



NORTH CAROLINA 4-H OPPORTUNITIES

JOHNSTON COUNTY:

- **4-H Clubs** are a great way to support long-term youth development and build community amongst our youth while instilling essential life skills such as leadership, commitment, and nurturing relationships. Whether they are working together on projects in Science & Technology or focusing their club efforts on environmental awareness, 4-H Club youth learn the importance of becoming engaged in the community, country, and world. 4-H Clubs must consist of at least 5 youth from 3 different families. Youth ages 5-18 may be club members, but clubs may have specific age ranges.
- **4-H Project Record Books** highlight what 4-H'ers have learned and done in a specific project area for a period of 12 months. The books are judged by subject and age categories (8-10, 11-12, 13-15 and 16-18), Cloverbuds (ages 5-7) may also turn in a project record book, but these books are not judged competitively. Project Record books are due in the County 4-H office for judging by the county deadline. The top two county winners in each curriculum area advance to Raleigh for district competition. Age for Project Record competition is based on 4-H'ers age as of Jan 1 of the year the project work is completed. Books must be received in the State 4-H Office by March 1.
- **4-H Portfolios** are a 3-year accumulation of 4-H project work in a major project area in age categories of 13-15 and 16-18 (age as of Jan. 1 for the last year of work that you are including in this portfolio). Portfolios are due in the State 4-H Office by March 1, so counties will have a deadline prior to this. State winners receive cash awards depending on the availability of funds.
- **County Activity Day** is the county presentation and public speaking competition that is held to determine who advances to District Activity Day in presentations. Only two youth or teams may advance in each age category and project area. A talent showcase is also held to determine the county participants for 4-H Entertains (2 per county participate at district level).
 - **4-H Presentations and Public Speaking** allow youth the opportunity to present information by demonstration or illustrated talk for competition. Presentations are judged by subject and age categories (8-10, 11-13, 14-18), Cloverbuds (ages 5-7) may also do presentations, but cannot compete. The time limit is generally between 5 and 12 minutes, with specific time regulations in specific categories.

The competition typically begins at the county level and each county may send two presentations in each age category for every subject to the district competition. The Gold winner in all three age categories and the silver winner in the 11-18-year-old categories advance to the state competition. The winners of some categories advance to the national level.

- **4-H Entertains** is a talent showcase that typically occurs first at the county level, where two acts are selected to perform in conjunction with District Activity Day (DAD). Acts will then be selected to perform at the state talent show at 4-H Congress in July. This is for youth ages 8-18.
- **4-H Camp** offers excellent overnight and day camp opportunities for youth 8-14 at three NC 4-H Centers (Betsy-Jeff Penn, The Eastern Center, and Millstone). Counties may elect to take a group of youth (ages 8-14) to a week of “traditional 4-H camp”, but youth may also register through open enrollment if they desire to attend another week. (space is limited) The number of 4-H camp sessions and dates are announced the year before so that 4-H Staff can arrange “multiple county camping groups” if desired. 4-H “Specialty Camps” are also offered and built around a theme (Cloverbud, Marine Science & Sailing, Fur, Fish & Game Rendezvous, Horsemanship Camp, etc.). Opportunities are available for older youth (ages 15-17) to serve as a LIT (Leader in Training). 4-H Camp Staff opportunities are those individuals age 18+).
- **Johnston County Livestock Show & Sale / Livestock Judging** - All youth ages 5-18 can participate in this program. Contact dan_wells@ncsu.edu for more information.
- **Horse Events** focus on horse education and include Equine Expressive Arts Contests, Horse Bowl, Hippology, Retreats, Horse Judging, Horse Shows, and Horsemanship Camp.
- **Points of Success** -Awarded annually at 4-H Achievement Night
<https://go.ncsu.edu/pointsofsuccess>
- **Fall Showcase** - Youth ages 5-18 are encouraged to use their creativity to create items for our Johnston County 4-H Fall Showcase. Items are then displayed and judged at the NC State Fair every fall.

DISTRICT:

- **4-H Project Record Books** - *See above*
- **4-H District Activity Day** 4-H’ers advancing from the county level to presentation, public speaking, and clothing construction (if applicable, will be coordinated by a district contact) 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.
- **East Qualifying Horse Show** - For all youth ages 8-18 who participate in the SE and NE District. This qualifying show determines which youth advance to the NC 4-H State Horse Show, typically in July of each year.

- **District 4-H 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. Officer positions include: President, Vice-President, Secretary/Treasurer, Reporter
- **4-H Teen Retreats / Winter Fling** - 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 their district-wide 4-H event held in the spring. Teen Retreat offers training and workshops centering on leadership, citizenship, and service learning for 4-H youth ages 13 to 18. The SED teen council officers are elected every year at Teen Retreat

STATE:

- **4-H Presentations / 4-H Entertains (Winners perform at NC 4-H Congress)**
- **4-H Project Record Books & Portfolios**
- **College Scholarships** High school seniors may apply for NC 4-H scholarships. The electronic application is due to the State 4-H Office by February 1 and must be signed by your 4-H Staff so check with them for their deadline. The application will allow youth to apply for one or more scholarships. PLEASE note that several scholarships are restricted, and youth MUST meet certain criteria to apply so read the scholarship guide closely. Scholarship awards range in amounts from \$500 to \$2,000.
- **Application, Interview, Resume and Essay (AIRE)** is due to the State 4-H Office May 15. Applicants 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 the theme assigned for that year. The resume should highlight the 4-H'ers achievements, project work, and leadership throughout their career. The County 4-H Staff must sign off on the application before it is submitted prior to the deadline. Interviews are held virtually.
- **4-H Electric Congress** is an educational event usually held in July that recognizes excellence in the NC 4-H Electric Program and rotates to different regions of the state annually. 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 up to seven 4-H'ers [2 county delegates (the top two electric project record books), 2 portfolio delegates, and a recruiter. Counties may possibly send 2 more delegates. One at-large portfolio delegate (10 in the state) and one at-large program recruiter (10 in the state). Registration is due in April.
- NC 4-H Congress
- **NC 4-H Honor Club** 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 are due in the State 4-H Office by February 1
- **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 utilizing volunteers that have trained through the NC 4-H Shooting Sports Program in April or October. Club members can participate in competition and other learning activities on local, regional, state and national levels.

- **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 during National 4-H Week and winning photos are displayed on the photography contest website. Youth will utilize their skills and their artistry to capture their view of the three subject categories. 4-H in Action and Nature's Beauty are two of the annual categories. The third category changes annually.
- **State 4-H Council 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. State officer candidates must have served as a district officer.
- **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 4-H Crafts, 4-H Photography, 4-H Entomology and more. Each county may enter one decorated hay bale, and each Extension District enters one 4-H fair booth (on a rotation schedule). There are premiums offered to the winners in each area. 4-H'ers must pre-register through the fair's website under the competitive entries tab.
- **Citizenship NC Focus** Spend three days at our state capital participating in hands-on workshops, panel discussions, distinguished speakers and open discussion to 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.

VOLUNTEER OPPORTUNITIES:

- **NC 4-H Volunteer Leaders' Association (VLA)** 4-H volunteers can participate in county, district and state leaders' associations. VLA provides opportunities for trainings and development. The association also offers scholarships to 4-H youth. There is the potential for leadership development by serving as a county, district, or state officer.
- **NC 4-H Volunteer Leaders' Conference** is normally held in February and provides an opportunity for volunteer leaders to come together, participate in workshops and training, elect new State Association Officers, and recognize the accomplishments of 4-H Volunteers.
- **SED Fall Day** - Fall day is an annual district volunteer meeting where adult volunteers can get training, network, conduct business on behalf of the association, and run for office.