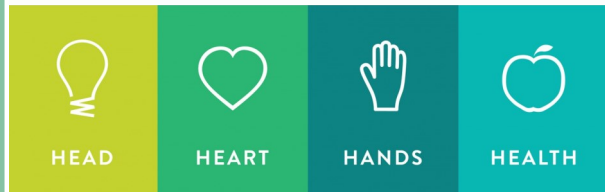


The 4-Hs

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.



- Problem Solving
- Decision Making
- Science & Tech
- Discovering Self
- Relating to Others
- Communication

- Relating to Change
- Mental Health
- Physical Health
- Team Work
- Community Service
- Leadership

4-H



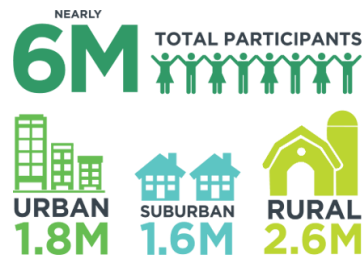
Make a World of Difference

Youth in 4-H are encouraged to get involved in the community, and take on leadership positions within their club. Adult volunteers are needed to support programming and youth. 4-H is largely volunteer-based, and participation is necessary for program success. The whole family is encouraged to be part of the 4-H experience. Contact Extension Dunn County to get involved!

Who Can Join?

You can join 4-H whether you live in the city, a suburb, or in the country.

Membership is open to youth and young adults from Kindergarten through one year past high school graduation or age 19.



Get in Touch!
 Contact information

4-H Program Educator
Luisa Gerasimo
 lgerasimo@co.dunn.wi.us

Phone Number: 715-232-1636
 WI Relay: 711

Website: <https://dunn.extension.wisc.edu/>

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Visit us on Facebook!
 @DunnCounty4H



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Dunn County 4-H

4-H is America's largest youth development organization—empowering nearly six million young people across the U.S with the skills to lead for a lifetime.



Extension
 UNIVERSITY OF WISCONSIN-MADISON
 DUNN COUNTY

What is 4-H?

4-H is a non-profit youth development organization delivered by Extension across the United States. Youth complete hands-on projects in areas such as health, science, agriculture, arts, and civic engagement guided by adult mentors. Youth are encouraged to take on leadership roles, developing self confidence and communication skills. 4-H gives youth the opportunity to explore and pursue their passions.

In 4-H you are free to fail, take chances, try new things, and learn from your mistakes. Youth are given the opportunity for growth and life-changing experiences.

Learning by Doing

4-H is a research-based program. Youth are given the tools they need to succeed and thrive through the four essential elements of positive youth development:

Belonging

Inclusive and safe environment

Independence

Opportunity for self-determination

Mastery

Engaging in learning

Generosity

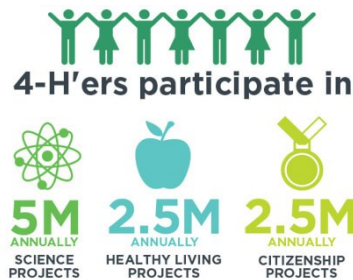
Opportunity to value & practice service for others

Projects

A project is an area of interest that the 4-H member wants to learn more about.

Youth sign up for one or more project categories and practice related skills throughout the year. There are many categories to choose from including art, dog training, foods & nutrition, sewing, photography, gardening, wood working, rocketry, writing, music, natures, computers, and livestock.

The possibilities are endless! Many 4-H members bring their completed projects as an entry to the Dunn County Fair.



What is a 4-H Club?

A club is your local 4-H community. Clubs organize community service projects, social activities, and hold meetings once a month. Meetings are fun and organized by youth with adult support. There are currently 16 clubs to choose from in Dunn County, or you can start your own with 2 other families! See a map of club meeting locations and times at <http://dunn.extension.wisc.edu/>

Activities

4-H offers many activities year round. Members have the option to participate at the club, county, state, and national level. Some of the many 4-H activities include:

- ⇒ Club activities: Community Volunteering, Roadside Cleanup, Valentines for the Nursing home, Caroling, Softball, Bowling, Roller-skating, and more!
- ⇒ County Fair Participation
- ⇒ 4-H Camps
- ⇒ Tri-County Performing Arts Festival
- ⇒ Foods and Clothing Revue
- ⇒ Youth Activities Council
- ⇒ National Educational Experiences

How to Join

Visit <http://wi.4honline.com/> to register. Registration for the 4-H year begins in September and both new and returning members will need to register each year. Possible project categories are listed on 4-H Online under 'Project Guide'.

New members and leaders are welcome to join at any time, but to exhibit at the Dunn County Fair you must enroll by May 1st. Please contact our 4-H Program Coordinator, Luisa Gerasimo, at lgerasimo@co.dunn.wi.us or call 715-232-1636 for more information.