



## Volunteer with NC Cooperative Extension!

NC Cooperative Extension is an outreach from the land grant universities to the county. We are a partnership with state and county government. We are dependent on volunteers to help us provide education and outreach throughout the county.

- Extension Master Gardener Volunteers
- Extension Master Pomologists
- Extension Community Association
- Extension Master Food Volunteers



4-H focuses on teaching life skills to young people through 4-H clubs and classes.

4-H Volunteers are needed:

- Advisory Committee: Meets 4 x per year, oversees and supports 4-H program. Committees include marketing, shooting sports, finance, special interest, volunteers, nominating and camp.
- Leaders: Work with a group of young people, parents and volunteers to run a 4-H club.
- Project Leaders: Teach about specific topics at 4-H meetings, using hands-on learning.
- Teachers: Teach specific programs for a set amount of time. We always need sewing teachers.
- Sewing Teachers: Help with instruction of sewing students.
- Embryology: Help set up and organize incubators other supplies, or learn to hatch eggs at home and deliver eggs to the classrooms, making short presentations to the children, or work on incubators or clamp lights.
- Marketing: Write articles, man 4-H tables at festivals, or speak about 4-H.
- Presentation Coaching: Help a young person develop a 4-H presentation.
- Presentation Judging: Use a specific rubric to judge a 4-H presentation, and offer constructive feedback.
- Help teach young people how to grow gardens in the 4-H Mini-Garden program.
- Help with a 4-H cooking program.

Young people are also very interested in volunteering!

- 4-H clubs, for ages 5 - 18, meet monthly for educational opportunities, including community service projects.
- Young people, ages 11 - 15, can volunteer to work with the goats at the Carl Sandburg Home, in the FRESH program, Flat Rocks' Exceptional Sandburg Helpers. Volunteers choose one 3-hour time slot per week, 9 - 12 or 2-5. Contact Janene Donovan at the Carl Sandburg Home for more information: (828)693-4178.

NC State University and N.C. A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, national origin, religion, political beliefs, family and marital status, sex, age, veteran status, sexual identity, genetic information or disability. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.