



4-H Member Book

Ages 8-18

North Dakota 4-H Program

Name _____

Club/Group _____

County _____ Year _____

4-H Age (as of Sept. 1) _____ Years in 4-H _____





So you are a 4-H Member . . . Now what?

What is in it for me?

4-H is for everyone. No matter your background, interests or where you live, you belong here. Being a 4-H member comes with countless benefits that can positively impact your life now and in the future. It opens up a world of opportunities for learning, growth and community involvement.

Here's what you can gain:

1. Learn Valuable Skills

- Learn hands-on skills like cooking, gardening, animal care, robotics, sewing, photography and more.
- Develop problem-solving, goal-setting, public speaking and teamwork abilities.

2. Build Confidence

- Achieve personal goals through project work and presentations.
- Gain confidence by showcasing your skills at fairs, achievement days, contests and events.

3. Develop Leadership

- Take on leadership roles in your club, like being an officer or leading a project.
- Participate in leadership workshops, camps and state or national conferences.

4. Make New Friends

- Meet youth from many different backgrounds and places who share interests with you, and discover new perspectives along the way.
- Build lifelong friendships and expand your social network.

5. Give Back to Your Community

- Participate in community service learning projects to help you understand community needs and appreciate different perspectives as you work to make a positive impact
- Learn the value of empathy, helping others and contributing to a cause.

6. Earn Recognition

- Receive awards, certificates or scholarships for your achievements.
- Showcase your hard work at fairs, achievement days, contests and other events.

7. Prepare for the Future

- Gain experience that will look great on college applications or job resumes.
- Explore careers that provide opportunities for self-discovery.

8. Access Unique Opportunities

- Travel to camps, conferences and national 4-H events.
- Connect with youth and adult volunteers who can guide you.

9. Be Part of a Global Community

- Join a network of over 6 million members in the U.S. and more worldwide.
- Be part of a global community where differences are valued, voices are heard and learning happens together.

10. Have Fun!

- In 4-H, your ideas matter. You don't just participate, you help shape the program.
- Through 4-H, you're preparing today to be beyond ready for tomorrow's opportunities.



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Appendix forms can be printed as needed for additional pages.

Member book was created by collaborative efforts in designing, compiling, creating and reviewing: Club Materials Committee Co-Chairs Lynnette Vachal, Monica Fitterer, Committee Members MaKayla Fleming; Metta Pfliger; Sara Laite; Danielle Dinger, and Scott Dai. Graphic design and editing completed by NDSU Agriculture Communication

Why Keep a 4-H Member Book?

Your member book is more than paperwork. It is your story — a place to celebrate your sparks (the passions and things you enjoy), track your growth and remember the fun along the way.

Through record keeping, you will set goals and see yourself reach them, and you will capture memories from fairs, projects, trips and friends.

Build skills that make you beyond ready to lead:

- **Organization** — keeping your project notes, expenses and activities in one place so you can find them later
- **Planning** — setting goals for the year and mapping out the steps to reach them
- **Attention to detail** — writing down dates, results and reflections so you do not forget important pieces of your 4-H story
- **Clear communication** — learning to describe your work on paper so others understand your effort and growth

Overall, this is your story:

- Show your growth, leadership and responsibility
- Create something you will look back on with pride for years to come



This is your 4-H story — make it awesome, make it yours and know that every page you fill today is preparing you to be beyond ready for tomorrow.



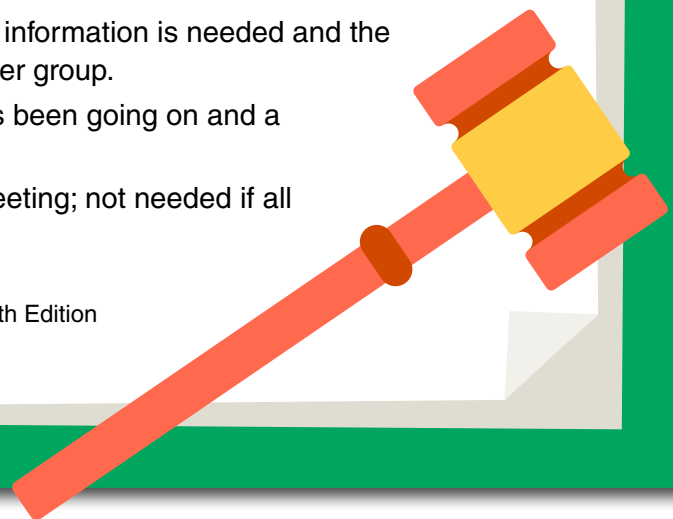
Tips for Participating in Effective Meetings

Parliamentary Procedure Tips:



1. Become familiar with the use of the gavel.
 - **One tap** = used to tell members to sit down if standing, after the announcement of a vote or when the meeting is adjourned
 - **Two taps** = used to call the meeting to order
 - **Three taps** = members stand on third tap
 - **Series of taps** = used to restore order
2. Obtain the floor before speaking on a topic.
 - Stand or raise your hand
 - Address the chair appropriately (e.g. Madam President, Mr. Chairman, etc.)
3. Bring motions to the assembly in the appropriate form; say “I move to...”
4. Keep discussion to one topic at a time.
5. Be courteous; do not interrupt others while they have the floor.
6. Speak slowly, clearly and loud enough so all can hear what you have to say.
7. Use the appropriate motions:
 - **Amendment:** to improve/change a motion on the floor by adding, striking out or changing words; be specific
 - **Table a motion:** when the intent is to bring the motion back to the assembly in the same meeting
 - **Postpone definitely:** when the intent is to take up the motion at a later meeting
 - **Postpone indefinitely:** this ends consideration of a motion because it has no direction on when the motion should be considered
 - **Refer to committee:** when additional information is needed and the issue may be best handled by a smaller group.
 - **Previous question:** when debate has been going on and a vote is needed
 - **Motion to adjourn:** for closing the meeting; not needed if all business has been completed

Based on Robert's Rules of Order, Newly Revised 11th Edition



How to Make a Business Motion (Step by Step)

1. Make a motion.

A member says: "I move that we (state your idea)."
(A motion is an idea for the group to decide on.)

2. Second the motion.

Another member says: "I second the motion."

3. Restate the motion.

The president says: "It has been moved and seconded that we (restate the idea from above)."

4. Discuss the motion.

The president asks: "Is there any discussion?"
(They may ask more than once, usually three times, to give everyone a chance to speak, ask questions or add input.)

5. Vote on the motion.

The president says: "All those in favor say 'Aye.'"

- Members in favor say: "Aye."

The president says: "All those opposed say 'Nay' or 'No.'"

- Members opposed say: "Nay" or "No."

6. Announce the result.

The president says either:

- "The ayes have it, the motion passes."

OR

- "The nays have it, the motion does not pass."



PROJECT AREA or EXHIBIT?



What is the difference between a 4-H project and a 4-H exhibit? Each year, enroll in projects that spark your interests. Set goals to plan what you will learn and do. Complete projects, known as exhibits, to showcase what you learned, and then reflect on your 4-H year. These can be either living or static exhibits.

4-H Project Areas

Broad topics you can learn and explore
Ex. Food and Nutrition Project Area



Practice goal setting, planning and managing responsibilities related to your project area.



Learn about the equipment and materials related to your project.



Try a variety of recommended techniques related to your project area.

4-H Exhibits

A visual or physical item that represents the knowledge, skills and experiences you've gained through completing a project

Ex. Exhibiting cookies you baked



You can exhibit your animal at the fair.



You can exhibit by participating in Project Expo, Clothing Revue or Communication Arts.



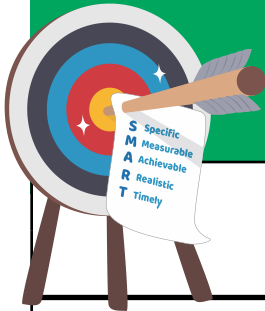
You can exhibit something you made like a piece of art, a photograph, or a poster board.



Visit the Projects Folder for more ideas!

https://drive.google.com/drive/folders/1W8YL1BIhETnP6UBv9nXHJpw6NXoWG_Iz?usp=drive_link

My 4-H Goals



Specific:

Be clear: What exactly do you want to do? Describe those details.

Measurable:

How will you know you are making progress?

Achievable:

Think through to ensure you can accomplish this goal with your time, skills, and resources

Realistic:

How does this goal matter to you and connect to your 4-H journey?

Timely:

Think about a well-defined timeline, including start date and target finish date

S
G

M
O

A
A

R
L

T
S

Goal 1:

Goal 2:

Goal 3:

4-H Thriving Model Connection

Prompts that tie SMART goals directly to the 4-H Thrive Model outcomes:

- **Sparks (discovering passions):**
“How does this goal connect to something you’re excited about or curious to learn?”
- **Belonging (feeling included and supported):**
“Who can you ask for help or encouragement as you work on this goal?”
- **Growth Mindset and Challenge:**
“What might be hard about this goal, and how will you keep going if it’s tough?”
- **Youth Voice:** “Why did YOU choose this goal? How does it matter to you?”
- **Purpose:** “How will reaching this goal help you, your club or your community both today and once you have reached the finish line?”



My 4-H Projects

A project is a hands-on educational experience designed to help you learn new skills, explore your interests and gain knowledge in a specific area. Check out the project guide for ideas. You can get a copy from your Extension office.

Project Area	Exhibit Ideas
Example: Plant Science	Example: Seed ID, Carrots, Wheat Sheave, Potted Flowers, Fairy Garden, Parts of a Flower



My 4-H Club Contacts

Adult Leader

Name: _____
Email: _____
Address: _____
Phone: _____

Adult Leader

Name: _____
Email: _____
Address: _____
Phone: _____

President

Name: _____
Email: _____
Address: _____
Phone: _____

Vice President

Name: _____
Email: _____
Address: _____
Phone: _____

Secretary

Name: _____
Email: _____
Address: _____
Phone: _____

Treasurer

Name: _____
Email: _____
Address: _____
Phone: _____

Reporter

Name: _____
Email: _____
Address: _____
Phone: _____

Other Officer

Name: _____
Email: _____
Address: _____
Phone: _____

Committee Members

Committee: _____
Chair: _____
Members:
1. _____
2. _____
3. _____
4. _____

Committee Members

Committee: _____
Chair: _____
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Teamwork and Mentorship

4-H is about learning together and supporting each other. As you begin this year, think about these questions:

■ **Who can I reach out to for help or advice this year?**

Youth: _____
Adult: _____

■ **Who can I share my progress and goals with?**

Youth: _____
Adult: _____

■ **Who could I encourage, support or mentor in my club or community?**

Youth: _____
Adult: _____

(remember, volunteers need our gratitude, thanks and support too!)



Write down a name or two for each. At the end of the year, look back and see how these people helped you — and how you helped them.

4-H Club Program Plan



Meeting Place: _____

Time: _____

Club Goal 1:

Club Goal 2:

Club Goal 3:

Month	Date	Program/Activity/Lesson	Family/People Leading	Responsible for Snacks
September				
October				
November				
December				
January				
February				
March				
April				
May				
June				
July				
August				

Leadership



Offices and committees I have held (4-H and otherwise)

Name of Office or Committee	Club/County/State	Describe what you did

Citizenship/Service Learning



Project	Describe what you did

Club Participation



Number of Meetings I Attended (Put X or number of attendances each month)

Club Name	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug

Demonstrations and Presentations



Record any communication arts projects, project expo, demonstrations or speaking events you participated in here.

Event/Activity	Club/Community/ County/ District/State/National	Location	Date

4-H Promotion Activities



Record ways you promoted 4-H this year (news articles, TV, radio, 4-H Ambassador responsibilities, displays, fair booths, flyers, parades, new member recruitment, expansion efforts, etc.)

Describe what you did	Location



How I Thrived This 4-H Year

Teamwork and Mentorship Reflection

4-H is not a journey you take alone. This year, think about how the people around you supported your growth and how YOU gave back to others.

■ **Who supported you this year?**

Who did you go to for advice, encouragement or help? How did their support make a difference for you?

■ **Who celebrated your progress with you?**

How did it feel to share your growth and achievements with others?

■ **Who did you support or mentor?**

Did you help a younger member, encourage a friend or make sure you thanked your volunteers and club leader often? Share what you learned? How did you make a difference for someone else?

4-H Flashback – let’s Reflect!

Think back on your year in 4-H and look at your goals from page 8.

How well did you reach your goals for this year? What are you most proud of?

4-H Skills in Action – What you Gained

List three new things you learned in your project areas.

How did you share that knowledge with others in your club, family or community?

Thriving

How has 4-H helped you grow this year? (check all that apply)

- I feel like I belong
- I discovered my sparks (passions and interests)
- I set and managed goals better
- I was open to challenge and change
- I contributed to my community
- I practiced being a leader
- I built positive relationships with peers and adults
- I learned how to work as part of a team
- I practiced decision-making and problem-solving
- I developed confidence in sharing my ideas
- I learned how to manage my time and responsibilities
- I discovered careers or future opportunities that interest me
- I found ways to use my strengths to help others



Use this page to celebrate your journey – your goals, your learning, your relationship, and the ways you are becoming beyond ready for tomorrow.

SAMPLE

My 4-H Meeting Notes



Date Reminders: (Upcoming events/activities)

Today's Date: 1/6/2025

Activity/Event:

Date:

Deadline:

Baking School

2/16/24

2/5/25

4-H Horse Workouts

All March, Sat. 9 a.m.

2/24/25

Notes:

Remember to bring cookies to the next meeting.

County 4-H fundraiser is coming up in March.

Today's Project/Activity: Bird house woodworking project

Family doing Project/Refreshments: Martin & Garcia families

Next Meeting Date: February 9 Time: 1:30 p.m.

Next Meeting Location: Garcia's home at 123 Elm Street

Next Meeting Project: Valentine cookies to deliver to elderly care home

Next Meeting Family in Charge: Brown & Johnson families

Next Meeting Refreshments Provided by: Brown family

My 4-H Meeting Notes



Date Reminders: (Upcoming events/activities)

Today's Date: _____

Activity/Event:

Date:

Deadline:

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Notes:

Today's Project/Activity: _____

Family doing Project/Refreshments: _____

Next Meeting Date: _____ Time: _____

Next Meeting Location: _____

Next Meeting Project: _____

Next Meeting Family in Charge: _____

Next Meeting Refreshments Provided by: _____

My 4-H Meeting Notes



Date Reminders: (Upcoming events/activities)

Today's Date: _____

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Activity/Event:	Date:	Deadline:
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Next Meeting Family in Charge: _____

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Today's Date: _____

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Today's Date: _____

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My 4-H Meeting Notes



Date Reminders: (Upcoming events/activities)

Today's Date: _____

Activity/Event:

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My 4-H Meeting Notes



Date Reminders: (Upcoming events/activities)

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Notes:

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Family doing Project/Refreshments: _____

Next Meeting Date: _____ Time: _____

Next Meeting Location: _____

Next Meeting Project: _____

Next Meeting Family in Charge: _____

Next Meeting Refreshments Provided by: _____



Appendix A: My 4-H Club Contacts

4-H Family

Name: _____
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4-H Family

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4-H Family

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Address: _____
Phone: _____



Appendix C: Ribbon Awards Log

4-H Ribbon Awards Log – County Fairs / Achievement Day Ribbons

(Includes ribbon representatives such as colored dots)

Grand Champion Number of Ribbons: _____

Reserve Champion Number of Ribbons: _____

Award of Excellence/Merit/Honorable Mention Number of Ribbons: _____

Blue Ribbons Number of Ribbons: _____

Red Ribbons Number of Ribbons: _____

White Ribbons Number of Ribbons: _____

Other _____

4-H Ribbon Awards Log – State Fair

(Includes ribbon representatives such as colored dots)

Grand Champion Number of Ribbons: _____

Reserve Champion Number of Ribbons: _____

Award of Excellence/Merit/Honorable Mention Number of Ribbons: _____

Blue Ribbons Number of Ribbons: _____

Red Ribbons Number of Ribbons: _____

White Ribbons Number of Ribbons: _____

Other _____



4-H Ribbons Defined

“To make the best better” is the 4-H motto. The project judging experience helps 4-H members evaluate their progress and reflect on how they can improve. The goal is to help young people develop life skills and explore careers.

Consider the following when viewing 4-H projects:

- Judges evaluate each project against a national standard, not against other entries.
- The evaluation system focuses on the development of each 4-H member, not on blue-ribbon projects.
- At each level, youth learn to reflect on their accomplishments and consider how to challenge themselves in the future.



Champion (Purple) – Superior

- First place.
- The exhibit or workmanship is outstanding with minimal flaws.
Keep in mind that superior does not mean perfect!



Reserve Champion (Lavender) – Above Average

- Second place.
- Exhibit or workmanship is very good with minimal flaws.



Award of Excellence (Orange) – Above Average

- Exhibits that were considered for the champion rosettes.
- Exhibit or workmanship is good with minimal flaws.



Blue – Excellent

- Meets or exceeds the average standard.
- May have one minor fault with little improvements needed.
- Youth set new goals to challenge themselves differently.



Red – Good

- Meets or is slightly below the average standard.
- May have some minor and major flaws.
- Youth reflect on what they could change, navigate corrective feedback and establish new goals.



White – Fair

- Does not meet the average standard.
- Has multiple minor or major flaws.
- Youth practice a growth mindset, reflect on what they could change, navigate corrective feedback, and establish new goals.



Green – Living Exhibits

- State Qualifier for Communication Arts and Project Expo.
- State Fair Participant, Clothing Revue.



4-H Leaders Choice Award

- State leaders who participate in the North Dakota State Fair Leaders Showmanship Event are invited to view 4-H exhibits. Each leader receives a “Leaders Choice” rosette to place on the exhibit of their choice.
- No premium.

Connect with us! @northdakota4h



Give back to 4-H through the North Dakota 4-H Foundation

County commissions, North Dakota State University and U.S. Department of Agriculture supporting 4-H are not responsible for its programs and activities on the basis of age, color, gender, expression, ethnicity, genetic information, marital status, national origin, partnership or marital disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, sexual orientation to parent, religion, or veteran status, as applicable. Direct requests to: Vice President, Title 56/ADA Coordinator, 601 Main 100, 58103-7700, 701-224-7700, 701-224-7700. This publication will be made available in alternative formats for people with disabilities upon request. 701-224-7700

4-H Basics



4-H Motto

“To Make the Best Better”

4-H Colors

Green & White

RGB numbers
(R=51, G=153, B=102)

How to Write “4-H”

1. Remember to always put the hyphen “-” between the 4-H.
2. The apostrophe always goes between the “H” and “er” in 4-H'er because it replaces “memb” in “member.”
3. When referring to more than one 4-H'er, simply add an “s” for 4-H'ers. Do not use another apostrophe before or after the “s.”

4-H Slogan

“Learn by Doing”



4-H Emblem

The 4-H emblem is the four-leaf clover with an “H” on each leaf. These H’s stand for Head, Heart, Hands, and Health.

[4-H Name and Emblem Use Handbook:](#)



4-H Creed

I believe in 4-H work for the opportunity it will give me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to think, to plan, and to reason.

I believe in the training of my HEART for the nobleness it will give me to become kind, sympathetic, and true.

I believe in the training of my HANDS for the dignity it will give me to be helpful, useful, and skillful.

I believe in the training of my HEALTH for the strength it will give me to enjoy life, to resist disease, and to work efficiently.

I believe in my country, my state, my community, and my responsibility for their development.

In all these things I believe, and I am willing to dedicate my efforts to their fulfillment.

Visit the North Dakota 4-H webpage at: www.ag.ndsu.edu/4h



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**.