



Welcome to Hamlin County 4-H

Thank you for your interest in joining 4-H! You will find information about what 4-H has to offer.

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

Produced by SDSU Extension and Hamlin County 4-H

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What is 4-H?

4-H is a global youth organization that creates a supportive community where young people learn by doing. Through hands-on projects in areas like health, science, agriculture, and citizenship, youth gain valuable skills in a positive environment with guidance from caring adult mentors. They are encouraged to step into leadership roles and grow as confident individuals.

Youth can participate in 4-H through in-school and after-school programs, as well as community and school clubs and 4-H camps. With approximately seven million members worldwide in 70–80 countries, 4-H is helping shape the next generation of leaders. In Hamlin County, there are currently six active 4-H clubs.

4-H recognizes that today's youth are tomorrow's leaders. The experiences and skills they gain through 4-H help them become responsible, engaged citizens who give back to their communities. Along the way, 4-H members build friendships, develop leadership and problem-solving skills, explore new interests, earn recognition, practice citizenship, and most importantly, have fun while making a difference.

Motto: "To Make the Best Better."

Emblem: The 4-H's stand for head, heart, hands, and health.

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.



Mission: South Dakota 4-H enables youth to be engaged in partnerships with caring adults, positive learning environment, developing their fullest potential and learning life skills.

Values: The values of 4-H are rooted in helping young people grow into confident, capable, and caring individuals. These values are often represented by the **4 H's**:

- **Head** – Thinking, problem-solving, and decision-making.
- **Heart** – Caring for others, building relationships, and showing empathy.
- **Hands** – Giving back through service and developing practical skills.
- **Health** – Living a healthy, balanced lifestyle.

Beyond the 4 H's, 4-H also emphasizes:

- **Leadership** – Building confidence to lead and take initiative.
- **Citizenship** – Being an active, responsible member of the community.
- **Service** – Helping others and making a positive impact.





- **Learning by Doing** – Gaining real-world skills through hands-on experiences.
- **Inclusivity** – Welcoming all youth and creating a sense of belonging.
- **Responsibility** – Being accountable and dependable.

Benefits:

- **Life Skills & Personal Growth** – Youth build confidence, responsibility, independence, and real-world skills through hands-on learning experiences.
- **Leadership & Career Readiness** – 4-H helps members develop leadership abilities, public speaking skills, and explore future career interests.
- **Community & Citizenship** – Members learn the value of service, give back to their communities, and grow as responsible, engaged citizens.
- **Connection & Positive Experiences** – Youth make friends, have fun, receive recognition, and are supported by caring adult mentors in a positive environment.

Essential Elements of 4-H:

1. **A positive relationship with a caring adult-** A caring adult acts as an advisor, guide and mentor. The adult helps set boundaries and expectations for young people. The adult should be called supporter, friend or advocate.
2. **A safe environment- physically and emotionally-** Youth should not fear physical or emotional harm while participating in a 4-H experience whether from the learning and environment itself, adults' other participants or spectators.
3. **Opportunity for Mastery-** Mastery is the building of knowledge, skills, and attitudes and then demonstrating the competent use of this knowledge and skills in the manner of a proficient practitioner. The level of mastery is dependent on the development ability of the individual child or youth. The development of mastery is a process over time.
4. **Opportunity to value and practice service for others-** Finding oneself begins with losing yourself in the service of others. Service is a way for members to gain exposure to the larger community indeed the world itself.
5. **Opportunity for Self-Determination-** Believing that you have impact over life's events rather than passively submitting to the will and whims of others is self-determination. Youth must exercise a sense of influence over their lives, exercising their potential to become self-directing, autonomous adults.
6. **An inclusive environment (encouragement, affirming, belonging)** – An inclusive environment is one that creates a sense of belonging, encourages, and supports its members with positive and specific feedback. Healthy groups celebrate the success of all members- taking pride in the collective efforts of all.
7. **Opportunity to see oneself as an active participant in the future-** The ability to see oneself in the future is to harness the hope and optimism to shape life choices to facilitate the transition into participating in the future.
8. **Engagement in Learning-** An engaged youth is one who mindful of the subject area, building relationships and connection in order to develop understanding. Through self-reflection, youth have the ability to self-connect and learn from experience. The engaged learner has a higher degree of self-motivation and an inexhaustible capacity to create.





Requirements for Participation

Youth: 8-18 years old

- All youth are eligible to participate in 4-H if they turn 8 years old prior to Jan. 1 of the current 4-H year. If the 4-H member turns 19 years old by Jan 1 of the current 4-H year, they will no longer be eligible to participate.
- Each 4-H member is required to attend club meetings, complete a journal, give a public presentation, and participate in one of the following: judging, leadership, county event or project.

Cloverbuds: 5 to 7 years old

- Cloverbuds is an educational program for children between 5 and 7. The primary goal of this program is to promote the healthy development of children by enhancing the life skills of social interaction, self-esteem, physical mastery, making choices, and learning to learn.
- Youth can either join a club if older family members are in a club or join the Hamlin County 4-H Cloverbuds Club. Cloverbuds meet for an educational program once a month from October to April. For dates of Cloverbud Program, contact the Extension Office.
- Cloverbud members only receive participation ribbons in projects they bring to Achievement Days. Cloverbud members can only participate in display projects, dog, companion animal, poultry, and rabbit. Members cannot participate in shooting sports, horse, beef, sheep, goats, dairy, or swine projects.

Parents

- Assist your children with meeting the necessary requirements for 4-H membership.
- Support the 4-H club by being volunteers, participating in activities and events and assisting the 4-H leaders when necessary.

Volunteers

- As a volunteer you are required to complete the Registered Volunteer Process (contact the Extension Office) and assist 4-H leaders with the planning and organization of activities and events.
- A background check will be processed to ensure credibility.

How to become a member

Step One

- Contact the Hamlin County 4-H/Extension Office at 605-783-3656 to find out the possible clubs you can be part of in your community.
- Below are some helpful questions you may want to ask the club leaders:
 - What age groups are the 4-H members? (It may be helpful to have children in the club in your child's age group.)
 - What are some of the 4-H families' names? (it may be comforting for your child if they know someone who is already a member of the club).
 - Do they hold a club meeting once a month and where are the meetings held?

Step Two





- Enroll as a 4-H club member.
 - To enroll, go to <https://4honline.com/#/user/sign-in>.
 - Help sheets are available at: <https://extension.sdstate.edu/4honline-fairentry> or contact the office for assistance at 605-783-3656.

Step Three

- Other items to keep in mind:
 - **4-H Insurance:** As a 4-H member, it is required to purchase insurance. It is an annual cost of approximately \$1.50 for event/activities, if you are enrolled in the horse project it costs approximately \$2.50, and if you are in the 4-H rodeo, it costs \$40 or \$2.50 with an insurance waiver. Clubs will pay the insurance fee but if you are an independent member, you must pay the insurance fee.
 - **Horse Project Program:** It is **MANDATORY** for 4-H members involved in the horse project to complete the Horse Safety requirements in the Horse Project Program by June 1.
 - **Livestock Projects (including sheep, goats, beef, dairy, chicken, rabbits):** It is **MANDATORY** for 4-H members age 8 to 18 at county-level fairs or State Fair are required to complete a Youth Livestock Literacy event by July 1. Contact the office for details.

Membership Responsibilities

- Re-enrollment- You are required to re-enroll in 4-H at the beginning of the new 4-H year (October).
- In order for a 4-H member to receive a certificate of participation, they must complete the 4 following requirements:
 - Meetings- Each club typically has a monthly meeting and you will be required to attend at least 4 meetings out of the each 4-H year (October-September) or 4 special interest meetings.
 - Public Presentation- As a 4-H member you will be required to give one public presentation each year in your 4-H club or county level.
 - Member's Record Book- Complete a Record Book each year recapping your projects and learning experiences.
 - Project Enrollment- Participated in judging, teen leadership, club or county levels, showed project accomplishments.

4-H Clubs

Purpose

4-H clubs are one of the primary ways of involving youth in the 4-H program. It acts as the hub of activity, creating interest and enthusiasm for involvement in 4-H activities and events outside the local club.

Officer Roles





Successful club meetings depend upon the leadership of club officers. Clubs may include the following officer roles: President, Vice President, Secretary, and Reporter.

Officer Duties

President- Presides over all meetings. Appoints committees when necessary.

Vice President- Serves in the absence of the president.

Secretary- Keeps complete and accurate minutes of all meetings and handles correspondence.

Treasurer- Manages all group finances, collects dues, and maintains the treasurer's record book.

Reporter- Writes interesting reports of meetings and club events for newspapers, radio, TV, or club community service book/scrapbook.

Meetings

Club meetings are scheduled once a month and are conducted by the 4-H leader and the club officers. An agenda is prepared in advance to ensure all items of business are covered and to ensure all members attention and acuity. Meetings typically run from 1-2 hours long with a definite starting and stopping time. Special meetings may be called when necessary. The 4-H Club meeting is an important learning device; learning ensures from the moment members arrive to their departure. Involving 4-H members in the organizing and expediting of the program will foster a learning environment, enabling members to develop new skills and knowledge. A typical 4-H meeting may include the following components:

- Opening- The meeting is called to order by the President and commence with the Pledge of Allegiance and the 4-H Pledge. At this time, you may wish to welcome new members, guests, or speakers.
- Business- This portion of the meeting is led by the club officers covering the following components: 1. Roll call 2. Reading of the last meeting minutes, 3. Treasurer's report 4. Committee, project or activity reports, and 5. Old and new business
- Experiential Learning- This part of the meeting is reserved for demonstrations, illustrated talks, project ways, public speaking, guest speakers, slide shows, videos, project raring, or orientation, panel discussions, field trips, or any other element that is decided upon by the club.
- Recreation- Meetings will sometimes include a recreational activity. 4-H members join a club to have fun and make friends. To provide a well-rounded program include activities such as a team builders, games, ice breakers, music or drama that promote youth development and socialization.

Hamlin County 4-H Clubs

- Busy Bees- Estelline
- Big Sioux Guys and Gals- Castlewood
- Rough Riders- Hayti
- Victory Boosters- Hayti
- Oxford Korner- Thomas
- Opdahl Ranchers- Hayti/Hazel
- Shooting Sports- If your only 4-H activity is Shooting Sports
- Independent Members- If you do not want to be part of a club
- Cloverbuds- If you're a 5-7-year-old and not part of another club





What Can Youth Do in 4-H?

What is a project? 4-H projects are in-depth learning experiences for 4-H members. Training pets, making clothes, repairing computers, growing plants, and building rockets are just a few examples of 4-H projects. These areas are listed in the State Fair Book that is available on the SDSU Extension website at <https://extension.sdstate.edu/state-fair>.



Project Areas:

- Aerospace & Rocketry
- Automotive, Tractor and Small Engines
- Beef
- Bicycle
- Cats
- Character Education
- Child Development and Family Life
- Citizenship
- Clothing (Clothing & Textiles)
- Communications
- Communities for Child Safety
- Community Service
- Companion Animals
- Conservation & Stewardship
- Cultural Education, International Study and Exchange Program
- Dairy Cattle
- Dogs
- Drama and Theater
- Economic, Business & Marketing
- Eggs & Poultry
- Electricity
- Embryology
- Energy for farm, home, and transportation
- Engineering
- Entomology & Bees
- Entrepreneurship
- Exploring the Treasures of 4-H Curriculum
- First Aid and Health
- Fitness and Sports
- Food Preservation
- Food Science
- Foods & Nutrition
- Forestry
- Geology & Minerals
- Geospatial
- Geospatial
- Goats
- Graphic Design
- Health
- Hobbies & Collections
- Home Environment
- Horse & Pony
- Horticulture, Gardening, and Landscaping
- Leadership Skills Development
- Leisure Education & Recreation
- Music and Dance
- Photography
- Physics
- Plant Sciences, Crops and Weeds
- Public Speaking
- Rabbits/Cavies
- Range & Pasture Management
- Robotics
- Safety
- Service Learning
- Sheep & Wool
- Social Recreation Skills
- Soils & Soil Conservation
- Swine
- Veterinary Science
- Videography
- Visual Arts
- Water & Water Conservation
- Welding
- Wildlife & Fisheries
- Wood Science
- Workforce Preparation (Career Exploration)
- Writing and Public Speaking





Volunteers in 4-H

4-H is always looking for caring volunteers who want to make a difference in the lives of young people. Volunteers play a key role by sharing their skills, mentoring youth, and helping lead hands-on projects in areas like agriculture, science, and leadership. Whether you have a little time or a lot, 4-H offers flexible opportunities to get involved, connect with your community, and help shape the next generation of leaders. For more information about being a 4-H Certified Volunteer, contact the 4-H Office.

Competitive Events in 4-H

4-H offers a wide range of competitive events that give youth the chance to showcase their skills and hard work, but the focus goes far beyond winning. Through judging contests, exhibits, and presentations, members learn valuable life skills like responsibility, communication, and problem-solving. Each experience is an opportunity to grow, gain confidence, and learn from both successes and mistakes, making the process just as important as the results.

Below is a list of competitive events that fits every interest.

- 4-H Rodeo
- Consumer Science-Decision
- Family Consumer Science Skill-a-thon
- Communication/Public Presentations
- Dairy Skill-a-thon
- Dog Show
- Fashion Revue
- Horse Judging
- Horticulture Skill-a-thon
- Livestock Judging
- Livestock Skill-a-thon
- Poultry Skill-a-thon
- Rabbit Skill-a-thon
- Shooting Sports
- Special Foods
- Static Projects
- Livestock Projects
 - Dog
 - Companion Animal
 - Swine
 - Goat- Dairy/Meat
 - Cattle- Beef/Dairy
 - Sheep
 - Horse

Non-Competitive Events in 4-H

- Performing Arts
- Community Service and Volunteer Opportunities
- 4-H Camp
- Scholarships
- Junior Leaders
- National 4-H Council
- Citizenship Washington Focus (CWF)- For 15-19 year olds to take a trip to Washington, D.C. paid for by the Hamlin County 4-H Leaders Association
- National 4-H Congress
- County Office holds county and regional events throughout the year





More information:

Visit the Hamlin County 4-H website for the latest information. This site has the newsletters, forms, and other useful materials for you to view or print. www.hamlinco.us under the 4-H/Extension page.

4-H Online

4-H families and volunteers use 4-H Online to enroll and re-enroll and make changes or add projects in 4-H Online until May 31. Go to 4-H Online at: <https://4honline.com/#/user/sign-in>. All 4-H members (new and old) will need to select their projects as it is not pre-populated. Help Sheets are available on the SDSU Extension Website: <https://extension.sdstate.edu/4honline-fairentry>

