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Fruit & More Sale

Selling NOW
Feb 8: forms & money due to clubs
Feb 10: Club packets due to county office
March 18: DELIVERY

Did you get your packets from your club’s fruit sales coordinator and start selling after Monday, January 18th?? Remember sales only go until Feb. 8th this year, when your correctly added order forms and matching dollar amounts are due to your club coordinator! You have the chance to win cash for the top sellers in the county. Also, your club gets back 8% of sales to use for club activities. Selling food & helping with this fund-raiser for 4-H can be a positive learning experience for everybody. You can practice good salesmanship, organization skills, communication skills, record keeping skills, promote 4-H, earn prizes and have the chance to WIN. SELL, SELL, SELL! Delivery will be Friday, March 18 at the Highway Department.
Farewell Open House

Monday, February 1; 3:30 – 5:30 pm
Extension Office Community meeting room

Please join us to say farewell to Rock County 4-H Program Coordinator Nancy Sandager at an open house on Feb 1 from 3:30 – 5:30 pm. After 15 years with the 4-H Program, Nancy has decided that it is time to pursue other adventures! Your presence is a present; no gifts please.

Welcome 4-H Interim PC

Please welcome Sonja Braucht as our Interim 4-H Program Coordinator. Sonja will begin on Monday Feb. 8th and work with the Rock County 4-H Program until a permanent Coordinator is hired around June 1st. Sonja has teaching experience at the elementary school level as well as college level. She is a Rock County 4-H Alum, and is currently a 4-H parent and co-leader of the County K-9s Club.

Market Beef Weigh-in

Wednesday, February 3, (Snow date = February 10)
Rock County Fairgrounds – Auction Barn

Remember: You MUST be scheduled to attend weigh-in! If you have not completed your online enrollment you probably will not receive any mailings after January 15, so make sure your enrollment is completed in order to receive this information! If you are enrolled in the beef project and do not receive a letter by Jan 24 - call the office! Market Beef Identification Affidavits are due by February 16 (15 is Holiday).

4-H Summer Internships in the youth development field

This year, we are offering 54 county-based 4-H summer intern positions throughout the state of Minnesota. Internships 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 position is available here. The application deadline is Feb. 15.

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

Communication Contest

February 23: Registration & Writing/Photo submission deadline
Monday, Feb 29, 6:00 p.m. (Prior to Federation meeting.)
Extension Meeting Room

Here is your opportunity to practice those lifelong skills of speaking in front of a group or using writing to communicate. This Communications Contest is open to ALL 4-Her’s – including Cloverbuds!
Categories include:

- **Public Speaking** – an original speech written & given by the member.

- **Interpretive Reading** – a speech given by the member but written by someone else. Can be an article from a magazine, short story, etc. Usually the member has a short introduction to the selection.

- **Creative Writing** – a short story written by the member.

- **Photo Journalism** – a photo taken by the member along with a caption &/or short story. Similar to what you would see used as a feature article in a newspaper.

For more information go to:  
www.extension.umn.edu/county-rock

**Mail or Call in your registration and hand in any Creative Writing & Photojournalism projects BEFORE 3:30 p.m. Tuesday, Feb. 23!**

**Rock County 4-H Scholarships**

**Deadline: March 1**

High School Seniors will be receiving information regarding the application for the Rock County 4-H Scholarships, or can find the application on the county website www.extension.umn.edu/county-rock  

Complete applications (including record books) are due in the Extension Office by March 1. The 4-H Executive Committee will make the selection later in March.

**2016 Andrea Ruesch 4-H Scholarship**

Applications are now being accepted for the Andrea Ruesch Scholarship.

The Family of Andrea Ruesch established a 4-H scholarship with the Minnesota 4-H Foundation in memory of her dedication and contributions to the Minnesota 4-H program. The focus of this scholarship is on demonstrated learning through hands-on experience and using what you have learned to help others (youth leadership). A minimum of four scholarships of $1,000 each will be awarded annually in a nine county region.

The scholarship application materials are available on the county Extension website under 4-H downloads section at www.extension.umn.edu/county-rock or the MN 4-H Foundation http://z.umn.edu/sga

**Who is eligible:** Be a high school senior or first year college student currently enrolled in 4-H in one of the following nine counties: Chippewa, Cottonwood, Jackson, Martin, Murray, Nobles, Pipestone, Rock and Watonwan (Due to Andrea’s 4-H experiences as a youth and adult, when all else is equal, preference will be given to youth from the following counties: Chippewa, Cottonwood, Jackson and Nobles).

- Be active in 4-H leadership roles
- Be continuing your education at a post secondary institution
- Demonstrate passing grades in high school
- Submit a current photo of yourself; it will not be returned
What: Applicants much submit the following:

- Typed application (two pages). You may add up to one additional page of
- Supplemental information; no more than three pages total.
- 4-H story (one to two typed page(s), double spaced, 12 point font).
- Two typed letters of recommendation.
- A copy of your high school transcript or unofficial college transcript.
- One individual photo. The photo will be used for publicity if you receive the scholarship; it will not be returned.

When: Applications must be postmarked by Monday, March 7, 2016. The scholarship recipients will be announced in April 2016.

Contact: Sharon Leopold at 372-3900 ext 3901, leopo008@umn.edu with questions regarding the scholarship or the application process.

Scholarship Opportunities - many March 1 deadlines!

Several scholarship opportunities are listed on the U of M/4-H website:

http://www1.extension.umn.edu/youth/scholarships/

The Lyle Lamphere Scholarship is for college juniors, seniors, & first year grad students majoring in animal science and ag related fields at specific universities.

The Kern Scholarship is for 4-H members who will be a freshman entering the U of M or a MnSCU college.

McKerrow & MLBA Scholarships for students majoring in animal science.

4-H Adult Workforce Re-entry is for adults involved with 4-H who are pursuing training for re-entry into the workforce or re-training for job transition.

Also the MN Soybean Research and Promotion Council has a scholarship for High School graduates from a family that is active in ASA & are pursuing an education in an agriculturally related program. Application for scholarship at http://www.mnsoybean.org/checkoff-programs/education/

Cloverbud Day: “High 5!”

Saturday, March 5, 9:30 a.m. – 12 noon Extension office Community meeting room

Hey Cloverbuds! Come join us for a morning of fun! The Ambies are planning crafts, games, songs, snacks and other fun with a “High 5!” (five senses) theme. Watch for more information in the mail.

Project Learning

The recent Luverne Community Education booklet offers a lot of fun-sounding learning opportunities in many of our 4-H Project areas. In Foods they offer 4 different sessions for “Kids in the Kitchen”; in Needle Arts you can “Crochet an Ear Warmer or Boot Cuffs”; for Performing Arts consider the “Green Earth Player Summer Camp”; in Wildlife try “Intro to Beekeeping”; in Gardening or Lawn & Landscape visit the Master Gardener’s Plant Sale in May or “Veggie Gardening 101” or “Big Yields in Small Places”. “Create on Canvas” or the 3 Thursday Art & Craft classes would be great for Creative Arts. The Sewing Basket
is also offering classes including Beginner Quilting or a T-shirt Quilt. Enhance your 4-H projects by taking advantage of any of these classes or other learning opportunities available!!

Horse Kick-off Meeting

Monday, April 4
Location: Luverne Elementary School Commons

It’s almost time to kick off our new season! We will: have some fun/games & socializing; select superintendents; hand out ID & health forms, rules, & practice schedule; revise the calling tree; and for new members-hand out and review the Program Rule Book & Achievement Book. Please plan to attend so you can kick off the new season with all the info you need for a great year!

Two sites for SS&W spring Leader Certification Trainings

April 8 registration due

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.

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!

Livestock Quality Assurance & Ethics Trainings

Saturday, April 23, 9 am – noon
(Registration due April 18)
Extension Office Community Meeting Room

Rock County will OFFER both Level 1 and Level 2 LQAE trainings, but for each level, we will ONLY CONDUCT the trainings in our county if we have a minimum of 5 members PRE-registered! If you cannot attend in our county you are encouraged to attend in another county. Level 2 Training will also be offered as a multi-county tour/bus trip for older members with a tentative date at the end of June. Again, watch for updates as they become available.
LQAE Training is required for all livestock members grade 6 and above to be eligible to show at State Fair. Rock County does not require training to exhibit at the county fair or for those younger than state fair age.

**Summer Shetek Camp**

**Camp: June 22-24**

SW MN 4-H Camps for grades 3-6 will be June 22-24 at Shetek Lutheran Ministries campground. Camp for grades 7 & 8 is under consideration and revision.

**New Family Night #1 update**

Approximately 30 new 4-H’ers and their family members enjoyed a night of fun and “learning the ropes” about Rock County 4-H in January. Members practiced decision making with parliamentary procedure as they made motions to create their snack mix, learned hints to remember the 4-H pledge, challenged the adults to a hula hoop game, and learned about a lot from the Ambies about various 4-H projects they might want to consider.

**Livestock & Horse Committee update**

Due to bad weather, the Horse & Livestock Committee meetings are being rescheduled. Livestock Superintendents will be notified when the new date is determined.

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**Announcements**

**County Fair Dates Announced!**

**July 27-30, 2016**

Please mark your calendars!

- July 18: Pre-fair clean-up
- July 25: pre-entry day for general projects
- July 27: general/livestock entry day
- July 27-30: Rock County Fair
- Aug 1: State Fair trip meeting and Post-fair clean-up

**Remember to (Re)enroll in 4-H!**

You MUST be enrolled in 4-H to participate in 4-H activities, so please continue to do your online enrollments. We would hate to have people miss out on activities or opportunities because they didn’t have their enrollments completed!

**Weather Watch**

With winter here, we don’t want people traveling in bad weather. We will notify you of cancellations or postponements over KQAD (800 AM) and K101 (101FM). We will also try to send out email notifications (if you have registered and your information is correct in 4honline!). Remember that conditions may vary from one side of the county to the other, so please use your own judgment in deciding if travel is safe for you and your family.

**Winter Project Tips**

Think about projects you can work on during the winter. Get the supplies for needlework, posters, creative arts, etc. and be ready in case we have a blizzard. While you are snowed in you can start – or maybe even complete a fair project! This would
also be good idea for those odd staff-in-service/vacation days. Set your goals for your project records now, and see our “Tips for Selecting Projects” at the end of the newsletter.

**Rock County 4-H Facebook page!**

Find photos of Rock County 4-H events and get information on our Facebook page. Find us on Facebook by searching for “Rock County 4-H” or visiting our page at [http://www.facebook.com/pages/Rock-County-4-H/130324652287](http://www.facebook.com/pages/Rock-County-4-H/130324652287)

**Volunteer Screening**

Calling all 4-H adults and parents! The state & regional centers sent out reminders to complete your adult volunteer screening or re-screening over the fall months. PLEASE, PLEASE follow their directions to fill it out, sign it, return it, do it online, or whatever was requested at your individual levels. By doing it now you will be saving me (and our county) the time & expense of further follow-ups which will begin in the upcoming months!! Adults who are having direct contact with our 4-H youth need to be properly screened to keep BOTH our youth and adults safe! Thanks for your prompt attention to this. Nancy

**Blue Ribbon** held their Demo & Project Talk meeting in January. Luke & Dean showed how to make arrow quivers from a belt; Cody showed a wood car from a kit; Whitney & Lanae reported on goats; Sadie told about her straw garden; Tory showed a ceramic bowl; Donovan explained how to get soybeans ready for fair; Danette shared a poster on ear mites; Krista had 2 paintings and a crocheted hat to share; Erica showed a refinished table; Josie reported about William Shakespeare; and Klarissa shared some photos, pillows, and a clay jewelry box that she made. For Community Pride, Blue Ribbon helped with Project Love and filled 65 bags with goodies and candy; participated in Amazing Grace Race and made donations; and discussed donating birdhouses for the Tuff Village.

*Adapted from Reporter Michaela Abels*

**Other Reporters: What are your clubs doing??????**

**SW 4-H Animal Science Challenge**

**Saturday, February 20**
**Wabasso Public School, Wabasso, MN**

The 5th annual Southwest 4-H Animal Science Challenge is a day-long event, held at the Wabasso Public School. The day consists of a quiz bowl competition, a skill-a-thon contest and project workshops. The day is open to participants of all ages, with two divisions: junior (grades 3-8) and senior (grades 9+). Two separate competitions will focus on general livestock and horse. Please note that there will be no LQA&E certification this year.

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**Club News**

On Dec 21st, the **County K-9s** met for a Winter Wonderland Holiday party at St. Catherine’s in Luverne. Members participated in basketball, board games, and a potluck dinner. Meeting agenda was shared with all as a handout. There were no project talks or demos at the party.

*Submitted by Annaliese Braucht*
The "round robin" quiz bowl portion will provide a great practice contest for teams to prepare for the regional competitions in March. Skill-a-thon stations will be designed to cover general knowledge of each specie area and the MN 4-H LQA&E curriculum.

The event is open to teams of 4-6 participants from across Minnesota. Individual registrations will also be accepted and additional multi-county teams may be formed accordingly.

More information is available from your county Extension Office. To register go to http://z.umn.edu/SWASC2016. Please direct questions to Kami Schoenfeld at hasta001@umn.edu or Melissa Runck at mkrunck@umn.edu.

Making Clubs Better

High quality youth programs are related to having a positive impact on the development of young people. Quality is one of the most important issues in youth programs, and 4-H clubs and activities have a great responsibility for experiences they provide.

The Pyramid of Youth Program Quality has four parts. In a supportive environment youth are actively engaged, the atmosphere is welcoming, and youth build skills. Are there encouraging questions and comments being used during skill building activities such as “tell me about how you put that together” or “where did you get your idea?” Does the session or activity have a feeling of positive energy—handling conflict as it arises and youth being engaged with both the program and the group?

4-H clubs can improve the quality of the experience for youth by focusing on just one or two areas! Please look over the pyramid and refer to it before, during and after your 4-H club meets!

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 and www.4-H.umn.edu/events/yello/index.html.

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

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/.

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/.

2016 4-H Rube Goldberg Challenge: Crush & 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.
What do Minnesota 4-H first year member parents have to say?

In October 2015, the first-year member parent survey was administered to parents of new members in the 2014-2015 program year. We do this survey annually to learn more about the experiences of our families new to the 4-H program. This survey asks parents to give feedback on items such as how welcoming their experience was, if their child had opportunities for learning, and if policies were challenging.

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!

Calendar

JANUARY

- 27 Judge’s Training, 6-8 pm, Windom (pre-registration due Jan 20)

FEBRUARY

- 1 Farewell Open House for Nancy, 3:30-5:30 pm
- 3 Beef Weigh-In (snow date Feb 10)
- 6 4-H alumni reunion
- 8 Fruit & More Forms and Money due to Club
- 10 Fruit & More Club packets due to Extension Office
- 15 Application deadline for 4-H summer intern positions
- 15 Youth application deadline for state 4-H beef committee
- 15 President’s Day-Extension Office Closed
- 16 Market Beef IDs Due
- 20 SW MN 4-H Animal Science Challenge, Wabasso
- 22 Ambie Meeting
- 23 Communication Contest Sign up & Writing & Photojournalism entries Due
- 27 BLU Retreat, Marshall
- 29 Communication Contest, 6 pm (before Federation Meeting)

MARCH

- 1 Deadline for 4-H Scholarships
- 5 Cloverbud Day “High 5”!
- 7 Andrea Ruesch Scholarship App Due
- 17-19 M4-HAVA 2016 Annual Conference, Fergus Falls
- 18 Fruit & More Delivery
- 19 Regional Project Bowl, Redwood Falls
- 22 Executive Committee Meeting, 7 pm
- 29 Youth Day at the Capitol
APRIL

- 2 Regional Project Bowl, Snow date
- 4 Horse Kick Off Meeting, Elementary School Commons
- 7 County livestock PDC training webinar
- 9-14 National 4-H Conference, Washington, D.C.
- 16 Shooting Sports Wildlife Kick Off Meeting @ Inspiration Hills (Tentative)
- 16 State Project Bowl, Sauk Rapids
- 23 LQA&E training 9 am – 12 Noon
- 23-24 4-H Shooting Sports & Wildlife Leader Certification training, Mora and Worthington
- 25 Improvement Committee Meeting (Tentative)

MAY

- 1 YELLO registrations due
- 2 Federation Meeting
- 15-16 Animal ID deadline
- 15 2016 4-H Rube Goldberg Challenge registration due
- 30 Memorial Day: office closed

JUNE

- 4 Waffle Feed
- 6 Federation & Ambie Meetings
- 8-12 YELLO!
- 10 Daycamp
- 22-24 SW MN 4-H Camp
- 30 County Fair Registrations Deadline

JULY

- 2-9 Citizenship Washington Focus
- 27-30 Rock County Fair