



# North Carolina 4-H Opportunities



## **4-H Portfolios:**

This is an accumulation 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. Contact: Shannon McCollum, [shannon\\_mccollum@ncsu.edu](mailto:shannon_mccollum@ncsu.edu)

Please see the 4-H Awards Handbook for Record Books, Presentations, and Portfolio topics and rules.

*\*\*Record Books and Portfolios are due into the Randolph County office in January of each calendar year\*\**

## **4-H Project Records:**

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. Contact: Shannon McCollum,

[shannon\\_mccollum@ncsu.edu](mailto:shannon_mccollum@ncsu.edu)

Please see the 4-H Awards Handbook for Record Books, Presentations, and Portfolio topics and rules.

*\*\*Record Books and Portfolios are due into the Randolph County office in January of each calendar year\*\**

## **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.

Contact: Shannon McCollum, [shannon\\_mccollum@ncsu.edu](mailto:shannon_mccollum@ncsu.edu)



## **State 4-H Council Conference:**

Delegates have the chance to participate in interactive workshops, improve their leadership skills and learn with others from across the state This event 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 as well as outside presenters and focus on the state theme.

Contact: Sarah Kotzian, [sarah\\_kotzian@ncsu.edu](mailto:sarah_kotzian@ncsu.edu). (Ages 13+ or discuss with 4-H staff)

## **4-H State Council Officer:**

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.

They Cooperate with the state 4-H Youth Development Department in planning the State 4-H Council Conference and the North Carolina 4-H Congress. The Council will enforce the constitution and the bylaws. The Council will also advise the State 4-H Youth Development Department staff concerning a general evaluation of the 4-H program.

Contact: Sarah Kotzian, [sarah\\_kotzian@ncsu.edu](mailto:sarah_kotzian@ncsu.edu)

<http://www.nc4h.org/youth/statecouncil/>

## **4-H Congress:**

Normally held in July, NC 4-H Congress is a four day culminating event event for the 4-H year. The event is geared for teen 4-H'ers ages 13-18; however, junior 4-H'ers may attend part-time if they were named district presentation winners.

Congress is held on the campus of NC State University. Activities of the week include: state presentation finals, Honor Club tapping, state-level hands-to-service project, State 4-H Council officer elections, banquets, dances, engaging workshops, and more. Presentation contest happens on Saturday morning and Congress begins Saturday afternoon.

<http://www.nc4h.org/youth/congress/> Contact: Sarah Kotzian, [sarah\\_kotzian@ncsu.edu](mailto:sarah_kotzian@ncsu.edu)

### **Citizenship 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. Contact: Sarah Kotzian, [sarah\\_kotzian@ncsu.edu](mailto:sarah_kotzian@ncsu.edu) (Three days, two night open to Ages 13+ or discuss with 4-H staff)



### **4-H District Officer:**

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. <http://www.nc4h.org/youth/statecouncil/>  
Contact: Sarah Kotzian, [sarah\\_kotzian@ncsu.edu](mailto:sarah_kotzian@ncsu.edu)

### **Winterfest:**

A district day event with 4-H workshops and a unique team building experience. Location depends on agents advisors. Typically takes place in January (weather permitting). Open to ages 13+. Intent to run for District Officer occurs.

### **Teen Retreat:**

We are in the North Central District. Typically, an overnight event at a 4-H camp and includes workshops, community service project, dance/social. Voting for your 4-H District Officer takes place. Typically takes place March. (ages 13+)

### **District Activity Day:**

County presentation winners compete against 4-H youth in their categories at the District level. Locations vary year to year within the district. District winners advance to State competition. There are awards and prize monies available at the District and State level. Typically held on a Friday in June. (Ages 5+)

### **4-H Electric Congress:**

Annual awards and educational event that recognizes youth that have excelled in the Electric Program. Travels from region to region of the state. Participate in educational workshops. Meet Power Company representatives. Fun Activities. Always either UNC Wilmington, UNC Charlotte, or Western Carolina. One recreational event is included. (Open to ages 11+) Contact: Grant Ellington, [grant\\_ellington@ncsu.edu](mailto:grant_ellington@ncsu.edu)

### **4-H Summer Camp:**

Randolph County youth typically attend Betsy Jeff Penn 4-H Camp as it is in our district and attend Sunday – Friday, weeks vary year to year. A deposit is required in October of the previous year to hold the youth's spot. Both residential and day 4-H camping programs have a rich history of providing educational programming to thousands of youth annually through hands-on, experiential learning. Through participation in the 4-H camping program youth: Understand that learning can be fun. Improve communication skills. Acknowledge their abilities and limitations and develop skills and options for growth. Learn about various sciences and develop scientific skills. Gain an understanding and appreciation of different cultures and the value of diversity in a global society. Learn about the natural environment and improve stewardship skills. Improve their physical skills and fitness. Learn a process for solving problems and working cooperatively in groups. Learn skills to set goals and make decisions individually. Learn to identify and manage resources. Experience a variety of life-long recreational activities. Learn and practice ethical behavior. Explore spiritual values.

### **NC 4-H Horsemanship Camp:**

The North Carolina 4-H Horsemanship Camp is held in June of each year. Improve your horsemanship skills while having fun with other 4-H'ers. A highly qualified camp staff will introduce the beginning rider to the basics of horsemanship while advanced riders can learn new and better horsemanship skills and showing techniques. (<https://nc4h.ces.ncsu.edu/equinehusbandry-4-h-horsemanship-camp/>)

### **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. Contact: Mitzi Downing, [mitzi\\_downing@ncsu.edu](mailto:mitzi_downing@ncsu.edu)

*\*\*Youth participants selecting Option 1: Are required to submit their AIRE portfolio to their local 4-H agent prior to the state submission deadline. Please contact your local 4-H agent for your county submission deadline\*\**

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

Membership in the North Carolina 4-H Honor Club is 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.

### **College Scholarships:**

High school seniors may apply for 4-H scholarships. The application must be postmarked by February 1. 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. Contact: Shannon McCollum, [shannon\\_mccollum@ncsu.edu](mailto:shannon_mccollum@ncsu.edu)

### **4-H Achievement Plan:**

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. Cloverbud 5-6 Achievement Award

Cloverbud 7-8 Achievement Award

Green Clover Achievement Award

Bronze Achievement Award

Silver Achievement Award

Gold Achievement Award

Achievement Medal

*\*\*Please visit link one for more information or talk to a county 4-H staff member\*\**

### **Randolph County 4-H Agriventures:**

Summer day camps designed with the heart of Cooperative Extension's direction and the desire to emulate the 4-H motto of making the best better! Agriventures classes are held Tuesdays, Wednesdays, and Thursdays beginning mid-June and ending in mid-August. There are adventures for ages 5-7 and for ages 8+. Classes are announced in April of the calendar year with registration taking place in May via the Extension website and 4-H and Extension Facebook pages. It's a great opportunity to volunteer for your club members!

### **Dairy Events:**

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.

Contact: [shward@ncsu.edu](mailto:shward@ncsu.edu) [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)



### **Horse Events:**

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

Contact: Alaina Cross, [alaina\\_cross@ncsu.edu](mailto:alaina_cross@ncsu.edu) (

[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)



### **Poultry Events:**

Events focused on poultry education include: poultry judging, NC State Fair Turkey Show, poster competition and a Poultry Science Summer Institute.

Contact: Becca Wysocky and Dannica Wall, [rlbarne2@ncsu.edu](mailto:rlbarne2@ncsu.edu), [dcwall2@ncsu.edu](mailto:dcwall2@ncsu.edu)

<http://www.ces.ncsu.edu/depts/poulsci/4h/index.html>

### **Horticulture Contest:**

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.

Contact: Liz Driscoll, [liz\\_driscoll@ncsu.edu](mailto:liz_driscoll@ncsu.edu)

<http://www.ces.ncsu.edu/depts/hort/hil/4h-index.html>



### **Livestock Events:**

Events focused on livestock education include: 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. Randolph County is the first show on the circuit and is held the first weekend in August.

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

Contact: Brent Jennings, [brent\\_jennings@ncsu.edu](mailto:brent_jennings@ncsu.edu)

### **Shooting Sports Program:**

The 4-H Shooting Sports program strives to develop life skills through participation, learning, and competition in the shooting sports including rifle, shotgun, archery, muzzle loading, pistol, and hunting. The program is based in county clubs that can participate in competition and other learning activities on local, regional, state and national levels. Contact: Charles Young, [Charles\\_Young@ncsu.edu](mailto:Charles_Young@ncsu.edu)

### **State 4-H Project Award:**

This award changes each year with the state 4-H project theme. These awards are generally due in July to the State 4-H office and are presented during NC 4-H Congress. <http://www.nc4h.org/youth/statecouncil/>

Contact: Sarah Kotzian, [sarah\\_kotzian@ncsu.edu](mailto:sarah_kotzian@ncsu.edu)

### **State Photo Contest:**

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. Youth will utilize their skills and their artistry to capture their view of America and patriotism.

<http://www.cals.ncsu.edu/agcomm/4-HPhoto/>

Contact: Becky Kirkland, [rebecca\\_kirkland@ncsu.edu](mailto:rebecca_kirkland@ncsu.edu)



### **County Council:**

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.

Contact: Local 4-H Agent

### **State Fair 4-H Opportunities:**

The North Carolina State Fair provides 4-H'ers with a wonderful opportunity to market 4-H and their county by participating in the 4-H Crafts, 4-H Photography, 4-H Hay Bale Decorating, 4-H Entomology and each Extension District with opportunities to exhibit their 4-H skills and talents. There are premium offered to the winners in each area. 4-H'ers must pre-register through the fair.

Contact: Shannon McCollum, [shannon\\_mccollum@ncsu.edu](mailto:shannon_mccollum@ncsu.edu)

### **NC 4-H Volunteer Leaders' Association:**

There are county, district and state leaders association that 4-H volunteers 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.

<http://www.nc4h.org/volunteers/>

Contact: Sarah Kotzian, [sarah\\_kotzian@ncsu.edu](mailto:sarah_kotzian@ncsu.edu)

### **NC 4-H Volunteer Leaders' Conference:**

Normally held in February, this conference provides an opportunity for volunteer leaders to come together, participate in workshops and training, elect new State Association Officers, and recognize the accomplishments of our 4-H Volunteers. <http://www.nc4h.org/volunteers/>

Contact: Sarah Kotzian, [sarah\\_kotzian@ncsu.edu](mailto:sarah_kotzian@ncsu.edu)

### **Volunteer Conference of Southern States:**

The primary purpose of the VCSS 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.

Contact: Harriett Edwards, [harriett\\_edwards@ncsu.edu](mailto:harriett_edwards@ncsu.edu)

### **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.

<http://www.nc4h.org/volunteers/>

Contact: Sarah Kotzian, [sarah\\_kotzian@ncsu.edu](mailto:sarah_kotzian@ncsu.edu)



Many of the applications and forms referred to in this section can be found online at:

<http://www.nc4h.org> Click on "Youth," then "Awards and Incentives Program"