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NDSU

EXTENSION  
SHERIDAN COUNTY



# Sheridan County

## 4-H Clover Comments

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NDSU Extension, Sheridan County  
PO Box 439, McClusky, ND 58463

November  
2022

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**Dear 4-H Families,**

Well it looks like old man winter decided to show up early. I hope everyone is staying warm and has a blessed Thanksgiving.

**Start of the 2022-2023 4-H Year** is here. 4-H Online is OPEN and ready for member and volunteer/leader new or re-enrollment for the current 4-H year. Please get all re-enrollments done by December 1<sup>st</sup>. This allows us time to make sure all details and adult screenings are complete prior to the start of judging season. It also helps our 4-H members get their six participation events in for the year. Any 4-H leaders/volunteers seeking the ability to vote need to be re-enrolled prior to the next 4-H Council meeting.

**4-H Council Annual Meeting** will be held on Sunday, November 20, 2022 at the Sheridan County Courthouse Community room for in-person or via Zoom. <https://ndsu.zoom.us/j/94245287394>. Policy will be discussed at this meeting.

**4-H Turkey Trot Fun Run & Food Drive.** The 4-H Fun Run was held on Saturday, November 12, 2022 at the McClusky HS Gym. The weather didn't cooperate much with the food drive, but the McClusky community is very supporting and we still had a great turnout of items donated.

**Sheridan County 4-H Orientation.** Here is an opportunity to learn more about the 4-H program in Sheridan County. We want this event to help families feel welcomed into the 4-H program here in Sheridan County. We will get started at 6:30 pm on Monday, November 28 at the McClusky City Hall. Open to all families, parents, and kids. Bring your questions, and bring a friend or neighbor.

**Important deadlines/events:**

- **November 20<sup>th</sup>** – Pick-up of wreaths/greens and poinsettia orders, 1:00 pm – Courthouse
- **November 20<sup>th</sup>** – 4-H Council meeting 1:30 pm Courthouse or Zoom.
- **November 28<sup>th</sup>** – 4-H Orientation
  - McClusky City Hall
  - 6:30 pm to 7:30 pm (approx.)
- **December 1<sup>st</sup>** – 4-H re-enrollment due on 4-H online
- **December 7<sup>th</sup>** – Youth STEM Challenge
  - McClusky City Hall
  - 3:30 pm to 5:00 pm
  - Limited to 20 participants, open to all

You will find the ND 4-H Newsletter at the end of the Clover Comments. It will have information and events happening with North Dakota 4-H.

~**Sarah Crimmins**  
*Sheridan County Extension Agent*

## 4-H Council Meeting

The next 4-H Council Meeting will be held Sunday, November 20, 2022 following Plant Perfect pickup at 1:30 pm, in-person at the Courthouse and via Zoom. All meeting information will be sent out closer to the meeting date with a reminder. Join Zoom Meeting: <https://ndsu.zoom.us/j/94245287394>



## 2022-2023 4-H Enrollment

Past Sheridan County 4-H members and new members are welcome to enroll for the new 4-H year on 4-H Online. Deadline for re-enrollment is December 1<sup>st</sup>. New 4-H members can enroll any time. Please get all re-enrollments completed for 4-H members, leaders, and volunteers by this time so our office has time to process pending enrollments and double check adult screenings. You can access your family's account at <https://v2.4honline.com/>. Please contact the Extension Office with any questions.

## 2022 4-H Wreath/Greens & Poinsettias Fundraiser

Pick up for the Sheridan County 4-H Plant Perfect fundraiser for wreaths/greenery and poinsettias will be **SUNDAY, NOVEMBER 20<sup>th</sup>**. Several 4-H volunteers will meet at Plant Perfect at 10:00 am and should be back to the Courthouse to have orders sorted around 1:00 pm.



## 4-H Food Drive

4-H members dropped off Food Drive bags at McClusky residents on Wednesday, November 9<sup>th</sup> after school and picked up bags Saturday, November 12<sup>th</sup>. There was great support from the residents in McClusky. There were also food donation drop-off locations at Bentz Supply and the Sheridan County Courthouse. 4-H members helped sort, organize, and date the items so it was prepared for the McClusky Food Pantry.



## 4-H Fun Run

The 2022 Sheridan County 4-H Turkey Trot (Fun Run) was held on Saturday, November 12<sup>th</sup> at the McClusky HS Gym. We had a great group of participants who enjoyed themselves and fulfilled the 4-H "H" of Health.



## 4-H Orientation

Here is an opportunity to learn more about the 4-H program in Sheridan County. Whether you are exploring the possibility of joining 4-H, you are a new family just starting out or you are a family that has been in 4-H for several years, you are all invited to come check out what 4-H has to offer.

This will be an opportunity to learn about and ask questions. We will explain when things are due in the office. We will talk about the different activities that are available and how to get involved. There are events that happen all across the state that individuals can get involved with.

We want this event to help families feel welcomed into the 4-H program here in Sheridan County.

We will get started at 6:30 pm on Monday, November 28 at the McClusky City Hall. Open to all families, parents, and kids. Bring your questions, and bring a friend or neighbor.

NDSU EXTENSION EXTENDING KNOWLEDGE >> CHANGING LIVES

## Sheridan County 4-H Orientation



Open to new, current, and future families to 4-H



Sarah Crimmins, NDSU Extension Sheridan County, Ag & Natural Resources Agent  
Summer Blumhagen, NDSU Extension Sheridan County, Administrative Assistant

**Monday**  
**November 28, 2022**  
6:30—7:30 p.m. (approx.)

**McClusky City Hall**  
117 B Ave. E West, McClusky, ND

**Contact:**  
sarah.crimmins@ndsu.edu  
(701) 363-2242

Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU-sponsored programs and events. To request an accommodation, please contact the Sheridan County Extension at 701-363-2242 or sarah.crimmins@ndsu.edu by November 21st to make arrangements.

Encouraging all new, current, and families interested in joining 4-H to attend this event to learn what Sheridan County 4-H is all about!

### Become familiar with:

Sheridan County 4-H Handbook, calendar of 4-H events, policy, by-laws, ND 4-H Project Guide, and more.

**Forms:** behavior expectation, adult screening, animal lease.

Learn about 4-H camps, Hippology, Livestock judging, Crops judging, Communication Arts, Achievement Days, and Much, much, more!

**Welcome Future, New and Current 4-H Families!**

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## Youth STEM Challenge

Check out this STEM Challenge ~ Ocean Expedition, that NDSU Extension Sheridan County is hosting. Open to ANY YOUTH in 3rd grade and up.

**Wednesday, December 7th 3:30-5:00 pm at the McClusky City Hall.**

Limited to 20 participants. There is NO cost to join, snacks and beverages will be provided.

Get pre-registered with the Extension Office 363-2242 or sarah.crimmins@ndsu.edu

NDSU EXTENSION EXTENDING KNOWLEDGE >> CHANGING LIVES

EXPLORERS OF THE DEEP  
4-H STEM CHALLENGE

DIVE INTO THE ABYSS

**Sheridan County STEM 4-H STEM Challenge ~ Ocean Expedition**

Sarah Crimmins, NDSU Extension Sheridan County

**WHO:** All youth in 3rd grade and up  
**LIMITED to 20 participants;** pre-register with the Extension Office 363-2242 or sarah.crimmins@ndsu.edu  
**COST: FREE!!**  
**Snacks & Beverage will be provided.**

**WEDNESDAY**  
**DECEMBER 7, 2022**  
3:30-5:00 p.m.

**McClusky City Hall**  
117 B Ave. E West  
McClusky, ND

**Contact:**  
sarah.crimmins@ndsu.edu  
(701) 363-2242

Ocean Expedition is a board game where youth navigate their ocean robot around the world while learning key ocean concepts. Topics include aquaculture, climate change, innovation, human impact and the ocean ecosystem.

Brought to you by:

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## 2022 North Dakota 4-H Events

[https://drive.google.com/drive/folders/1QMj-jOSGxMyc3PQAJaHHhBq\\_mlxTQW\\_3?usp=sharing](https://drive.google.com/drive/folders/1QMj-jOSGxMyc3PQAJaHHhBq_mlxTQW_3?usp=sharing)

## ND 4-H NEWSLETTER INFORMATION

### Leadership Awareness Weekend

LAW is for youth who want to learn more about our state and local government. This year we are back at the capital for a fun and informative in-person event!

LAW will explore politics and state government and includes engaging, hands-on activities that will help you understand:

- Leadership Etiquette
- How beliefs line up with political parties
- How personalities affect leadership styles

LAW participants will engage with local ND Legislators at the Capital on Monday.

LAW is for any youth in grades 7 - 12 who are interested in civic engagement and the political process.

**When:** January 15 and 16, 2023

**Where:** Bismarck, Exact location TBA

**Time:** Sunday, January 15 - 1:00 - 6:00 pm CST

Monday, January 16 - 8:30 - 2:00 pm CST

**Cost:** \$50 (includes shirt, lunch on Monday and snacks)

**Registration:** Opens December 1, 2022 4-H-Online  
<https://v2.4honline.com/>

Blocks of rooms will be available for participants to stay in Bismarck.



### 2023 4-H Engineering and Design Contest Task

The 2023 4-H Engineering and Design Contest Task will be to, “Break an Egg”. Thank you to the McKenzie County youth who suggested the 2023 task. The rule book will be released in early December 2022, and there will be activities to keep teams engaged until the state contest in July. Please stay tuned to learn more about this awesome contest and some new activities and updates!

~ Lindsey Leker, 4-H youth development specialist

### Be Recognized as a Healthy 4-H Club in 2023

As you work on your 4-H Club year activities, consider having your club be recognized as a healthy club. We also encourage you to involve the teenagers in the club as teen leaders for the younger members in the healthy club activities. We will ask them to complete a short survey and they will receive a special incentive item.

To be recognized as a Healthy North Dakota 4-H Club, clubs should complete at least one nutrition or fitness activity during **at least six meetings** (or club events) in six or more of these areas: 1) setting, 2) roll call, 3) program, 4) demonstration; 5) recreation, 6) refreshments/snacks, 7) community pride, 8) field trip/tour, 9) family mealtime challenge and 10) healthful snack policy.

Here are some tips for club leaders:

- Access the files (leaders guide, member handout). Visit <https://www.ndsu.edu/agriculture/extension/healthy-4-h-club> to find the Health 4-H Club information. Be sure to click on “Explore More” for the member and leader guides.
- See the “Healthy North Dakota 4-H Club Idea Guide” for ideas from other clubs.
- Discuss the program with club members. Brainstorm ideas and make plans.
- Consider electing a “Healthy North Dakota 4-H Club committee” to coordinate the club’s activities and keep records. This program provides excellent leadership and activity coordination opportunities for club members, especially older youth.
- Encourage members to demonstrate healthy recipes or adopt a “healthy snack” policy for club meetings.
- Contact county Extension offices for educational materials available for clubs to use. For example, an “Eat Smart. Play Hard.” trunk is available for checkout.
- Track club activities on the recording sheets.
- Develop a display or scrapbook of your club’s activities to show at your county fair. Don’t forget to take pictures of activities throughout the year.
- Submit your recording sheet by August 15 to your county office. Clubs will be recognized in a statewide press release, and participating 4-H members will receive a certificate and incentive item.

If you have questions, please contact Julie Garden-Robinson by calling (701) 231- 7187 or e-mailing [julie.garden-robinson@ndsu.edu](mailto:julie.garden-robinson@ndsu.edu).

**4-H EZ: Recipe for Community Club  
Success Online 4-H Community Club  
Volunteer Training**

Hello 4-H  
Community Club  
Volunteers!

Looking for tools,  
like a 4-H club  
meeting script, a

parent “dig in” form to discover how parents can help  
in your club, or recreation ideas to make planning for  
your 4-H club meetings easier? The North Central  
Region 4-H Volunteer Specialists have created an  
online training resource for you:

***“4-H EZ: Recipe for Community Club Success.”***

This training includes 6 videos, handouts, and  
resources that go with the videos. You can watch the  
videos and review the handouts and resources  
designed for your 4-H club use.

We have also included a **“4-H EZ Application  
Guide”** that allows you to reflect on the videos and  
apply the information specifically to your 4-H  
Community Club. This online training can be  
completed by yourself or with a group of teen and  
adult volunteers.

You can complete the videos all in one setting or  
divide them up, as needed, for your schedule.

The videos and club resources are available at:

<http://bit.ly/4-HEZ>. Click on the heading of each  
section to go to the video. You’ll first be asked to  
sign in, then you can click on the video link. At the  
end of each video, you’ll be asked to reflect on  
something you have learned and offer suggestions for  
future training opportunities.

We thank you for your interest in strengthening your  
4-H Community Club and hope that 4-H EZ will help  
you with these efforts!



**How to Write 4-H**

Tips on when to use the apostrophe to write “4-H”

