



North St. Louis County 4-H Program Catalog



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POSITIVE YOUTH DEVELOPMENT

We are excited that you are interested to learn more about 4-H in North St. Louis County. You will find as you get connected that there is a lot going on and a lot of ways to get involved. It is our hope that the 4-H community will be a positive one for you and your family.

In 4-H, youth are hands on in programs and activities. This learn-by-doing model teaches kids essential, transferable skills that they'll use throughout their lives, such as problem solving, decision making, communicating and responding to the needs of others. Whether youth are building rockets or raising dairy cows, 4-H gives them the skills they need to succeed in life.

NO PRIOR 4-H EXPERIENCE NEEDED

4-H Activities are open to anyone of 4-H age, with no year-long commitment needed. It's a great way to get a taste of 4-H and see what all the buzz is about.

HOW CAN I PARTICIPATE IN 4-H?

Join a local 4-H club

4-H clubs are groups of youth who meet regularly to work on 4-H projects, perform community service, develop leadership skills and learn to work together.

Visit a club meeting in your area before joining and see what 4-H has to offer! See page 2

Get involved in a Project Group

We have several groups that meet throughout the year to focus on a specific area of interest.

Members join these groups in addition to their 4-H clubs. See page 3 for a current listing of our project groups available.

WHO CAN PARTICIPATE IN 4-H?

4-H serves youth in grades kindergarten through one year past high school from all backgrounds and interests. 4-H offers membership without regard to race, color, national origin, religion, gender, disability, or handicap.





Welcome to 4-H

I am excited that you are looking to get involved as a 4-H member in north St. Louis County! 4-H provides a positive learning experience for the whole family. I am sure at this point you have a lot of questions. Your 4-H year will be full of exciting opportunities such as meeting new people, participating in programs and activities along with learning about the opportunities available to you in North St. Louis County, regionally and across Minnesota. I realize that joining 4-H can be overwhelming. I hope that this publication will help answer some basic questions for you and your family. Please remember that at any time feel free to contact another family in your club, your club leader or myself at the Extension Office.

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4-H Activities

Get a taste of 4-H. Just be prepared to leave wanting more!

4-H is all about project-based learning. It's like an a la carte menu - choose something you like and dive into it. 4-H'ers can design their own activities or take part in a structured one. Youth learn by doing. This learning model teaches them life skills such as problem solving, decision making, coping, communicating and teamwork. Projects don't have defined groups or meetings. Local 4-H staff can connect you to resources and mentors to help you. If enough people have an interest in a project, you can form a project club or event to dive deeper. In the summer, you can take your project to the fair!

Most popular Projects: Photography/ crafts & Fine Arts/ Food & Nutrition/ Wood & Metal Shop/ Clothing & Textiles/ Flower Gardening/ Vegetable Gardening/ Horse/ Shooting Sports & wildlife/ Livestock

For more information on 4-H projects go to <https://extension.umn.edu/4-h/4-h-projects>

4-H Project Fun Day

All Kindergarteners- 5th graders are encouraged to take part in this fun event exploring what 4-H is all about. You will have a chance to explore and have fun with a variety of 4-H project areas. This is a great opportunity to see what 4-H is all about and learn new skills that you can display at the fair! Cloverbuds (k-2) will have their own special track. This event occurs in late April or early May.



THE 4-H IMPACT

96%

of youth said they were noticed for their abilities

95%

of youth felt like they were an important part of their communities

WHAT DOES IT COST?

Project Groups each have their own fee structure to support the additional educational opportunities and supplies needed. Contact the Office for info.



Don't have an animal? Don't let that stop you from joining! 4-H members can lease animals or learn without one! See the information on page 6 about leasing opportunities.

Project Groups

Dive deeper into an area of interest through the variety of project groups we have across North St. Louis County!

Horse Project

Join a community of youth interested and passionate about horses and riding! Members can choose to compete in the 4-H County Horse Show. The horse project is a growing and active project. Some of the activities this group does is:

- **Drill Team-** is multiple riders working together to create a performance as a group. An opportunity for youth in grades 3 and up and meet weekly from May-Sept.
- **Summer Clinics-** bi-weekly meetings in the summer month where a trainer is brought to work on both pleasure and gaming skills.
- **Horse Play Day-** a fun day to practice your riding skills and earn ribbons. .
- **Horse Ambassadors-** An opportunity for youth in Grades 6 and up to plan out events and learning opportunities for the NSL Horse Project. Meetings occur year round on a monthly basis.

Dog Project

Learn to train a dog for agility, obedience, showmanship or as an ideal pet. Members can choose to compete in the 4-H County Dog

Show and may be eligible to compete in the State Dog Show. Three training sites for the County:

- Ely, MN- Meets weekly from May to August
- Embarrass, MN- Meets weekly from May to August.
- Virginia, MN- Meets on Thursday's year round starting at 5:30pm at the Iron Range Dog Training Club. Cost is \$10 per session (Sessions are 5-8 weeks in length)

Shooting Sports & Wildlife

Learn the important life skills through safe and educational experiences. You'll explore firearms safety and the importance of conserving Minnesota's natural resources. Trained and certified 4-H leaders lead this program.

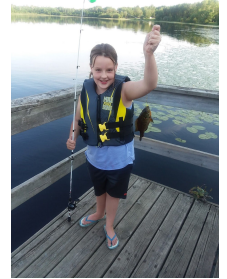
Disciplines Offered

- Wildlife (All ages)
- Archery (3rd grade & older)

Project Bowl

Project bowls are an exciting way for youth to explore a project area. Teams compete in quiz competitions with questions about specific project areas. Winners of the regional bowls advance to the State Project Bowl. Each project will meet independently from Nov.- April. Project Bowls are available for :

- Dog Bowl
- Horse Bowl
- Rabbit Bowl



4-H Citizenship and Leadership Opportunities

4-H UP CLOSE

County Ambassador Program

The North St. Louis County 4-H Ambassador program provides intentional opportunities for youth to represent 4-H through leadership and citizenship that contributes meaningfully to their communities. County Ambassadors are youth in grades 6 and up. Meetings are the 3rd Sunday of the month from 5-7pm at the Tower DNR Office.

State Ambassador Program

The Minnesota 4-H State Ambassador program is a youth development program that strives to exemplify the ultimate in youth citizenship and leadership in Minnesota. Any youth currently involved in Minnesota 4-H and its programs who has completed at least the 10th grade and is eligible for 4-H through the duration of the term ending in June, is able to apply. Applications are due May 15th.

Club Officers

Most 4-H club elects officers each year to carry out business and organizational roles at the club meetings. As an officer, 4-H youth have the chance to increase their public speaking skills and leadership skills by fulfilling their duties for the club. Officer roles include: president, vice-president, secretary and the youth treasurer. Some clubs may have additional roles such as historian, reporter and committee roles to carry out additional business or educational opportunities for the 4-H club.



Abby Mellesmoen – NSL 4-H'er
"4-H grew my leadership skills by offering me opportunities to be a leader. I held the office of treasurer for 3 years in my club, and the office of president for 3 years in my club. Both these experiences taught me how a business meeting is run, how to facilitate a group discussion, and made me more comfortable with public speaking."



Maggie Dammann – NSL 4-H'er
"BLU was an amazing experience. The activities were both educational and exciting. I liked the service projects because we were intermixed with different age groups so we could meet more new people."

BLU: Building Leadership & Understanding

The BLU program is an exciting and fun leadership adventure that brings together youth from across the state of Minnesota in an overnight leadership workshop. Each retreat uses a youth-teaching-youth model to teach a leadership topic, participate in team-building activities, and meet other youth from their region.

This event is held in February.

GREAN: Growing Responsible Educational Achievements Now

This is an intense service learning project where youth meet for at least 2 weekend retreats to learn about themselves, interview experts and then develop and deliver a service project. Last year the team offered an event to increase awareness of dog parks and the 4-H Dog Project area.

YELLO: Youth Exploring Leadership & Learning Outloud

YELLO is a citizenship and leadership conference that brings together approximately 300 youth from across Minnesota and the surrounding region to listen to motivational speakers, participate in hands-on activities, engage in a service-learning project, and explore fun and educational opportunities in the region. The youth participants get the opportunity to meet other youth across the region and plan for action in their home communities through a youth-teaching-youth model.

Volunteer With Us!

Give Back and Be Amazed

In 2012, nearly 11,000 adult volunteers contributed more than 1 million hours of service (a value of \$23 million!) to support the positive development of Minnesota's youth. Minnesota 4-H could not operate without their participation. Volunteers say they benefit from staying involved, too.

If you have the skills and passion around a particular area of interest or just have a desire to work alongside young people and make a difference in their lives we want YOU! The great thing about volunteering with 4-H, is that we can customize your role to fit your individual needs and schedule. There are many ways to volunteer, including short-term volunteering such as leading a workshop, helping at a local event, being a chaperon or judging at the County Fair, or longer-term involvement such as leading a club or project group.

Contact the Extension Office to consider what ways you can become involved with 4-H and begin making an impact for tomorrow's generational leaders or visit <https://extension.umn.edu/4-h-volunteers/volunteer-4-h>

"I believe it gives the youth a chance to grow in different ways. They are taught very important leadership skill and it challenges their minds. 4-H also challenges youth to explore areas outside their comfort level. My favorite part of being a 4-H volunteer is Working with the youth and watching their minds grow and how they work together with others."

– Chris Nash, north St. Louis volunteer and 4-H alumni



Training Opportunities Help You Succeed

4-H's research-based, learn-by-doing model equips kids with skills such as problem solving, decision making and communicating -- essential for them to succeed in school, college, careers and communities. Volunteers have a role to play in 4-H clubs, after-school programs, community service, civic engagement and camping programs.

We will provide you with the training and resources you need to volunteer – you provide the passion for helping youth succeed!

4-H offers a number of training opportunities throughout the year where volunteers learn about leading clubs, projects and more. A number of these training can be completed right at your own home via our online training webinars including modules on:

- Creating a welcome 4-H environment
- 4-H project leaders: Where the action starts
- And more!

There are also a number of great face to face training opportunities that you can complete including the annual Leaders Training which provides relevant training to all interested volunteers.

4-H Leasing Program

No animals? No problem!

The Minnesota 4-H program recognizes the educational value of participating in animal science projects. Minnesota 4-H allows the leasing of animal science projects to encourage a greater number of members to have the opportunity to experience livestock projects. This program is designed to make it possible for a 4-H member to have a non-owned 4-H project which can be exhibited at county fairs, Minnesota State Fair 4-H show, and other youth or open exhibitions. The 4-H member will gain hands on experience in managing and showing the 4-H animal science projects through the cooperation and mentorship of local animal owners.

Discussion with the owner of the animal

There are some basic questions and discussion points to consider with the owner of the animal as you enter into the 4-H lease program such as housing arrangements, feed costs, management of the animal, veterinary and show expenses, transportation and more. For a complete list of these discussion points read the Minnesota 4-H Lease Program Fact Sheet found on the [Minnesota 4-H website](#).

4-H Animal ID Requirements

Ownership Requirements for All Animal Science Projects are uniform for Beef, Cats/Pets, Dairy, Dairy Goat, Dog, Horse, Lama, Meat Goat, Poultry, Rabbit, Sheep and Swine: Animals must be owned solely by the 4-Her or the 4-Her's family. The family includes the 4-Her's parents/guardians and siblings living together as a family unit. The definition of family includes an extended family where the animal may be owned by grandparents as long as the 4-Her's parents are actively involved with and working on the farm. Animals owned in partnership with non-family members (as defined above) must be leased and follow the guidelines within the lease agreement. Lease agreements must be submitted by May 15 with 4HOnline data. Market animals (with the exception of prospect calves) cannot be leased.

All Animal Ownership Deadlines:

February 15: Market Beef (beef steers, market heifers & dairy steers)

May 15: Breeding Beef, Dairy, Dairy Goats, Dog, Horse, Lama, Meat Goat, Poultry, Rabbit, Sheep, Swine. Fryer Rabbits (should be 70 days old at show) 4-Her must own the doe of fryer rabbits and doe must be identified by May 15. **June 1:** Jr. Meat Does

July 1: Jr. Doe Kid Dairy Goats

More specific information for animal science project requirements, ID info and deadlines can be found on the Minnesota 4-H website: <https://sites.google.com/umn.edu/4-h-animal-science/animal-id>





4-H Frequently Asked Questions

What is 4-H?

In 4-H, youth help design and participate in programs and activities. This unique, learn-by-doing model teaches kids essential, transferrable skills that they'll use throughout their lives, such as problem solving, decision making, coping, communicating and responding to the needs of others.

Whether youth are building rockets, raising dairy cows, or writing musical plays, 4-H gives them the skills they need to succeed in life.

What do the four H's on the 4-H emblem stand for?

The 4-H emblem is a green (representing youth, life and growth) four leaf-clover with a white (representing purity and high ideals) 'H' on each leaflet. The H's represent Head, Heart, Hands and Health.

What is the 4-H pledge?

At 4-H club meetings and other 4-H events, 4-H members recite the Pledge of Allegiance and this pledge:

I pledge my Head to clearer thinking
my Heart to greater loyalty,
my Hands to larger service,
and my Health to better living,
for my family, my club, my community,
my country and my world.

Isn't 4-H just for people who live on farms?

No! 4-H is for all youth, wherever they live. It reaches both boys and girls through 4-H clubs, special-interest groups and short-term projects. The most popular projects in Minnesota include photography and crafts & fine arts. 4-H also offers activities in:

- Science, engineering and technology
- Citizenship and leadership
- Healthy living
- Animal science

What age must you be to join 4-H?

4-H serves youth in grades kindergarten through one year past high school from all backgrounds and interests. Members who are in kindergarten through 2nd grade are enrolled as Cloverbuds. At this age, we introduce 4-H members to the experiential learning theory and structure age-appropriate activities and projects. There are some limitations that do not allow Cloverbuds to take part in all 4-H activities, such as them only being allowed to bring 5 projects to the County Fair. Once 4-H members reach 3rd grade they can enroll in all of our projects and exhibit them at County Fair.

What is a 4-H club?

4-H clubs are groups of youth who meet regularly to work on 4-H projects, perform community service, develop leadership skills and learn to work together. Guided by one or more adult volunteers, a club can be any size, from a small group of neighborhood kids to a large group from a school or county. Visit a club meeting in your area before joining and see what 4-H has to offer!

How do I enroll in a 4-H club?

The easiest process is to complete a quick online enrollment at <https://mn.4honline.com>. You are welcome to attend a club meeting prior to enrollment to make sure it is a good fit.





Can I switch 4-H clubs?

Yes! We encourage people to find a club that meets their needs before enrolling online but life changes happen and you may need to move to a new club. Contact the Extension Office to change your online enrollment.

Is there a deadline to enroll in 4-H?

While a 4-H member may enroll at any time, there are limitations and consequences for members who enroll after May 15, such as the inability to earn a purple ribbon and attend the State Fair. There are also competitive deadlines for 4-H members who are exhibiting animals at the County Fair. Contact the Extension Office for more details.

I went to a 4-H meeting and felt overwhelmed, what do I do next?

It is normal for new members to feel a little overwhelmed at their first 4-H meeting. 4-H is a broad and diverse community organization with plenty of history and opportunities. We are constantly striving to make our 4-H clubs welcoming and supportive environments, especially for new members, but we are not perfect. We encourage you to keep attending and reach out by asking questions to a 4-H volunteer or Extension Staff member. Families that ask questions and seek to learn more will benefit.

Is 4-H a safe place for my child to attend without me?

Yes! All of our 4-H volunteers go through a screening process that includes an application, background check, orientation and a focused Safety of Minors webinar training. It is important if you are leaving your child for an extended period of time that you communicate your expectations with the volunteers to make sure they are on the same page. While not always possible it is beneficial for parents to sit through club meetings with their children so they can understand what the club is doing, know how to support their child and hear of opportunities where they can help.

How do I participate at County Fair?

County Fair registration closes at the end of July. Materials to register are available online or through the local Extension Office closer to the deadline. It is also important that any animals being shown have been properly ID's by the May 15 deadline.

Why should I participate at County Fair?

County Fair provides a great opportunity for youth to showcase some of the learning and projects they have done throughout the year. For each 4-H member County Fair provides a way of "wrapping up" their learning because each project is exhibited before a judge. This is a great opportunity to gain confidence and public speaking skills. It is also a very fun week filled with great friends, fun events and good food! Finally, each project judged will earn a premium check from the Fair board depending on what ribbon they earn!

Who can I contact if I have questions?

4-H in North St. Louis County is supported by over 50 volunteers. Many of them can answer common questions you have. Club leaders are also an excellent resource. If you need additional help, the North St. Louis County Extension Office is open Monday-Friday, 8:00-4:30 pm. Stop in and visit us or give us a call, email or Facebook message.

Who are the 4-H Staff in North St. Louis County?

Nicole Kudrle is the 4-H Program Coordinator and can be contacted at 218-749-7120 or by email at vande422@umn.edu
Shirley Lantz provides 4-H Support Staff and can be contacted at 218-749-7120 or by email at lantz@stlouiscountymn.gov