

4-8-22

Welcome!  
Youth Development

History  
Programs Today

Membership  
Opportunities

Stay Connected



# 4-H



## the Power of Youth!



South Dakota State University, South Dakota counties, and USDA cooperating. South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.





# WELCOME...

4-H is for everyone. There are over 70 different project areas your child can choose from to start their career in 4-H! Awesome opportunities await you. We are excited to help you learn more about 4-H. Together we can make the Best Better!

## AGE ELIGIBILITY

**Cloverbuds:** Enrolled in Kindergarten through 3rd grade

**Beginners:** Age 8, 9 or 10 on or before January 1 of the current 4-H year

**Juniors:** Age 11, 12, or 13 on or before January 1 of the current 4-H year

**Seniors:** Age 14, 15, 16, 17, 18 on or before January 1 of the current 4-H year and have not turned 19 on or before January 1

TOGETHER WE CAN MAKE THE BEST  
BETTER!

## WAYS TO BELONG TO 4-H

Community or Project Club  
Independent Members  
Special Interest Clubs  
(Shooting Sports & Horse Club)  
School Enrichment Programs  
4-H Afterschool  
Cloverbuds





# PARTNERSHIP LOCAL- STATE - FEDERAL



Many people think of 4-H as an independent organization, but that isn't quite accurate. As part of the United States Department of Agriculture and the Cooperative Extension System of state land-grant universities and colleges, the 4-H Youth Development Program is built on the nation's best research, education and practice. This means that your Extension staff members are supported with resources from land-grant universities across the nation. Just take a look at our research-based curriculum and you can have complete confidence in 4-H as a sound, educational organization. And,

we have been around for over a century!

There is an Extension office in each county throughout the nation, which is the local headquarters for 4-H. The 4-H program is administered at the county level by the 4-H Youth Program Advisors with support and leadership from the State 4-H Office and County Government.







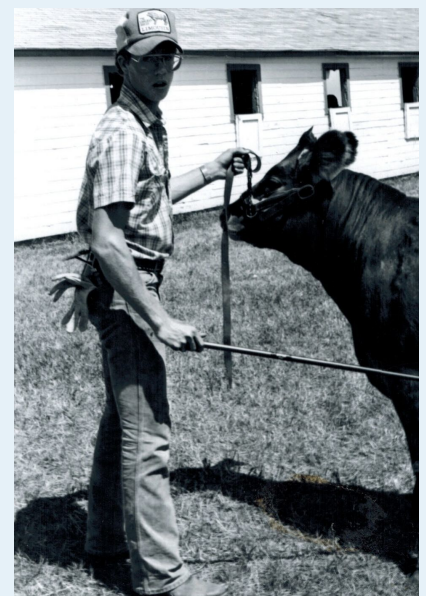
## 4-H dates back to the 1920's in Jerauld-Buffalo and Sanborn Counties

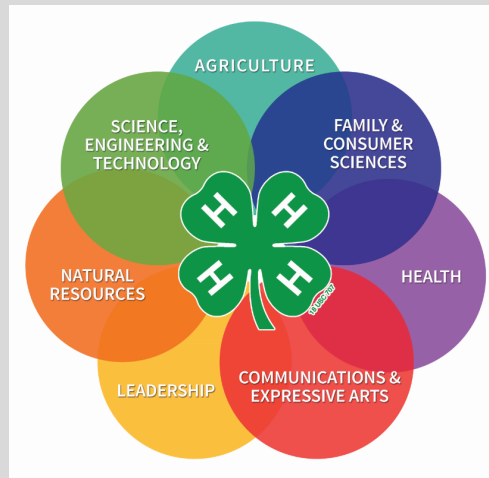


4-H didn't really start in one time or place. It began around the start of the 20th century in the work of several people in different parts of the United States who were concerned about young people. During the late 1800's, researchers at public universities saw that adults in the farming communities did not readily accept the new agricultural discoveries being developed on university campuses - practices like using hybrid seed corn, milk sanitation and better home canning procedures. However, the researchers found that young people were open to new thinking and would "experiment" with new ideas and share their experiences

and successes with their parents. In this way, rural youth programs became an innovative way to introduce new agriculture technology to their communities. The seed of the 4-H idea of practical and "hands-on" learning came from the desire to make public school education more connected to country life. Early programs tied both public and private resources together for the purpose of helping rural youth. When Congress passed the Smith-Lever Act in 1914 and created the Cooperative Extension System at USDA, it included work of various boys' and girls' clubs involved with agriculture, home economics and related subjects, which

effectively nationalized the 4-H organization. Jessie Field Shambaugh developed the clover pin with an H on each leaf in 1910, and by 1912 the groups were beginning to be called 4-H Clubs.





## What do 4-H members do?

4-H'ers learn new skills, have fun, make new friends, solve problems, earn awards and recognition, practice citizenship, develop leadership skills, and make a difference in their community.

## Do I have to live on a farm to join 4-H?

No! Although 4-H began as a program for rural children today 4-H is available for all children whether they live on a farm or not.

## Is there any research that backs up the effectiveness of 4-H?

The Positive Development of Youth: Comprehensive Finding from the 4-H Study of Positive Youth Development is the first research project of its kind. The decade-long study, completed by a team of researchers at the Institute for Applied Research in Youth Development at Tufts University, Medford, MA is influencing research and practice around the world. The report shows that 4-H youth excel beyond their peers. 4-H'ers are about:

- Four times more likely to make contributions to their communities (Grades 7-12);
- Two times more likely to be civically active(Grades 8-12);
- Two times more likely to make healthier choices (grade 7);
- Two times more likely to participate in STEM programs during out-of-school time (Grades 10-12);
- And 4-H girls are two times more likely (Grade 10) and nearly three times (Grade 12) to take part in science programs compared to girls in other out-of-school time activities.





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 CLUB, MY  
COMMUNITY, MY  
COUNTRY AND MY  
WORLD.

## FOODS & NUTRITION



Through the foods and nutrition project area youth are able to learn how to cook and follow a recipe. Contests such as Special Foods and Top Chef allow youth to learn about new ingredients and talk in front of a judge. Youth learn how to build a healthy plate and study nutrition facts. These skills help them make better life choices when it comes to diet and exercise.

## TEXTILE SCIENCE & FASHION REVIEW



Fashion review allows youth to select or construct an outfit/ garment using textile science principals. Youth learn the value of good buymanship and elements of design. Youth learn how to present their creations to a judge. A project that provides a level of challenge and inspires a bit of passion, will engage youth and have a deeper impact on them.

## SCIENCE, TECHNOLOGY, ENGINEERING & MATH



STEM is highlighted in many of our programs and it is our goal to help youth see the importance of science and math in projects. A project in its truest sense is the journey or the process that was experienced in the pursuit of the final product or exhibit. This experience enhances their learning but also nurtures their interest and engagement.

## COMMUNITY SERVICE



Youth are encouraged to engage with their communities and explore ways to help those in need. Weaving respect, trustworthiness, responsibility, and compassion into the future leaders of our world is an integral part of 4-H!





## SHOOTING SPORTS

The 4-H Shooting Sports Program boasts the most youth for a specific project area in South Dakota. J&B Shooting Sports Club- Wessington Springs and Sanborn Shooting Sports- Forestburg welcome youth ages 8-18. There are many disciplines in the program including: BB gun, Air Rifle, Shotgun, and Archery. Youth learn how to handle a gun properly and safely while working with trained 4-H volunteers.



## 4-H HORSE

The 4-H horse program is active in Jerauld-Buffalo and Sanborn Counties. Youth gain valuable horse safety skills and improve their horsemanship levels each year. Youth are encouraged to compete at the local 4-H county horse shows and state 4-H horse shows. Youth learn how to give public presentations on horse topics, and can participate in quiz bowls and judging events.



## CREATIVE EXPRESSION

Youth are encouraged to express themselves through art, dance, photography, and many other mediums. 4-H offers a variety of workshops throughout the 4-H year teaching different skill sets. Project base learning allows youth to explore ideas, create something, and receive feedback.



## LIVESTOCK PRODUCTION

Youth livestock projects include rabbit, poultry, swine, sheep, goats, beef, and dairy. Livestock production is especially important to South Dakota, but also to the world. Youth involved in livestock projects are our future farmers, ranchers and Ag innovators!



## 4-H Meetings/Activities

During the year, I will make brief notes about my plans and my responsibilities and accomplishments at the 4-H club meeting, project meeting and activities. Indicate what meetings you attended by placing a check mark (✓) or X in the month column.

Month	Club Meetings <i>My part in meeting (flag, salute, demonstration, music, judging, etc.)</i>	Other Activities this Month <i>My participation in other 4-H activities (Project Day, Judging School, 4-H Fruit School, Achievement Days, etc.)</i>
October	✓ My part in meeting (flag, salute, demonstration, music, judging, etc.) X Roll call-Favorite part of fall; Election of Officers; Judging-Tools & Painting ID; Presented my "Stuff the Turkey" community service idea; Reported on barrel setting	Celebrated 4-H week with activities at school; Set bar for Heartland Futurity; Letters to elderly friends; Character activity
November	X Roll call-What am I Thankful for? X Presented report on "Stuff the Turkey" project X Roll call - What is your favorite thing about Christmas? Led Flag Pledge Christmas cards & letters for elderly friends	Celebrated Amer Ed Week with teacher notes, root beer chocolate kisses; Letters to elderly friends; Skyzone, Discovery Center, Recognition Event; Stuff the Turkey service project completed Goodie plates for those who work in health care, Shooting sports safety County CDM Judging School, Canvas painting project
	Roll Call-Favorite winter activity; Reported on Oodles of Noodles workshop; Sent Valentine card to my elderly friends; Signed 4-H Sponsor thank you's; Led Feather Relay game	Shooting sports, Bowling, Oodles of Noodles workshop
	Call-When I am 30, I plan to be... candy treats, Led Valentine Upset	Shooting sports, Fruit sales, Ice skating
	What is your favorite animal? on textile workshop or cards for elderly friends	Shooting sports Textile workshop Poultry Camp
	your favorite animal? Led 4-H cookie mini-workshop w/ Paula what we learned	Shooting sports; Poultry camp Petting Zoo at Nursing home
	Forward to this summer? Special Foods contest, Pop; Painted rocks for	Public Speaking Workshop, Special Foods Contest, Distribute Poppies, PQA training, Small species weighing Consumer Decision Making Contest
	for the courthouse, Rocket Day workshop, Fashion Revue, Public Speaking Contest, Livestock Judging	Consumer Decision Making Contest, Cleaned flower Transformation workshop
	Achievement Days State Fair	Fashion Revue, Public Speaking Contest, Livestock Judging
	Completed record book	Achievement Days State Fair

did the following in my c  
check the ones you did and

1. First year mem
- X 2. I was host or hos
- X 3. I led the pledges a
4. I went to
5. I was elected Jr.
6. I served on the follo  
Cards for elderly fi  
American Education  
Christmas caring pro  
Nursing Home Petting
7. I helped with  
Celebrating 4-H Week, C  
Cards, letters, sent to & vis  
Christmas Caring project -  
Distributed poppies for Vete  
Petting zoo at nursing home  
Stuff the Turkey
8. I promoted 4-H in the following  
Talked to my classmates abo  
Wore my 4-H t-shirts
- (list) 9. I was invest



# RECORD BOOKS

## DUE OCT 1

Why is it important you keep a record of your 4-H activities? Because, by recording your activities you can remember all the fun you've had so far, and set future goals! You make 4-H Record books to record your annual projects and achievements. Keeping records of 4-H projects helps you when you apply for college scholarships too! When you turn in a record book you are eligible for county 4-H awards.

Parts of a Record Book:

- Green Cover – find at Extension office or your club leader
- Annual Report – Extension office
- My 4-H Story (a year in review)
- Newspaper Clippings
- Photos





## 4-H CAMPING EXPERIENCES ARE A HIGHLIGHT TO SUMMER FUN!



**Teen Leadership Camp** **Teen Leadership Conference (TLC)** is a fun-filled week learning skills and traits that will stretch your leadership and teamwork abilities by working with teens from across South Dakota, while having a blast running around SDSU's campus. Youth ages 13 –18, 4-Her's and non-4-H members are allowed to attend. Youth have the opportunity to make new friends and learn leadership skills to take back to your club and communities.

### **Storm Mountain**

Storm Mountain Center is a secluded 247-acre wilderness retreat and summer camp located 20 minutes outside of Rapid City in a rocky mountain valley of the Black Hills. Our site was originally staked as twelve gold mining claims in the 1880s and one of the original mines is still accessible on Spring Creek. Storm Mountain Center has been continuously operated as a camp and retreat since 1957. SDSU Extension hold two sessions here.



### **Camp Poinsett**

Come and explore 4-H while being outdoors by attending Lake Poinsett 4-H Camp! The camping facility is housed at Lake Poinsett Camp, which is located on South Lake Drive, two miles east of Highway 81. The camp is open for children ages 8 to 12 years old and provides an opportunity to make new friends, understand and appreciate nature, have fun and build leadership skills that can be used for a lifetime in a safe environment. Camp will have one session for 11-13 year olds and two sessions for 8-10 year olds.

### **Teen Camp**

SDSU Extension's South Dakota 4-H program will host a summer camp for teens ages 13-18 at RimRock Camp near of Rapid City, S.D.





## Performing Arts

The South Dakota Performing Arts Troupe is a theater arts education experience for youth ages 13 to 18, as of January 1 during the current 4-H program year. The weeklong camp is located at Northern State University in Aberdeen, SD. The camp prepares youth to perform during the week at summer venues and at the South Dakota State Fair in Huron, SD. Performing Arts Troupe Preparation Camp concludes with two shows open to the public.



# 4-H ACHIEVEMENT DAYS



4-H Achievement Days is the culmination of youth project work from throughout the year. With over 70 project areas to choose from, youth are bound to find something of interest to them. During Achievement Days, youth projects are evaluated by area professionals. After exhibiting locally, youth then may take their projects onto the South Dakota State Fair.



4-H members are recognized for completing a project and for their achievements. There are a number of awards that members may strive for as well as some club awards. A listing of awards that are given at the county level can be requested from the Extension office. These awards are given out at the county Recognition Event held in November.



# ENROLL IN 4-H TODAY

Go to <https://www.v2.4honline.com/>


We recommend using web browser Firefox or Google Chrome.

If you are a new family enrolling in 4-H, choose "Don't have an account" to create a family profile. Then "Add a New Family Member". Complete all the information including: t-shirt size, health information and project areas.

All information stored in 4honline is safe and secure and is not shared with any other entities.



Sign in



4-H Online

Login Email

Password

Sign in

[Don't have an account?](#)

[Reset password?](#)



## 4-H CLUBS

### Sanborn County

- Sanborn County Shooting Sports
- Town & Kountry Kids – Blue
- Town & Kountry Kids – Red
- Union Farm Hands
- Sanborn County Cloverbuds
- Sanborn County Independents

### Jerauld-Buffalo

- J&B Shooting Sports
- Prairie Hills 4-H Club
- Western Riders Horse Club
- Buffalo Hills 4-H Club
- Jerauld-Buffalo County Cloverbuds
- Jerauld-Buffalo County Independents

# Join Us





United States  
Department of  
Agriculture

National Institute  
of Food  
and Agriculture

www.nifa.usda.gov  
@USDA\_NIFA

# Head, Heart, Hands, and Health: 4-H Engages America's Youth

The 4-H Youth Development Program is the youth outreach program of the land-grant universities' Cooperative Extension Services and the United States Department of Agriculture. 4-H National Headquarters at USDA's National Institute of Food and Agriculture provides leadership in positive youth development in the areas of citizenship, healthy living, and science. 4-H emphasizes the importance of young people connecting to their communities; being well-informed and engaged in civic affairs; developing leadership skills; and preparing for college, work, career, and life.

## THE NAME AND EMBLEM

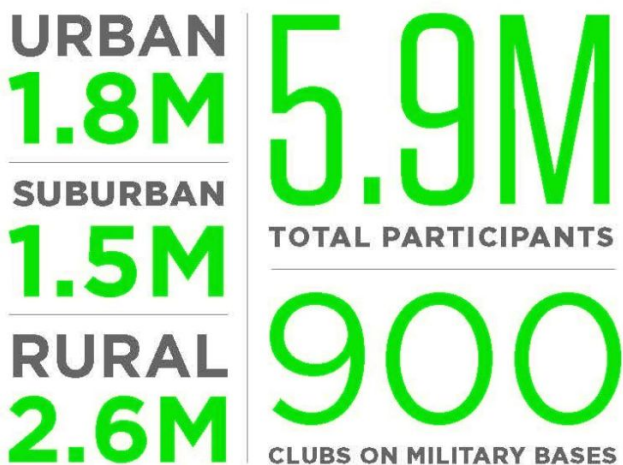
The 4-H clover represents the program's focus on **head**, **heart**, **hands**, and **health**. It is a well-known symbol of more than a century of 4-H achievement.



## GUIDING PRINCIPLES

1 POSITIVE YOUTH DEVELOPMENT	2 PARTNERSHIPS	3 INTENTIONAL LEARNING EXPERIENCES	4 DEVELOPING YOUTH POTENTIAL
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## PARTICIPATION BY THE NUMBERS



# 561,869

## ADULT & YOUTH VOLUNTEERS

### THE 4-H 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 club, my community, my country, and my world.

## ACTIVITIES BY THE NUMBERS



# 1 IN 5 YOUTH

GOAL BY THE YEAR 2025 FOR THE  
NUMBER OF YOUTH INVOLVED IN 4-H

Enrollment data source: [www.reeis.usda.gov/reports-and-documents/4-h-reports](http://www.reeis.usda.gov/reports-and-documents/4-h-reports)

NIFA invests in and advances agricultural research, education, and extension and seeks to make transformative discoveries that solve societal challenges. Learn more by visiting [www.nifa.usda.gov](http://www.nifa.usda.gov) or following @USDA\_NIFA on Twitter. | USDA is an equal opportunity provider and employer • October 2015

# 4-H Grows Here!

# RESOURCE LINKS

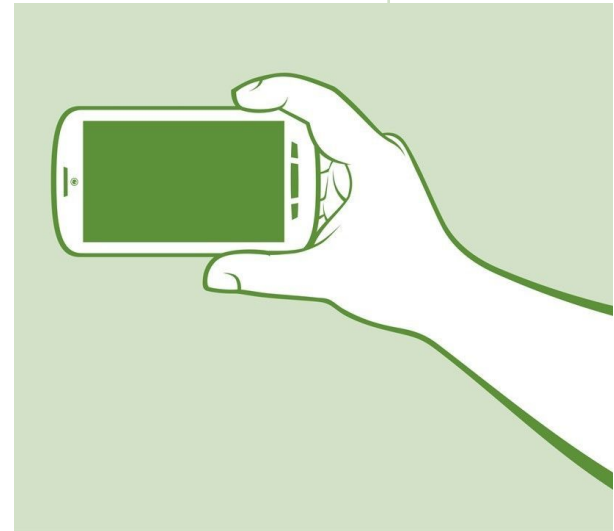
Stay Connected- 4-H Peek at the Week sent out monthly via email & social media

[www.extension.sdstate.edu/](http://www.extension.sdstate.edu/)

<http://www.sanborncounty4h.com/>

<http://www.southdakota4hleaders.com/>

<https://4-h.org/>



## LOCAL 4H STAFF



**Audra**



**Sherryl**



**Teresa**

Sherryl Rankin serves in the Sanborn County office in a supportive role. Sherryl's favorite hobby is photography, and she resides in Woonsocket, SD, with her husband. Teresa Fonder assists in the Jerauld County Extension office. Teresa is our resident artist and her paintings can be found around the community. Teresa and her husband live in Wessington Springs, SD. Audra Scheel is the SDSU Extension 4-H Youth Program advisor for Sanborn, Jerauld and Buffalo Counties. Audra lives on a farm with her husband and children near Alpena, SD. As a 4-H alumna, Audra grew up in the program and attributes 4-H experiences to many of her successes. Audra enjoys gardening, raising livestock and following her children to their many activities.

Sanborn Co. Extension  
PO Box 397 – 604 W. 6th St.  
Woonsocket, SD 57385  
Phone: 605-796-4380  
Email:  
[audra.scheel@sdstate.edu](mailto:audra.scheel@sdstate.edu)  
[sanborn.county@sdstate.edu](mailto:sanborn.county@sdstate.edu)

Jerauld-Buffero Co. Extension  
PO Box 366  
Wessington Springs, SD 57382  
Phone: (605)539-9471  
Email:  
[jerauld.county@sdstate.edu](mailto:jerauld.county@sdstate.edu)