

Amanina Abdul Rashid

Youth Leader of the Month for February



Congratulations to Amanina Abdul Rashid, who is recognized as the February 4-H Youth Leader of the Month by the Kiwanis of Rochester Club. Amanina is a senior at Century High School. At school, she has taken honors courses in science, psychology, human geography, government, history, English, and math. Active in Century Panther Marching and Concert Bands, she plays alto, baritone, and soprano saxophones and participated in a Disney music clinic and marched at Magic Kingdom. Outside of school, she has achieved rank of “recommended black belt” at Park Institute of Taekwondo and is preparing for black belt test. She was a competitive swimmer/diver with Rochester Orcas Swim Club and Century Swim/Dive Team, 2009-2012; earned Most Dedicated Swimmer in 2011-2012. She taught swim school in 2014 and 2015 for swimmers aged 3-6.

Amanina’s community service activities include participating in the annual Olmsted Medical Center Regional Foundation Croquet Field Day to raise funds for health services since 2010. She has been a bell ringer for Salvation Army through 4-H and through Rotary with her family since 2011. She has also volunteered at the Rotary US Bank

Holiday Classic Basketball Tournament to raise funds for youth organizations as well as performed Bollywood dance at Rotary’s Around the World Benefit Gala in 2016. You will also find Amanina playing piano at assisted living and nursing homes and has participated in music services at The Homestead and Shorewood Senior Campus as part of her piano teacher’s studio since 2013.

She has participated in taekwondo demos at Rochester International Association’s World Festival and cleans highway ditches with her taekwondo team since 2012. She worked with Lutheran Social Services to make 2016 holiday packs for Von Wald Shelter teens.

At her school, Amanina has participated in school fundraisers for Bear Creek Services to help severely developmentally disabled adults since 2014 and in 2016, joined the Century High School Special Olympics Polar Plunge team.

Amanina was a Reading Center/Dyslexia Institute of Minnesota spokesperson to the Minnesota State Senate Education Committee in 2015 regarding the need for an official definition for dyslexia in the education code; the bill passed in June 2015. She also spoke on the Reading Center’s successful young adults panel during Dyslexia Awareness Month in 2015. In 2017, she went to state representative neighborhood meetings to ask for support for funding for dyslexia programs in state education.

Amanina has been very involved with the Pinto Horse Association earning the 2016 Pinto Horse Association of America’s (PtHA) Youth Champion award as well as Youth Certificates of Ability and Achievement among many other awards. She has also received 2016 Southeastern Minnesota Saddle Club Association Top Ten Judged Events Award, including Western Horsemanship 14-17 (3rd), English Pleasure 14-17 (3rd), English Equitation 14-17 (4th), Western Pleasure 14-17 (4th), Showmanship 14-17 (3rd), and Reserve Champion 2-year-old+ Colored Horse Halter. These are just a few examples of the horsemanship awards that Amanina has won throughout the years!

In addition to the Pinto Horse Association, Amanina has participated in the 4-H Horse project since 2011. She has participated in the Minnesota 4-H Winter Round Up as well as having participated in classroom clinics and riding clinics by the Olmsted County Horse Project over five years. Amanina won Reserve Champion Showmanship at Olmsted County 4-H Horse Show in 2017 and the 2017 Reserve

Champion Horse Related 4-H Project at the Olmsted County Fair. She has earned a Minnesota State 4-H horse show trip for Olmsted County in 2016. She has won many awards at the state fair as well.

Amanina's has been a 4-H member for seven years. In 2015 and 2016 she won first place in 4-H record book judging in Olmsted County. Her excellent record keeping skills are shown in this chronological list that Amanina provided:

- 2016-17: Entered projects in Individual Presentation (grand champion), Youth Leadership (reserve champion), Food Review (reserve champion), Performing Arts-Piano (special merit), Photography (special merit), Health (reserve champion), and Pet (blue).
- 2015-16: Entered projects in Food Review (grand champion), Individual Presentation (reserve champion), Performing Arts-Theater/Dance (grand champion), Performing Arts-Piano (grand champion), Photography (special merit), Health (special merit), Demonstration (blue ribbon) and Pets (grand champion). Won Purple Award in Food Review at State Fair.
- 2014-15: Entered projects in Food Review (special merit), Individual Presentation (reserve champion), Youth in Action (grand champion), Youth Leadership (reserve champion), Child/Family Development (special merit), Performing Arts-Piano (champion), Photography (special merit), and Health (grand champion). Took Youth in Action (body language) to State.
- 2013-14: Entered projects in Youth in Action (grand champion), Individual Presentation (grand champion), Demonstration (blue ribbon), Performing Arts-Piano (blue ribbon), Pets (grand champion), Food review (special merit), Health (special merit), Photography (special merit). Took Youth in Action (Dyslexia Simulation) to State and earned a blue ribbon.
- 2012-13: Entered projects in Pets (grand champion), Horse Related (special merit), Photography (blue ribbons), and Fine Arts (blue ribbon). Took Pets project ("The Care & Keeping of a Pet Rat") to State and earned a blue ribbon.
- 2011-12: Entered projects in Cat (blue ribbon), Photography (blue ribbons).

On the 4-H club level, Amanina has served in variety of capacities as detailed here:

- Joined 4-H in 2011 to join the Horse Project and develop as a leader. Served as historian (2011-2013), newsletter writer, vice president (2013-14), and president (2014-2015) of Acorn Acres 4-H Club. Attended officers training in 2013 and 2014.
- Coordinated schedule and volunteer sign-up for club meeting locations, snacks, demonstrations, and club project completion; also coordinated the club's community service for the 2013-14 and 2014-15, including volunteer work for Snoseekers Snowmobile Club, Salvation Army Bell Ringing, a food drive for Channel One Food Shelf and Food Bank, including a food bank tour to learn more about their programs, and a diaper drive and fleece blanket project for Crisis Nursery to support child abuse prevention.
- Led the club to complete a Grand Champion club bench (2014), a Reserve Champion bench (2015), a Grand Champion community pride project on child abuse prevention (2014), and a Special Merit community pride project on feeding people in need (2015).
- Planned fundraising efforts and raised \$1600 through direct mail letters in 2014 and 2015 for my 4-H club.
- In 2013, 2014, and 2015, my 4-H club earned Best of Show award for herdsmanship, volunteerism, and parade of clubs.
- In 2015, planned club horse project meetings to prepare for county fair, including promoting equine clinics, barn supplies sign ups, and herdsmanship rules. Coordinated member demonstration schedules and field trips to area barns and veterinarian.
- In 2015, was awarded a \$1000 Helping Hands grant from the Minnesota State 4-H Foundation to work with the Rochester Area Chamber of Commerce's Leadership Greater Rochester (LGR) community impact project to build mini-libraries for Rochester neighborhoods. Coordinated a book drive asking club members and their families and friends to donate books for the mini-libraries; worked with LGR to sort donated books; represented my club and this project at the local ribbon cutting with the Mayor of Rochester and at the state foundation golf fundraiser to talk about this project.

- In 2016 and 2017, my Independent Members 4-H group received 3rd place in county fair herdsmanship.

Amanina has helped the county 4-H program serving as Served as Youth Secretary for the Olmsted County 4-H Executive Council in 2017. Since 2012, she has volunteered for exhibit hall security, tear down, and 4-H horse show. In 2016 and 2017, she worked with adult leaders to raise funds for equipment storage shed for Olmsted County Horse Project and volunteered as a riding seminar helper for new 4-Hers, home schoolers and other students in Rochester area. She volunteered as a mentor for the 2015 Olmsted County 4-H novice western horsemanship and showmanship clinics and served as a youth representative on the 2014 county horse project committee to discuss how state show trips were issued. Amanina also represented Minnesota Pinto Horse Association at the 2016 Horse Expo in the Parade of Breeds and talked with youth about pintos and 4-H.

Other activities Amanina has been involved with include attending 4-H's BLU-Building Leadership through Understanding in 2014, 2015, 2016, and 2017. She also won the 2016 Rabehl Memorial Award for leadership in Olmsted County 4-H and the Minnesota 4-H Key Award in 2017.

In 2015, Amanina worked at the Minnesota 4-H Foundation's golf event to help raise funds for the state foundation; spoke about my experiences with the mini-library program and how the Helping Hands grant helped the mini-library project. She has also participated in the 2016 Minnesota 4-H Winter Round Up, and in 2016 and 2017 was top 20 finalist, at the state level, for the Dan Patch Award where she participated in the interview, group, and individual presentations. Amanina has participated in summer Dodge County Young Riders 4-H Horse Club clinic in 2015 and Slayton 4-H clinic in 2016 and 2017 where she did demonstrations to teach younger riders and assisted the clinician with set up and activities.

When asked what one project has been the most enjoyable and satisfying and why, Amanina said, "One of my favorite non-livestock projects has been Food Review. I especially enjoy taking a favorite meal from my dad's Malaysian culture, turning it into a menu, meal plan, and making it interesting for people who are looking at the exhibit. I also have worked to make certain recipes healthier and easier to make if certain ingredients are hard to find locally. I enjoyed wearing clothing from my dad's country to play the part of a good hostess and teaching others about it. It was especially fun the year I won Grand Champion at the county fair and taking that exhibit to the Minnesota State Fair. There were all kinds of people talking with me while I was waiting for the judge to come. They were genuinely interested in what I was doing and what I had to say. It was one of those moments when you knew that through 4-H you can open doors to better communication and understanding and to build bridges between people of diverse backgrounds. It made me proud of 4-H!"

Amanina said this of the one thing in 4-H that stands out for her, "The overall experience I have had with the horse project in 4-H has been a highlight of my 4-H career. I started as a novice rider and knew I liked horses, but through 4-H, I learned that I had the drive to do and learn more. I was able to use my foundation in the 4-H Horse Project and build on that through lessons outside of 4-H. And the best part is that I could bring back what I have learned to help other younger 4-Hers at clinics locally and in Minnesota. I also was able to learn the ups and downs of certain disappointments, when things didn't go as planned and how you deal with that. I am glad for the friends I have made in the Horse Project, and especially with 4-H alumni. When I was getting ready for the county fair, I was able to call on former 4-Hers and ask for their advice and opinions. They took a true interest in me and helping me improve. Olmsted County is a very competitive county with excellent horses and riders. Being able to compete and do well in our county is an honor, and everyone is so supportive, from 4-Hers to parents to adult leaders. I wanted to give back to 4-H so I helped raise the funds for the storage shed that the Horse Project now owns. I wrote letters, made phone calls, and spoke at receptions for community donation programs that companies have. It was a great opportunity for me, and I am proud of that work. I even received a Reserve Champion in my Youth Leadership project this past year because of that work."

She said she would you like to be chosen as the 4-H Youth Leader of the Month because, "I am probably one of the more non-traditional 4-Hers in Olmsted County. I come from a different ethnic background, and I don't live on a farm. While I have interest in horses and enjoyed doing the Horse

Project, I actually found my way in 4-H through non-livestock projects. The Achievement Night that Olmsted County hosts is a great motivator, and it is special to see how the 4-Hers are recognized. In 4-H, I found ways to volunteer for my club (when my schedule worked for me to be in a club) and for the county level, and the friends I have made have been terrific. I have friends locally and throughout the state that I would never have known if not for 4-H. If I am chosen as a 4-H Youth Leader of the Month, maybe other people who haven't given 4-H a chance will consider it, because they will see how someone unlikely to be in 4-H can achieve a lot."

Amanina hobbies include travelling, riding roller coasters, watching Big Bang Theory, going to movies, playing with her pets, doing arts and crafts, crocheting, writing, and reading. She is the daughter of Stacey Vanden Heuvel and Rashid Kadir and is an Independent 4-H Member.