

# Welcome Packet For New 4-H Club Members



*Growing  
together  
with  
Friends,  
Family and  
Volunteers!*



Cooperative Extension's  
Youth Development Program



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<http://henderson.ces.ncsu.edu/4-H>  
Denise Sherrill, 4-H Extension Agent  
Hannah Worrell, 4-H Program Assistant**

NC Cooperative Extension  
Henderson County Center  
100 Jackson Park Rd.  
Hendersonville, NC 28792  
<http://henderson.ces.ncsu.edu/4-h>

Dear New 4-H Family:

Welcome to 4-H, the youth development program of the Cooperative Extension Service. 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 Henderson 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.

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

**Denise Sherrill, 4-H Extension Agent**  
**Hannah Worrell, 4-H Program Assistant**

Your 4-H staff members work for the North Carolina Cooperative Extension at the Henderson County Center, and serve as field faculty for North Carolina State University, one of our Land Grant Universities. Cooperative Extension is supported by county, state and federal funding. The local Extension office is located in Jackson Park in Hendersonville. Office hours are M-F, 8:30-5:00. The phone number is 697-4891.

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.

Sincerely,



Denise Sherrill  
Extension Agent, 4-H

## 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 will give you a Parent Interest Card along with an enrollment card for your child. Your responses on this card help the leader know about your interests and talents, and tell the leader how you would like to support your child's 4-H group. Because 4-H has so many diverse experiences, we have discovered that every adult finds some role to play that supports the group.

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 5-8 should always have a parent or guardian attend meetings with them.
- Guide your child as they select a 4-H project to explore, and help them develop goals that are challenging, but also realistic. Encourage their project work by making it a family learning experience. The project record section on page 6 will give you more details about project work.
- Read each issue of *The Source*, the 4-H newsletter, so you will know about upcoming special events. If you are not already receiving the newsletter by mail or email, please call 697-4891 to be added to the mailing list. It is also available online at <http://henderson.ces.ncsu.edu/4-H>.
- For the most up to date information, go to the website, [henderson.ces.ncsu.edu/4-H](http://henderson.ces.ncsu.edu/4-H), scroll down and click on "4-H Upcoming Events."
- Attend Parents & Leaders (PALS) meetings during the year to learn more about 4-H opportunities for your child and provide input on 4-H programs. These meetings are held 2-4 times per year during the evening hours.
- 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 club celebration with your child, and attend 4-H Achievement Night (the countywide awards program held in February) 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 notarized medical releases each year.

## 4-H FREQUENTLY ASKED QUESTIONS

**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.

**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.

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

**What are the 4-H colors?** The 4-H colors are green and white.

**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. The National program celebrated its 100<sup>th</sup> birthday in 2002, and the North Carolina centennial was in 2009.

**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.

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

**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, and they can stay involved until they are 19 years old on January 1.

**What are the age divisions for competitive events?** A child must be 9 years old as of January 1 of the current program year to compete in any 4-H event. Many 4-H events allow younger youth, ages 5-8, to participate and receive participation ribbons and prizes. Most competition is held in the following age divisions: (Juniors) 9-13 and (Seniors) 14-18. However, the age categories do vary from program to program. Always carefully review the registration information for 4-H events.

**What does it cost to join a 4-H club?** There is no membership fee to join a 4-H club. Each family will determine which project their child selects, and the cost for that project varies. For example, the costs would be very different if a child selects a livestock project versus a woodworking or computer project. However, 4-H club members must complete new enrollment forms and notarized medical releases each year.

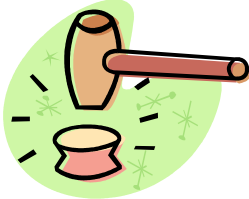
**Do parents and guardians attend meetings with their children?** Yes! 4-H is a family program. Parents/guardians are encouraged to attend club meetings and 4-H events with their child. It is a great way for families to learn and grow together. A parent, guardian or adult helper (such as a Big Brother/Big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

**How do I stay informed about 4-H opportunities?** Read your free 4-H newsletter. It will give you all the details about upcoming programs. Follow Henderson County 4-H on Facebook or Instagram.

**Does 4-H have a web site?** Yes, we have a web site. The url is: <http://henderson.ces.ncsu.edu/4-H>. This is a great site to learn about 4-H, and it has links to state and national web sites.







## CLUB OFFICERS

Clubs with members 5-8 years old usually do not have elected officers. They often rotate club helpers who assist the club leader. This is a more age-appropriate leadership experience for our younger members. Clubs with members who are 9 or older will elect officers to help lead the club. Most clubs will elect the following officers:

**President:** presides at the club meeting using parliamentary procedure, works to ensure that all members get a chance to share their ideas and participate in the business meeting.

**Vice President:** greets, introduces and thanks guests and speakers at club meetings; and presides at the club meeting using parliamentary procedure in the president's absence.

**Secretary:** keeps accurate minutes of the business meeting, keeps accurate attendance records, and writes letters and thank you notes on behalf of the club.

**Treasurer:** keeps accurate financial records for the club, and turns in records to his or her club leader at the end of the officer's term.

**Reporter:** writes a monthly article about the club's activities and takes a picture for *The Source*, the 4-H newsletter, and helps promote 4-H club activities. In some clubs, the reporter may also serve as a club photographer, and create scrapbook pages of the club's activities to be placed in the county 4-H scrapbook.

**4-H County Council Representatives:** represent their club at monthly 4-H County Council meetings. Each club will elect or appoint two youth to serve as the club's representatives to 4-H County Council. The County Council makes decisions about county activities. 4-H County Council representatives serve as a link between their club and 4-H County Council. They give monthly reports to their club about activities planned at 4-H County Council meetings, and they give monthly reports to 4-H County Council about their club's activities. Clubs with youth ages 5-8 usually do not have 4-H County Council representatives; however, they may send a non-voting adult representative.

Before your child runs for a club office, discuss the responsibilities of the office and make sure he or she is prepared to fulfill those duties. Keep in mind:

- All club and county officers need to attend Officers Training to learn how to fulfill their officer role. They will receive an officer's notebook that they should take to every club and 4-H Council meeting.
- Officers are installed at the end of Officers Training. Parents are welcome to attend this ceremony.
- Clubs will re-elect officer positions when youth fail to fulfill the requirements of their office. Each club will set their own guidelines about the age requirements to hold a club office; however, given the planning nature of 4-H Council, it is recommended that 4-H Council representatives are at least 11 years old.

## 4-H PROJECTS

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. Some youth may take an entire year to work on a project record. Others may complete a project record within a few months.

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 record that helps youth develop skills in:

- setting and completing goals
- keeping records
- creative writing
- organization
- leadership
- citizenship
- community service
- development of skills and knowledge in project area



Project work is a process with several parts including: project selection, setting goals, accomplishing goals and keeping records of accomplishments, then summarizing the accomplishments into the final, written project record. There are different project record forms for each of the following age groups: 5-7, 8-10, 11-12, 13-15, 16-18 (age determined as of January 1 of the current year). County staff has copies of these forms, or you can find them online.

\*For the 4-H Awards Handbook and project record forms for ages 9-18 visit the 4-H awards and Incentives web page: [www.nc4h.org/youth/awards.html](http://www.nc4h.org/youth/awards.html)

\*For the Cloverbud project record form (ages 5-7) visit the Henderson County 4-H website: [henderson.ces.ncsu.edu/4-H](http://henderson.ces.ncsu.edu/4-H) and scroll to the bottom of the page. Look under the "Resources" heading.

### **PROJECT SELECTION**

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

Henderson County 4-H has many curricula books available, or youth can choose their own topic

It is recommended that new members select only one project record; as a general guideline members should not select more than three projects each year.

Project books generally cost \$4-5 each. Please ask 4-H staff to show you the wide variety of 4-H curricula. Checks should be written to Henderson County 4-H. The "4-H Mall" is an online catalog of 4-H items, including curricula (<http://www.4-hmall.org>). The county has most of this curricula. If not, we can usually purchase it for you at a reduced rate.

**PLEASE NOTE:** New 4-H clubs will often have all the members work on the same project as a group to introduce families to project records. Although new families are welcome to select additional projects, we recommend that they work on the group project during their first year, and then select individual projects in future years.



## **SETTING GOALS**

When children receive their project manual, they should sit down with their parent/guardian and/or club leader to establish goals for what they want to learn and do in 4-H for the year. The project manual will have suggested activities and age-appropriate learning experiences for the member. These are suggestions to help guide the child's project involvement – not requirements.

The member's goals should include all the 4-H activities and contests in which they want to participate during the year. Request a copy of the current Henderson County 4-H Calendar of Events and a copy of your club's calendar from your 4-H club leader to know what opportunities are available. In addition, members should set specific goals for what they want to learn and what they want to do for **EACH** project they select. Their goals should be as specific as possible. For example, many children may think to write a general goal like, "I want to learn about sewing." A better goal would be more specific such as, "I want to learn how to thread a sewing machine," "I want to learn the names of 10 sewing tools," or "I want to visit a textile manufacturing company to see how fabrics are made." When children make specific goals, they can easily see their accomplishments as they complete their goals!

For younger youth, it is common to see three – five goals for each project. Older children often have more goals and, as they gain more experience in their project area, more challenging goals.

Children will record their goals on the project record form, My 4-H Project Plan. If a child submits two or more projects, they can photocopy the goals page and include it in all of the project records. Children should try to develop their goals page and include it in all of the project records. Children should try to develop their goals early in the year (or soon after they join a 4-H club) to serve as a guide for their 4-H involvement. Saving forms on a computer will help in creating project records.

## **KEEPING RECORDS**

During the year, members work to complete their goals. Goals may need to be modified during the year – some added, some deleted. This is perfectly acceptable.

Children record their accomplishments on the project record form, My 4-H Project Plan. If a child is working on two or more projects, he or she will record his or her accomplishments for **EACH** project on a different form.

## **SUPPORTING INFORMATION**

As youth work on completing their goals, they will need to think about how they will show what they have learned. For **each** project record, the member prepares up to six pages of supporting information related directly to their project.

Some suggested items include: photographs related to the project, drawings that show what they made or learned about the project, lists of books read about the project along with brief summaries of the books, miniature samples that show skills that were developed (i.e., various types of buttons sewn on scrap fabric to show that they have learned how to sew on buttons), poems or other creative stories written by the child about their project, or photos of ribbons or copies of certificates received, or other information. We suggest that the child does not include ribbons or other valuable items that could get lost. This section is limited to 6 pages – one side only.

## **COMPLETING THE PROJECT**

At the end of the year, children will write a story about their 4-H experiences during the year. In their story, they should write about every project they completed, plus write about their family and other 4-H activities and learning experiences not related to their project work (i.e., parades, camp, trips, contests). If the child submits two or more project records, they can photocopy the story and put the same story in all of their project records.

The story needs to be more than just a summary of what they did. After all, they have already summarized their accomplishments on the project record forms. Their story provides a way to share their experiences with the reader: what went well, what failed, what happened that was funny or sad or challenging, how they felt about those experiences, etc.

The story needs to be appropriate for the child's age. Younger youth will typically write shorter stories and older youth will generally write longer stories. Younger children or children with special needs may need to tell their parent or guardian and have them write it down for them.

## **THE FINAL PROJECT**

Each child will put all his or her project forms, the completed project book (if used) and supporting information in a binder. A simple paper school report folder with metal tabs works very well. Youth can put their completed project forms directly in the report folder, or use clear pocket pages, which help ensure the reader will be able to see the entire form. If children want, they can decorate the cover to fit their project topic. If the project record goes on to district competition, a 2x3" sticker will be placed in the top right corner. Make sure that space stays blank.

In the top left corner of each project page, there is a triangle with a number inside. These numbers show the order the project forms are organized in the project record.

1. Children will want to include a title page that tells their name, age, club, and title of their project.
2. Most youth include a simple table of contents – you are never too young to start learning organizational skills.



3. My 4-H Plan should be next. If you have goals listed on additional pages, label them so the judges know what the additional pages are for, and insert them immediately after your planning form.
4. My Project Record (ages 5-7, 8-10, and ages 11-12) or My 4-H Record of Accomplishments (ages 13-15 and 16-18) is inserted next. Again, add additional pages, properly labeled if needed.
5. My Personal Touch (ages 5-7, 8-10, and 11-12) is next. In this section, include 6 pages of supporting information.\* This information should relate directly to the project.
6. My 4-H Story is next (ages 5-7, 8-10, and 11-12). (\*Youth ages 13—18 have a limit of ten pages, total, for Express Yourself and My Story.)
7. Youth ages 11 and older have additional pages to record their other 4-H activities, plus leadership, community service, and citizenship experiences. These are at the end of the record, and should be organized based on the numbered triangles.



The completed project book can be put in the project record with the supporting information, or if it has not been hole-punched, it can be put in pockets of the school report folder.

Children will submit a different school report folder for **EACH** project record they turn in. The goals and 4-H story will be the same in each one – just photocopied.

Project records are due to the Extension Office the first work day after the New Year's holiday (usually Jan. 2 or 3).

## PROJECT RECORD AWARDS

- Project records submitted by youth ages 5-7 years old are not entered into competition. Each child receives a participation ribbon, certificate and one goodie bag that includes items that will support next years' project.
- Youth ages 8-18 (age as of January 1 of the current project year) submitting projects will receive a ribbon and a certificate. Projects are judged individually with each project receiving a blue ribbon (excellent), red ribbon (good), or white ribbon (fair). Youth earning blue ribbon recognition will receive \$10 for each project record (up to a maximum of three blue ribbon projects).
- In addition to individual judging, project records will be judged to determine the County Champion in each of the nine curriculum areas in four age categories (8-10), (11-12), (13-15), and (16-18). A project must receive a blue ribbon rating to be named a County Champion.
- Each youth receiving County Champion honors earn a certificate, and his/her project is forwarded to district competition in March. A child may not have more than two projects sent to district competition.

- District gold, silver and bronze medals are awarded for each curriculum area for each age division. In most categories,\* the gold medalist receives \$50.

\*Always refer to the 4-H Awards Handbook for specific award information.

- We encourage youth ages 13-18 to complete cumulative records, which summarize three years of project work in a specific project area. Save your project records! They will be valuable tools in compiling a cumulative record.

## **PUBLIC SPEAKING**

### **CLUB LEVEL**

All members, especially younger youth ages 5-8, are encouraged to start developing their public speaking skills by giving club presentations. Youth preparing club presentations will receive certificates. The club talks are not judged.

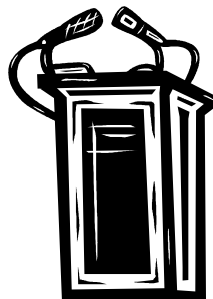
A club presentation is a simple talk about a topic of interest to the member – usually something related to a project they have been exploring. Depending on the child’s age and previous experience, the talk may be very, very short or last for five minutes or so. The time isn’t important. The important thing is that club members begin to feel comfortable speaking in front of a group in a supportive, non-competitive environment.

As the child gains experience and confidence, he or she will want to give a more thorough club presentation that includes all three components of a speech. – an introduction, the body, and a summary. Children will want to use posters or other props to help them share their information. It is always more interesting to see, rather than just listen to a presentation.

### **COUNTY LEVEL**

Presentation competition is a formal public speaking contest for youth ages 8-18 (age determined as of January 1 of the program year). A presentation is more than just a speech. Youth do not just speak about their topic; they also make posters and use props to demonstrate for their audience. There are many different categories youth can speak about, with subjects ranging from dairy foods to electricity. When children select topics that don’t fall within one of the contest categories, they compete in the open category. Competition in each category is held in three age groups: 9-10, 11-13, and 14-18 (age determined as of January 1 of the program year). There are four levels of competition: county, district, state, and in some categories, national.

Cloverbuds (ages 5—7) are encouraged to give presentations at the county and district levels. At the county level they will receive a trophy. They do not compete.



To participate, each youth selects a topic and signs up on a poster at the Extension Office Monday -Friday, 8:30 a.m. – 5:00 p.m. Topics range from Livestock to Electricity to Outdoor Cooking. Only two names are allowed in each category and age group, so its important to sign up early. Youth research their topics, write their speeches, prepare their posters and props, and practice their presentations prior to county competition, which is held during 4-H County Activity Day, usually in early May. Children and their parents or guardians can attend Presentation Training to learn how to prepare a presentation, and to see some sample presentations. Once youth have prepared their presentations, they can attend 4-H Presentation Coaching Sessions to help them improve their skills in delivering their presentation to an audience.

#### *County Level Awards:*

- Each presentation is judged individually with a presentation receiving a blue ribbon (excellent), red ribbon (good) or white ribbon (fair) rating.
- In addition, the blue ribbon presentations receive a check for \$20.
- The best blue ribbon presentation in each age division and category is named County Champion. In categories that do not have a blue ribbon presentation, no County Champion will be named.
- Youth who receive a red ribbon (and who are the only one competing in their division) **may** still have an opportunity to go on to district competition. How? They can improve their presentation, present it again to a 4-H staff member, and if the quality has improved to blue-ribbon quality, they will be allowed to represent Henderson County at district. However, they will not receive the \$20 awarded to blue ribbon winners. With hard work, they may go on to earn district honors. If selected as a district gold medalist, they will receive a check for \$60 from Henderson County, plus any state-funded award for their category.
- Youth earning white ribbons will not have the opportunity to advance to district competition.
- Presenters who earn blue ribbons, and red-ribbon winners who have improved their presentations, receive the opportunity to represent Henderson County in district competition during District Activity Day, which is usually held in June.



## District Level

The district 4-H presentation competition is an event called District Activity Day. Youth will compete with others from the Western District in their same age division and category. The Western District is made up of a 22-county region that runs from Watauga County to Cherokee County.

### *District Level Awards*

- At the district level, gold, silver and bronze medalists are selected for each category in each age division.
- Youth who are named District Gold Medalists receive a \$60 check from Henderson County 4-H.
- In addition, in some categories the state provides scholarships toward the registration fee to attend State 4-H Congress. Request a copy of the current Awards Handbook for scholarship information for each category and age division, or visit [www.nc4h.org/youth/awards.html](http://www.nc4h.org/youth/awards.html).

## State Level

Youth 8-18 who are selected as gold medalists at District Activity Day may compete in state competition at NC 4-H Congress. (Youth 11-18 who are named district silver medalists are allowed to compete in state presentation competition too; however they do not receive a state scholarship toward the registration fee).

North Carolina 4-H Congress is a 4-day event that includes lots of different state level activities and contests. It is held at North Carolina State University in July. Presentation competition is held on Saturday of NC 4-H Congress.

Youth ages 13 and older (as of January 1 of the current program year) may attend 4-H Congress as full-time delegates.

***Special Opportunity for Youth 13 and Older:*** Even if they are not selected as a county or district winner, youth 13 and older (age determined as of January 1 of the current program year) are eligible to attend State 4-H Congress as full-time delegates if they completed a red or blue ribbon presentation in county competition. They will have to pay their **full registration fee**.

Congress delegates are transported to Raleigh and chaperoned by Extension Staff members and parent volunteers. Many families choose to travel to Raleigh on their own. The Henderson County group usually reserves a block of hotel rooms at a discount rate. Families attend the presentation competition on Saturday, and often support participants in Saturday evening programs.

### *State Awards*

At the state level, 1<sup>st</sup>-3<sup>rd</sup> place winners are selected for each category and age division. These youth earn gold, silver and bronze medals. Awards vary among categories (request a copy of the Awards Handbook). Many gold medal state winners earn \$50-\$100. These awards will come as a check later in the year.



## National Level

In a few categories, older youth (generally 15 and older) have the opportunity to compete in a national level contest. These contests are not specifically 4-H contests and may have contestants from FFA, Grange and other youth groups, in addition to 4-H members. State Extension Specialists often coordinate national level trips and supervise the delegates.

The following categories have a national competition available:

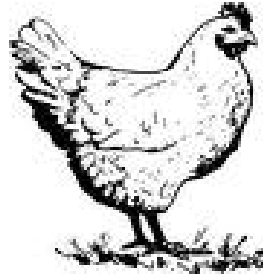
Chicken Barbeque

Egg Cookery

Horse

Horse Public Speaking

Turkey Barbecue



To participate in most national trips, the member must be at least 15 years old. Request a current copy of the Awards Handbook. State funded scholarships are sometimes available to assist with the cost for national level trips. The scholarships amounts vary by category. In areas without full sponsorship for the registration fee of the national contest, Henderson County will provide up to \$100 toward the cost of the national trip.

## ACHIEVEMENT PLAN

North Carolina 4-H has an Achievement plan, which will help with:

Setting your goals and making plans to reach them.

Enriching your 4-H program as you grow.

Evaluating your own efforts and accomplishments and by taking a look with your leader as to how well you have met your goals.

Reaching more of your goals.

Setting new goals that will help you grow and develop your skills and personality.

Visit this site for the NC 4-H Achievement Plan: <http://www.nc4h.org/uploads/documents/publications/forms/achievementplan.doc>

## AWARDS & RECOGNITION

Your child will have many opportunities for recognition as a 4-H club member. Some important recognition events that you will want to attend are:

**End-of-the-Year Club Celebrations:** Each club will hold an end-of-the-year celebration to recognize its members. Each club will approach this event in their own way. For some clubs, it will be a formal awards program; others may choose to do a show and tell night, a carnival, a party, or a club presentation night.

### 4-H Contests:

- 4-H Fashion Revue
- 4-H Entertains (Talent Show)
- 4-H Mini-Gardening
- 4-H Bake-Off



**4-H County Activity Day:** This is the countywide competition for 4-H Presentations (Public Speaking). It is a half day event held in early May followed by an awards program.

**4-H District Activity Day:** This is an all day event that includes contestants from the Western District, a 22 county region. District 4-H Presentation competition is held during this event. Counties also send representatives for 4-H Entertains. Presentation winners are announced in the afternoon awards program.

**4-H Achievement Night:** This is the countywide 4-H awards assembly to recognize the accomplishments of all Henderson County 4-H club members. It is held in February each year. All club members and their families are encouraged to attend.

During the awards program, youth club leaders, and individual clubs are recognized for their participation in:

- *Project Records* – Each child submitting a project record is recognized.
- *Community Service* – Each club that completed two or more community service projects is recognized.
- *Club Charters* – New clubs that have met the requirements are presented with their club charters.
- *Club Gold Seals* – Clubs that meet the requirements are presented with gold seals for their club charter. First year: \$25. Second year \$50. Third year \$75. Fourth year and after \$100.
- *Club Leadership* – Club leaders are recognized for their volunteer service.



**4-H Age:** You will hear 4-H members talk about their “4-H Age.” For contests and elections, 4-H determines a child’s age as of January 1 of the current program year. For example, if a child was born on March 7, 2005, and is competing in a 4-H event in 2015, his or her 4-H age **all year long** is 9, not 10.

Children are not allowed to compete in 4-H contests until they are 9 years old (i.e., their 4-H age). Most contests allow children 8 and under to participate, but not compete, and provide them with some type of ribbon or gift.

## **SPECIAL INTEREST PROGRAMS**

Throughout the year, 4-H will offer a variety of classes, workshops and tours that we call Special Interest Programs. All youth, not just 4-H club members, are invited to participate in Special Interest Programs. In fact, many children first learn about 4-H through special interest activities. Children can be 4-H club members and participate in special interest programs too!

Unlike 4-H clubs, Special Interest Programs are short-term in nature. How long each program lasts depends a great deal on the topic being explored and the volunteer who teaches the program. For example, 4-H might coordinate a trip to the Roper Mountain Science Center for a daylong science adventure. Likewise, 4-H might offer beginning sewing classes that may meet once a week for 4-6 weeks.



Following is a list of Special Interest Programs that are offered every year. In addition, new programs are added during the year. Some special interest programs are conducted annually, while others are added to the calendar during the year. To keep informed of special interest programs throughout the year, subscribe to *The Source*, our free newsletter that announces 4-H programs and events.

Please keep in mind that these are the current, annual Special Interest Programs. Programs are added, deleted, and modified based on volunteer availability, interests, and community needs. You can find out about current programs from the Henderson County 4-H Calendar of Events, which is published annually, reading *The Source*, or visiting the Henderson County 4-H website (scroll down to the “Upcoming Events” link) or Facebook page.

## **BEGINNING SEWING CLASSES**

Youth ages 9-18 are invited to attend Beginning Sewing Classes. Participants all make simple garments or projects using a pattern selected by the class coordinator. Students purchase cotton fabric and notions needed to complete their projects. 4-H provides sewing machines and volunteer instructors to help students complete their projects. The class fee helps to purchase basic sewing tools.

In the class, youth learn basic sewing terminology, how to operate a sewing machine, and how to use and care for sewing equipment as they complete a simple project. All participants model their garments or display their projects in the 4-H Fashion Revue at Farm City Day.

## **4-H FASHION AND TEXTILE ARTS REVUE**

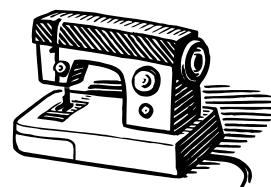
This event will feature garments and other items made by youth ages 5- 18. Garments are to be made by the child or teen, although purchased items, to be used as accessories, may be worn to complete the outfit in the Fashion Show.

All youth model their garments or display their projects during the 4-H Fashion Revue, at Farm City Day, the first Saturday in October, in Jackson Park.

The garment or project must be completed by the child (with appropriate supervision by an adult volunteer or parent as necessary for the child's age).

### **Awards**

All participants will receive participation ribbons, and possibly a gift selected by event coordinator.



## **4-H BAKE OFF CONTEST & COMMUNITY SERVICE PROJECT**

**(November)** *a minimum of 15 participants is required*

This event is a baking contest open to youth ages 5-18. To participate, each youth registers in advance, indicating which baked good he or she will enter. Participants bake their entries at home, and then bring items to be judged. Each entry must be prepared by the member (with appropriate supervision by an adult volunteer or parent as necessary for the child's age). While entries are judged, participants bake cookies for area shelters and make holiday crafts to be given to residents in nursing homes. Youth may enter one item in the contest. The following categories will be offered: cookies, cakes, yeast bread, pies, brownies, quick breads, and biscuits. Children need to provide complete recipes with their entries. See registration form for details.

### **Awards**

- Cloverbuds (ages 5—7) will receive small gifts and participation ribbons.
- Youth 8-18 will compete in two age divisions: junior (8-12) and senior (13-18).
  - 1<sup>st</sup> Place – Rosette Ribbon and \$20
  - 2<sup>nd</sup> Place – Rosette Ribbon and \$15
  - 3<sup>rd</sup> Place – Rosette Ribbon and \$10
- All youth will receive participation ribbons

## **MINI-GARDENING PROJECT (May – August)**

This is a gardening competition for all county youth ages 9-18 (age determined as of January 1 of the current program year). To participate, youth complete a registration form and attend a mini-gardening orientation workshop.

During the workshop children receive seeds, transplants and instructions on how to prepare a standard 10 x 12 foot vegetable garden. Youth prepare, plant, and maintain their own gardens at their homes. Volunteer judges visit the gardens during the summer to evaluate the gardens, and give helpful suggestions.

Each participant keeps a garden journal throughout the summer to track the maintenance and yield from his or her garden. In August, garden journals are turned into the 4-H Office.

Contestants are evaluated on the care and maintenance of their garden, yields from their gardens, and their garden journals.



Winners are announced and recognized during the Mini-Garden Awards Dinner. The dinner is a potluck meal. Participants will bring food prepared with produce from their garden, along with the recipes to share.

Mini-Garden participants are encouraged to submit a gardening project record in county competition, as well as enter produce in the NC Mountain State Fair.

### **Awards**

- Youth 9-18 will compete in two age divisions: junior (9-12) and senior (13-18).
  - 1<sup>st</sup> Place – Rosette Ribbon and \$20
  - 2<sup>nd</sup> Place – Rosette Ribbon and \$15
  - 3<sup>rd</sup> Place – Rosette Ribbon and \$10
- All youth will receive participation ribbons.

## **4-H CAMP (Summer)**

All youth, ages 8-15, are invited to attend summer camp at one of these 4-H Centers in North Carolina. These 4-H Centers are accredited with the American Camping Association. The week-long camp is held Sunday through Friday, and offers hiking and nature walks, arts and crafts, swimming, archery, a climbing wall, overnight campouts, and, of course, campfire programs, recreations, songs and new friends. Each center offers unique activities: Millstone: Shooting Sports, Betsy Jeff Penn: horseback riding, and the Eastern Center: Marine Biology and Sailing.

Henderson County 4-H will camp at one of these centers during one week and provide transportation to and from camp. Campers will be camping with children from across North Carolina.

Dates for 4-H Summer Camp are announced in September. Space is limited. Families can hold a space for their child by paying Henderson County 4-H a \$50 non-refundable deposit. The camp fee is typically \$425- \$465, which includes meals, lodging, transportation, insurance, and program and craft materials. Registering through Henderson County 4-H will give the camper a \$50 discount. The balance of the camp fee is due in July.

Visit <http://www.nc4h.org/centers> to learn about additional camping opportunities. Parents and guardians provide their own transportation for other weeks of camp. They will still get the discount, if they register through 4-H staff.

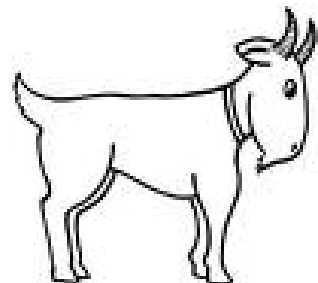
## **F.R.E.S.H. (Flat Rock's Exceptional Sandburg Helpers) (June – August)**

This is a service learning experience available for youth ages 11-15. FRESH members volunteer for a regular, weekly 3-hour shift at the Carl Sandburg National Historic Park in Flat Rock during the summer. As FRESH members, children learn about Mrs. Sandburg's famous goat herd, how to care for the goats, and about the park itself. During their shift, they will visit with park guests, care for the goats, maintain the barn, and walk the goats.

As part of their experience, youth learn how to show goats in a livestock show, and interested FRESH members may get to show the Sandburg goats at the Mountain State Fair in September.

To apply to be a FRESH member, youth need to submit an application directly to the National Park Service at the Carl Sandburg Home. Call the park at 693-4178 for an application. At the end of the summer, participants and their families are invited to an awards program, where each FRESH member is recognized.

FRESH is an award winning youth volunteer program, and has been recognized on both the regional and national levels by the National Park Service.



## **POULTRY PROGRAMS**

Henderson County 4-H provides quail eggs, incubators, and teacher training for second grade classes to hatch eggs. Volunteers are needed to help prepare and deliver equipment, as well as talk to the classes about the incubation process.

NCSU provides turkey poults for people who would like to show turkeys in the Mt. State Fair, (in Fletcher) in September or the NC State Fair (in Raleigh) in October. NCSU keeps the birds after the Fair. Participants provide their own transportation.

Poultry Judging is a state-level contest for youth ages 9-18 who want to learn about chickens, their meat, and eggs. Coaches are needed to work with these youth. Senior (age 14-18) winners can go on to the National Competition.

Teens (rising 10th - 12th graders) who are serious about poultry are encouraged to apply to the Poultry Science Summer Institute, and intensive one-week program and NCSU.

For more information about Poultry Programs, visit  
<http://www.ces.ncsu.edu/depts/poulsci/4h/index.html>

## **WHEP (Wildlife Habitat Evaluation Program)**

This is a state and national level competition for youth ages 9-18. Participants learn about wildlife management, how to identify wildlife, their food, and learn to work together as a team. Coaches are needed to help train teams. For more information, visit [http://www.ces.ncsu.edu/forestry/educational\\_opportunities/youth\\_4-h\\_programming.php](http://www.ces.ncsu.edu/forestry/educational_opportunities/youth_4-h_programming.php)



## **FORESTRY CONTEST**

This is a state-level forestry contest for youth ages 9-18. Participants learn to identify trees, insects, diseases, and learn other information about forestry. The above link has more information about forestry.

## **PLANTS AND SOILS PROGRAMS**

The Horticulture Contest is a state-level contest for youth ages 9-18. Coaches are needed to help youth learn to identify plants, their parts, and judge plants. This website contains more information: <http://www.ces.ncsu.edu/4hplantsandsoils/4hyouth.html>

## **NC 4-H MILITARY PROGRAMS**

Volunteers are trained to teach about the needs of military families. A mobile Technology Lab is available which volunteers learn how to operate, and then make available to military families. This lab provides equipment to contact their loved ones serving in the military. There is an on-going need for items to add to “Hero Packs” for children and military families, as well letters to people in the military and for Veterans.

Operation Purple provides a free week of 4-H camp to youth whose parents are serving in the military. Operation Yellow Ribbon provides family-oriented gifts and activities for military personnel returning home after deployment.

There is an annual state-level photography contest for youth with these categories: Celebrating Military Careers, Honoring Our Heroes, and Growing up in America. For more information about military programs visit: <http://www.nc4h.org/military/index.html>

## **SHOOTING SPORTS**

Adults (who have been approved as volunteers with Henderson County 4-H) with experience in shooting sports can be certified to coach specific disciplines, including: shotgun, rifle, muzzle loading, archery, and pistol. Coaches are also trained to be 4-H Club Leaders in this weekend-long training at a 4-H Camp. Safety is emphasized at the training. Certified coaches can teach youth ages 9-18 and help them prepare for state and national competitions. For more information, visit: <http://www.millstone4hcamp.org/shootingsports.htm>



## **HORSE PROGRAMS**

The world of 4-H Horse programs is huge. There are opportunities in Horse Judging, Hippology Horse Bowl, Shows, Camp, Crafts, Drawing, Photography, Painting, Posters, Essays, Creative Writing, and Poetry. Judges are needed to prepare teams for district, state, and national competitions. Individuals are responsible for delivery and pick-up of artistic entries in the state horse show. For more information about NC 4-H Horse programs, visit <http://equinehusbandry.ces.ncsu.edu/>



The West District provides a wonderful 3-day horse clinic for 4-H youth and their horses at the WNC Agriculture Center in June or July. There is also a West District 4-H Horse Show for 4-H club members in May.



## **FARM CITY DAY**

On the first Saturday in October from 10am-4pm, Jackson Park is full of activities for the whole family: a tractor pull, petting zoo, clogging, children's games, crafts, and food. Each 4-H club is asked to provide hands-on educational activities for children. Clubs may also choose to do fundraisers. Volunteers are always needed. Contact your 4-H club leader or 4-H staff to find out how you can help.



## **TRACTOR SUPPLY PAPER CLOVER SALES**

Tractor Supply offers a set of dates in the Fall and Spring when they sell paper clovers to benefit 4-H nationally, state-wide and locally. 4-H club members are asked to sign up for time slots to go to the store to sell clovers. 100% of the funds raised by 4-H club members will go to their 4-H clubs.

## **NC 4-H ELECTRIC CONGRESS**

This event is a 3-day reward for youth ages 11-18 who have participated in an electric project. Each county is limited on the number of youth who can go. Selected participants are picked up by buses across the state, and taken to a college campus for 3 days of learning about electricity, special recreation events, and an awards ceremony for winners of Electric Cumulative Records. For more information, visit: <http://www.bae.ncsu.edu/programs/extension/4-h/>

## **TRY-IT TEAMS**

### **(Teens Reaching Youth Through Innovative Teams)**

3-4 young teens plus at least one adult coach are trained to work together to teach younger children. They can choose to teach about the needs of military families or nutrition (state-level programs), or determine their own area of focus.

## **LIVESTOCK PROGRAMS**

There are state and national contests in Livestock Judging, Skillathon, and Dairy Judging. Opportunities are also available to show livestock. For more information, visit: [http://www.cals.ncsu.edu/an\\_sci/extension/animal/4hyouth/ah4h.html](http://www.cals.ncsu.edu/an_sci/extension/animal/4hyouth/ah4h.html)



## CONTESTS FOR 4-H CLUB MEMBERS ONLY

North Carolina 4-H offers many statewide contests for 4-H club members. County contests for those events are listed below.

### **4-H ENTERTAINS (Spring)**

This event is a talent contest open to boys and girls age 5-18. To enter, youth complete entry forms by the announced deadline. Youth prepare and practice appropriate talent acts with suitable content for a 4-H event (respectful lyrics, dance styles, and costumes). Youth must provide their own music, props and costume for the event. A CD player, piano and microphone will be provided. Each act is limited to a maximum of 5 minutes. An act may have one or more participant in the performance; however awards are presented per act, not per member. If an act has children in multiple age divisions, the oldest member of the group determines the age division. Children competing in cookery presentation (Beef Char-Grill, Turkey BBQ, Chicken BBQ, or Pork Cookery) may not compete in 4-H Entertains at the district levels, because the competition occurs at the same time.

A new category of 4-H Entertains is the Cecil and Leonard Comedy Act. Ray Wilkinson was a long time agricultural news anchor and reporter for the Capitol Broadcasting Company in Raleigh, North Carolina. He was responsible for covering farm news and all things agricultural. Wilkinson will probably best be known for his Cecil and Leonard jokes that he would tell on air. The jokes were centered around the lives and happenings of Cecil and Leonard, two fictional country friends who supposedly lived in eastern North Carolina. In this competition, 4-H'ers must perform the same stories as Ray Wilkinson did. 4-H youth can choose any of his materials. Arrangement must be at least 3 minutes long but not more than 5 minutes. Go to the official Cecil and Leonard website to learn more about Ray Wilkinson and hear his stories:

<http://cecilandleonard.com/>

Transcripts of the Best of Cecil and Leonard can be found at:

<http://www.nc4h.org/nc4h-publications/presentations>

### **Awards**

Youth 5-7 will receive participation recognition. Gift will be selected by event coordinator.

Youth 10-18 (age determined as of January 1 of the program year) will compete in two age divisions: junior (8-12) and senior (13-18).

All youth will receive participation ribbons.

The top two overall acts from the 8-18 age categories and one Cecil and Leonard act will be selected to perform at County Activity Day and represent Henderson County in 4-H Entertains at 4-H District Activity Day. Participants may be selected to perform at District Activity Day and/or at 4-H Congress.

## **NC 4-H PHOTOGRAPHY CONTEST (May)**

This is a state photography competition for youth ages 9-18 (age determined as of January 1 of the current program year). Youth may submit a black and white or color photograph in each of the following categories:

- Class 1: "4-H in Action"
- Class 2: "Nature's Beauty"
- Class 3: This Category changes each year (2019 - Sports)



To enter, youth submit their entries online. There are two age divisions: 8-12 and 13-18. Participants to 4-H Congress in July will see the state winners on display on the screens at the McKimmon Center. Winning entries are also displayed on the 4-H Photography Contest web page: <http://www.cals.ncsu.edu/agcomm/4-HPhoto/>

## **SPECIAL OPPORTUNITIES FOR OLDER 4-H CLUB MEMBERS**

### **Portfolios (formerly Cumulative Records) (due early Feb.)**

4-H members who are 13 or older (age determined as of January 1 of the current program year) and who have had two or more years in 4-H project work are eligible to submit portfolios in district and state competition.

A portfolio is similar to a project record, except that it summarizes a member's work in a project area for three consecutive years, rather than just one year. Like a project record, it also summarizes the member's experience in leadership, community service, and citizenship. There are many different categories of cumulative records. Interested youth need to request a copy of the current Award's Handbook.

Youth who submit a portfolio by the announced county deadline and go on to earn a gold rating at the district level will receive \$25 from Henderson County 4-H. Portfolios are judged at the district and state levels with gold, silver and bronze medals awarded at each level. District winners receive a medal and certificate. In MOST categories (check the current Award's Handbook for each category), state medalists win monetary awards.

### **Presentations**

Youth, ages 15 and up by January 1 of current program year, who win gold medals at the state presentation competition in these categories may qualify for competition at the national level: horse, poultry and egg. Check the NC 4-H Awards Handbook and Subject Matter Specialists for specific information.

**NC 4-H Congress (July)** Approximate Cost \$180—extra spending money needed

Youth ages 13 and older (as of January 1 of the current program year) are eligible to attend NC 4-H Congress if they completed a red or blue ribbon presentation in county competition. They can use scholarship money earned from presentations or other 4-H contests to pay all or part of their registration fee.

Congress delegates are transported to Raleigh and chaperoned by Extension Staff members and parent volunteers. Many families choose to travel to Raleigh on their own and stay in hotels for the presentation competition. Congress activities include workshops, a community service project, a dance, and election of state officers.

Participants in NC 4-H Congress choose either the Leadership or Citizenship Track. Workshops are focused on these two themes.

**NC 4-H CITIZENSHIP FOCUS (June)** Approximate cost \$250

Teens apply for this opportunity to learn about state and local government in the Spring. They may have the opportunity to meet with elected officials in Raleigh from Henderson County.

## North Carolina 4-H Ambassador Program

The mission of the North Carolina 4-H Ambassador program is to empower teen 4-H leaders with the knowledge, skills and aspirations necessary to be effective advocates for NC 4-H Youth Development. Teens are taught about leadership so that they may serve as positive role models for younger youth; build meaningful partnerships with other teens, adult volunteers and 4-H professionals; and promote the 4-H mission in North Carolina.

The goal is that every North Carolina teen 4-H member will have the personal initiative, program resources, and leadership opportunities to be a positive role model and a vocal advocate for the 4-H program in our state.

### Basic Premises of the NC 4-H Ambassador Program

- Encourages personal development and service to NC 4-H for teen 4-H members.
- Is based upon an individual teen's performance towards established standards.
- Is self-based and self-paced

Documents the teen's accomplishments through a Personal Leadership Portfolio developed by the Ambassador based upon defined criteria.

### NC 4-H Ambassador Program Guidelines

- To apply to become a NC 4-H Ambassador, a member must be at least 13 years old and have been a 4-H member for 2 years, both as of January 1.
- Ambassador registrations and portfolio submissions must be approved by the county 4-H professional prior to submission to the State Ambassador Program Coordinator.
- Personal Leadership Portfolios compiled by the Ambassador candidate document individual achievements, and must follow specified statewide guidelines.
- A 4-H member can achieve only one Ambassador level per portfolio submission. Participants must complete and have verified one level before advancing to the next.
- It is recommended that a 4-H member take no longer than 2 calendar years to complete a single Ambassador level. Requirements for each level must include only those activities and courses completed after January 1 of the year the member entered that level.
- Portfolios may be submitted for verification twice yearly, in April and October.
- Ambassador Leadership Team members, including a trained county 4-H professional, an adult volunteer and/or current Ambassador will review Portfolios, verify requirements and award levels of achievement.
- All Ambassadors successfully completing any Ambassador level(s) will be recognized at the NC 4-H Congress or NC 4-H State Council Conference.
- For more information visit [www.nc4h.org/youth/ambassadors/index.html](http://www.nc4h.org/youth/ambassadors/index.html)



## **ARIE (Application, Résumé Interview and Essay Program)**

ARIE is a state level competition, as well as a wonderful way to practice and prepare for college and job interviews, applications, resumes, and essays.

Active 4-H'ers who are 11 and older (age determined as of January 1 of the current program year) are invited to participate in the ARIE program. For ages, 11-13, the process is just practice. Youth in this age group submit a simple application and take part in the interview. Youth ages 14 and up take part in the competition.

This program prepares youth for real-world experiences in completing applications and submitting résumés for jobs, intern positions or college, and participating in scholarship, college and job interviews. The program is used to select the delegates to attend national level 4-H program including:

- National 4-H Congress
- National 4-H Conference
- International 4-H Congress

To participate, youth submit an application, résumé and introductory electronic video to the State 4-H Office early in May. Selected youth are then invited to participate in electronic video interviews. The overall score is determined as follows: video interview (50%), résumé (30%), and introductory video (20%). Youth who earn the top scores overall are selected to represent North Carolina 4-H at the events mentioned above. Youth can only attend each national event once in their 4-H career.

## **4-H Scholarships**

The North Carolina 4-H Foundation awards thousands of dollars in college scholarships each year to active 4-H members. There are over 40 scholarships available. To apply for these scholarships, youth submit their application to the State 4-H Office in January. Members can get an application from the County 4-H Agent.

## **North Carolina 4-H Honor Club**

Being inducted into the North Carolina 4-H Honor Club is the pinnacle of a 4-H member's career. It is a special honor bestowed upon those 4-H'ers who have exhibited outstanding 4-H citizenship and leadership throughout their 4-H career. An Honor Club member continues to provide leadership and service to the total 4-H program throughout life.



4-H'ers can submit an application for 4-H Honor Club when they are 16 (age determined as of January 1 of the current program year) and have at least three years of 4-H membership. The total number of applicants inducted into the NC 4-H Honor Club is limited to 0.5% of the current enrollment of North Carolina 4-H members.

New 4-H Honor Club members are inducted during a special candlelight tapping ceremony held during North Carolina 4-H Congress. 26



## **Western District Teen Retreat (Spring)** Approximate cost: \$80

Western District 4-H members (who are 13 and older as of January 1)

This is a leadership retreat planned by West District 4-H Officers. During this weekend event, youth attend workshops, elect district officers, and enjoy social and recreational activities.

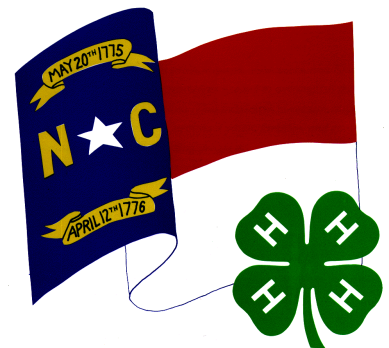
## **District & State Elected Leadership Opportunities**

In addition to club and county elected officer roles, members who have been an active 4-H members for at least two years can also hold district and state offices.

**DISTRICT:** Youth must be at least 14 as of January 1 to run for a district office. To run, a member must request the nomination of his county 4-H Council. If he receives his county's nomination, he will fill out a nomination form and submit it by the announced deadline. The member will prepare a campaign that meets the announced campaign guidelines. District officer elections are held during District Teen Retreat.

**STATE:** Youth must be at least 16 as of January 1 to run for a state office. To run, a member must request the nomination of his county 4-H Council. If he receives his county's nomination, he will fill out a nomination form and submit it by the announced deadline. The member will prepare a campaign that meets the announced campaign guidelines. State officer elections are held during North Carolina 4-H Congress.

New district and state officers are inducted during North Carolina 4-H Congress. A 4-H member may only hold a district office and a state office once in their 4-H career.



## **NC Association of County Commissioners Youth Summit (August)**

The NC Association of County Commissioners provides the Youth Summit annually for one teen representative from each county. This is an overnight trip to the County Commissioners' Annual Conference. Teens from the West District will travel as a group to the Youth Summit with two 4-H staff chaperones. It is a wonderful opportunity to learn about local government and meet with local officials. Applications are due in the spring.