

# Guilford County 4-H Opportunities

**4-H Achievement Plan** allows 4-H members to set goals, make plans to achieve those goals, and evaluate efforts and accomplishments that they have achieved through 4-H. Throughout this plan, service to others, as well as creativity, responsibility, and leadership are important. This plan encompasses four achievement levels: green, bronze, silver, and gold.



**County Activity Day** is the county presentation competition that is held to determine who advances to District Activity Day in presentations and public speaking. A talent showcase is also held to determine our county participants for 4-H Entertains.

**County Council** is comprised of officers from all 4-H Clubs in the county. County Council members help plan county events and keep their respective clubs informed of county events. County Council usually meets the first Tuesday of the month at the same time as the Parent/Volunteer Meeting.



**Healthy Food Show** This county level event provides youth the opportunity to learn about nutrition and exhibiting food. Youth come to the contest with a food dish already prepared and the appropriate table setting for their exhibit. Judges sample the dish and ask questions about nutrition, food preparation and safety.

**Fashion Revue Judging and Show** is held annually in March for youth who have sewn a garment. County Fashion Revue senior total outfit winner receives a sewing machine. The participant must model the garment. The top 2 over all Junior and Senior winners will advance to district competition held at District Activity Day.



**4-H Summer Intern Program** is a leadership opportunity for high school and college students. Applicants must submit an intern application, resume, and letter of reference. Interviews will then be conducted and if selected, the intern must attend training and will assist with 4-H Summer Programs.

**For more information on 4-H Opportunities, call 336-641-2401**



# North Carolina 4-H Opportunities



Many of the applications and forms referred to below can be found online at: <http://www.nc4h.org> Click on "Youth," then "Awards and Incentives Program"

**4-H Ambassadors** <http://www.nc4h.org/youth/ambassadors/index.html> Applicants must be at least 13 years old and a 4-H member for two years as of January 1. 4-H'ers may earn Bronze, Silver, Gold and Emerald Ambassador levels by completing workshops and a portfolio for each level. This program strengthens and expands upon 4-H Ambassadors' current leadership abilities and allows them to serve as positive role models for younger youth.



**NC 4-H Portfolio** This is an accumulation of up to three years of 4-H project work in a major project area. Records are submitted in age categories of 13-15 and 16-18. These books are due in the county 4-H office in early February. State winners receive cash awards.

**4-H Entertains** is a talent showcase that occurs in conjunction with District Activity Day (DAD). Each county may register two acts to perform at DAD. Acts will then be selected to perform at the state talent show at 4-H Congress in June. County acts perform at County Activity Day and will be selected to perform at District Activity Day.

**4-H Group Awards** The 2 group awards that clubs and other 4-H groups can apply for each year are The NC 4-H Community Service award (based on ONE community service project completed by a 4-H group) and The 4-H Electric Group Award. Applications must be received by the State 4-H Office by March 1. <http://www.nc4h.org/publications/forms/2003commservrecord.pdf>  
<http://www.nc4h.org/publications/forms/electric-group99.pdf>

**4-H Presentations and Public Speaking** This competition allows you the opportunity to present information by demonstration or illustrated talk for competition. The time limit is generally between 5 and 12 minutes, with specific time regulations in specific categories. 4-H'ers are selected to compete at district competition through county competitions.



**4-H Project Records** <http://guilford.ces.ncsu.edu/content/4HForms> Project records highlight what 4-H'ers have learned and done in a specific project area for a period of 12 months. The books are judged in age categories of: 9-10, 11-12, 13-15 and 16-18, Cloverbuds (ages 5-8 years old as of January 1) may also turn in a project record book, but these books are not judged. Project Record books are due in the County 4-H office at the Volunteer Leader Association (VLA) meeting in January. The 2 top county winners in each curriculum area are submitted to Raleigh for district competition.

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**Application, Interview, Resume and Essay (AIRE).** Due in State 4-H Office May 15. Applications must be at least 14 years old as of January 1. This program is used to select the delegations to attend National 4-H Congress, National 4-H Conference and the International Leadership Conference. Participants must complete a two-page application and submit a resume of no more than two pages and an Essay on How 4-H Has Impacted Their Life. The resume should highlight the 4-H'ers achievements, project work and leadership throughout their career. The County 4-H Agent must sign off on the application before it is submitted. Interviews are held in conjunction with NC 4-H Congress. Winners are announced during 4-H Congress.



**Camps** <http://www.nc4h.org/centers/> The NC 4-H Camping Program offers programming for 4-H'ers of all ages. Counties generally take a delegation of 4-H'ers (ages 8-12) to one of the 4-H camping centers for 4-H Junior Camp each summer. County camp locations and dates change each year. A few of the general 4-H camps utilize Leaders in Training. These are 4-H'ers not quite old enough to be a full time camp counselor - but at least 16 years old. LIT's work during the week to gain counselor experience. Other 4-H Specialty Camps include: Fur, Fish and Game, Shooting Sports, Marine Science, Cloverbud, etc.

**Citizenship NC Focus** Hands-on workshops, panel discussions, distinguished speakers and open discussion will help youth discover how government impacts your everyday life, and how you can impact government in return. 4-H'ers will learn about state government, learn about working with public officials, hear from prominent NC officials and visit legislators. This event is held in Raleigh the 2<sup>nd</sup> week of June.



**College Scholarships** High school seniors may apply for 4-H scholarships. The application must be postmarked by January 15. One application form is completed if applying for one or more scholarships. Several of these scholarships are restricted to youth that meet certain criteria. The County 4-H office receives information on these scholarships in early December. Scholarship awards range in amounts from \$500 to \$2000.

**Dairy Events** [http://www.cals.ncsu.edu/an\\_sci/extension/dairy/4-H/4hdairy.htm](http://www.cals.ncsu.edu/an_sci/extension/dairy/4-H/4hdairy.htm) Events focused on dairy education include: dairy judging, dairy quiz bowl, dairy skill-a-thon, dairy poster contest, numerous dairy shows and national 4-H dairy conference.



**Entomology Events** <http://ipm.ncsu.edu/4-H/> Events focused on Entomology education include: presentations, essays, insect collections.



**District Activity Day** 4-H'ers advancing from the county level presentation, public speaking and clothing construction (fashion revue) contests are able to compete on the district level at District Activity Day. The top winners in presentations and public speaking can compete at the state level contest during 4-H Congress. State winners in sponsored categories receive cash awards. In specific categories, the state-winning seniors may go on to compete at the national level.

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**Horse Events** [http://www.cals.ncsu.edu/an\\_sci/extension/horse/Webpages/NCSU\\_EHH\\_Home.html](http://www.cals.ncsu.edu/an_sci/extension/horse/Webpages/NCSU_EHH_Home.html)

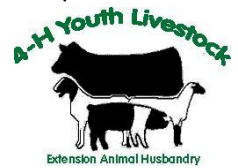
Events focused on horse education include: Equine Expressive Arts Contests, Horse Bowl, Hippology, Retreats, Horse Judging, Horse Shows and Horse Camp.



**Poultry Events** <http://www.ces.ncsu.edu/depts/poulsci/4h/index.html> Events focused on poultry education include: poultry judging, NC State Fair Turkey Show, poster competition and a Poultry Science Summer Institute.

**Electric Congress** <http://www.bae.ncsu.edu/programs/extension/4-h/> NC 4-H Electric Congress, an educational event, recognizes excellence in the Electric Program throughout the state. 4-H Electric Congress rotates from each region of the state. 4-H members participate in workshops, meet their Power Company Representatives, and interact with other electric winners. 4-H'ers must be at least 11 years old to attend. Counties may send two project winners, two cumulative record participants, one program recruiter and possibly an at-large program recruiter (10 in the state). 4-H Electric Congress is usually held in July.

**Horticulture Contest** <http://www.ces.ncsu.edu/depts/hort/hil/4h-index.html> The Horticulture Contest may take place at NC 4-H Congress or earlier in the year. It consists of three parts, a knowledge exam, testing what you know about horticulture, an identification test of flowering annuals, vegetables, woody shrubs and trees and indoor foliage plants, and a judging section that works your skills in determining plant quality.



**Livestock Events** [http://www.cals.ncsu.edu/an\\_sci/extension/animal/4hyouth/ah4h.html](http://www.cals.ncsu.edu/an_sci/extension/animal/4hyouth/ah4h.html) Events

focused on livestock education include: beef poster contest, livestock judging, livestock skill-a-thon, livestock quiz bowl, livestock shows and showmanship circuits, beef ambassador contest, and the Perry & Doris Teeter 4-H Beef Leadership Institute.



**Make It With Wool Competition** is open to all ages and all levels of sewing. Entries may be sewn, knitted, crocheted, woven or felted and must contain wool or wool blend (minimum 60% wool, mohair, cashmere, alpaca, camel, llama and/or vicuna). Contestants must select, construct and model the garment themselves.

**NC 4-H Congress** is held in July, and is the culminating 4-H event for the year. The event is geared for teen 4-H'ers ages 13-18. Congress is held on the campus of NC State University. Activities of the week include: State Talent Showcase, State Presentation Finals, Honor Club Tapping, State-level Hands-to-Service Project, State 4-H Council Officer Elections, Banquets, Dances and more. State 4-H presentation contest happens on Saturday morning and Congress begins Saturday afternoon and ends on Tuesday.

**NC 4-H Honor Club** <http://www.nc4h.org/alumni/honorclub/index.html> 4-H'er must be at least 16 years old as of January 1 to apply. Membership is based on a point system involving community service, 4-H activities, leadership and citizenship. Applications due in the State 4-H Office by January 15.



**State 4-H Project Awards** are generally due in May to the State 4-H office and are presented during NC 4-H Congress.

**State Photo Contest** <http://www.cals.ncsu.edu/agcomm/4-HPhoto/> The purpose of the state photo contest is to provide a showcase of 4-H members' photographic accomplishments. The exhibit is unveiled at 4-H Congress and winning photos are displayed at events throughout the year. NC 4-H also has an OMK Visual Arts Contest. Youth will utilize their skills and their artistry to capture their view of America and patriotism.



**State Council Conference** is usually held in November as the kick-off event introducing the new state theme to 4-H members. Workshops and activities are taught by district and state officers and focus on the state theme.

**State Officers** A 4-H member is eligible to run for State 4-H Office if he or she is at least 16 years of age as of January 1 of the year of nomination, and if he or she has been an active 4-H member for at least three years prior to seeking office

**District Officers** Candidates for district office must be at least 14 years old and have been an active 4-H member for at least two years. A person may only serve as a district officer once.

**Teen Retreat** The NC State 4-H Program is divided into five districts: West, North Central, South Central, Northeast and Southeast. District officers from each district help plan this district-wide 4-H event held in the spring. This leadership building retreat offers training and workshops centering on the state 4-H project for 4-H'ers ages 13 to 18. District teen council officers are elected either at Teen Retreat or District Activity Day, depending on the district.

**Winterfest** District officers from each district help to plan this district-wide 4-H event for 4-H'ers ages 13 to 18. Winterfest is typically held in January.

**Try-It** **TRY (Teens Reaching Youth)** <http://www.ces.ncsu.edu/depts/fourh/old/try-it/index.htm> provides an opportunity for 4-H teens to become teachers/facilitators by completing required training at a basic TRY retreat. Teams of three to four 4-H teens and one adult volunteer receive specific training to become certified members. TRY teams utilize their skills to teach specific curricula to younger youth in their counties.

### **Wildlife Habitat Evaluation Program**

[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) **WHEP** is a 4-H youth natural resource program dedicated to teaching wildlife and fisheries habitat management to junior and senior level youth.



**Youth Volunteer Awards** District and State 4-H Youth Volunteer Awards are presented at State 4-H Council Conference to individuals who have demonstrated outstanding leadership and volunteer service.

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# 4-H Volunteer Opportunities



**4-H Volunteer Leader Application** <http://guilford.ces.ncsu.edu/content/4HForms> Anyone interested in volunteering for 4-H in NC must complete a 4-H Volunteer Leader Application.

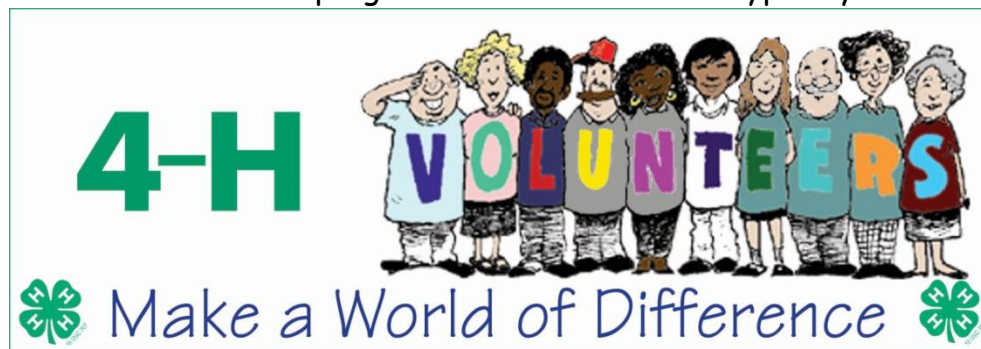
**Leaders Association** There is a county, district and state leaders association that a volunteer can participate in. This association provides opportunities for county, district and state level trainings and the association offers scholarships for 4-H youth. There is also the potential for leadership development by serving as a county, district or state officer.



**NC 4-H Master Volunteer Achievement in Continuing Education (ACE)** is designed to assist volunteers in the development of specialized skills as 4-H volunteers by participating in quality training experiences, processing learning experiences, conducting service activities/projects, and developing a Master Volunteer ACE portfolio.

**Southern Region Leader Forum** The primary purpose of the SRLF is to educate and prepare volunteers to share the information acquired at the forum with their own 4-H programs and activities. Participants benefit from the experiential learning activities that require them to discuss, use, and apply what they learn. The ultimate application is for individuals and teams to teach others. This event is held annually in October at Rock Eagle 4-H Center in Eatonton, Georgia.

**Volunteer Leader Recognition** The NC 4-H Volunteer Leaders' Association (VLA) annually sponsors a statewide volunteer recognition program to formally acknowledge the excellent work of these individuals who give their time, talents and resources in support of the youth participating in North Carolina 4-H programs. Nominations are typically due in December.



For More Information, contact us at the Guilford County Cooperative Extension Office,  
336-641-2401

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