



LOGAN COUNTY 4-H WELCOME PACKET



New to You

We are so excited about your interest in 4-H. Sometimes, starting something new is confusing. In addition to your NDSU Extension team and 4-H Club Leaders, North Dakota 4-H has several videos to support you every step of the way.

4-H Mission

ND 4-H cultivates supportive learning environments for all youth and adults to reach their full potential as capable, competent, and caring citizens.

Your NDSU

Extension Team

Josh Becker is the Agriculture and Natural Resources Agent. Dustin Hammond is the Family and Community Wellness Agent. Rebeca Hulme is the Logan County Extension Administrative Assistant. We all work together to support and guide the 4-H program and our 4-H volunteers.

Contact us: ☎ 701-754-2504

✉ ndsu.logan.extension@ndsu.edu

What is 4-H?

4-H is delivered by NDSU Extension – part of a community of more than 100 public universities across the nation that provide youth with community, mentors, and learning opportunities to develop the skills they need to create positive change in their lives and communities. 4-H welcomes young people, ages 5-18, of all beliefs and backgrounds, giving youth a voice to express who they are.

Why 4-H?

In 4-H, we believe in the power of young people. 4-H empowers young people with the skills to lead for a lifetime. It's a research-based experience that includes a mentor, hands-on project, and leadership opportunity.

4-H helps develop:

- Confidence
- Character
- Connection
- Competence
- Caring
- Contribution

Types of 4-H Programs

4-H is available through clubs, camps, and in-school programs. 4-H programs are grounded in the belief that kids learn best by doing.

Membership Types

- Cloverbud Members, ages 5 to 8
- 4-H Members, ages 8 to 17
- Adult & Teen Volunteers, ages 18+

Membership Fee

There are no fees to enroll in 4-H in Logan County, thanks to generous sponsors.

What is the time commitment?

4-H membership is a balance between project work, activities, club involvement, and personal development. 4-H members are expected to attend 5 meetings or activities during the club year, enroll in at least one project, submit a project to Achievement Days, and turn in all requested records. A 4-H'ers caregivers' involvement is vital to their success.

Where do I find resources?

Your local NDSU Extension office is located in the Logan County Courthouse. Our office is filled with project curriculum, resources, and supply totes. We recommend that you follow our social media pages to find out about upcoming events. All other resources can be found on the web at www.ndsu.edu/4h



WELCOME



ENROLLMENT

How do I join?

North Dakota 4-H requires online enrollment for every youth member and adult volunteer through 4-H Online. To join, all youth members must be at least 5 years old on September 1 of the current enrollment year. Before enrolling, explore our 4-H club options to prepare you for the online selection. Your local NDSU Extension Agents can help you find a club that fits your schedule and interests; they can also answer any questions about project selection or the enrollment process. Your next step will be to attend a 4-H club meeting.



Online Enrollment Portal

<https://v2.4honline.com>

The 4-H season runs September 1 to August 31, with the online enrollment portal typically opening mid-September. Enrolling ensures that you will receive any Logan County 4-H email communications. Additionally, enrolled members are covered by the ND 4-H state-level accident policy should an injury occur during a 4-H Club meeting or event.

- **To Enroll:** Click "Don't have an account?" and select ND, Logan County.
- **Create a Family Profile:** Your family email will be both your primary contact email and username. It is beneficial to enroll all family members who will be supporting your child's involvement in 4-H!
- **Add Family Members:** Select member type: choose only youth or adult. Fill in the requested information. Scroll to the bottom, and continue.
- **Authorization Statements:** Read each statement carefully. Some agreements are required, while others are optional. Health forms are embedded in enrollment; you only need to share the information that you are comfortable sharing. For those enrolling in Logan County Archery, you will need to complete the Shooting Sport Permission statement online.
- **Selecting a Club:** Select the club of your choice from the drop-down list.
- **Selecting Projects:** Youth members enroll in projects by age and interest. Members must select at least one project to complete enrollment. Projects can be added or dropped until May 1 of the current 4-H enrollment year. We recommend the following projects for new families: Cloverbud project (ages 5-7) and Creative Arts (ages 8+), which encompass a vast array of interests.



Logan County Clubs

- Little 4-H Club on the Prairie
- Napoleon Dynamite 4-H Club
- Logan County Archery
- Livestock Judging Team

Agenda Items

- Call to Order
- Flag Salute/Pledge
- Roll Call
- Introduction of Guests
- Reading of Minutes
- Approval of Minutes
- Treasurer's Report
- Committee Reports
- Unfinished/Old Business
- New Business

MEETINGS

Community 4-H Clubs are open to youth ages 5-18. Most clubs meet once per month for the duration of the school year. The 4-H meeting is balanced between business, educational programming, and recreation. They normally last 1-2 hours. **All members must attend 5 meetings and bring 1+ projects to Achievement Days.**

01

Pre-Meeting Activity

Activity or game for early arrivals to do while waiting.

Opening Activity

The purpose of this activity is group building. The Pre-Meeting activity can lead right into this, or one activity can sometimes serve both purposes. This is especially important for new clubs or clubs with lots of new members.

02

Business Meeting

4-H clubs are lead by youth members who conduct business meetings using Robert's Rules of Order. Cloverbuds do not necessarily need to sit through the business portion of the meeting and often do a hands-on activity lead by a club parent, while older members conduct club business. The club leader and club president should meet prior to the meeting to prepare the agenda.

03

Educational Program/Activity

The educational program at regular club meetings is often the most important part of the 4-H meeting for members. This part of the meeting provides an opportunity for members to join in a group learning experience. Ideas include: demonstrations, guest speakers, tours, learning games, or hands-on project activities. The program should be fun, interesting, and age appropriate for all members.

04

Recreation

Youth (and most adults) come to meetings to have fun and socialize. Recreation can be placed almost anywhere in the meeting schedule. Ideas include: games, drama activities, thought for the day, music, stories, or story telling.

05

Refreshments

Youth like to eat even more than adults, so most clubs will have snacks and refreshments at their meetings!

06

Delegation

Almost all of these parts can be delegated to officers, members, adult club leaders, or parents. The more people who are involved in contributing and feel a part of the club, the better the club will function.



Project Costs

Families should consider the costs of a project before undertaking study in that project area. Project literature is optional. Typical project study expenses include:

- Project Literature (\$2-11 ea.)
- 4-H Workshops (\$5-30 ea.)
- 4-H Camps (Varies)
- Materials (Varies)

PROJECTS

4-H projects are hands-on experiences that help 4-H'ers develop independence and mastery. Projects put the hands and minds to work. They are led by youth and guided by adults. Carrying out a project will help the member "Learn by Doing" as well as learn why things happen the way they do. 4-H members should engage in several learning activities or leadership experiences to complete a project. Scan the QR code below with your smartphone to access the ND 4-H Project Sheets for some great starter ideas!

There are so many ways to explore a project:

- Hands-on Workshops
- Educational Tours
- Job Shadowing
- Attend a 4-H Project Camp
- Self-Directed Learning
- Volunteer
- Teach a Workshop
- Join a 4-H Project Club



Enrolling in Projects

At the start of each 4-H year, youth must select at least one project to enroll in for the 4-H year. Youth may enroll in more than one project area, but we recommend no more than four for a first year member.

Project Literature

The North Dakota 4-H Project Guide provides a complete list and description of 4-H projects and workbooks. Project workbooks offer a progression of hands-on activities with instructions. Workbooks are not required to complete a project, but may be helpful for youth or families who are new to 4-H. Project workbooks can be ordered through the Extension office or Shop4-H.org.

Cloverbuds & Projects

Cloverbud members (ages 5-7) enroll in the 4-H Cloverbud project. The Cloverbud program focuses on age-appropriate skills, abilities, and involvement. Cloverbuds do not participate in competition because it is not developmentally appropriate for this age group. Cloverbuds are encouraged to participate in local events such as project days, Communication Arts, Project Expo, Clothing Revue, and Achievement Days as a participant in a non-competitive environment.

Definitions

Project: topic of interest through which youth learn (ex: photography)

Exhibit: static object completed through project learning that is exhibited at the fair or Achievement Days. The exhibit is the result of project exploration and learning opportunities (Ex: a black & white photo)



CAREGIVER EXPECTATIONS

4-H is a family program. Caregiver involvement is vital to a 4-H member's success. Support from parents and adult caregivers keep youth interested, excited, and active in the 4-H program.

4-H helps families:

- Learn together
- Discuss goal setting, decision making, and service
- Communicate as they work toward a common goal
- Create a sense of unity
- Find belonging in a club where members share encouragement and provide support in times of disappointment

Caregiver Role in 4-H

- 01** Read the information sent to your home about 4-H to keep up to date on activities. Check your e-mail for messages and newsletters from your Extension office and club leader. Attend club meetings with your children, so you know about upcoming activities and expectations.
- 4-H is a youth-led, adult-guided program. Remember that "help" is guidance and support: "do with" rather than "do for."**

How You Can Help Clubs

- 02** Make a sincere effort to have your 4-H member at 4-H club meetings and activities on time. Ask your leader how you can help. Is there is a talent or interest you can share with club members? You can even serve on a 4-H Council planning team. Contact your Extension Agents to learn how you can volunteer.

Do's and Don'ts of Being a 4-H Caregiver

- 03** DO keep in mind that the 4-H experience should be an educational one.
DO lead, co-lead, or find a volunteer for at least one meeting.
DO have fun!
DON'T discourage a child's enthusiasm by offering too much corrective influence or criticism.
DON'T let the desire to win overpower your child's ability to learn.
DON'T do your child's project for them, even though you may be able to do it faster, better, simpler, or... with less mess.



FINANCES

In 4-H, we believe in the power of young people. As America's largest youth development organization - empowering nearly 6 million young people across the U.S. with the skills to lead for a lifetime - 4-H membership is one of the most valuable investments anyone can make in a child's life.

4-H Membership

Every youth participant in 4-H must enroll and become a member of North Dakota 4-H.

4-H Dress Code

When participating in 4-H judging or competitive events, all 4-H members must wear a solid-colored white, yellow, gray, or green shirt/blouse with the 4-H emblem prominently displayed and securely fastened on the front. The Extension office has patches and iron-on decals that members are welcome to use.

4-H Recognition

Logan County 4-H members have the option to purchase a Logan County Award Board after successful completion of their 4-H year. These metal display boards cost \$10, and interested 4-H'ers are encouraged to use their premium money toward the purchase. The boards offer a visual way to track a member's 4-H journey over the years, as they collect tokens in their project categories. Anyone who wishes to make a purchase can contact their local Extension office.

Achievement Day Premiums

4-H members can earn funds to support their project work exhibited at Achievement Days, Tri-County Fair, and the North Dakota State Fair. Cash premiums are awarded for ribbon placings at all three events.

Fundraising

Logan County 4-H Clubs and the 4-H Council may elect to conduct their own club fundraising activities, such as selling baked goods, meat raffle tickets, seasonal community clean-up tasks, etc.

Financial Assistance

Cost should not be a barrier to participation. Your local Extension Agents will help you explore options. North Dakota 4-H offers financial assistance for educational experiences and camper registration at ND 4-H Camp. Logan County 4-H Council may have scholarships available to support participation in some 4-H opportunities.

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CONNECT WITH US



Follow us to stay up-to-date on the latest 4-H news, activities, and events!

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facebook.com/NDSUExtensionLoganCountyNorthDakota
facebook.com/groups/1168943879824604

Instagram: @ndsuextensionlogancounty

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