

Chit Chat

Marcia Hellandsaas
NDSU Extension Agent
McKenzie County
News Article: October 7, 2020

McKenzie County youth celebrate National 4-H Week

McKenzie County families are excited to celebrate National 4-H Week this week – October 4-10. Watch for youth and adults wearing 4-H apparel – we are celebrating our great organization!

4-H empowers young people with the skills they need to lead for a lifetime. Members complete hands-on projects in areas like agriculture, science, health or civic engagement. There are over 100 projects available that are designed to help young people learn and grow. There are school enrichment, camping and leadership opportunities, as well as the traditional club experience.

4-H Youth Development education creates supportive learning environments for all youth and adults to reach their full potential as cable, competent and caring citizens (this is our North Dakota mission statement).

In support of this mission, our programs will:

- Reach out to all segments of our diverse population
- Provide experiential learning
- Provide opportunities to develop skills and values that benefit youth throughout life
- Foster leadership and volunteerism in youth and adults
- Strengthen families and communities
- Use science and research based knowledge and the land grant university system
- Build internal and external partnerships for programming and funding

4-H is open to all youth ages 8 to 19 (age 8 by Sept. 1, 2020). A non-competitive program called Cloverbuds, is available to 5 to 7 years olds (5 years old by Sept. 1, 2020). The North Dakota 4-H program, which North Dakota State University Extension conducts, also is the largest and only research-based youth organization in the state.

Through 4-H, youth learn and lead by doing things, expressing their ideas and growing from their successes and their failures. Caring adults provide guidance and support to achieve positive outcomes.

A significant study of 4-H, a seven-year project that involved several states, compared 4-H youth with their peers. They found that 4-H youth are:

- Four times more likely to make contributions to their communities
- Two times more likely to be civically active
- Two times more likely to participate in science programs
- Two times more likely to make more healthful choices

McKenzie County has approximately 200 youth enrolled in 4-H. Clubs are located across the county as follows:

- Watford City Area Clubs: Badlands Bullseyes (shooting sports club-includes archery and air rifle), Banks Willing Workers, Storm Riders, The Young Guns and Town and Country
- Arnegard Area Club: Star 3
- Grassy Butte Area Club: Sagebrush Ranglers
- Keene Area Club: Keene Lucky Leaf and 4 Him
- Individual membership is also an option

For more information and to share your interest in joining 4-H, please contact this office at 701-444-3451 or email me at marcia.hellandsaas@ndsu.edu. The North Dakota 4-H Youth Development website is at <http://www.ndsu.edu/4h/> and individuals may enroll in 4-H by clicking on 4-HOnline on this page.