 9, 10 – 11:30 a.m.**
- **Jan. 12, 7 – 8:30 p.m.**

**Livestock volunteers are invited!**

Mark your calendars for the county livestock PDC (project development committee) training webinar on **April 7, 2016**. More details to come.

### Youth application for state 4-H beef committee

Minnesota 4-H is looking for 4-H beef members 9th grade and up to be part of the state fair beef show committee. We will select three members for one year terms to help plan and organize the state fair 4-H beef project experience. We are looking for members with extensive beef project and leadership experience. 4-H members selected will work with adult volunteers and staff members to enhance the competitive and educational opportunities with the beef project at future state fairs. See the application for more details. To apply, please complete the Minnesota 4-H youth beef committee application at [www.4-h.umn.edu/projects/animal-science/beef](http://www.4-h.umn.edu/projects/animal-science/beef). Please return the completed form by **Feb. 15, 2016**.

### Regional horse event Jan. 9

We are welcoming all to the next regional horse event scheduled for **Saturday, January 9, 2016**. This is a great time to connect with people in your area around horse topics. The two hour agenda will include an educational topic as well as discussion of the state horse program and updates regarding any changes in the program.

Each area will be electing two youth to represent their region on the State Horse PDC as well as one adult. Elections will happen at the January regional meeting. This is a GREAT way to get involved and make a difference in the Minnesota 4-H Horse Project.
Applications can be found at www.4-H.umn.edu/projects/animal-science/horse/. If you scroll down you will find the link to click on the application as well as job description. Bring your application to the regional meeting in January or email to Renee Kostick at hinkx001@umn.edu by Jan. 4. There will also be time to discuss issues, network between counties and bring your issues to the State PDC reps so they can bring them to the February State PDC meeting. Bring your comments to discuss.

Current area reps and locations for regional meetings are listed below. Be sure to check the website for any meeting location changes or updates prior to the events.

**NW Region**: Perkins Restaurant and Bakery, 623 Frontier Dr, Fergus Falls, MN 56537, 10 a.m. - noon
Reps: Adults: Kristen Gabrielson. Youth: Paige Gabrielson, Morgan Kastner

**NE Region**: McGregor Community Center, 41442 State Highway 65, McGregor, MN 55760 (location to be confirmed), 10 a.m. - noon
Reps: Adults: Michelle Peterson, Meg Sax. Youth: Lindsay Peterson, Allie Peterson

**Central Region**: Minnco Credit Union Community Room, located one block south of Hwy 95 on the corner of Birch Street S and 2nd Ave SW, Cambridge, MN, 10:00 a.m. - noon
Reps: Adults: Mark Storm, Dan Dolan. Youth: Julianne Quandt, Lauren Olson

**SW Region**: Marshall Animal Health Center, 1300 N. Hwy 59 Marshall, MN 56258, 10:00 a.m. - noon
Reps: Adults: RaeAnn Bartz, Randy Dokken.
Youth: Josh Johnson, Danielle Jibben

**SE Region**: East Annex Building across from the Court House, Waseca (location to be confirmed), 10:00 a.m. - noon
Reps: Adults: Gretchen Sankovitz, Peggy Hildebrandt. Youth: Abby Sankovitz, Jackie Thayer

If you have any questions contact Renee Kostick at hinkx001@umn.edu or 218-232-5174.