
NDSU

EXTENSION
SHERIDAN COUNTY



Sheridan County

4-H Clover Comments

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

**October
2022**

PH: (701) 363-2242
Fax: (701) 363-2953

Dear 4-H Families,

The fall season is upon us, and harvest is winding down. There are still a few 4-H events in the upcoming months.

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 1st. 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 was held on Sunday, October 16, 2022 at the McClusky Elementary Gym following the 4-H Awards Banquet. The next 4-H Council meeting will be held on November 20, 2022 at 1:30 pm offered in-person at the Courthouse or via Zoom.

4-H Awards Banquet was held on Sunday, October 16, 2022 at 1 pm at the McClusky Elementary Gym. It was a great turnout. Great job to all our 4-H members, leaders, and volunteers. Pictures from the afternoon were uploaded in an album on the Sheridan County 4-H Facebook Page.

4-H Fun Run & Food Drive. 4-H Fun Run will be held on Saturday, November 12, 2022 with check-in at 10 am and race at 10:30 am. See flyer for more information. We will drop off the Food Drive bags on Wednesday, November 9th after school. We will pick-up the food drive bags at 1 pm on November 12th following the Fun Run, meet at the Courthouse.

Important deadlines/events:

- **November 9th** – Food drive DROP OFF bags after school – meet at Courthouse
- **November 12th** – Food drive PICK UP bags after Turkey Trot @ 1 pm – Courthouse
- **November 12th** – Turkey Trot (fun run)
 - Registration 10 am
 - Race at 10:30 am
- **November 20th** – Pick-up of wreaths/greens and poinsettia orders, 1:00 pm – Courthouse
- **November 20th** – 4-H Council meeting 1:30 pm Courthouse or Zoom.
- **December 1st** – 4-H re-enrollment due on 4-H online

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 latest meeting of the Sheridan County 4-H Council was the Annual Meeting held on Sunday, October 16th, 2022 following the 4-H Awards Banquet, in-person. The meeting minutes, and other meeting items were emailed out on October 19th.

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 4-H Awards Banquet

The 4-H Awards Banquet was held on Sunday, October 16th, 2022 at 1 pm at the McClusky Elementary Gym. Shari did a wonderful job on the dinner served. We had around 77 people in attendance. We honored our 4-H members, volunteers, and leaders from the 2021-2022 4-H year. First time state competitors received their judging teams' jacket, plaques were presented to those members receiving them, Communication Arts participants received their certificate, premium money was distributed, and membership accomplishments were awarded. Bravera Bank was recognized as our 2021-2022 Friend of 4-H. There is a photo album on the Sheridan County 4-H Facebook Page for anyone wanting pictures. A huge "Thank You" to Mid-State Ag for sponsoring the meal.



4-H Food Drive

We will be doing the 4-H Food Drive as our annual fall community service project. Food drive bags will be dropped off at McClusky residents on Wednesday, November 9th after school. There will be food donation drop-off locations at Bentz Supply and the Sheridan County Courthouse. 4-H members will pick-up the food drive bags on Saturday, November 12th at 1 pm, following the 4-H Turkey Trot Fun Run. We will meet at the Courthouse prior to dropping off and picking up bags.

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 1st. 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/>.

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 20th**. We will meet at Plant Perfect at 10:00 am and should be back to the Courthouse and have orders sorted around 1:00 pm.

4-H Fun Run

Sheridan County 4-H is hosting the 2022 Sheridan County 4-H Turkey Trot (Fun Run) on Saturday, November 12th. Registration/check-in at 10 am; race to start at 10:30 am. All information and details on the flyer below. If you have any questions, please reach out to the Extension Office. You can still participate in the event, you just won't receive a t-shirt due to the registration deadline for shirts.

2022 Sheridan County 4-H Turkey Trot

Saturday, November 12th 10:30 am — Sheridan Co. Courthouse

Everyone Is Welcome!

Run/Walk—2 options

- 5K course (3.1 miles) or 1-mile race

Pre-registration guarantees a t-shirt.

PRIZES will be awarded!!

- 1st place winners for each course

Registration/check-in 10 am
Run to start at 10:30 am

Registration:

Includes a Shirt:

- \$20—Adults/Youth

No Shirt:

- \$10—Adult/Youth
- Free—4 & under

Pre-registration DEADLINE by October 14, 2022 for a t-shirt to the Sheridan County Extension Office at (701) 363-2242 or sarah.crimmins@ndsu.edu

ND 4-H Volunteer Project Training 2022

4-H Volunteer Project Training 2022: Dive in to 4-H Projects

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. You may attend at any location. You are not restricted to your home region.

Dates, Times, Locations:

Monday, November 7- South East

5:30-8:30 pm CST

Nome Schoolhouse

200 1st Avenue, Nome, ND

Registration Deadline: Monday, Oct. 24

Wednesday, November 9 North East

5:30-8:30 pm CST

Lake Region State College-Chautauqua Room

1801 College Dr. N, Devils Lake, ND

Registration deadline: Wednesday, Oct. 26

Monday, Nov. 14-North West

5:30-8:30 pm CST

Washburn United Methodist Church

1002 John Wesley Lane, Washburn, ND

Registration deadline: Monday, Oct. 31

Tuesday, November 15-South West

5:30-8:30 pm **Mountain Time**

DPEC Lodging and Events Center

4th St, Reeder, ND 58649

Registration Deadline: Tuesday, Nov. 1

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>

2022 North Dakota 4-H Events

https://drive.google.com/drive/folders/1QMj-iOSGxMyc3PQAjaHHbBq_mIxTQW_3?usp=sharing

ND 4-H NEWSLETTER INFORMATION

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!



Dates, Times, Locations

Monday, Nov. 7 - Southeast
5:30-8:30 p.m. CST
Nome Schoolhouse
200 1st Avenue, Nome, ND
Registration deadline: Monday, Oct. 24

Wednesday, Nov. 9 - Northeast
5:30-8:30 p.m. CST
Lake Region State College -
Chautauqua Room
1801 College Dr. N, Devils Lake, ND
Registration deadline: Wednesday, Oct. 26

Monday, Nov. 14 - Northwest
5:30-8:30 p.m. CST
Washburn United Methodist Church
1002 John Wesley Lane, Washburn, ND
Registration deadline: Monday, Oct. 31

Tuesday, Nov. 15 - Southwest
5:30-8:30 p.m. MST
DPEC Lodging and Events Center
4th St, Reeder, ND
Registration deadline: Tuesday, Nov. 1

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 participant
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? Contact Liz Fox Cameron:
Email: elizabeth.fox@ndsu.edu
Phone: 701-231-7259



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

#ND4H #ND4Hthrive #NDSUExtension

North Dakota 4-H Volunteer Project Training 2022



Schedule

5:30 p.m. Registration, meal, welcome and introductions
6 p.m. General Session: Set Sail with Teen Leaders, 4-H Teen Leader Panel
6:30 p.m. Session 1
7:15 p.m. Session 2
8-8:30 p.m. 4-H volunteer idea sharing and evaluations



General Session: Set Sail with Teen Leaders

Wondering how to better engage older youth in 4-H? A panel of youth leaders will share their ideas on how you can grow and empower teen leaders in your 4-H club and community.

Session 1: Participants will choose one workshop for each session.

Wonder Why Your Saddle Doesn't Fit? Exploring the 4-H Horse Project

A passion for horses is all youth need to explore the opportunities the North Dakota Horse Project has to offer. Learn about the opportunities for 4-H'ers to grow without needing to own a horse. Discover the contests (hippology, judging, quiz bowl, public speaking and demonstration), what each contest entails, how to get started, and find the resources to help 4-H youth grow.

The Sky's the Limit - Drone Discovery and STEM Activities That Are Interactive, Easy and Inexpensive

Are you looking for fun ways to incorporate STEM into 4-H club activities, or are you interested in organizing a STEM club? Learn about new STEM curriculum and resources available online that are easy to use and adapt to a club setting. Participants will take part in the new "Drone Discovery" curriculum available for use in North Dakota 4-H club meetings and activities.

Diving Into Fiber Forensics With 4-H'ers

Ever wonder how to clean a garment without a care label? You may be unsure of what fiber the garment is made of, so you do not know how to care for it. Explore the new Fiber Arts trunk that 4-H clubs can use to identify basic fibers and learn how the characteristics of the fibers affect their care.

Session 2: Participants will choose one workshop for each session.

"Bee" Knowledgeable: Pollination to Plate - 4-H Pollinator Project

The power of pollinators will excite 4-H youth to dive into why they help us thrive. Learn Pollination to Plate hands-on activities to use with 4-H'ers!

Make a Splash With New 4-H Club Resources

Looking for ways to partner with 4-H club officers to make planning meetings easier? Explore the 4-H EZ Recipe for 4-H Community Club Success resources, give feedback on the new North Dakota 4-H Volunteer Handbook, and try activities from both to use in your 4-H club with youth of all ages.

"Reel In" Fun With North Dakota 4-H Sportfishing

The North Dakota 4-H Outdoor Skills Program will present angler education topics. Join us to build a simple tool for making walleye spinners and learn to tackle basics you can teach 4-H youth.

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.

County commissioners, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, race, gender, expression, ethnicity, genetic information, marital status, national origin, participation in legal civil actions, physical or mental disability, pregnancy, sexual orientation, sexual harassment, social appearance, or veteran status, as applicable. Other regulations may apply. For the NDSU 4-H Extension, 2022, Main Campus, 701-231-7259, ndsu.edu/4h. This publication will be made available in accessible formats for people with disabilities upon request. 701-231-7259

#ND4H #ND4Hthrive #NDSUExtension

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.

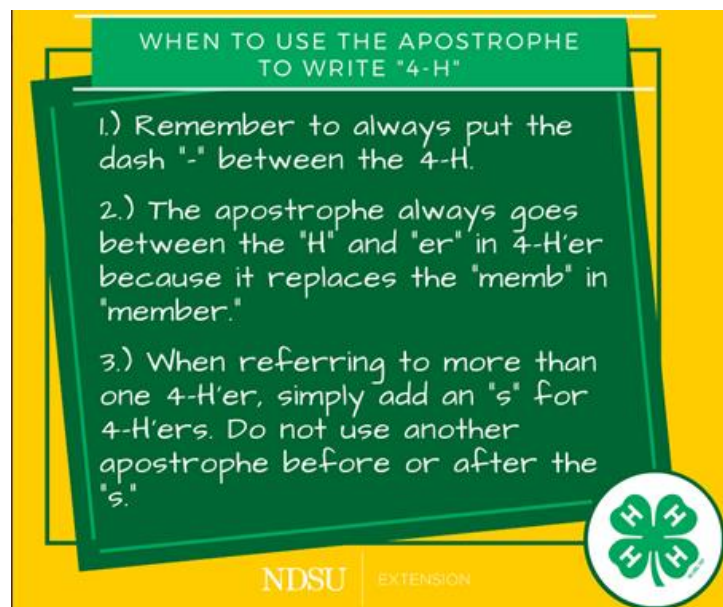
Here are some tips for club leaders:

- 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.

How to Write 4-H

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



North Dakota 4-H Google Drive

As a reminder, here is the easy access link to the North Dakota 4-H Google Drive. As we continue to work on how we can better serve you and your 4-H families, please feel free to offer suggestions and feedback regarding the ND 4-H website, Google Drive set-up, and content needed. Thank you greatly for all the work you do and the lives you continue to influence. Your leadership is truly appreciated.

https://drive.google.com/drive/folders/1QMj-jOSGxMyc3PQAjaHHhBq_mIxTQW_3?usp=sharing

Send feedback/comments to Leigh Ann Skurupey at LeighAnn.Skurupey@ndsu.edu