



# Clover Connection May 2016

## What's Happening?

### Colorado Exchange Trip – Mother's Day Brunch May 8<sup>th</sup> Fundraiser

Twelve Pembina County and Kittson County 4-H'ers will be heading to Colorado in May to participate in the first phase of the 4-H state exchange trip. To help offset expenses the group will be hosting a Mother's Day Brunch fundraiser on **Sunday, May 8<sup>th</sup> from 9:30 a.m. – 1:00 p.m. at Cavalier American Legion**. The buffet brunch will feature egg bakes, sausage, pancakes, scrambled eggs, fresh fruit, rolls, muffins, coffee and juice. Gluten-free options will be available. The brunch is a free-will offering with a suggested \$8 donation.

Delivery orders will be available inside the Cavalier City limits. Call 265-4606 the day of the event to place an order.



### Beaks and Bunnies – May 22<sup>nd</sup>

Hop or flock on over to the Pembina County Fairgrounds on **May 22<sup>nd</sup> at 1:00 p.m.** to explore the rabbit and poultry project! No experience necessary!



Make sure to **register with the Extension Office by May 18<sup>th</sup>!**

We will learn handling, identification of breeds, anatomy, and much more at this fun hands-on workshop. Rabbit Expert Monique Snelgrove will be bringing rabbits to demonstrate with and possibly even purchase.

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NDSU | EXTENSION SERVICE

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For more information visit:  
<https://www.ag.ndsu.edu/pembinacountyextension/>

For Upcoming 4-H Events: Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU-sponsored programs and events. To request an accommodation(s), please contact the NDSU Extension Office at 701-265-8411 two weeks in advance to make arrangements.

## Livestock Quality Assurance Workshop – May 21<sup>st</sup>

Head on down to the Walsh County Extension Office in [Park River](#) for this year's regional Livestock Quality Assurance workshop on [May 21<sup>st</sup>](#). Participants will learn about feeding, antibiotics, ethics, etc. in this fun filled and hands on workshop! This workshop is free and parents are welcome to attend!

The National 4-H Program is currently working on implementing a nationwide Livestock Assurance program that will be required for all 4-Hers exhibiting livestock, so come on in this year and get a head start! Be sure to [register with the Pembina County Extension Office by May 18<sup>th</sup>](#). Contact Samantha with any questions!

## Project Add/Drop Date - June 1<sup>st</sup>

The countdown has begun for the Pembina County Fair, July 5-10, 2016! 4-H members enrolled in their projects at the beginning of the year, but if you plan to add new projects beyond those listed in your 4-H online portfolio it is **YOUR** responsibility to [change them via 4honline.com](#) by [June 1<sup>st</sup>](#). Settings on the 4honline system are changed after June 1<sup>st</sup>. and families will no longer be able to add or drop projects.



You must be enrolled in a project by June 1<sup>st</sup> to exhibit at the fair. No additions can be made after June 1<sup>st</sup>. A mailing will go in early May with a list of projects 4-H members are currently enrolled in as of May 2016. If you have questions about 4honline call the Extension Office and we will gladly help you walk through the website.

## Livestock Ownership and Animal Lease Paperwork – June 1<sup>st</sup>

Livestock Ownership and Lease Paperwork is due on [June 1<sup>st</sup>](#). These forms [MUST](#) be completely filled out and returned to the Extension Office by [June 1<sup>st</sup>](#) end of day.

In accordance with the State Fair Supplement, [ALL livestock MUST be owned or leased by this date](#). Any animal not identified on your forms will not be allowed to be exhibited in the 4-H show. Owned livestock must reside on your property, be under full management of the 4-H and their family, and sole financial responsibility rests with the 4-Her and their family.

Leased livestock may be kept off site, at a relative's property, at a third party residence, may have dual ownership, or be leased, financial obligations might be shared, etc. If you have questions regarding this form please contact Samantha.



## Consumer Choices – Registration June 3<sup>rd</sup>

The 4-H Consumer Choices contest will be held on **Tuesday, June 14, 2016**, at the Farmers Room in the Pembina County Courthouse. Registration will begin at 9 a.m. Members interested in participating in this event must be **registered no later than Friday, June 3<sup>rd</sup>**. 4-H Dress Code is required for this event.

Study guides and practice sets maybe picked up at the Extension office. Please call ahead so we can have them ready for you. Guides and sets may be printed from the following web link [Consumer Choices Sample Guides](#) .

The 4-H Consumer Choices contest helps 4-Hers practice making decisions by matching knowledge, skills and abilities against those of others. 4-Hers learn to rank articles or products based on standards and qualities.

The following **“Come & Go” workouts** will be available at the Extension Office: June 1, 3-5 p.m.; and June 9, 3-5 p.m. 4-H’ers can stop by the Extension Office at their convenience between those hours and work on sample classes and practice reasons. They do not need to stay for the entire time!. Evening workouts may be scheduled at a later date. Kari would love to take potential judgers on a shopping challenge if schedules allow!

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C	1324
D	1342
E	1423
F	1432
G	2134
H	2143
I	2314
J	2341
K	2413
L	2431
M	3124
N	3142
O	3214
P	3241
Q	3412
R	3421
S	4123
T	4132
U	4213
V	4231
W	4312
X	4321

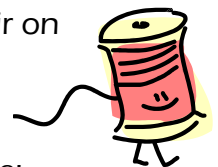
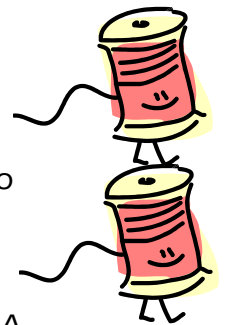
## Clothing Revue – Registration June 3<sup>rd</sup>

The Pembina County 4-H Clothing Revue will be held **Tuesday, June 14, 2016**, at the Farmer’s Room in the Pembina County Courthouse. Judging will start at 1:30 p.m. with an optional fun shopping challenge at the Thrift Store to follow.

Thrifty-Buy & Show participants will be asked to bring \$5-\$10 in their search to find the right clothing item or accessory for their wardrobe at thrifty prices. A public revue of their “finds” will finish off this Thrifty Buy & Show challenge.

A second public revue will be held in conjunction with the Pembina County Fair on **July 8<sup>th</sup>** at the Free Stage. **Please send in your registration by June 3, 2016**. Registrations received after the deadline will not be allowed to participate.

Three categories for competition with Cloverbud, preteen and teen divisions are:



- **Sew and Show:** 4-H'ers construct a major portion of a total outfit, select accessories and model the outfit.
- **Buy and Show:** 4-H'ers purchase or recycle a major item of clothing related to a wardrobe plan.
- **Decorate your Duds:** A purchased or constructed garment or accessory is embellished.



4-H'ers may participate in each event. For more details about the 4-H Clothing Revue please visit [4-H Clothing Revue Contest](#)

## District Communication Arts – June 7<sup>th</sup>

District Communication Arts will be held on **Tuesday, June 7<sup>th</sup>** at North Valley Career and Technology Center in Grafton. Registration will begin at 9:00 a.m. and judging will follow at 9:30 a.m. Eligible participants will receive an information letter with more details from the Extension Office. 4-H Dress Code is required for this event.

## Pembina County Fair - Exhibit Registration – June 15<sup>th</sup>

The Pembina County Fair is only nine weeks away, but that time will fly by as you wrap up school and get involved in summer activities. Don't wait until June to finish your 4-H exhibits. Work on the exhibits that can be completed now so you have time right before the Fair to do the "last minute" exhibits (food, gardening, etc.).

The 4-H State Fair Exhibit List booklets are now available at the Extension Office. Leaders or families are encouraged to pick up the exhibit booklets. **Please mark June 15<sup>th</sup>** as the deadline for all fair exhibit registrations. Exhibits not registered by June 15<sup>th</sup> will not be eligible for grand, reserve or honorable mention placing or be eligible to receive a fair premium. Exhibit forms will be mailed to families in early June.

## Congratulations and Best Wishes to Our Graduating Seniors!

Bryce Hartje and Kallie Nordstrom –Congratulations and best of luck to you in all your endeavors!



## Clovershop

### 4-H T-Shirts Available

Just in time for the busy 4-H season, the Clovershop is offering a sale! The official 4-H t-shirt will be **\$8.00 May 1-14**. Shirts are available in gray, white and green. Sizes are limited in white but plenty of gray and green are on hand. Also, the **#ND4Htrue** and the **4-H Grows Here shirts** will be offered these two weeks for only at \$10.00. Please submit the order form through Clovershop for all orders. If you have any questions, please feel free to contact Kari. After this sale, you will be able to purchase the official 4-H T-Shirts for \$10.00 and the #ND4Htrue and 4-H Grows here shirts for \$15.00.





## Past Meetings and Events

### Communication Arts

Thirteen 4-H'ers participated in the Pembina County 4-H Communication Arts event on April 15<sup>th</sup> with representation from 3 different area clubs! Congratulations to everyone for an excellent job!

**4-H Promotional: Grand Champion:** Pre-teen Kaylee Kemp

**Broadcasting Duo:** Grand Champion Pre-teen – Gretchen Dungan and Noah Helgoe

**Cloverbuds:** Owen Crosby, Malory Kemp, Emersen Helgoe

**Commercial:** Grand Champion Teen – Alyssa Kemp

**Illustrated Talk:** Grand Champion Pre-teen -Kaylee Kemp

**Interpretive Reading – Humorous:** Grand Champion Pre-teen: Graesen Helgoe, Reserve Champion – Nora Crosby, Honorable Mention – Madilyn

Gauthier and Lily Crosby

**Interpretive Reading –**

**Serious:** Grand Champion Pre-teen – Lydia Gauthier

**Presentation Software:** Grand Champion Teen – Alyssa Kemp

**Short Take:** Grand Champion Teen – Wesley Kemp



Front: Noah Helgoe, Graesen Helgoe, Emersen Helgoe, Lydia Gauthier, Owen Crosby, Malory Kemp, Madilyn Gauthier, Nora Crosby. Back: Gretchen Dungan, Alyssa Kemp, Wesley Kemp, Kaylee Kemp, Lily Crosby

### 4-H Council Meeting Minutes 4-11-16

Present – Mandy Heuchert, Fern Magenau, Carrie Sott, LuAnn Kemp, Julie Peterson, Lisa LeTexier, Jr. Leaders – Wesley Kemp, Alyssa Kemp. Guests – Melissa Gauthier, Sandy LeTexier, Samantha Lahman, Kari Helgoe. See the minutes attached to this email.

## Club Meetings

### Cake Wars with the Crystal Clovers

by Lily Crosby

The Crystal Clovers 4-H club is full of competition; the club members and leaders decided to spark a little competition by putting together a club event, Cake Wars. Cake Wars was an exciting way to keep that friendly competition going, but it still improved knowledge and taught some baking skills to the younger members of the club.

On March 13, 2016, at about 2 o'clock, the wars began! The 20 members that were present split up into four separate groups and began making their cake and cupcakes. Each group was required to use one cake mix, which made either 12 cupcakes and one 9-inch round cake or a huge 9-inch cake; every group received the same utensils. Each group used teamwork to gather the wet ingredients like vegetable oil, eggs, and water. Next, the cakes went into the oven.

While they were in the oven, every group designed a plan and went over the theme. Next, the cake(s) had to cool; while we waited, we had our monthly meeting.

After the meeting was adjourned, we collected our decorating supplies and got to work. We had to

dye frosting and work with fondant, and many kids learned how to use fondant for the first time. It took about 1 ½ hours for everyone to complete their decorations for the cakes.





We presented our final cake to a judge, Kelly Nabben; she graded us on how we did. For example, were the decorations unique and creative? Was it a team effort; did everyone help out? The winning group had a really cool, creative idea - an Easter bunny. Instead of making 12 cupcakes, they made 6 cupcakes and a bigger cake. They cut one of the cupcakes in half and used two cupcakes plus the half to make bunny ears. Cake wars was a fun learning activity for our club to participate in.

## Helping Hands Build Birdhouses

The Helping Hands 4-H Club are ready for spring with their new homes for their feathered friends. During their April meeting club members met and made birdhouses to go along with the bird feeders that were made as a club project in January. A special thank you to Dan Kemp for cutting the pieces for us!

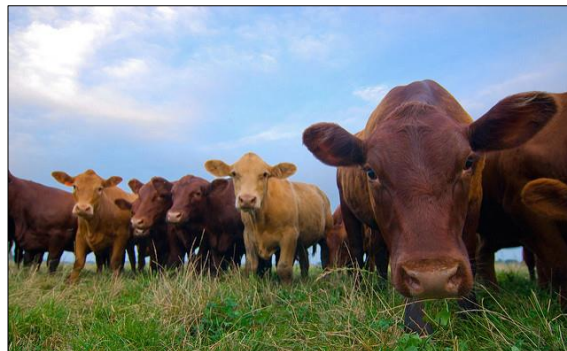


## State and National News

### Livestock Judging Camps

NDSU Animal Science will host youth livestock judging day camp clinics in Fargo on [June 3 and 4th on NDSU campus from 9-5 p.m.](#) The one day clinics are designed to

focus on the evaluation of the three meat animal species (swine, sheep and cattle). June 3<sup>rd</sup> – Novice Level – will engage participants in the basics of livestock judging covering topics for placing breeding and market livestock in all three species, general note taking, answering questions on classes and reasons' format.



June 4<sup>th</sup> – Advanced Level – is designed to challenge participants that have previously built a base knowledge of livestock judging covering topics on performance data scenarios, EPD's as well as advanced oral reasons.

Cost of each day clinic is \$50. Registration can be done online at [ag.ndsu.edu/ansc](http://ag.ndsu.edu/ansc) > click on NDSU Marketplace link. **Registration deadline is May 30, 2016.**

## ND 4-H Camp

The North Dakota 4-H Program has offered camping as educational experience for decades.

Programs are designed to develop life skills for safe and healthful living, enhance personal development and provide constructive uses of leisure time. We are committed to providing a safe environment where children can make new friends and develop new skills.



The camp provides opportunities for youth to master new skills and gain independence. Our newly renovated facilities include a main dining hall, a newly constructed educational center with showering facilities, and three sleeping cabins, each having its own bathroom. The camp has walking trails along the Missouri River and lots of open spaces to enjoy.

Our staff members are trained in outdoor skills, science, agriculture, and human development to work with youth to ensure a high-quality experience for campers. All staff members are trained and certified in first aid and CPR. In addition to the planned education program, recreational opportunities are included for each camp.

## ND 4-H Camp Schedules

Registration opened **March 1, 2016** Visit <http://www.ndsu.edu/4h/camp/> for more information. **Early Bird Discounts** are available this year. For May and June camps the Early Bird Discount cutoff date is May 20, 2016. For July/August camps the Early Bird Discount cutoff is July 1, 2016. Discounts are applied automatically to your online registration.



## Extension Youth Conference – Fly into 4-H

Extension Youth Conference (EYC) will be held June 20-23, 2016, at North Dakota



State University in Fargo. The theme for this year's conference is "Fly into 4-H". Youth who have finished 7th grade and older are eligible to attend. Youth do not need to be in 4-H to attend.

There are a lot of events held during EYC. Special events include a talent show, dances, a formal banquet and a community service project. Attendees are also invited to join the

Connections Team, Reactor Board and apply for 4-H Ambassador Selections (16 years or older with applications submitted by May 5). For more information about EYC visit: [https://www.ndsu.edu/4h/programs\\_events/overnight\\_tripscamps/extension\\_youth\\_conference/](https://www.ndsu.edu/4h/programs_events/overnight_tripscamps/extension_youth_conference/)

The total cost for EYC is \$225 per participant. The fee includes all meals from Monday – Thursday brunch, overnight housing for Monday-Wednesday and a conference t-shirt.

## ND 4-H Ambassador Applications

The North Dakota [4-H Ambassador application](#) has been updated. The next opportunity for youth ages 16-19 to apply to be a state 4-H ambassador will be during Ambassador Elections, which are held during Extension Youth Conference at NDSU June 15-18, 2015. [Applications](#) for the Ambassador program are available on the North Dakota Center for 4-H Youth Development [website](#) and will be due **May 5<sup>th</sup> at your county Extension Office and May 10<sup>th</sup>** to the Center for 4-H.



Ambassadors are a group of young adults ages 16 to 22 who work to help North Dakota 4-H. The Ambassadors do many things and are available to help out in your local county. Here is a sample of the duties of the Ambassadors:

1. *Enhance and promote the North Dakota 4-H Youth program with state and county Extension staff and 4-H volunteers.*
2. *Act as an advisor for 4-H youth ideas and concerns.*
3. *Create awareness of opportunities for older youth in 4-H.*
4. *Assist in the planning and organizing of the North Dakota State Extension Youth Conference, and other state functions.*
5. *Provide 4-H Ambassadors as resource people throughout the state by county or individual request.*

## Avocado Egg Scramble

- 2 eggs
- 4 egg whites
- 2 Tbsp. reduced-fat, shredded cheddar cheese
- 1 c. avocado, chopped
- 1 c. bell peppers (red, green or yellow), diced
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. chili powder



### Directions:

1. Spray medium skillet with nonstick cooking spray.
2. In skillet over medium heat, add diced bell peppers and cook one to two minutes, until softened.
3. In a small bowl, whisk egg whites with eggs.
4. Add Eggs to diced peppers and scramble eggs.
5. Sprinkle salt, black pepper and chili powder on eggs during cooking.
6. Add in diced avocado pieces and top with reduced-fat cheddar cheese.
7. Serve with a side of salsa.

Makes 4 servings. Each serving has 130 calories, 9 grams (g) fat, 9 g protein, 5 g carbohydrate, 3 g fiber and 270 milligrams of sodium.

Source: NDSU Extension EFNEP/FNP Calendar 2016 [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise)

The ND 4-H Newsletter can be found at  
<http://www.ndsu.edu/4h>.

or

Log into your 4hOnline account at: <https://www.4honline.com>

### 4-H COUNCIL EXECUTIVE BOARD

President – Desarae Zaharia

Vice-President – Carrie Sott

Secretary – LuAnn Kemp

Treasurer – Lisa Letexier

### CLUBS & LEADERS

Clever Clovers, Cavalier.....Lana Carik

Creative Clovers (*Independent*), Bathgate .....Holly Edgar

Crystal Clovers, Cavalier/Crystal.....Mandy Heuchert, Lisa Letexier,  
Kristi Sharp, Carrie Sott

Hawkeyes (Shooting Sports) .....Les Letexier, Craig Sharp, Kevin Sharp  
 Helping Hands, Cavalier.....LuAnn Kemp, Julie Peterson  
 Jr. Leaders, Pembina County.....Fern Magenau  
 Little North.....Autumn & Travis Bennett  
 Northern Lights (*Independent*), Backoo.....Angela Longtin  
 SandHill Buglers (*Independent*), Cavalier.....Justin & Angie Letexier  
 Tongue River Braves, Cavalier .....Scott Hartje, Chris Helgoe  
 Tri-Border Trailblazers (*Independent*), Pembina .....Desarae Zaharia

## Pembina County 4-H Calendar of Events

### 2015-2016

Friday, May 13, Saturday, May 14, State Archery Match (Washburn)  
 Tuesday, June 7, District Communication Arts (Grafton)  
 Thursday, June 9, State Meats Contest (Fargo)  
 Tuesday, June 14, Consumer Choices & Fashion Review (Cavalier)  
 Monday, June 20 - Thursday, June 23, Extension Youth Conference (NDSU, Fargo)  
 Tuesday, July 5, Static Judging, Pembina County Fair (Hamilton)  
 Wednesday, July 6 – Sunday, July 10, Pembina County Fair (Hamilton)  
 Monday, July 18, 4-H Council Meeting  
 Friday, July 22 - Saturday, July 30, ND State Fair (Minot)  
 Tuesday, July 26, State Consumer Choices (ND State Fair, Minot)  
 Monday, August 8, End of Year Records Due  
 Thursday, August 4, Land Judging (TBA)  
 Sunday, September 25, Awards Day (Cavalier)

### 4-H Focus

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[www.ag.ndsu.edu/pembinacountyextension](http://www.ag.ndsu.edu/pembinacountyextension)

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