All Work and No Play — By Jeremy Freeman, Program Coordinator

My daughter has fallen in love with the Little House on the Prairie series, written by Laura Ingalls Wilder. We read it to her every night before bed. We have probably been through each book 4 or 5 times by now but she still loves to sit and listen to the stories of the pioneering spirit, of little girls growing up in a new adventurous world, and of the work and memories the Ingalls family enjoy along the way. Even after reading the book so often, I still enjoy it too. The writer captures in her series some of the important values that I seek to instill in my own life; hard work, courage, responsibility and of course faith, tradition and family.

Despite all of the toil and all of the setbacks the Ingalls’ family in Little House always found a way to pull out something worth rejoicing. This is captured best by her mother’s oft used phrase, “There is no great loss without some small gain.” The familiar proverb “All work and no play makes Jack a dull boy” captures a similar sentiment.

What does this have to do with 4-H? I am sure you can make some connections yourself, but what I want to stress is the importance we place on celebrating and recognizing our achievements and the achievements of others. It is easy for us to assume that the County Fair serves as an avenue for recognizing youth accomplishments but there is usually more stories, more little wins to celebrate than are recognized at County Fair. How do we show recognition to a younger 4-H’er who had the courage to do their first demonstration and was awarded a red ribbon? How do we recognize an older 4-H youth who mentored several new 4-H’ers in a specific project? How do we recognize the many things that often go unnoticed but are foundational supports for our program?

One of the ways Chisago County has recognized some of these achievements is through the annual Awards Banquet. This event features many awards that spotlight hard work, dedication, leadership and resourcefulness. We invite you to celebrate with us this year on September 29th at 6:30 pm at the First Evangelical Luterhan Church in Rush City. Information is posted on our website at: http://www3.extension.umn.edu/county/chisago/4-h/article/invitation-attend-awards-banquet

There are many more answers to these questions, and many more questions you might ask yourself! I hope this edition can spur you to consider ways to recognize the wins in your 4-H world.
Training

Managing 4-H clubs: A guide for club leaders

October marks the beginning of a new 4-H year and a new volunteer opportunity for individuals who are moving into a club leadership position. 4-H volunteers who are taking on club leadership responsibilities have several important roles. A leader is a mentor, a motivator for young people, an organizer and coordinator with other adults in the club, and a liaison with the larger 4-H organization in your area. An excellent training resource and online learning module for new and existing 4-H club leaders is *Managing 4-H Clubs: A guide for club leaders*. Extension staff designed this module to help with some of the typical management issues in 4-H clubs and bring all these pieces together to build an environment where young people thrive and grow. Take advantage of the resource to get your 4-H club off to a great start this fall. To view this training module and other 4-H online training opportunities visit [www.extension.umn.edu/youth/mn4-H/volunteer/online-training/](http://www.extension.umn.edu/youth/mn4-H/volunteer/online-training/).

Fall Volunteer Training – October 24

“All together, Not all the same”

**MN 4-H Fall Volunteer Training 2015**

How well do you know the stories of your fellow 4-Hers? Where are they from? What’s their family background? We each have different experiences, backgrounds, values and beliefs that make us who we are.

This fall we have crafted a great training to help us grow closer as a 4-H community by celebrating our uniqueness through understanding our differences.

**Learning objectives include:**

- Recognizing your own cultural lens and how that lens impacts your relationships with others.
- Learning strategies and gaining tools and skills to implement when working across difference in the 4-H program.

This training will provide you the opportunity to integrate principles of positive youth development with diversity and inclusion practices that can be applied to the 4-H program that you serve. You’ll leave with a new perspective as well as resources, activities and lessons you can use with your club, project, or any other context.

The Fall Volunteer training this year will be done in partnership with Isanti County. We invite each club to send a team of adult and youth leaders to attend this great training experience.

The event is scheduled from 10:00-1:30 pm with lunch included. Location is to be determined.

Youth Officer Training – October 24

Do you have new youth officers who are unsure of their responsibilities or returning officers who would benefit from some leadership development? Join us in the fall for a Youth Officer Training. This will be a half-day training which will focus on developing leadership skills and highlighting the important aspects and responsibilities of being a Youth Officer. Breakout sessions will allow specific roles a chance to share together the things they have learned and brainstorm new ways of doing things. We will also spend time doing various team-building activities.

The Youth Officer Training will be held following the Fall Volunteer Training on October 24th – more details will be coming in the upcoming newsletters and will be posted online.
Opportunities

The new 4-H year is coming up quick, which means we have plenty of ways you can help us promote 4-H or share your skills and experience with enthusiastic young youth!

Fall Harvest Festival – September 26

I am inviting help from across the County to help make the North Branch Harvest Festival a strong marketing event. Please sign up online in the available times. I would like at least 3 people signed up to be at each time.

I will update the sign up as it gets filled in so people can know how many spaces are available.

SIGN UP HERE to man the booth and share about 4-H in Chisago County.

What is already provided?

There will be general information to hand out to people you meet about 4-H in our County as well as invitations to the upcoming Open House. We will also be looking to have some hands on interactive activities for kids to do.

What should you bring?

Please plan on bringing your own food and water. If you have things that highlight something specific in your club/project area bring it to display or share with others. The more diverse representation we can show the more people we can draw in!

4-H Open House

I am looking for 4-H youth that would be willing to showcase a project you love on Monday, October 5th from 6:30-8:00 pm. We will be having the Open House at the Chisago Lakes Area Library.

Pick a project that you know well and set up a display that has some hands on activities for kids to do. Or set up a display about camp, ambassadors, Project Bowls, etc. This is a great event that draws in new 4-H members for our program. Your presence shows the community that 4-H is a valuable program!

Please see the link below to sign up to let me know how you can help out! Don't forget to invite your friends and family.

SIGN UP HERE: http://goo.gl/forms/Bybd0w6AdG

Fall Workshop Day – November 7

After seeing a great increase in attendance at the Project Workshop Day in January 2014 we are looking at holding a Fall Workshop Day to kick off the 4-H year. This workshop day will be a mini-version of Project Workshop Day but will still give 4-H members and interested members a chance to try out something new.

If you have a passion you would like to share at Fall Workshop Day contact the Extension Office. We are looking to fill 15 different sessions. This would be a great event to make holiday themed projects for Thanksgiving or Christmas gifts. The date is November 7, 2015 from 9-12:30.

Evaluate Your Club through YPQA

The YPQA Process is an evaluative strategy used to increase Program Quality in 4-H clubs.

How does it work?

1. The 4-H Program Coordinator observes a club or project meeting and takes notes along a series of topics.

2. The 4-H Program Coordinator holds a Discovery and Action planning meeting with several members, volunteers and parents from the club observed. This meeting helps draw out insights gained at the observation and focuses on giving voice to youth members to improve the club.
3. An Action Plan is developed and followed up by the Program Coordinator later in the year.

If you are interested in having your club go through the YPQA model contact Jeremy. There are openings for 2 clubs to go through this process through the fall and winter months.

**Run Wild 5K Committee**

The Run Wild 5K Committee team will begin meeting this fall to plan out next year’s 5K Fundraising event. If you are interested in helping us put on this race, or have suggestions on how we can do things better please join us! Contact the Extension Office. We will plan to meet 4-6 times between now and the June race. Stay tuned to the website for details.

**Cafeteria Committee**

We will also be organizing a Cafeteria Committee to consider long term improvements of our Cafeteria and make improvements from our current operation at the County Fair. Contact the Extension Office if you are interested.

**Horse Project Development Committee (PDC)**

PDC Committee meeting: November 12: 6:00 pm

For the next few months we will be looking for new PDC members as this is the year we will take on new members for 2016. For those who don’t know what the PDC is it is the Horse Project Development Committee. We will be looking for 5 adults (including 2 leaders) and 5 youth to be the representatives or voice of our horse project. The people on this committee will in turn eventually be the decision makers for our project to help grow and make the best decisions for our youth and project. Below are just a few of the requirements/things needed out of these members:

**MN 4-H Horse Project Development Purpose**

1. Oversee the development, planning, promoting and implementation of educational programs and events in the area of horse science for Minnesota 4-H youth, their families and leaders.

2. Stimulate interest in and promote 4-H youth programs with horses through effective communications with all partners – members, families, leaders, staff and other partners.

**Qualifications:**

1. Have a strong desire to nurture positive youth development utilizing research-based youth development principles in horse subject matter resources.

2. Be familiar with and understand project materials and forms available in the horse project.

3. Ability to effectively communicate with individuals and groups.

4. Be familiar with and understand how strong committees work and be willing to implement those guiding principles.

5. Attend most if not ALL County, Regional, and State PDC meetings.

Please contact Tara Jacobson if you are interested in joining into this team.

**Extension Committee**

This committee provides an opportunity to serve a county-wide role to help with Extension program development and evaluation, advocating for the annual Extension budget, and providing advice on the selection and evaluation of county Extension staff. The Extension Committee serves as an advisory committee to the Chisago County Board. More information and applications can be found [HERE](http://www3.extension.umn.edu/county/chisago/4-h). Current vacancy is in Commissioner Districts #3.
Resources

Celebrating with 4-H Ceremonies

Consider these new ways of creating celebration for the accomplishments of your 4-H members this year!

Celebrating Achievement of Our Goals:

To celebrate the end of the 4-H year and all that has been accomplished by members, and to think about sharing what has been learned.

Instructions: Each 4-H member brings a canned or other nonperishable food item. Before the ceremony the items should be stacked in a wall of accomplishment at the front of the meeting area. Empty boxes marked for the food bank/pantry should also be placed at the front of the room.

Speaker #1: Each of us has accomplished goals this year in 4-H. We have learned a variety of new skills that we have used to make things in our project work, we have made new friends, and we have shared with others. This wall represents all we have learned and accomplished this year. This is our club’s accomplishment wall.

Speaker #2: To celebrate the many things we have accomplished this year, we have built a wall of accomplishments with our canned goods. As your name is called please come forward and take any item off of the wall, tell the club one of the goals you have accomplished this year or something that you learned, then place the item in one of the boxes. (Call each member forward so they can state their accomplished goal and move a food item from the wall to the boxes)

Speaker #3: Each of us had a part in our club’s accomplishment wall. Just as each of us moved an item from the wall to the boxes going to our local food bank/pantry, we must also move the skills and things we learned this year in 4-H, beyond. Taking our canned goods to share with others in our community symbolizes what we can do with the things we have learned this year. Use the many skills you learned this year to serve your club, your community, your country, and your world.

For more ways of creating celebration in your club see this great resource put together by the Kansas State University Agricultural Experiment Station and Cooperative Extension Service: http://www.douglas.k-state.edu/docs/4h/Celebrating_with_4-H_Ceremonies.pdf

Do you want to help your 4-H club members make goals for next year? See the online resource through Minnesota 4-H: 4-H Setting Club Goals

You can find the resource online here: http://www.extension.umn.edu/youth/mn4-H/leading-a-club/docs/club-management-toolkit/toolkit-4-club-goals.pdf
Knowledge

Ceremonies are an important part of 4-H work. They can help develop a deep sense of reverence and respect. They can add dignity and beauty in such a way that helps form a bond. They can teach or give recognition. They can provide inspiration or offer an opportunity for serious thinking. Often they are used to prepare a group for events to follow.

Ceremonies may be serious or humorous, depending upon the occasion. Some are elaborate; others are simple. The occasion determines the type of ceremony. They will be most effective and meaningful when the theme is a current, important event. If you cannot find the right ceremony for the occasion, try writing your own. It may be more meaningful than any other that could be used. Whether you write your own or use one already written, you will want to consider these things:

Atmosphere: Atmosphere means setting. If outdoors, the ceremony may be given on a hillside at sunset, or around a campfire. Often background music and stage properties lend the desired atmosphere. If equipment or props are used, select simple ones that are easily found and will add to the meaning of the ceremony. Group singing may be effective in “setting the stage.”

Purpose: Know why you are planning a ceremony. It may be a club occasion, such as “Introducing New Members” or “Recognizing Accomplishments.” Other ceremonies may celebrate holidays, special events, and more. You are limited only by your imagination.

Theme or Idea: The use of a theme helps connect parts of a ceremony in an interesting way. Themes provide a way to appeal to the audience’s experience. Use an idea of current interest to all that is related to the purpose of the ceremony. As you develop the theme, consider the number of people you will want to involve and the method of presentation that will be most effective. Examples: movies, travel, sports, holiday, gardening...

Music: Using music will help set the mood for a ceremony. The theme and type of music help create the mood. Make sure the music is cued and ready to go in advance. Music suggestions: Wind Beneath My Wings, Bette Midler; Friends, Michael W. Smith; From a Distance, Bette Midler; Keeper of The Stars, Tracy Byrd; Angels Among Us, Alabama; God Bless the USA, Lee Greenwood.

Length: No ceremony should be lengthy, especially if there is little action or drama. Five to 10 minutes of meaningful activity, emphasizing one idea, is plenty. It is better to make a ceremony too short than too long. Avoid wordy detail. Consider the number of individuals who will participate, the type of ceremony, and the amount of suspense and surprise used when deciding on length.

Presentation: Try to avoid — · Confusion · Weak voices with poor expression · Shifting of props and equipment · Reading parts – reciting is better · Words too difficult to pronounce · Complicated ceremonies requiring many rehearsals · Extreme sentimentality · Introducing those taking part (a ceremony should “happen”) · Background music that dominates

A good ceremony is . . . Simple, Impressive and Interesting.

Traditional ceremonies can be used for most occasions, especially if time does not permit writing your own. A few for occasions commonly observed are included on the following pages. Many have been written by Kansas 4-H members, leaders, and staff. You may want to modify them to fit your needs.

The following was shared through the Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

http://www.douglas.k-state.edu/docs/4h/Celebrating_with_4-H_Ceremonies.pdf