Hello!

Thank you for your interest in the Sherburne County 4-H Program. Enclosed you will find additional information about the 4-H program: What is 4-H. Connecting to Sherburne County 4-H. Clubs in your Area. and a Sherburne County 4-H New Family Handbook.

Please review the 4-H Clubs in Your Area. and attend a few different meetings to determine the best fit for your family. Once you have decided on a club you can obtain online enrollment information from your new club leader (https://mn.4HOnline.com). The club leader will assist you with any questions you might have.

Thanks for your interest in Sherburne County 4-H!

Please feel free to contact me with any questions.

Joe Rand
4-H Program Coordinator
WHAT IS 4-H?
4-H is the largest youth organization in Minnesota, with over 350 members in Sherburne County alone. There are over 5 million 4-H members in the United States! The most common way for youth to get involved in 4-H is by joining a 4-H Club. **There is no cost to joining!** Most clubs meet about once a month to plan activities, work on service projects, learn about new and interesting things, and have fun! Along with club meetings, members can participate at county, regional, state, national, and even international levels.

WHAT DO THE FOUR 4-H'S STAND FOR?
The Four H's stand for head, heart, hands and health. The 4-H pledge explains why.

WHO CAN BE A 4-H MEMBER?
All youth from grade kindergarten to 1-year past high school can participate in 4-H. Kindergarten to 2nd grade can be part of the Cloverbud program, which is specially designed for younger members. As 4-H members enter junior high school and high school, they get a chance to take on leadership responsibilities in the program. DID YOU KNOW... that 4-H is not only for youth in rural areas? In fact, most 4-H members participate in project areas that do not involve crops and livestock! The REAL focus of the 4-H program is on learning and having fun!

WHAT DO 4-H MEMBERS DO?
4-H offers activities for EVERYONE! Members can work with cameras, computers, arts & crafts, animals, plants, even bicycles. They can learn about health and family living issues affecting young people. They can practice their leadership, speaking or performing skills. Many go to camps or on national trips or travel to countries on 4-H exchange programs. Whoever you are, 4-H has something for YOU!

WHO CAN BE A 4-H VOLUNTEER?
Anyone can register to be an adult volunteer that is at least age 18 and out of high school. Volunteers are the cornerstone that supports the positive development of Minnesota’s Youth. There are nearly 14,000 talented 4-H volunteers from across the state who are helping youth reach their full potential through their involvement in 4-H. Apply online today at: [http://z.umn.edu/4hadult](http://z.umn.edu/4hadult)

WHAT IS THE FAMILY'S ROLE IN 4-H?
Parents and other family members are an important part of the 4-H program and are always welcome at every 4-H activity. Volunteers, many of which are parents of 4-H members, are vital to the success of the 4-H program.

HOW DO I GET INVOLVED?
It’s easy to join 4-H! Choose a 4-H Club & attend at least one meeting prior to joining. You want to make sure it is a good fit for both you and your family. Your club leader will be able to help you enroll online at: [https://mn.4HOnline.com](https://mn.4HOnline.com).

If you have any questions call Joe Rand, 4-H Program Coordinator at 763-765-3077

The 4-H Club Program in Sherburne County is part of the University of Minnesota Extension. The University of Minnesota Extension is committed to the policy that all persons shall have equal access to its programs, facilities, and employment with regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, or sexual orientation.
Connecting to 4-H in Sherburne County
Kindergarten to one year past High School

A list of 4-H clubs and club leaders is available from the Extension office or online at: http://z.umn.edu/sherburneclubs

Tip: When in doubt ask at the 4-H Program Coordinator!

Find a 4-H Club & attend at least one meeting prior to joining. You want to make sure it is a good fit for your family.

Ask the club leader for directions on enrolling online (https://mn.4honline.com/)

Tip: Club meetings close to home are often more convenient, but ask leaders about club goals and plans to find the best fit!

Take part in 4-H club meetings
Choose county, regional and state 4-H events and activities
Stay up-to-date on activities & news on our website or social media
Adults are invited to apply to be a 4-H volunteer

Tip: Start early on 4-H projects. Some projects have special due dates earlier in the year!

Tips: Each 4-H member chooses how they want to be involved in 4-H.
Success happens when youth take part in and at times volunteer to help with 4-H events and activities.
Busy Bees (Elk River)

The Busy Bees are a group with interests in livestock, dog, photography, rocketry, shooting sports, youth leadership, and more. Members live in Big Lake, Princeton, Zimmerman, Elk River, Becker, Rogers and Otsego. In general, this club meets at 3:30 pm the third Sunday of every month at St John’s Lutheran Church in Elk River. Some of our club activities include a food drive, ditch cleaning for community pride, as well as exhibiting at the county and state fairs. Club members are very active in county leadership, and participate in summer residence and day camps, both as counselors and campers. For more information, contact Tammie Black at 763-486-3827, tblack692010@hotmail.com.

Happy Hoofbeats (Becker)

Happy Hoofbeats have members from Becker, Clear Lake, and Big Lake areas. Many of the dozen youth members are involved in horse, miniature horse, and/or horse related projects. Other areas of interest include lama project, doing fine arts and crafts, and competing in horse judging, hippology, and knowledge bowl. We meet at members’ homes on the first Monday of the month at 6:30 pm. Our members are encouraged to take an active role in the meetings and in presenting demonstrations for the club. We also enjoy participating in community service. For more information, contact Laurie Krisko 763-238-6615 or horsemedic21@gmail.com.

Home Explorers (Big Lake)

Home Explorers have been in existence since 1994. We meet the first Friday of the month (unless otherwise noted) at 1 pm. We have a brief business meeting and then an educational presentation/activity followed by games and a snack. Meeting dates & locations for the 2015-2016 year are: Oct. 2 (Olympic Games at Becker City Park), Nov. 6, Dec. 4, Jan. 8 (2nd Friday @ Kolbing Park for broomball & skating), Feb. 5, Mar. 4, Apr. 1, May 6, June 3 (Becker City Park), Aug. 5 (Pool party at Gudim's), Sept. 9 (2nd Friday). For more information, contact Karen Schurter at 763-262-1027 or Karen Gudim, 763-263-6935.

Navigators (Elk River)

The Navigators are comprised of experienced and beginning 4-H’ers. Our youth have a variety of project interests and our meetings are geared to encourage and support the exploration of existing interests as well as new project areas. We have a firm commitment to community service and to providing opportunities for youth and families to interact and grow in their 4-H experience. We meet the first Wednesday of the month at 10 am in Elk River at the Methodist Church and warmly welcome new members! For more information, contact Beth Balmanno-Shelby at 612-462-1043 or eapple@aol.com or Jessica Barnes at 763-267-7225 or barnesboys2@yahoo.com.
Refuge Rangers (Big Lake)

Refuge Rangers range from Cloverbuds to Senior High from the Big Lake, Clear Lake, Elk River, and Becker areas. Members have varied interests including, but not limited to: performing arts, gardening (both indoor and outdoor), photography, woodworking, sewing, craft & fine arts, fishing, foods & nutrition, animals, shooting sports and wildlife. The club stresses the importance of youth in partnership with adults and youth leadership. The Refuge Rangers meet the first Sunday of the month at the Big Lake Lions Community Park, 21960 County Road 5, Big Lake at 4:15pm. Activities of this club include: fun gatherings, field trips, and many community service projects. If you have any questions about this club or their next meeting, please call Sherry Muehlbauer at 763-234-0157 or muehlbauer2009@yahoo.com.

Sherburne Stars (Clear Lake)

The Sherburne Stars consist of Cloverbuds (grades K - 2) through senior high students. Most of the kids are from the Clear Lake/Becker area. Our club has a wide variety of project areas and interest. The Sherburne Stars meet the second Sunday of the month at 6:00 pm at members' homes. For more information, contact Dawn Drayna at (320) 492-7178 or thedraynas@frontiernet.net.

STEM Project Club (Elk River)

The STEM Project Club is a group focused on learning and opportunities in Science, Technology, Engineering and Math. We host events and meetings to give youth additional opportunities for learning about STEM topics. During the August to January timeframe, any meetings are mostly directed towards FIRST Robotics teams, while other STEM activities, meetings and opportunities are focused mainly in February through May. We meet at the Sherburne County Government Center on the first Tuesday of the month at 7pm. For more information contact Steve Vrchota at 612-747-4996 or svrchota@msn.com.

Super Fun Seekers (Elk River)

We are a family focused community club. We encourage parents/guardians to stay for our meetings to participate with the 4-H youth in club activities. Younger siblings, that are not yet eligible to join 4-H, are also welcome to attend. Super Fun Seekers meets the second Friday of the month at the home of club leader Heather Griswold at 4:00 pm. For more information contact Heather at 612-229-4823 or heather.joyful.spirit@gmail.com.
We are so excited that you are interested in Sherburne County 4-H! Did you know that 4-H is the nation’s largest youth organization?

We hope that you enjoy exploring everything 4-H has to offer, making new friends and having fun along the way. This handbook is here to help you become familiar with 4-H, its mission, structure, policies and programs. We know this handbook can’t answer every question, so never hesitate to contact your 4-H Club Leader or Joe Rand, 4-H Program Coordinator at 763-765-3077.

Our goal in the Sherburne County 4-H Program is to teach the youth in our community to have a greater sense of belonging. We show them how to build quality relationships with adults and to feel confident in who they are and in what they are able to accomplish.
Mission of 4-H Youth Development

The mission of the 4-H Youth Development program is to create supportive environments for culturally diverse youth and adults to reach their fullest potential as capable, competent and caring citizens.

What Makes 4-H Different?

4-H is unique because it is the only youth organization tied to the research base of our nation’s land-grant university system. This connection allows the University of Minnesota Extension staff and the volunteers they work with to receive training based on the most up-to-date research on youth development theory and practice.

Who Owns 4-H?

4-H is a public organization owned by the USDA—United States Department of Agriculture. 4-H is part of the University of Minnesota Extension. The University, USDA, the National 4-H Council and the county government sponsor it jointly. The University provides campus faculty, staff leadership and resources. The Regional Extension Educators and County 4-H Program Coordinators/Directors join with a strong corps of adult and teen volunteers to conduct local programs. Private support forms a partnership with public funds to support Minnesota 4-H.
What is a 4-H Club?

4-H clubs are groups of youth and adults who meet on a regular basis and together practice positive youth development and cooperative learning.

4-H clubs strive to create, within their group, a quality learning environment that gives members a chance to be an active part of the decision making process; values and respects the voices of all; provides members an opportunity to reflect on and demonstrate their learning; connects members to their community through service; encourages the development of positive relationships with peers and adults; is welcoming and accessible to all; celebrates individual and group achievements; challenges youth to establish and meet individual goals; and provides for the physical and emotional safety of all.
WHO’S WHO & WHAT THEY DO...

CLUB LEADER
* Gives guidance * Guides successful meetings * Helps plan yearly club program * Guides club officers with responsibilities * Keeps club informed of general club matters * Informs parents and youth of 4-H activities * Attends leader meetings and training * Assists in recruiting new members * Assists with 4-H enrollment and process

PROJECT LEADER
* Plans, coordinates, publicizes, and conducts project trainings * Assists county fair superintendents * Evaluates project guidelines

EXTENSION STAFF
* Serve as a resource * Help plan, conduct and evaluate the 4-H program * Assist club contact & project leaders by providing training and resources * Advise the public about 4-H opportunities * Develop and disseminate 4-H newsletters and other communication * Recruit, screen, and train adult volunteers * Work with county and state decision makers to build public support for 4-H * Help secure and manage the financial support necessary to deliver a quality 4-H program

HOW DO I ENROLL IN 4-H?
1. The 4-H program year is October 1—September 30. New members are welcome to enroll anytime throughout the year (no later than May 15 for County Fair eligibility).
2. A member is officially enrolled in the 4-H program when the enrollment process has been completed at: https://mn.4HOnline.com
3. Enrollment is an annual process. Current members who wish to re-enroll for another year are asked to do so by November 30; past members must re-enroll online (https://mn.4HOnline.com).
4. A member is encouraged to enroll in at least one project per year. You will have the opportunity to add/drop projects each April.
5. Cloverbuds is a special enrollment opportunity for youth in grades K-2. It is considered the member’s project. Cloverbuds is developmentally appropriate, non-competitive, and activity based.

Questions to Ask Right Away When Joining a Club:
- Who is the adult leader(s) and how do I contact them?
- When, where, and how frequently does the Club meet?
- Are there any dues? How much are they? What if I can’t pay?
- What are the clubs goals and planned activities for the year?

Questions to Ask Yourself When Selecting Project(s) to Enroll in:
- Is it a project I like or think I will like?
- How much is this project going to cost? Where will I get the money? How much time will it take?
- Is the space and equipment I will need to complete this project available?
- Is there someone who can help me if I need it?

WHAT IS EXPECTED OF A 4-H FAMILY?

4-H YOUTH
- 4-H enrollment is now online—register as-soon-as-possible
- Participate in club meetings, events, and service projects.
- Read the monthly Clover Update online and any other communication from Sherburne County or the Regional Extension office.
- Set and strive to complete your 4-H project goals.
- Help and share your knowledge with other club members.

4-H PARENTS
You are an important part of the 4-H program. Here are some suggestions to help your child have an exciting and educational experience:
- Advise your child in the selection of projects.
- Show your interest and enthusiasm for the projects he/she selected.
- Help guide your child with their projects, but don’t do it for them.
- Assist your child in getting to meetings and other events. Parents are encouraged to attend local club meetings and county-wide events with their children.
- Be informed by reading the 4-H information sent to your family and asking questions when unclear.
- Volunteer to assist with club events and activities when possible.

How do I Become an Adult Volunteer?
Volunteers are the key to successful experiences for 4-H members. Adults who volunteer also reap the benefits of interacting with
youth and other adults. There are many ways adults and older youth can participate as leaders. Volunteers might share knowledge and skills gained through work or hobbies, chaperone at camps & retreats, or provide transportation to and from 4-H events and activities. Many opportunities arise through out the year. Consult the 4-H Clover Update or the Sherburne County 4-H Program Coordinator for specific requests.

Volunteer Screening:
All 4-H staff and volunteers are required to be screened for the protection of our youth and volunteers! Information to become a screened volunteer: http://www.extension.umn.edu/youth/mn4-h/volunteer/. In most cases, there is no cost to the volunteer to be screened. Screened and trained volunteers are covered under the University of Minnesota liability insurance, as long as they are acting within the scope of their duties.

Rewards of Volunteers:
- Satisfaction of watching youth learn and grow.
- Satisfaction of knowing you are making a difference in the lives of others.
- Respect and friendship of club members & other volunteers.
- Respect and gratitude of parents and community members.
- Opportunity for continued personal growth and learning.
- Out-of-pocket expenses are deductible from income taxes.

WHAT ARE 4-H PROJECTS?

The 4-H project is an important aspect of the 4-H experience. Projects are experiences that help 4-H’ers learn to make decisions. Projects are the “foundation tool” for helping young people develop life skills.

What are Life Skills? Life skills are the long range benefits youth gain from participating in 4-H. The term “skill” here means more than physical abilities such as writing, sewing, & athletic achievement. It includes a combination of acting, telling & thinking.

Remember: When selecting a project, the member should talk it over with their parent(s) or guardian. Parents, don’t decide for your children, help them decide. Remember, decision making is one of many important life skills young people can develop in 4-H.

Animal Science
- Beef, dairy, goat, dog, horse, lama, poultry, rabbit, sheep, & swine

Exploring Animals
- Beef, dairy, dairy goat, market goat, horse (horseless), pets (cat, dog or other), lama, poultry, rabbit, sheep, swine

Expressive & Communication Arts
- Crafts & fine arts, performing arts, photography, video

Family Consumer Science
- Child & family development, clothing & textiles, consumer education, food & nutrition, home environment, needle arts, and quilting

Mechanical Sciences
- Aerospace, bicycle, computer, electric, robotics, shop (wood and/or metal), small engines, STEM, tractor

Natural Resources
- Entomology, exploring the environment, fishing sports, forest resources, geology, shooting sports/wildlife management, water/wetlands, wildlife biology

Personal Growth & Development
- Citizenship, global connections, health, safety, youth leadership

Plant Sciences
- Crop sciences, flower gardening, fruit, indoor gardening, lawn & landscape design, plant & soil science, potatoes, vegetable gardening

Other Learning Opportunities
- Self-determined

Note: The 4-H Project Selection Guide contains additional information on the 4-H projects listed below and is available online at http://www.extension.umn.edu/youth/mn4-h/projects/
CLUB MEETINGS

Your 4-H club will meet to plan and conduct the club’s 4-H activities. There are typically three parts to a 4-H club meeting:

1. The **business** meeting is conducted by the President. During this time club activities, programs, and events are discussed and acted upon.
2. **Education** is an important part of the club meeting. Various methods may be used to present subject matter including: 4-H demonstrations, project talks, speakers, project experiences, movies, etc.
3. **Fellowship** is part of the overall 4-H program and **recreation** is one way that this can be developed. Songs, games, or skits make up this fun part of the meeting.

Perhaps the most important factor in a successful meeting is a wide level of participation from all club members. 4-H’ers are encouraged to participate in the 4-H meeting by:

- Keeping up-to-date on what’s going on—read newsletter, ask questions
- Presenting ideas
- Serving on committees
- Giving demonstrations and project talks

**Club Offices and Roles**

Club members are chosen by their peers to give leadership to the club by serving as:

- **President**—Presides at all 4-H meetings & appoints committees as needed
- **Vice President**—Serves in the absence of the President
- **Secretary**—Records minutes or actions of the meeting and handles correspondence
- **Treasurer**—Keeps up-to-date financial records and pays bills as directed by club
- **Reporter**—Writes reports of club meetings and events for local newspaper
- **Other Offices**—Some clubs may also elect: callers, historians, scrapbook, recreation/song leader, etc.

**Demonstrations & Illustrated Presentations**

Demonstrations and illustrated presentations are a lot like show and tell. Members are encouraged to demonstrate and present at club meetings and/or county events to share their learning. Two 4-H members may work together as team presenters.

**Presentation Formats**

- **Illustrated Presentation**: Oral presentation that presents an idea, concept, viewpoint or experience in an educational or informative format. Most often consists of interaction with supporting visuals (i.e. PowerPoint, models, posters).
- **Demonstration**: Oral presentation that includes actually demonstrating the hands-on steps required to accomplish a task or process. Should be a finished product upon conclusion.
- **Youth In Action**: Interactive, continuous presentations. More time is allowed for audience involvement and interaction.

**Demonstration & Illustrated Presentation Tips**

1. **Introduction**: Interesting, short, complete, attention getting! Should include who you are, what your presentation is about and why you feel it is important.
2. **Topic**: Related to a project, interest or activity.
3. **Appearance**: Dress appropriate, well groomed, good posture, feet together, smile!
4. **Presentation**: Voice natural, words distinct, poised, friendly, confident, convincing, well organized, and originality shown.
5. **Subject Matter**: Emphasize important points; information accurate, complete, and usable.
6. **Workmanship**: Skillful, good teamwork (if a team), time & materials well used, work and speech coordinated, table neat and orderly, and visuals easily viewed by audience.
7. **Equipment**: Suitable for demonstration or illustrated presentation, good visual aids if needed.
8. **Conclusion**: Stress important points in summary, show finished product if there is one, definite closing (be creative, tie it in with the introduction), and all questions are answered satisfactorily.

**RECORD KEEPING & REFLECTION**

Keeping records, a journal, or portfolio of your 4-H experiences are ways of reflecting on and enhancing your learning. **Reflection** is a very important part of the Experiential Learning Model we use in 4-H. Reflection allows you to think about the how’s and why’s of an experience or activity to identify what you learned through the experience, enabling you to then apply that learning in other situations.

4-H record keeping is helpful in teaching important life skills, such as self-discipline, decision making, goal setting, wise use of resources, communication, sharing, etc. Accurate and up-to-date records and portfolios not only provide a history of your 4-H experience, they are also helpful in successfully completing applications to colleges and universities, scholarships, awards and employment.
4-H records and other tools used to help young people reflect on their learning are available from your club leader(s). Policies and procedures around 4-H records often vary from county to county. Consult Kathy Held, Sherburne County 4-H Project Coordinator or your club leader(s) to learn about the process in Sherburne County.

HOW DOES LEARNING HAPPEN IN 4-H?

The 4-H Slogan: “Learn by Doing”
The 4-H slogan is the educational philosophy of the 4-H program. Since young people learn best when they are actively involved in the learning process, 4-H programs are designed to provide hands-on experiences that are reinforced through personal and group reflection and application — “do-reflect-apply”. This research based educational methodology is called “Experiential Learning”. The model below illustrates how 4-H experiences are intentionally developed to optimize learning.

Experiential Learning Model Adapted from Pfeiffer, J.W. and Jones, J.E. (1985)
HOW ARE FAIR EXHIBITS JUDGED?

County Fair provides many opportunities for youth involved in 4-H to learn and grow. While exhibiting 4-H projects at the fair is certainly not a requirement of membership, it is a wonderful way for young people to showcase and receive feedback and recognition for their work. Visit with Kathy Held, 4-H Program Coordinator or your club leader(s) to learn more about 4-H opportunities at the Sherburne County Fair.

4-H General Projects are Judged in a Conference
Conference judging is a conversation between the judge & the 4-H’er. It is a chance for you to explain to a judge what you have learned from your project experience. It allows you to ask questions of a judge that you may have about your project.

What Can I Expect During Conference Judging?
The interview is as important as the exhibit itself: an equal “weight” is given on the actual exhibit and on the conference—50/50. The judge, who is knowledgeable in the project area, determines the ribbon placing. Judges will observe, question, listen, and challenge you. Judges offer encouraging and constructive feedback, as well as suggestions on how to further explore the project area.

How Are Cloverbuds Judged?
You have a judge just for your projects. The judge may ask you to tell them about your project. The judge may ask you questions about the project and give you ideas for next year’s project. You will receive a recognition ribbon for Cloverbuds.

Parents, the Cloverbud program provides opportunity to explore and actively learn in a non-competitive environment. Developmental research supports non-competitive activities and participation recognition.

HOW IS LIVESTOCK JUDGED?

Livestock and other animal projects are designed to allow youth to learn management practices such as nutrition, shelter, water, environment, breeding, care, etc. of their animal. The assessment of this knowledge, as it is applied to the project, can occur in one or all of the ways listed below:

1. Evaluation of the animal considering its physical characteristics and/or performance.
2. Showmanship and knowledge of the exhibitor as displayed in the show ring. Animal is prepared, groomed, and is presented at its optimal level.
3. Animal Science Interviews reveal the exhibitor’s knowledge in the animal project area and ability to communicate in an interview setting.

Games and agility may be special classes to enter for your animal species. Read the Sherburne County Fair Premium List carefully to see what you can enter. If you have any questions about the judging system in Sherburne County, never hesitate to ask.

WHAT DOES MY RIBBON COLOR MEAN?

- **Blue**: The exhibit meets most standards. The exhibitor can explain what, how and why the exhibit was done and has good knowledge of the subject. The exhibit is well organized and well done.
- **Red**: The exhibit meets some standards. The exhibitor can somewhat explain what, how and why the exhibit was done and has a fair knowledge of the subject. Some improvements may be needed on the exhibit.
- **White**: The exhibit meets few standards and lacks the quality of other exhibits. The exhibitor cannot adequately explain the what, how and why of the exhibit. Possibly they have overlooked a safety flaw. Improvement is needed in either the exhibit, the knowledge of the subject, or both.
- **Special Ribbons**: Counties may award special ribbons to Cloverbud exhibitors and to recognize participation and achievement in a project area, event, or activity.

GLOSSARY OF TERMS

**GENERAL 4-H TERMS**

- **Adult Leader/Volunteer**: Any adult who is interested and willing to give time to the 4-H program to help with youth currently enrolled in the program. A “Minnesota 4-H Volunteer Application” form must be on file in the Regional Office. The forms may be obtained by going online to [http://www.extension.umn.edu/youth/mn4-h/volunteer/](http://www.extension.umn.edu/youth/mn4-h/volunteer/)
- **Animal IDs** – Special online forms (also referred to as ownership affidavits) that members enrolled in sheep, swine, beef, dairy, horse, goat, dog, llama or rabbits are required to complete and submit online by an established deadline if they desire to exhibit animals at a county or state event.

- **4-H Advisory Committee** - The elected officers and advisors (youth and adult) who meet to discuss and manage the business functions, financial matters, and policies of the Sherburne County 4-H program.

- **Beef & Dairy Steer Identification** – All market beef and dairy steers must be properly tagged with an official MN Sate 4-H ear tag by February 15th.

- **Camp Counselor** - A member 7th grade and up receives training and is assigned to work with youth at overnight or day camps.

- **Cloverbud** – A youth who is kindergarten through grade 2 may enroll in the Cloverbud program and participate in the club program and special Cloverbud activities.

- **Federation Dues**—Each family is responsible to pay a 4-H participating fee to the 4-H Federation of $15/youth or a $45/family cap. These dues are payable to your club leader, no later than May 15, and are in addition to any applicable Club Dues.

- **Club Dues** - Each club determines if they will charge club dues and the amount per member. This money goes directly into each club treasury and is used by that club only.

- **Club Meeting** - The 4-H Clubs hold regular meetings with most clubs holding them monthly. A meeting may consist of a business meeting, an educational program that might include demonstrations by members, recreation and refreshments.

- **Community Pride/Service** - An activity that serves your community. A club decides on a community need, develops an action plan, carries it out and reports on the progress.

- **County Fairgrounds** - The fairgrounds is located in Elk River, MN on Highway 10.

- **Demonstration** - A teaching/learning situation in which a member shows and tells about some aspect of his project work.

- **Judging Evaluation Sheets** – Project evaluation sheets are often used by judges when evaluating project work.

- **4-H County Fair Premium Book** - A publication that lists projects 4-H members may exhibit at the county fair. It includes rules for entering your exhibits and the week’s schedule of 4-H events. Will be available online mid-May.

- **Leader/Volunteer**

  - **Activity** - Volunteers who assist with special 4-H activities within the club or county.

  - **Club Organizational** - The adult(s) who is responsible for the general operation of each club.

  - **Project** - Volunteers who assist with special 4-H projects within the club or county.

  - **Youth** - Any youth, grade 6 and up, is considered a youth leader. These youth give assistance in club and county management, projects, events and activities. The youth, also participate in countywide activities held for their age group only.

- **Official 4-H Ear Tag** – A special identification tag available in the Extension Office that must be inserted into the ear of beef, sheep, swine projects by ownership deadline if they are to be eligible for exhibition at county and state events.

- **Project** – Each year when a new or returning 4-H member enrolls online, they have the opportunity to sign up for projects they would like to participate in during the year. Project areas could include: animals, mechanical sciences, natural resources, clothing, needle arts, foods, creative arts, photography, Cloverbuds, youth leadership and many more.

- **Project Committee** - Adult and youth from clubs work on the county level as a group to set the guidelines and plan educational events for members enrolled in certain project areas.

- **Project Meeting** - A time when members, enrolled in a specific project, meet to work on their projects. Meetings may be planned and guided by project leaders on club or on county level. Members may also elect to work on their own or with the help of parents or others.

- **Project Record** - Each member describes, and records the work that they accomplish and the knowledge they gain through their project. These records can be turned in for judging and awards.

- **State Ambassadors** – A select group of youth leaders from across the state who conduct trainings and events for other youth. State Ambassadors provide leadership and assistance to the State 4-H Program during YELLO, B.L.U. and the State Fair and are available as a program resource across the state.
COUNTY ACTIVITIES AND EVENTS

- In order to supplement the cost of our 4-H program, activities, events, awards, scholarships and various other needs, extra funding is always necessary. At the present time, the following fundraiser takes place:
  
  **Food Sales** - Everyone likes to eat, so during the County Fair there is a 4-H food stand where food and beverage are offered for sale to anyone attending this event. Help is always needed to help serve the food. Each member of 4-H must work a shift during the fair.

- **Awards Ceremony** - An evening in October for all 4-H families to come together and join in the recognition of 4-H members, adults, and clubs who have done an outstanding job during the year.

- **Adventures** – 4-H Adventures are fun, short term learning experiences offered at the local, regional and state level that are designed to reach new youth audiences and families. Current 4-H members are often invited to participate as well.

- **Arts-In** - 4-H’ers who have completed grade two through one-year post high school are invited to participate in a 30-minute musical show performed during the week of the county fair. Rehearsals are held various times throughout the summer.

- **Camp** - A wide variety of camping experiences are offered through the 4-H program. It encourages campers to learn about nature and the environment both in summer and winter, to participate in special project area camps, meet new friends and have fun. Some camps offered are: Summer overnight camps, Summer Day Camps, STEM Project Camp, and other project related camps.

- **County Record Judging** - In late September, 4-H’ers are encouraged to fill out and send in their project records to be evaluated and judged. A certain percentage of records in each project area then receive special awards for their records. Awards for records are presented at the Awards Ceremony in October

- **County Fair** - Usually held in July - the County Fair offers 4-H members the opportunity to exhibit the work they have done within their projects. Exhibits are conference judged, which means the 4-H’er talks with the judge about the project. Each member receives a ribbon and cash award for each exhibit. Animal shows are held throughout the week. Exhibits in many project areas are chosen to go on to the State Fair. Members completing their years of 4-H go through the graduation ceremony on the last day of the fair.

- **County Fashion Revue** - An opportunity for members enrolled in the clothing project to model the garments they have made or purchased and to be evaluated on them. Judging is held before the fair with the Public Revue held on the fairgrounds during the County Fair. Purple ribbons are awarded with the winners advancing to the State Fair Fashion Review.

- **Demonstration Day** - Members may demonstrate their knowledge in a particular project area while being evaluated by a judge. State Fair trip winners are chosen from the total group. 4-H’ers also have the opportunity to give their demonstrations again at the County Fair.

- **Dog Training** - A countywide dog-training program is available in Obedience, Showmanship and Agility. Not necessarily available in Sherburne County.

- **Dog Shows** – These include Obedience/Showmanship shows and an Agility Show. Members who qualify at these two shows advance to the State Dog Show. Not necessarily available in Sherburne County.

- **Horse Shows** - Shows are held at scheduled times during the Sherburne County Fair. Winners from the county horse show are selected and compete in a State Horse Show. Placing and champions are chosen in all classes. This show is held on the state fairgrounds in September.

- **Livestock Quality Assurance and Ethics Training** – For 4-H members who are in the livestock projects. It is a training designed to educate the participants on proper handling techniques, animal nutrition and showing ethics. This training is a requirement for any member wishing to exhibit livestock at the County and MN State Fair.

- **National 4-H Week** – The first full week in October is recognized as National 4-H Week and marks the beginning of the 4-H year. Clubs may plan special activities and/or put up displays to increase awareness of the 4-H program.

- **New Family Nights** - This is a night of fun and information for both new, first and second year members and their parents. Check the 4-H calendar for exact dates.

- **Shooting Sports** - For members, age 8 and older. Classes are available in archery, shotgun, .22 rifle, wild game cooking, firearm safety and muzzleloaders. A State Shoot is held every September.
• **Small Pet/Cat Show** - A member enrolled in this project area has the opportunity to have their small pet (hamster, bird, lizard, etc.) and/or cat judged and on display at a special show during the County Fair.

• **State Fair** - 4-H members are selected to participate at the State Fair through their outstanding work in a variety of areas including County Fair exhibits, Fashion Revue, Demonstrations, Food Review, and Share The Fun acts.

**OUT OF COUNTY OPPORTUNITIES**

• **BLU — (Building Leadership and Understanding)** A overnight leadership retreat that brings together youth from multiple counties to learn and practice valuable leadership skills.

• **Minnesota 4-H Foundation** – The Foundation works to generate private funds to support 4-H through businesses, corporations, associations, foundations and individual donors.

• **Minnesota Adult 4-H volunteer Forum** – This annual event is planned by members of Minnesota Adult 4-H Volunteer Association and open to all adults who work with the 4-H program.

• **National 4-H Cooperative Curriculum System** – Over 190 exciting, experientially based 4-HCCS curriculum products for youth and volunteers are available on this site [www.n4hccs.org](http://www.n4hccs.org).

• **Project Bowls** - Project Bowls are an exciting way for youth to explore a project area. It encourages youth to develop teamwork, self-confidence and decision making skills. There are regional and state contests in the spring. There are bowls for youth in rabbit, dairy, livestock, dog, poultry, horse, dairy goat, wildlife and food & nutrition.

• **State Arts-In** - Teens who have completed 9th grade and up, have the opportunity to participate in a weeklong encounter with the visual and/or performing arts. Participants perform in a 30-minute musical, prepare sets and do sound or sew costumes. After a week of preparing, the participants have a break and then return for 10 days of the State Fair to do what they learned during the preparation week.

• **Camp Counselor Training** – A chance to gain new skills in camp counseling and meet other 4-H counselors from throughout the region.

• **Washington Focus** - 4-H’ers 15 and older can experience the meaning of citizenship and learn how the government functions first-hand. Tours of the nation’s capitol are included in the weeklong conference.

• **YLELO – (Youth Exploring Leadership & Learning Out Loud)** Youth, grades 7th-12th have the opportunity to experience a weeklong leadership/personal development conference. You’ll hear well-known speakers and meet 4-H’ers from across the state.

**SCHOLARSHIPS**

Scholarships based on financial need are available for any 4-H program. These include County Arts-In, camping programs and others. Contact your leader or the Extension Office for information.

• **Adult** - Partial scholarships are available for various 4-H trainings or workshops.

• **Member** – Partial 4-H scholarships, per member, are available each year. Some of these events include: State Arts-In, State Camp Counselor Training, YELLO, or any other out-of-county 4-H youth events.
WHAT IS 4-H?
4-H is the largest youth organization in Minnesota, with over 350 members in Sherburne County alone. There are over 5 million 4-H members in the United States! The most common way for youth to get involved in 4-H is by joining a 4-H Club. There is no cost to joining! Most clubs meet about once a month to plan activities, work on service projects, learn about new and interesting things, and have fun! Along with club meetings, members can participate at county, regional, state, national, and even international levels.

WHAT DO THE FOUR 4-H’S STAND FOR?
The Four H’s stand for head, heart, hands and health. The 4-H pledge explains why.

WHO CAN BE A 4-H MEMBER?
All youth from grade kindergarten to 1-year past high school can participate in 4-H. Kindergarten to 2nd grade can be part of the Cloverbud program, which is specially designed for younger members. As 4-H members enter junior high school and high school, they get a chance to take on leadership responsibilities in the program. DID YOU KNOW… that 4-H is not only for youth in rural areas? In fact, most 4-H members participate in project areas that do not involve crops and livestock! The REAL focus of the 4-H program is on learning and having fun!

WHAT DO 4-H MEMBERS DO?
4-H offers activities for EVERYONE! Members can work with cameras, computers, arts & crafts, animals, plants, even bicycles. They can learn about health and family living issues affecting young people. They can practice their leadership, speaking or performing skills. Many go to camps or on national trips or travel to countries on 4-H exchange programs. Whoever you are, 4-H has something for YOU!

WHO CAN BE A 4-H VOLUNTEER?
Anyone can register to be an adult volunteer that is at least age 18 and out of high school. Volunteers are the cornerstone that supports the positive development of Minnesota’s Youth. There are nearly 14,000 talented 4-H volunteers from across the state who are helping youth reach their full potential through their involvement in 4-H.

WHAT IS THE FAMILY’S ROLE IN 4-H?
Parents and other family members are an important part of the 4-H program and are always welcome at every 4-H activity. Volunteers, many of which are parents of 4-H members, are vital to the success of the 4-H program.

HOW DO I GET INVOLVED?
It’s easy to join 4-H! Choose a 4-H Club & attend at least one meeting prior to joining. You want to make sure it is a good fit for both you and your family. Your club leader will be able to help you enroll online at: https://mn.4HOnline.com.
MY 4-H INFORMATION

My Club: 

When We Meet: 

Club Leader: 

Leader Phone Number: 

Club Notes: 

My Project Areas: 

Sherburne County
Sherburne County Government Center
13880 Business Center Drive NW
Elk River, MN 55330-1692

Extension Normal Office Hours:
8:00 am—4:30 pm
Monday-Friday

Joe Rand
4-H Program Coordinator
(763) 765-3077
joerand@umn.edu

Visit us online at:
http://www.extension.umn.edu county/Sherburne/

contents included are subject to change

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