



Hennepin County 4-H 2017-2018 Program Catalog

We are excited that you are looking to get involved in Hennepin County 4-H!

In 4-H, youth help design and participate in programs and activities. This unique, learn-by-doing model teaches young people 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 rabbits, or writing musical plays, 4-H gives them the skills they need to succeed in life.

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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. Your first year in 4-H will be full of exciting opportunities such as meeting new people, participating in programs and activities, and learning about opportunities available to you in Hennepin County, regionally, and across Minnesota. We know that joining 4-H can be overwhelming, but we are here to guide you through every step of the way – from first inquiry, enrollment, registering for the County Fair, your first purple ribbon at the State Fair, high school graduation, and post-secondary education prep!

Thank you for getting involved with Hennepin County 4-H!

Sincerely,

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4-H HAS SOMETHING FOR EVERYONE

What do youth do in 4-H?

4-H has something for every youth in kindergarten through one year past high school! Young people in 4-H begin by exploring their interests, and then select a project, or topic of interest, they'd like to pursue further. There are numerous projects available to 4-H members, including, but not limited to:

- Science, technology, engineering, & math
- Citizenship & leadership
- Healthy living
- Animal science
- Expressive arts & communication
- Shooting sports & wildlife
- Family & consumer science
- Gardening & agriculture
- Environmental & earth science

Projects can be explored individually, as a group or club, or even online! When young people participate in a project, they are given age-appropriate opportunities to decide what they want to learn and do as they explore the project area. This allows any project area to be self-paced, choice-driven, and skills-based in setting and working toward a goal. Over time, 4-H'ers gain skills and confidence. Their projects become more advanced, as they fine-tune their skills, deepen their learning, and work toward mastery.

Throughout the 4-H year, youth also have a variety of opportunities to take part in their county and regional 4-H events, beyond their 4-H Club experience. See pages 7-8 for more information.

For our older 4-H'ers, our program also offers program opportunities to cultivate leadership in their club, community, and regional, state, and national levels. See pages 9-10 for more information.





Hennepin County 4-H

2017-2018 4-H Club Catalog

4-H Clubs provide a long-term home base, community, and learning opportunities for youth and adults alike. In our Hennepin County 4-H Clubs, you'll find welcoming faces and positive learning experiences for the whole family.

Our 2017-2018 4-H Clubs in Hennepin County offer a wide array of learning and leadership opportunities. The good news is you don't have to pick just one, nor do you have to have one project focus! Consider 4-H *opportunities like an à la carte menu* – you pick what you want to try!

Community Clubs

Community 4-H Clubs are initiated and facilitated by youth and adult volunteers in the context of community, such as a neighborhood, community center, religious center, or a home. These clubs aim to engage youth and adults in both individuals and group activities that foster learning and development in a variety of subject matter areas.

Champlin Champs 4-H Club

The Champlin Champs 4-H Club is a service-minded club that explores a wide variety of project areas from September through May. Each year, they volunteer on several community projects such as Feed My Starving Children, Operation Christmas Child, planting flower beds, and park clean-up. We also enjoy time together tubing, ice skating, attending the Physics Force at the U of M, and other field trip opportunities.

Meetings: 2nd Sunday | 6:30pm | Champlin
Enrollment: Open to all youth, grades K-13th

Cloverpatch Kids 4-H Club

The Cloverpatch Kids 4-H Club focuses on teaching kids leadership skills, community service and learning new skills thru project experiences.

Meetings: 1st Monday | 6:00pm | Hamel
Enrollment: Open to all youth, grades K-13th

Country Kids 4-H Club

This club focuses on community service and family-led project experiences. Projects we've explored in the past include Foods and Nutrition, Photography, Arts and Crafts, Exploring the Environment, and more.

Meetings: 1st Monday | 7:00pm | Maple Grove
Enrollment: Open to all youth, grades K-13th

Franklin Library 4-H Club

This club is a small-group mentoring club focused on leadership, performing arts, social justice, with an interest in contributing to the community.

Meetings: Most Tuesdays | 5:00pm | Minneapolis
Enrollment: Open to all youth, grades K-13th

Helping Hands 4-H Club

The Helping Hands 4-H Club has a theme that changes each year. This year our theme is "RePurposing: Making old things new again."

Meetings: One Sunday per month | Brooklyn Park
Enrollment: Open to all youth, grades K-13th



Community Clubs (continued)

Heritage Park 4-H Club

This is a neighborhood community club that focuses on citizenship and leadership. Many activities involve self-exploration and community leadership.

Meetings: Tuesdays | 6:00pm | Minneapolis

Enrollment: Open to youth, grades 5th-8th



KaJoog 4-H Club 4-H Club

This is a Somali-American youth organization that helps youth develop inquiry skills through an engineering-oriented curriculum. Along with the STEAM content, youth engage in a sequence of activities that equip them with the mindset and personal leadership skills needed to pursue higher education and careers.

Meetings: Tues & Thurs | 5:00pm | Eden Prairie

Enrollment: Open to youth, grades 6th-12th

NE Urban 4-H Club

The Northeast Urban 4-H Club currently is open to all youth, grades K-13th. We do a lot of Community Service projects and activities. Every meeting a youth leads a fun activity or project. All are welcome, parents are invited to help and be involved as well.

Meetings: 2nd & 4th Mon | 6:30 pm | Minneapolis

Enrollment: Open to all youth, grades K-13th

Rogers Rocketeers 4-H Club

The Rogers Rocketeers are a family-based community club that covers a wide range of project areas. We always do a community service project and each meeting allows members to make a project that could be shown at the County Fair.

Meetings: 2nd Sunday | 4:00pm | Rogers

Enrollment: Open to all youth, grades K-13th

South Minneapolis 4-H Club

South Minneapolis 4-H Club is a neighborhood-based, family friendly club for youth. We focus on member leadership, public speaking, monthly project themes, and service. For the 2017-2018 year we will be highlighting foods, specifically international foods, and rockets.

Meetings: 2nd Monday | 6:45pm | Minneapolis

Enrollment: Open to all youth, grades K-13th

Victory Robins 4-H Club

In the Victory Robins 4-H Club, students of all ages gather to learn about a wide variety of project areas. Together, we also plant and harvest a garden to donate the produce to local food shelves.

Meetings: 3rd Friday | 6:00pm | Golden Valley

Enrollment: Open to all youth, grades K-13th



Westside 4-H Club

The Westside 4-H Club is open to youth in grades K-13th. We are learning about a variety of project areas this year including photography/video, pets, small engines, global connections, wood/metal shop. We also have a number of service projects planned for the 4-H year.

Meetings: 2nd Monday | 6:30pm | Hopkins

Enrollment: Open to all youth, grades K-13th

Project Clubs

A 4-H Project Club focuses more deeply on a specific subject matter (e.g., performing arts, animal science, or photography), and aim to engage youth and adults in both individuals and group activities that foster learning and development in that subject matter. Project Clubs can operate within any school or community setting or as part of any of the other club types (e.g., site-based, afterschool and community).

Hennepin Heelers 4-H Club

The Hennepin Heelers are a 4-H Club focused on dogs. Our meetings include activities and training for 4-H'ers and their dogs to strengthen the dog-human bond and create well-behaved dogs. There is also an opportunity to showcase at Dog Show in late summer. Youth can also compete in dog knowledge teams, called the Dog Bowl, where they can learn all about dogs.

Meetings: One Sunday per month | Minneapolis

Enrollment: Open to youth, grades 3rd & up & their dogs



Hennepin Hoofbeats 4-H Club

The Hennepin Hoofbeats are a group of "horse-crazy" kids, grades 6th and up! We welcome everyone to come and check out our group, you do not need to have a horse to be a part of this group! We have County competitions during the months of May-October. Youth can also compete in horse knowledge teams, called the Horse Bowl, where you learn everything and anything about horses. These teams will then compete in the Regional and possibly the State competitions!

Meetings: 3rd Monday | 6:30pm | Plymouth, MN

Enrollment: Open to youth, grades 6th and up
(no horse required!)

Hennepin Hoppers 4-H Club Hennepin Hoppers is a rabbit-based club, with agility events, monthly demonstrations, field trips, and workshops to build cages and show boards. Our members range in age from 4 to 18, and "rabbit-less" members can usually borrow an extra rabbit during the agility meetings.

Meetings: 1st Monday | 7:00pm | Minneapolis

Enrollment: Open to all youth, grades K-13th
(no rabbit required!)

Perfect Poultry 4-H Club

Perfect Poultry is a bird-based club, with various events, monthly demonstrations, field trips, and workshops to build cages and show boards. Our members range in age from 4 to 18, and there are many opportunities for "bird-less" members to learn and lead.

Meetings: 1st Monday | 7:00pm | Minneapolis, MN

Enrollment: Open to all youth, grades K-13th
(no birds required!)

Sanford Nature 4-H Club

In the Sanford Nature Club, Sanford Middle School students grades 6th-8th, explore their local environment. We do outdoor activities, learn from guest speakers, and do fun crafts and experiments that help the environment.

Meetings: Wednesdays | 4:15pm | Minneapolis

Enrollment: Open to Sanford Middle School students, grades 6th-8th

Youth Media Force 4-H Club

Asian Media Access's Youth Media Force 4-H Club has mixed with multimedia training, including dance, music and video production, along with service learning opportunities for curious young people in North Minneapolis.

Meetings: Most Thursdays | 5:00pm | Minneapolis

Enrollment: Open to youth, grades 9th and up



Start your own 4-H Club!

Though we have so many clubs and opportunities to choose from, we always welcome new clubs, leaders, and partners! Here are 5 steps to starting a 4-H Club of your own:

STEP 1: PITCH YOUR IDEA

- Contact the Hennepin County 4-H office and discuss your needs
- Decide what you want to accomplish
- Complete the adult volunteer application process & training

STEP 2: INCREASE COMMUNITY AWARENESS AND INTEREST IN THE 4-H PROGRAM

- Find exciting ways to gain interest and commitment from youth and their families about 4-H
- Explain opportunities available through 4-H
- Shape how your 4-H club can operate

STEP 3: ESTABLISH A SUPPORT BASE

- Share the leadership by asking youth and adults to take active roles
- Build community relations that will complement and support various parts of your club

STEP 4: LAY THE FOUNDATION

- Schedule regular meetings
- Establish youth voice in the unfolding of the club, including project areas, goals, and leadership opportunities
- Have participants fill out 4-H youth member enrollment forms and 4-H adult volunteer enrollment form

STEP 5: SUSTAIN THE CLUB

- Provide learning-by-doing activities that are relevant and fun for youth and families
- Cultivate shared leadership roles which youth and adult leaders can take part in
- Facilitate participation in 4-H opportunities at county-, state-, and national-levels
- Make a difference in your club, family, community, country, and world!

If you are interested in developing a 4-H club, contact your Hennepin County 4-H Program coordinators:

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2017-2018

4-H Programs & Events

There are many opportunities our 4-H young people can participate in beyond their club experience.

Hennepin County 4-H Events

Hennepin County Fair

The Hennepin County Fair provides exciting opportunities for 4-H members to share their 4-H projects and knowledge. 4-H youth spend months working on projects designed to equip them with essential life skills such as problem solving, decision making, project management, communications, and public speaking. 4-H'ers then share their accomplishments and educate the public about their subject at their local county fair. 4-H'ers, 6th grade and up, who demonstrate the highest achievements are then selected to participate in 4-H at the Minnesota State Fair! County Fairs help all 4-H youth grow into successful adults. The 2018 Hennepin County Fair is in June.



Arts Alive

Arts Alive is the 4-H County Arts-In program in Hennepin County. This is a performing arts experience for youth 2nd grade and up. Youth prepare a musical to perform at various 4-H Events throughout the summer, including the State Fair. Youth gain experiences in theater arts, including singing, dancing, acting, costume design, and set construction. Along with these skills, youth also build on their leadership, communication, and confidence. You do not need experience in performing arts to be a part of this great program! Arts Alive rehearsals occur in June, with performances throughout the summertime.



Urban 4-H Events

Urban 4-H is our collaborative 4-H team from Hennepin and Ramsey Counties. Our mission is to work with and on the behalf of youth living in Minneapolis, St. Paul, and the surrounding suburban and rural communities to measurably improve their learning, leadership, and global citizenship through educational programs and applied research. Together, we carry out our mission through a variety of county-based and inter-county collaborative events, such as:

U of M Campus Visit

Youth in grades 6-12, join us for a day at the University of Minnesota! Participants will visit and tour the University of Minnesota Campus, learn about the many opportunities for students at the U, ask questions of students that are currently in college, and have tons of fun! This event usually takes place in November.



Winter Leadership Retreat

A winter weekend retreat for urban youth in grades 6th-12th. This retreat is designed for youth to learn leadership skills they can take back to their 4-H clubs, have fun, and make new friends from across the Twin Cities.



Urban 4-H Showcase

Ramsey and Hennepin County 4-H'ers get together and showcase their unique talents, presenting what they've been learning in their 4-H clubs, either together or individually. You may create a project display, video, illustrated presentation, performance, skit, etc. This event usually takes place in April.

Bay Lake Camp

Bay Lake 4-H Camp is a fun, late summer camping experience for youth in grades 4th-8th. Campers from all over the Twin Cities enjoy a week filled with fun challenges, leadership and team building experiences, and exciting hands-on activities. Activities include arts and crafts, swimming, science enrichment, environmental exploration, nightly campfires, and much more.





4-H Youth Leadership Opportunities

In your time with 4-H, youth are presented with leadership opportunities across Hennepin County, the region, Minnesota, the U.S., and the world!

Club Officers

A 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 public speaking and leadership skills by fulfilling their duties for the club. Officer roles include: president, vice-president, secretary, and youth treasurer. Some clubs may have additional roles such as historian, reporter or committee roles to carry out additional business or educational opportunities for the 4-H club.

Hennepin County 4-H Federation

Youth and adults representing each of the 4-H clubs in the county meet to discuss program direction, events, activities and issues that will help to build and strengthen the county 4-H program. This 2017-2018 year, our focus is to expand and increase our outreach to new families. Mark your calendars for our Community Service Event in January 2018 and New Officer Elections in May.



Urban 4-H Ambassador Planning Committee (APC)

The Urban 4-H Ambassador program provides intentional opportunities for youth to represent 4-H through leadership and citizenship that contributes meaningfully to their communities. Urban 4-H Ambassadors are a select team of Ramsey and Hennepin County 4-H youth who are interested in developing and refining skills to teach other 4-H youth about leadership and citizenship topics. Applications are due in September each year. Terms of service run September through June with monthly meetings. Open to grades 6+.



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 2018, is able to apply. Applications are due May 15th.

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.

YELLO: Youth Exploring Leadership & Learning Out Loud

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. This event is typically held in June.

Citizenship Washington Focus (CWF)

CWF is a citizen and leadership event for high school youth from across the United States. Youth learn about government, the legislative process, meet with elected officials and visit many national monuments and historical sites in Washington D.C.





Count me in!

Share your knowledge and talent with young people as a 4-H Volunteer

In 2016, over 11,000 adult volunteers contributed more than 1 million hours of service to 4-H—a valued of almost \$25 million!—to support the positive development of Minnesota’s youth. Minnesota 4-H could not operate without our adult volunteer!

If you have 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 chaperone or judging at the County Fair, or longer-term involvement such as leading a club or project group.

Here are some (of many) ways you can volunteer with Hennepin County 4-H:

4-H Volunteer Club Leader or Co-Leader

4-H Club (Co-)Leaders provide experiences that promote positive youth development for all members. They inform and encourage members, parents, and other volunteers to actively participate in 4-H opportunities, as well as mentor, assist, and advise 4-H members in the overall management of the 4-H group. This position also serves as a liaison between the local Extension office, staff, and 4-H members, their parents, and other volunteers regarding 4-H group programs.



4-H Activity or Project Volunteer

4-H Activity or Project Volunteers provide experiences that promote positive youth development for all members. They support the positive growth and development of each youth involved, help develop important life skills, and create opportunities for youth to learn, lead, and serve. This position fosters belonging and inclusivity by facilitating activities that promote learning and leadership of all youth in becoming competent, caring, and connected citizens of character in their community.

4-H Communications Volunteer

4-H Club Communications Volunteers help with administrative tasks of their 4-H club. This includes developing communication strategies, creating promotional materials, and supporting club representation at larger county and state events. They support the internal and external scopes of 4-H, which balances club communication and public promotion. This position fosters welcoming and informational atmosphere by facilitating communication strategies that are informational, helpful, and inclusive to all reached.



4-H Support Volunteer

4-H Support Volunteers help wherever help is needed. Whether a one-time event or an ongoing project or task, 4-H Support Volunteers create and sustain a positive learning environment for 4-H youth and adults, as well as the many audiences that 4-H reaches. This position fosters belonging and inclusivity by facilitating activities that involve all youth in becoming competent, caring, and connected citizens of character in their community.

Contact the Hennepin 4-H Office to consider what ways you can become involved with 4-H and begin making an impact for tomorrow's generational leaders. 4-H Volunteer enrollment information can be found here: <http://www.extension.umn.edu/youth/mn4-h/volunteer/>

Contact us!

Our 4-H Staff is here to guide you through every step of the way – from first inquiry, to enrollment, and beyond! We are just a phone call or email away. Thank you for getting involved with Hennepin County 4-H!

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