

# Mountrail County 4-H Welcome Packet



4-H is a **community** of **young people**  
across America who are learning  
**leadership, citizenship** and  
**life skills.**

**NDSU**  
**EXTENSION**  
MOUNTRAIL  
COUNTY

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*.



**KID**  
in  
**Training**

**4-H Online Enrollment Website:**

<https://v2.4honline.com/>

Edit Date: 9/3/2025



Mountrail County NDSU Extension  
8103 61st St NW - PO Box 40  
Stanley, ND 58784  
(701) 628-2835 Ext. 1  
[www.facebook.com/MountrailCounty4H](http://www.facebook.com/MountrailCounty4H)  
<https://tinyurl.com/MountrailCounty4H>

Dear New 4-H Family:

Welcome to 4-H, the youth development program of NDSU Extension! With over 6 million participants nationwide, 4-H provides youth with positive learning experiences that help build character, while developing knowledge and skills that prepare them for the future.

4-H programs are offered in every county, in every state, in the nation. Locally, thousands of children, ages 5-18, participate in the 4-H program through club involvement, special interest programs, and school enrichment programs. As a new 4-H family, you are certainly part of something very special.

As you become more and more involved with 4-H, you will continue to have new opportunities – even beyond Mountrail County – because 4-H events occur at the county, district, state, national, and even international levels! But all the fun starts at the club level. We encourage your family to become very active with your 4-H club, as well as with the many county activities & events.

Your club leaders and parent volunteers will guide your 4-H club with the support of NDSU Extension staff members. The Extension staff members who manage the local 4-H program are:

**Lynnette Vachal, 4-H Extension Agent - [lynnette.vachal@ndsu.edu](mailto:lynnette.vachal@ndsu.edu)**

**Heather Tomlinson, 4-H Extension Administrative Assistant - [heather.tomlinson@ndsu.edu](mailto:heather.tomlinson@ndsu.edu)**

Your 4-H staff members work at the Mountrail County South Complex, and serve as field faculty for North Dakota State University, one of the Land Grant Universities. Extension is supported by county, state and federal funding. The local Extension office is located at the Mountrail County South Complex (8103 61st St NW) in Stanley. Office hours are M-F, 8:00-4:30. The phone number is (701) 628-2835 Ext. 1.

Your club leaders and extension staff are here to support your family as you explore the exciting world of 4-H. Feel free to contact us if you have any questions. Please know that we welcome your new ideas and contributions.

*In the 4-H Spirit,*

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Mountrail Co. NDSU Extension Agent

*In the 4-H Spirit,*

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Mountrail Co. NDSU Extension Admin.

## PARENT & GUARDIAN ROLES

First and foremost, 4-H is a family program – a place where adults and their children can learn and grow together. In 4-H, you as the parent or guardian are very important, and you are always invited and encouraged to participate in all 4-H club activities. We recognize every family's schedule is different and you may not be able to attend every club function, but there are many different ways that you can contribute to your child's 4-H group.

Your 4-H club leader & Extension staff will work with you to help give your family an understanding of your club's meeting times, requirements, & opportunities.

As a parent or guardian, these are the following roles you need to fulfill:

- Provide transportation for your child to and from 4-H events.
- Attend 4-H club functions with your child whenever possible. Children should always have a parent or guardian attend meetings with them, to provide them with support during meetings & activities.
- Guide your child as they select 4-H projects to explore, and help them develop challenging, but also realistic. Encourage their project work by making it a experience.
- Stay informed in regards to any important club, county, & state level 4-H events & deadlines. You can do so in the following ways:

Check your email & mail regularly

Facebook - <https://www.facebook.com/MountrailCounty4H>

Website - <https://tinyurl.com/MountrailCounty4H>

Give us a call or visit us in person - 701-628-2835 Ext. 1

### FOR PARENTS: Why 4-H?



- The 4-H staff will provide countywide training on project records, presentations, and other core 4-H learning experiences. By understanding more about these 4-H programs, you can help your child excel and take advantage of all that 4-H has to offer.
- Attend the end-of-year 4-H Awards Day with your child (the county-wide awards program held in October or November) as a family. Recognition always means more to children when their families are there to share it with them.
- Complete new enrollment forms, media releases, and medical releases each year

Volunteer

Did you sign up to be a volunteer? You will be required to complete a Volunteer Background Check that is valid for 3 years.

Interested in volunteering? Reach out to us for opportunities!





**What are the four “H’s”?** The “H’s” stand for: Head, Heart, Hands, and Health. Club members recite the 4-H pledge at meetings.

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**What is the 4-H Pledge?** I pledge, my head to clearer thinking, my heart to great loyalty, my hands to larger service, and my health to better living for my club, my community, my country, and my world.

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**What is the 4-H motto?** “To Make the Best Better”

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**How did 4-H begin?** 4-H began in the early 1900’s as Corn Clubs for boys and Tomato Canning Clubs for girls. Although the program has changed a lot through the years, it has always been a program designed to help children become productive members of their communities.

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**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 in the city.

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**Do boys and girls attend different clubs?** No, all 4-H clubs are open to both boys and girls.

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**How old do you have to be to join a 4-H club?** Children can join a 4-H club as soon as they turn 5 years old by Sept. 1, and they can stay involved until they are 19 years 4-H age (some exceptions apply for contests).

4-H Cloverbuds - 4-H ages 5-7

4-H Regular Members - 4-H ages 8-18

**What does 4-H age mean?** 4-H members ages are determined by the 4-H year that runs September 1 to August 31 each year. Whichever age you are as of September 1, will remain your 4-H age throughout that current 4-H year.

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**What does it cost to join a 4-H club?** There is no membership fee to join a 4-H on the county level. Your club leader will discuss any club level membership fees that may exist. Costs for projects vary depending on the project.

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**Do I have to re-enroll in 4-H each year to participate?** Yes, you are required to re-enroll each of your youth and/or adult members once the new 4-H year arises (September 1 each year). You can enroll each year starting on the dates that is determined by the State 4-H program.

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**Do I have to wear a specific uniform?** No, but some events and competitions do require certain dress codes.

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**Do parents and guardians attend meetings with their children?** Yes! 4-H is a family program. Parents/guardians are encouraged to attend club meetings and 4-H events with their child. It is a great way for families to learn and grow together. A parent, guardian or adult helper should be present at each club meeting for youth who are 5-8 years old.

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**How do I stay informed about 4-H opportunities?** Check your email & mail regularly

**Facebook:** <https://www.facebook.com/MountrailCounty4H>;

**County Website:** <https://www.ag.ndsu.edu/mountrailcountyextension/4h-and-youth>;

**State Website:** <https://www.ndsu.edu/4h/>, you may also call or visit us in person!

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**Does Mountrail County 4-H have a Constitution and Policy Hand Book you follow?** Yes, we do! It can be found on our website located @ <http://www.co.mountrail.nd.us/subpage/50>



Project work is an important part of 4-H. A 4-H project is simply a topic that the member chooses to explore during the year. Youth may choose to participate in as many projects as they wish. Some youth may take an entire year to work on a project record. Others may complete a project record within a few months.

When enrolling on 4-H Online each year, youth are asked to choose which project categories they would like to participate within. Did you forget to add one? No problem! Just log back into your account and add it. There is no penalty for expressing interests in a project category and then not participating within it on 4-H Online.

Project work is self-paced and individual. The project the child chooses should reflect his or her interests. Keep in mind that the topic a child chooses isn't the most important part of project work. It is the process of completing a project that helps youth develop skills in:

- Setting and completing goals
- Keeping records
- Creative writing
- Organization
- Leadership
- Citizenship
- Development of skills and knowledge in project area
- Problem-Solving
- Critical Thinking
- Communication
- Community service

The process begins when children select projects based upon their interests and age level. Children should receive guidance from their parents or guardians when they select projects.

Need assistance determining the project category that interests you? Here are some wonderful resources:

***Project Sheets*** - <https://www.ndsu.edu/agriculture/extension/extension-topics/4-h-youth-development/members-volunteers/projects>

- Check out the Project Sheets & Group Projects! The Project Sheets will give you a wide variety of resources to utilize for each individual project category.

***Official Project Guide*** - <https://tinyurl.com/4-HProjectGuide>

- This guide is designed to assist individuals, families, clubs and groups in selecting and planning their 4-H projects. It provides some of the information necessary to make project choices. Parents and volunteers need to help the members assess what level they need to take in each project.

There is a wide variety of curricula books available to help you choose or further your knowledge and/or goals with your project. You can order them from resources listed in the Project Guide or Project Sheets listed above.

The "4-H Mall" is an online catalog of 4-H items, including curricula (<http://www.4-hmall.org>). The county has most of these curricula, so do not hesitate to reach out to us prior to purchasing anything.

### Club Level Projects

4-H clubs will often have all the members work on the same project as a group, as this introduces families to various projects. Although new families are welcome to select additional projects, we recommend that they work on the group projects as well! These group projects will be a rewarding experience for each member and help them gain additional life skills.

# **Mountrail County 4-H County Level Events**

Mountrail County 4-H offers a wide variety of activities and events. Here are brief explanations on some of our annual activities & events...

## ***Achievement Days***

Some counties have a fair...we have Achievement Days! Achievement Days is the largest event of the 4-H year & most importantly...FUN! This event is where 4-H members bring and showcase their projects and all they have learned and accomplished during the current 4-H year. This is a time and place for youth and adults to work together to provide a positive and educational experience for all involved. Projects are interview judged to provide positive feedback to youth.

Looking for project ideas so that you have something to present at Achievement Days? Check out the Official Project Guide & Project Sheets located on the first page.

Mountrail County 4-H exhibit categories follow the ND State Fair Exhibitor Handbook each year. Make sure that your project will fit under one of their categories to ensure that you can present it at Achievement Days each year. **Qualifying exhibits may also advance to the North Dakota State Fair each year!!!**

The current ND State Fair Exhibitor Book & additional Achievement Days documents can be found on our webpage located at <http://www.co.mountrail.nd.us/pages/ndsu-extension>



## ***Small Animal & Livestock Day Camps***

These two events provide youth with wonderful hands-on experience and knowledge! Youth have the opportunity to either bring their own animals or you may observe others. They will receive hands on training in showmanship, fitting, nutrition, and animal health. Youth will also develop skills in proper daily care of animals and be prepared for show day!

**Small Animal Day Camp** - Poultry & Rabbits    **Livestock Day Camp** - Beef, Dairy Cattle, Sheep, Swine & Goats

## ***Horse Show***



The annual 4-H Horse Show is where equestrian lovers can show off their horsemanship skills each year! Qualifying participants may also utilize this event to advance to the North Dakota State Fair 4-H Horse Show! Check our website for more info on the annual Horse Show:

<http://www.co.mountrail.nd.us/pages/ndsu-extension> \*\* 4-H Horse Workouts are usually offered prior to the Horse Show to help 4-H youth sharpen their skills!

## ***Pet Show***

For this event, youth are encouraged to bring their pets/animals and showcase them in a laid-back non-competitive atmosphere. We have held this event at local daycares and also invited assisted living individuals to join in on the fun! You may bring any manageable animal to these Pet Shows (cats, dogs, hamsters, rabbits, goats, sheep, cows, horses, etc.)





## Camps



There are a wide variety of summer and fall camps offered in-person or virtually by NDSU Extension. In-person versions of these camps take place in Washburn, ND, but also other areas! More info on camps that are typically available can be found online at

[https://www.ndsu.edu/4h/website\\_master/camp/](https://www.ndsu.edu/4h/website_master/camp/)

The Mountrail County 4-H Council may offer up to a 50% reimbursement for ONE 4-H camp per registered member each year. The % is determined by funds raised during our annual fundraisers.

## Judging Teams

**Crop Judging** ~ Crop judging participants evaluate crops for seed and factors effecting market quality, and identify crop and weed seeds and plants.

**Hippology/Horse Judging** ~ Hippology provides an opportunity for youth enrolled in 4-H equine projects to demonstrate their knowledge of equine science-related subject matter in a competitive setting where attitudes of friendliness & fairness prevail. Hippology is an activity that can make learning fun for 4-H members by letting them exhibit their knowledge and understanding of equine science and husbandry...without even having to own a horse! Quiz Bowl allows youth to demonstrate their knowledge of equine science.

**Livestock Judging** ~ Livestock judging consist of carefully analyzing a group of animals and measuring them against a standard that is commonly accepted as being ideal. Livestock Quiz Bowl allows youth to demonstrate their knowledge on all food animal species.

**Meat Judging** - Meat Judging provides an opportunity for youth enrolled in 4-H Livestock projects to enhance their carcass evaluation and retail identification skills. Meat judging programs are currently the most effective tool for the recruitment and development of future meat science technologist in existence today.

## Shooting Sports

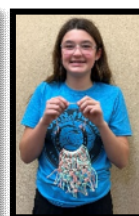
Youth archery & air rifle shooting is offered to youth each winter! Youth can join us at the offered shoots and receive hands of experience and also learn important safety knowledge. You can utilize these county trainings to help build your skills and advance to district & state level shooting sport events.

## Workshops/Project Day

Mountrail County 4-H offers a wide variety of project days throughout the year! Just a few that have been offered are painting, cooking, scrapbooking, leathercraft, science and engineering, woodworking, wood arts, needle arts, and so much more! Keep an eye out in your email and on our social media pages for upcoming project opportunities being offered on the county level!

## Awards Day

Mountrail County holds an annual Awards Day in the late fall. This is the day where all 4-H youth, adults, and families get together to celebrate youth and adult 4-H member accomplishments throughout the 4-H year! Youth are awarded prizes that they have earned throughout the year and adult volunteers receive recognition for their support of the 4-H program. Typically, a pot luck style meal takes place and fun games for all!



## Fundraisers

Each year Mountrail County 4-H teams up with our clubs and the community to raise funds for our 4-H Program. These fundraisers are also a wonderful way to showcase our 4-H youth to the community!

## Living Exhibits

**Communication Arts** - The world of communication impacts you every day. By participating in the 4-H communication project, you will explore the exciting world of communication, and learn more about yourself and others.

- \*\* Learn written, oral and visual communication skills.
- \*\* Develop self-confidence through public presentations.
- \*\* Practice self-expression and creativity.
- \*\* Learn how to organize and present information.

**Project Expo** - Project Expo provides youth with an experience in planning, preparing and displaying an article or an educational exhibit. It is an opportunity for self-expression both verbally and visually. Project Expo also provides the opportunity to share with others what has been learned in the specific project completed third through twelfth grades can compete in the Rube Goldberg Challenge. Youth will use their STEM knowledge and skills to solve problems, plan, and design a solution.

**Clothing Revue** - Clothing Revue includes entries for Buy & Show, Sew & Show, and Decorate Your Duds categories. Buy & Show participants purchase or recycle a major item of clothing which relates to a wardrobe plan. Sew & Show participants construct half or more of clothing that is modeled. Decorate Your Duds participants create embellishments for a garment or accessory.

The purpose of the State 4-H Clothing Revue is to help youth:

1. Build self-confidence and poise;
2. Make and model a garment that is needed in the wardrobe
3. Share knowledge and skill learned through 4-H Constructed Clothing Revue participation with others.

**Consumer Decision Making** - Every day you make decisions, such as what you are going to eat, what you are going to wear, or what to buy. Consumer Decision Making teaches you how to make decisions based on information that you have learned and studied and on facts that you have collected. It can also help you learn to defend your decisions.

The 4-H Consumer Decision Making Contest can help you practice making decisions by matching your knowledge, skills and abilities against those of others. You will learn to rank items based on standards and quality.

