



# BACK IN THE SADDLE AGAIN



## North Dakota 4-H Volunteer Project Training 2021



### DATES, TIMES, LOCATIONS

#### Wednesday, Nov. 3 – South West

6-9 p.m. MT

NDSU Extension Stark-Billings County Office  
2680 Empire Road Suite B, Dickinson, N.D.

**Registration deadline:** Oct. 22

#### Monday, Nov. 8 – North West

6-9 p.m. CST

NDSU Extension Mountrail County South Complex  
8103 61st St NW, Stanley, N.D.

**Registration deadline:** Oct. 27

#### Tuesday, Nov. 9 – North East

5:30-8:30 p.m. CST

Grand Forks County Office Building  
151 South 4th Street, S302, Grand Forks, N.D.

**Registration deadline:** Oct. 27

Directions: Head east on Demers Ave. and turn south on S 5th St. Turn east on Kittson Ave. and then south on S 4th St. The building is on the east side of the road right after the railroad tracks. Parking is available in a ramp to the southeast of the building on the third floor or on the street.

#### Wednesday, Nov. 10 – South East

5:30-8:30 p.m. CST

NDSU Extension Stutsman County Office  
502 10th Ave SE, Jamestown, N.D.

**Registration deadline:** Oct. 27

NDSU Extension 4-H Youth Development invites you to gather new ideas to create fun learning experiences for all 4-H members. Join us for an evening to build your skills as a 4-H teen or adult volunteer, parent/caregiver or Extension professional.

### HOW TO REGISTER

**Cost:** \$10 per person

A minimum of **20 participants** is required by the registration deadline for the event to be held.

Online registration is available at <https://v2.4honline.com/#/user/sign-in>

Questions?

Email Holly Halvorson:  
[holly.halvorson@ndsu.edu](mailto:holly.halvorson@ndsu.edu)  
Phone: 701-231-9218



4-H Volunteer Project Training is sponsored by Farm Credit Services, as a supporter of the North Dakota 4-H Foundation.

#ND4Htrue

#ND4Hthriving

#NDSUExtension

# North Dakota 4-H Volunteer Project Training 2021



## SCHEDULE

(Nov. 3 and Nov. 8)

6 p.m.	Registration, meal and table discussions
6:30 p.m.	Welcome and introductions
6:40 p.m.	N.D. 4-H Ambassadors
7 p.m.	Session 1
7:45 p.m.	Session 2
8:30-9 p.m.	4-H Volunteer Idea Sharing and Evaluations

## SCHEDULE

(Nov. 9 and Nov. 10)

5:30 p.m.	Registration, meal and table discussions
6 p.m.	Welcome and introductions
6:10 p.m.	N.D. 4-H Ambassadors
6:30 p.m.	Session 1
7:15 p.m.	Session 2
8-8:30 p.m.	4-H Volunteer Idea Sharing and Evaluations

### Please note:

It is important to understand that in-person activities pose an unknown level of risk due to COVID-19. Participation is voluntary. NDSU Extension will take all reasonable measures, but cannot, at any level, assure protection from exposure. Conditions associated with the pandemic may result in postponement, transition to online training or cancellation of the activity. We are also required to follow the most current NDSU masking requirements at NDSU Extension 4-H Youth Development events.

## General Session: N.D. 4-H Ambassadors

Get to know these North Dakota 4-H youth leaders and what they do through a fun and informative session. Learn how you can encourage youth to further develop their leadership skills by joining this group.

## Session 1 Workshop Topics

(Participants will choose one workshop for each session.)

### Affordable and Fun STEAM Activities for 4-H Club Meetings

Learn about fun, easy and affordable STEAM activities you can lead in your 4-H club. Participants will create a solar cockroach during the session and learn about other simple activities to get 4-H'ers interested in STEAM.

### Ladybugs - Are You Home?

The Convergent Lady Beetle is the official insect of North Dakota. The native insect population is decreasing quickly and no one knows why. Climate change, plant diversity, pesticide use and the removal of trees with overwintering cavities may play a role in the decline. This 4-H project will build a birdhouse type home for the ladybug to overwinter.

### Blue Ribbon Canning

Canning is a precise science and showing those goods at the fair can be as well. Learn how to exhibit preserved foods by selecting approved recipes, following guidelines and understanding exhibiting rules.

## Session 2 Workshop Topics

(Participants will choose one workshop for each session.)

### Exploring 4-H Photography

Photography is one of the most popular 4-H projects based on annual enrollment and state fair entries. You will be the judge in this session. View photographs, place them in blue, red, white categories and select champion exhibits.

### Dress for Success and to Impress

Come learn tips to help your 4-H youth step out with confidence and make a positive first impression at their next 4-H event. See examples of "must have" clothing items that align with the North Dakota 4-H dress code and learn how you can get youth excited to participate in 4-H Clothing Revue.

### Helping Youth Thrive at 4-H Events:

#### The Danish System and Positive Youth Development

Spark positive youth development "To Make the Best Better" through discovery, growth and connection using the 4-H Danish System of judging to cultivate youth who THRIVE!

## General Session: 4-H Volunteer Idea Sharing

*What is your favorite project you have done with 4-H'ers? How do you keep older youth involved? How do you encourage parents to help with 4-H activities?* You have requested time to share ideas with other 4-H volunteers at these trainings. This session is a chance for you to ask questions of others in your small group and share your great ideas.