



4-H Youth Development

Bow Knot

4-H Newsletter

431 So. 10th Avenue | Broken Bow, NE 68822 | (308) 872-6831 | www.custer.unl.edu



November 2023

UPCOMING EVENTS

NOVEMBER

- 5 Virtual 4-H Volunteer Road Show, 4:00-6:00 p.m. - REGISTER ASAP!
- 6 4-H Volunteer Road Show, North Platte
- 10 Office closed for Veteran's Day
- 12 2025 CWF Curriculum Meeting, 4-H Building, 2:00-4:00 p.m.
- 13-17 4-H Council Online Election
- 13 4-H Volunteer Road Show, Kearney
- 15 2023 CWF Payment Due
- 19 4-H Recognition Program, 4-H Building, 2:00 p.m.
- 19 4-H Council Meeting, 4-H Building, following the 4-H Recognition Program
- 23-24 Office closed for Thanksgiving

DECEMBER

- 25 Office closed for holiday

JANUARY

- 14 2025 CWF Curriculum Meeting, 4-H Building, 2:00-4:00 p.m.
- 15 2025 CWF Payment Due
- 15 Office Closed for Martin Luther King Holiday
- 31 4-H Club Year-End Treasurer's Reports Due in Extension Office

4-H RECOGNITION PROGRAM

SUNDAY, NOVEMBER 19

2:00 P.M. AT THE 4-H BUILDING
CUSTER COUNTY FAIRGROUNDS

4-H COUNCIL ELECTION RESULTS
4-H MEMBER AND LEADER RECOGNITION

THE EVENT IS CO-SPONSORED BY:
ARROW SEED CO., INC.
NEBRASKA STATE BANK AND TRUST CO.
NEBRASKA EXTENSION-CUSTER COUNTY OFFICE



4-H COUNCIL ELECTION

The 4-H Council election will be held by completing a Google Form. The form link will be emailed to all 4-H families on November 13.

4-H leaders, 4-H parents, and currently enrolled 4-H members (ages 16 and over) are eligible to vote. Voting will cease on Friday, November 17 at noon. Results of the election will be announced at the 4-H Recognition Program on November 19.

4-H RECOGNITION PROGRAM TO BE HELD

The 2023 4-H Recognition program for Custer County will be held November 19 at the 4-H Building in Broken Bow. Sponsors for the event are Arrow Seed Co., Inc., Nebraska State Bank & Trust Co., and Nebraska Extension in Custer County.

The program will begin at 2:00 p.m. The purpose of the program is to recognize 4-H'ers, leaders, and volunteers with awards for their various efforts in club work and 4-H activities. Some of the awards being presented are "Friend of 4-H," Outstanding 4-H Leader, best all-around exhibitors, the Leo C. Cooksley Memorial Award, the Joyce Clarke Memorial Community Service Award, and various other honors. Two and five year members will receive membership pins. 4-H leaders will receive recognition for their years of service. Results of the 4-H Council election will be announced. Cookies and a drink will be provided by the Custer County 4-H Council following the award presentations.

2024 Custer County Fair Dates

July 26 - August 1, 2024



4-H'ERS & LEADERS TO RECEIVE AWARDS AT 4-H RECOGNITION PROGRAM

The following 4-H members, leaders, and 4-H clubs will be recognized on Sunday, November 19 at the 4-H Recognition Program, 2:00 p.m. at the 4-H Building.

Babcock, Miles	Eberle, Maclin	Neaterous, Janet	Schmidt, Dylan
Babcock, Regan	Ernesti, Brylan	Nelson, Carter	Seda, Paisley
Bailey, Addison	Ernesti, Calvin	Nelson, Cole	Shields, Izzy
Bailey, Jocelyn	Flies, Riggan	Nelson, Kali	Smith, Alli
Barker, Desmond	Four Valleys 4-H Club	Nelson, Karlee	Smith, Kade
Barker, Xena	Fred, Brenna	Nelson, Kaycee	Smith, Maci
Barnhill, Eva	Gibbons, Blayke	Nichols, Darla	Smith, Merea
Bartak, Jenna	Great Connections 4-H Club	Nichols, Karla	Smith, Zane
Bazyn, Douglas	Gregoski, Lillian	Ostrand, Avery	Spanel, Elliot
Behmerwohld, Ashton	Grint, Rex	Ostrand, Brexton	Stallbaumer, Abby
Behmerwohld, Mason	Guthrie, Georgia	Ostrand, Olivia	Stallbaumer, Emma
Bellinger, Griffin	Hagler, Rae	Oxford, Tripp	Stallbaumer, Marla
Beran, Joe	Hansen, Callie	Palmer, Emersyn	Stecker, Aeneas
Berghorst, Christy	Harder, Avery	Palmer, Lainey	Stump, Addison
Blakeman, Taryn	Harder, Avery,	Pandorf, Charli	Taylor, Adalyn
Blowers, Brody	Henderson, Dacie	Pelster, Kayzie	Taylor, Hank
Bottorf, Blake	Henderson, Shelby	Pelster, Kenzlie	Teahon, Declan
Bumgarner, Anson	Hendricks, Tyliee	Peterson, Colleen	Tharp, Angus
Burr Oak 4-H Club	Horky, Tallie	Peterson, Maggie	Tharp, Jakob
Carda, Peggy	Horky, Tera	Pflaster, Alexis	Tobias, Taylin
Cheek, Jacob	Hurlburt, Tiana	Phelps, Catherine	Tucker, Annie
Christen, Cordale	Johnson, Adalynn	Phelps, Elizabeth	Valdez, Ty
Christensen, Kasen	Johnson, Cullen	Pierce, Emmett	VanZandt, Lillian
Coleman, Halleigh	Johnson, Logan	Pierce, Odette	Varah, Evelyn
Coleman, Titus	Jones, Mahaya	Rehbein, Faith	Vincent, Ely
Cook, Krayten	Jones, Maysa	Rehbein, Shannon	Vincent, Orville
Cox, Callie	Keefe, JD	Remund, Riata	Viter, Kirby
Cox, Leah	Kuta, Jaxson	Rikli, Liana	Wardyn, Ashlyn
Cramer, Jacy	Larsen, Owen	Roberts, Bailey	Wardyn, Coy
Croghan, Carol	Larson, Wade	Roney, Schuyler	Wiiest, Theresa
Dailey, Clayton	Longfellow, Maisy	Ropers, Louie	Wiiest, William
Dalrymple, Addison	Lorenz, Mark	Rosentreader, Barron	Williams, Avery
Delaney, William	Martin, Lucy	Ross, Aryn	Wilson, Jenna
Dexter, Remi	McAuliff, Lyndsie	Rynearson, Braxton	Witthuhn, Kaygan
Dismuke, Ohana	McConnell, Skylar	Rynearson, Breken	Zaptin, Colleen
Doggett, Olivia	Myers, Rexton	Saner, Kelly	Zutavern, Paizley



Nebraska 4-H is excited to bring the 4-H Volunteer Road Show to volunteers statewide this November! The 4-H Volunteer Road Show will rotate host locations each year, get registered today at the location near you OR attend the virtual session! Each Road Show location will have the following schedule: meal, The Magic of 4-H, 4-H Rabbit Project 101, Color Theory, 4-H Poultry Project 101, Environmental Education, and Parliamentary Procedure. You will need to make some choices on which sessions to attend. Visit <https://4h.unl.edu/volunteer-road-show> for more specific information and registration link. Registration closes one week prior to each Road Show session. Join us!



Join one of the unique volunteer training events to discover new opportunities for your members, network with others volunteers, and build your skills working with youth.

A \$15 registration fee covers a meal and all supplies.

Learn more and register at [GO.UNL.EDU/4HVRS](https://go.unl.edu/4hvrs)



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- **VIRTUAL – NOV 5**
4:00 - 6:00 p.m. CT
- **NORTH PLATTE – NOV 6**
6:00 - 8:30 p.m. CST
- **YORK – NOV 7**
6:00 - 8:30 p.m. CST
- **OMAHA – NOV 9**
6:00 - 8:30 p.m. CST
- **KEARNEY – NOV 13**
6:00 - 8:30 p.m. CST

- **SESSION TOPICS**
 - The Magic of 4-H** - Learn why youth thrive in 4-H and how this impacts their future development
 - 4-H Rabbit Project 101** - Learn how to get started in the rabbit project, including basic care, feeding, and show preparation featuring live animals and project experts
 - Color Theory** - Experience a basic color theory activity that youth can use in home environment, arts, consumer management, and Clover Kid projects
 - 4-H Poultry Project 101** - Learn how to get started in the poultry project, including basic care, feeding, and show preparation featuring live animals and project experts
 - Environmental Education** - Experience an activity you can share with youth interested in environmental education
 - Parliamentary Procedure** - Experience an activity you can use to teach club members about parliamentary procedure

SAMPLE 4-H COUNCIL BALLOT

As of October 27, 2023

The 4-H Council election will be held by completing a Google Form. The form link will be emailed to all 4-H families on November 13. 4-H leaders, 4-H parents, and currently enrolled 4-H members (ages 16 and over) are eligible to vote. Voting will cease on Friday, November 17 at noon. Results of the election will be announced at the 4-H Recognition Program on November 19.

District I - Northeast ____ JD Keefe ____ Kash Tobias	District V - Central ____ Sarah Bartak ____ Kimberly Stump	District IX - Southwest ____ Jeff Witthuhn
District II - North Central ____ Adam Larsen ____ Luke Smith ____ Travis Sterner ____ Carlie Wells	District VI - West Central ____ Matt Dalrymple ____ Peter Pelster	Youth Representative - Girls ____ Alex Berghorst ____ Emma Olson
District III - Northwest ____ Jen Schmidt	District VII - Southeast ____ Michelle Nelson ____ Joyce Racicky ____ Amanda Slocum	Youth Representative - Boys ____ Mace Beran ____ Emmet Grint
District IV - East Central ____ Lloyd Johnson ____ Matt Peterson	District VIII - South Central ____ Jake Rosentreader	

WHAT IS THE MEANING OF THE 4-H EMBLEM?



The 4-H Name & Emblem is a highly valued mark within our country's history. As such, it was granted a very unique and special status; it is in a category similar to the Presidential Seal and the Olympic Emblem. This federal protection makes it a mark into and of itself with protection that supersedes the limited authorities of both a trademark and a copyright. As a result, responsibility and stewardship for the 4-H Name & Emblem were not given to the U.S. Patent Office but were given to a higher level of the federal government, a member of the Cabinet, the Secretary of Agriculture. The Secretary has responsibility for the 4-H Name and Emblem, at the direct request of Congress. The "18 USC 707" is the statement in the United States Code that outlines the protection of the 4-H Name & Emblem.

WHAT IS THE 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.*

- HEAD stands for decision making, planning, organizing, problem solving, and using knowledge throughout life.
- HEART stands for strong personal values, positive self-concept, concern for others, cooperation and communication.
- HANDS stands for volunteering, community service, preparing the world of work, science, and technology literacy.
- HEALTH stands for healthy lifestyles, character, ethics, stress management, and disease prevention.

WHAT IS THE 4-H MOTTO?

"To Make The Best Better"...The 4-H motto encourages each member to do his best and improve the next time so their "best" becomes "better." Members stretch their abilities and capacities to reach their full potential.

4-H STANDARDS FOR CLUB STRUCTURE FOR 2024

The following are the standards for a Nebraska 4-H Club. Your 4-H club will want to make sure you meet all of these criteria for the 2024 4-H year.



4-H clubs are to be structured as follows:

- Enrolls at least 5 youth members from at least 3 families.
- Is advised by adult staff or volunteers who have been screened and trained in accordance with the Nebraska 4-H Policy and Procedure Handbook.
- Conduct a minimum of 6 regular club meetings (virtual or face-to-face) per year, with many holding 9-12 regular meetings throughout most or all of the year, and often supplemented by project meetings, camps, fairs, and other 4-H learning activities.
- Selects youth officers or youth leaders to provide leadership to the club.
- Meets in any location - a home, community center, military installation, library, public housing site, school, afterschool program, and/or many other places.
- Helps youth and parents/guardians adapt in cases of mobility - linking them to 4-H programs in other counties and states.
- Meets interests and needs of youth in same-age or cross-age groupings and using single project or multiple project formats.

4-H clubs must conform to this structure for the 2024 4-H year. If you have questions regarding how your 4-H club can conform to this structure, please feel free to contact Colleen at the Extension Office.

NEW VOLUNTEER ORIENTATION!



Nebraska 4-H is implementing a new 4-H Volunteer Orientation, which is part of the volunteer screening process. Direct volunteers are required to complete the 4-H Volunteer Orientation during enrollment as a new volunteer and/or during the re-screening process every five years. Volunteers and staff are invited to complete the orientation at any time.

The volunteer orientation [link](#) is located in the direct volunteer screening information in 4honline. Upon completion, the county office the volunteer selected during the orientation will receive a confirmation email.

The volunteer also receives an email confirming their completion. The volunteer orientation can also be found on the public website: <https://4h.unl.edu/volunteer-orientation>. The volunteer orientation will take approximately 45 minutes to complete. Users are not required to complete the orientation in one session.

Volunteer Screening Reminders

Volunteers from the following counties must be re-screened during the 2023-2024 year....Adams, Arthur, Buffalo, Chase, **Custer**, Dawson, Dundy, Franklin, Frontier, Furnas, Gosper, Hall, Harlan, Hayes, Hitchcock, Kearney, Keith, Lincoln, Logan, McPherson, Perkins, Phelps, Red Willow, Webster.



2024 CUSTER COUNTY CHALLENGE - Mark your calendars for the 2024 Custer County Challenge. It is scheduled for Sunday, April 28 at the Custer County Fairgrounds. Early check-in will be April 27th and the show will be held Sunday, **APRIL 28! MARK YOUR CALENDARS NOW!**

GUIDELINES FOR ADULTS WORKING WITH YOUTH

“Winning isn’t everything...but striving to win is.”



- Permit youth to determine their own involvement in competition.
- Provide a variety of competitive choices.
- Help youth develop an attitude that they are responsible for their actions.
- Take a positive approach - praise youth for participation.
- Focus on developing skills and abilities - NOT on final scores or placings.
- Make expectations realistic.
- Play with, participate, support, and assist youth.
- Be a positive role model.
- Discuss what is learned.

In 4-H competition, participation for the love of the activity is more important than winning.



4-H VOLUNTEER INFORMATION SERIES

4-H CLUB OFFICERS AND DUTIES

Record books are completed, premium money will be awarded soon, and the 4-H Recognition Program is upon us. In the next few months, 4-H clubs will be reorganizing and electing officers for the 2024 year. Here are two handouts explaining the duties and responsibilities of 4-H club officers and parliamentary procedure...

- [Teaching Parliamentary Procedure: Let's Make Trail Mix](#)
- [Selecting 4-H Club Officers and Committee Members](#)

4-H officer guides, treasurer's record, secretary's record, and a news reporter guide are all available at the Extension Office.



Happy Thanksgiving!

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