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NSI. Youth at the Medieval Quest!
## Calendar

**MARCH**

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>5</td>
<td>Regional Project Bowl, Foley</td>
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<tr>
<td>11</td>
<td>Youth Day at the Capitol application deadline</td>
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<td>12</td>
<td>Regional Project Bowl, Hastings</td>
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<tr>
<td>17-19</td>
<td>M4-HAVA 2016 Annual Conference, Fergus Falls</td>
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<tr>
<td>19</td>
<td>Regional Project Bowl, Bemidji</td>
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<tr>
<td>19</td>
<td>Regional Project Bowl, Redwood Falls</td>
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<tr>
<td>20</td>
<td>Horse Project Booth &amp; Tack Sale (Noon to 5 at the Old Cotton School)</td>
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<tr>
<td>21</td>
<td>Federation Meeting (6:30 4H office in Virginia)</td>
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<td>29</td>
<td>Youth Day at the Capitol</td>
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**APRIL**

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>1</td>
<td>Minnesota Alliance with Youth Red Wagon Award nomination deadline</td>
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<td>2</td>
<td>Regional Project Bowl, Snow date</td>
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<td>7</td>
<td>County livestock PDC training webinar</td>
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<td>15</td>
<td>Minnesota 4-H Foundation college scholarship applications due</td>
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<tr>
<td>16</td>
<td>State Project Bowl, Sauk Rapids</td>
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<tr>
<td>9-14</td>
<td>National 4-H Conference, Washington, D.C.</td>
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<tr>
<td>18</td>
<td>Federation Meeting (6:30 4H office in Virginia)</td>
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<tr>
<td>23-24</td>
<td>4-H Shooting Sports &amp; Wildlife Leader Certification training, Mora and Worthington</td>
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**JULY**

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<th>Date</th>
<th>Event</th>
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<td>2-9</td>
<td>Citizenship Washington Focus</td>
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**2016 Heart and Hooves Horse Clinic**

Last summer, several of our 4-H families participated in a one day Heart and Hooves Horse Clinic over in Deer River. The morning was spent doing a variety of ground work routines, followed by lunch and an afternoon on the obstacle course.

This summer, we will be offering a 3 day clinic which will be held as a partnership with Itasca County 4-H, North St. Louis County 4-H and Heart and Hooves. We will start on Wednesday, June 22, and will conclude on Friday, June 24th. Activities will include: ground work, obstacle course work, riding, and will close with a trail ride on Friday afternoon. The cost of this clinic is $300, and includes all instruction, meals, and camping on site. There are also paddocks available for your horse to stay in while at Heart and Hooves. Watch for more information!

**Sno Fun!**

What a difference a week makes! On the scheduled date of February 13th, the temperature was a -22°, the following Saturday,
February 20th, the temperature was a balmy 36°. The sledding hill was fast, but very wet, and the ice rinks unfortunately had about a ½” of water over the top of the ice, making for a rough day to enjoy the outdoors. Inside the shelter, we had a roaring fire; roasting many marshmallows, eating a ton of s’mores, hot dogs, chips and plenty of other snacks! Everyone that attended had a great time!

**Medieval Quest**

We had a fantastic turn out of North St. Louis County youth to the Medieval Quest, with 21 youth and 5 clubs in attendance! What was the highlight? That is a tough question to answer! To some it was dressing up in medieval costumes, to some it was the games, to some the activities, and to some the food! But everyone had a fantastic time and all are looking forward to next year’s retreat.

With the medieval quest theme, some of the activities focused on legends and storytelling, as the youth drew pictures on a wall and then as groups had to use the pictures to create a story. Dinner was preceded by an activity and discussion around etiquette during a formal dinner setting. After dinner youth had the opportunity to make leather bound journals, try their hand at whip cording or go skating on the ice rink! Saturday night came to a close while watching the movie, “The Princess Bride”.

Sunday featured some activities around leadership and how the “roundtable” influenced King Arthur’s leadership style.

What will next year’s theme be………. I have heard possibly a western theme? Doctor Who? Hawaiian? Or maybe something one of you has in mind!

**2016 Horse Drill Team!**

The past two summers, we have had a North St. Louis County Horse Drill Team. Plans are well underway to be competing again this summer. The organizational meeting was scheduled for February 29th, at the 4-H office where several decisions were going to be made about the schedule, practices, choreography and music.

If you missed that meeting and would like to find out more information about being involved in this activity please call the office so we can get you up to speed! I know that they will be scheduling a few “pre-horse” practices so youth can become familiar with the patterns on the ground, before switching to horses this summer.

**Project Bowl Teams Competing**

This is a busy month for our FIVE Dog Project Bowl Teams, as they will be attending two separate Regional Project Bowls! We have 3 Junior Teams from the Ely area, that will be competing at the Bemidji Regional Project Bowl on March 19th, and an additional Junior as well as a Senior Team that will be participating March 5th, in Foley.

Last year, we had our Senior Team and three Junior Teams advance to the State Project Bowl that was held in April. A huge thanks to our parents and coaches for all the organizational work that went into getting the teams ready, and to the commitment of our youth that have been busy, busy, busy learning everything they can about the Minnesota 4-H Dog Project!

Good Luck at Regionals!!!!

**Online County Fair Registration Coming this Summer**

There will be some really fun changes coming to the county fair registration this summer! You will now have the option of registering online for all of your projects and county fair activities! We are busy in the office getting everything set up and ready for the roll out
later this spring. You will still have the option of registering with paper registrations, but the online registration should streamline things and make it easier on the office to prepare for the 2016 St. Louis County Fair!

In addition, some things will look a little different when you get to the fair. There will be barcodes on the project tags, allowing us to scan your project in along with your ribbon placing. This year will be a bit of a “testing” year, but we are working hard to make sure that we have as many of the bugs worked out as possible before the fair.

We will be doing several trainings this spring at club meetings and at the 4-H office to help prepare you for the online option in registering and sharing with you a bit of what the software can do to help move things along more efficiently at the fair. It is going to be a fun year!

Horse Project Tack Sale!

The North St. Louis County 4H Horse club is looking for donations of horse tack and gently used show clothing to sell at our tack table on March 20th during the Flying Lead Saddle Club swap at the “Old School” in Cotton. Please let us know what you have lying around. We will pick it up. Money raised will be used to offset 4-H students cost of participation in horse related educational events.

Animal ID’s

It’s that time of the year again; time to register our animals for the 2016 program year. For those animals that have been registered in previous years, you will just need to “re-activate” them for the new year, and update vaccinations and other required forms. For new animals, you will need to “add” them using your 4-H online account. If you have questions, please feel free to contact the office and we are happy to help you with the process. In addition, for those animals requiring 4-H ear tags, we have those in the office and can make arrangements to get your animals tagged.

Please check out the link below as it will give you access to the animal science page where you can see changes that have been made for this year, as well as instructions and any necessary forms for registering animals for this year

Animal Science Information

2016 NE 4-H Livestock Show

The 2016 Northeast 4-H Livestock Show will be held September 17 & 18 in Brainerd. This is the 82nd year of this show!

Blue ribbon winners in grades 3 and up at the county fair in beef, sheep, swine, market goat, poultry, rabbit and dairy steers are eligible to participate (animal/lot may not be exhibited at the State Fair). All participants in grades 6 and up must also be current in their LQA&E certification.

To participate, you must complete the registration forms and pay your fees at your county fair.

Be sure to check with your county to see if scholarships are available!

Message from Dorothy

Dear 4-H families and volunteers,

Over the last few years, you may have heard or read about how youth need “social-emotional” or "soft” skills to succeed in learning, school, work and life. More and more, the value of these skills - including confidence, self-control, caring, and problem solving – is being examined to understand how they are acquired, and where and how they are being taught.

Youth learn these skills in a variety of environments – at school, in youth programs and at home.
The Search Institute recently released a study called, “Don’t Forget the Families,” which highlights the power of family relationships as a critical, but often neglected, factor in developing these skills. A key finding is that parent-child relationships are 10 times more powerful than race, ethnicity, family composition, and family income in predicting whether children are developing these skills.

The Search Institute has created a useful booklet called “Bringing Developmental Relationships Home: Tips and Relationship Builders for Families,” with activities and tips that families can use to help youth develop these important skills and strengths: http://www.search-institute.org/downloadable/SearchInstitute-DontForgetFamilies-Activities-10-13-2015.pdf.

I encourage families to explore how you can help youth develop social emotional skills that will prepare them to succeed.

Sincerely,

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

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 coordinator, archery, rifle/pistol, shotgun, muzzle loading, 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 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!

Scholarships for college-bound 4-H youth

Are you entering college this fall? Did you know that each year the Minnesota 4-H Foundation awards over $20,000 in scholarships to college-bound 4-H’ers? Applications are due April 15, 2016. Visit the Minnesota 4-H Foundation website (http://z.umn.edu/sga) to learn more. Direct questions to Erin Kelly-Collins (erinkc@umn.edu/612-624-7667)

Minnesota Alliance with Youth Red Wagon Awards: Due April 1

The Red Wagon Awards honor young people in grades 6-12 in Minnesota that have shown resilience and overcome obstacles to achieve academic gains, give back to their community and grow to become leaders among their peers.

In 2016, the Alliance will be honoring three Minnesota youth and one youth-led community service club, each nominated by caring adults, peers or partners in their local community. Each
individual winner will receive a $500 education scholarship, and the winning youth service group will receive $500 to support the work of their group. Any young person or youth-led service group in grades 6-12 in Minnesota is eligible for nomination.

The nomination form is available online through April 1.

The award winners will be honored at the 2016 Alliance fundraiser and Red Wagon Awards celebration event on June 23 at Macalester College. For nomination criteria and additional information about the Red Wagon Awards, visit mnyouth.net/work/red-wagon-awards/.

Youth Day at the Capitol with Minnesota 4-H!

Enrolled Minnesota 4-H members are invited to attend a Youth Day at the Capitol (YDAC) event with the Minnesota Alliance with Youth from 9:30 a.m. - 5 p.m. on Tuesday, March 29, 2016! The YDAC will provide both training and engagement opportunities for youth in grades 6-12 to participate in the legislative process. Screened volunteer chaperones will also be needed. The application process will open on Feb. 18, and the deadline to apply is March 11. Additional details are available at 4-h.umn.edu/events/youth-day-at-the-capitol.

Presidential Inauguration Focus

Minnesota 4-H will be selecting a group of 50 youth from across the state to attend the 2017 presidential inauguration in January. The application material will be posted in early March and will be due in mid-April, with selection occurring in May. This will be a competitive application process, and open to Minnesota 4-H members in grades 9 through one year past high school, as of January 2017. More information will be posted Mar. 1 at http://z.umn.edu/cwfinauguration.