

Rowan County 4-H Handbook



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Note: This handbook is intended to be a resource and guide for 4-H leaders and families. While the fundamentals of 4-H will remain consistent, we can expect changes as 4-H continues to grow. For the most up-to-date information regarding specific programs and membership, contact the Rowan County 4-H Agent at 704-216-8970.

Introduction to Rowan County 4-H

4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

Welcome! We are glad that you are a part of the Rowan County 4-H Program. 4-H youth are involved in hands-on activities that allow learning by doing. All 4-H programs focus on active involvement and quality experiences that stimulate lifelong learning of values and skills.

If, at any point, you have questions or need assistance with any part of your 4-H experience, please don't hesitate to contact the Extension office. We are more than happy to help you in any way we can.

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4-H Fundamentals

4-H is the largest youth development organization in the United States. As the youth outreach program of the nation's land-grant universities, 4-H is the first experience many youth have with higher education. In North Carolina, 4-H is part of NC Cooperative Extension, a strategic partnership between NC State and NC A&T State Universities, along with the United States Department of Agriculture, state, and local governments cooperating. Local offices are staffed in all 100 counties and the Eastern Band of Cherokee Indians.

Mission

4-H empowers youth to reach their full potential working and learning in partnership with caring adults.

The mission of 4-H is to provide meaningful opportunities for all youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission areas – civic engagement and leadership, healthy living, and science. These mission areas reiterate the founding purposes of Extension through agriculture (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (*National 4-H Strategic Plan: nifa.usda.gov*)

Motto: To Make the Best Better

Pledge:

I pledge
My head to clearer thinking,
My heart to greater loyalty,
My hands to larger service, and
My health to better living,
For my club, my community, my country, and my world.

Slogan: Learn by Doing.

Colors: Green and White. Green, nature's most common color, is symbolic of springtime, life, and youth. White symbolizes purity and high ideals.

Emblem: The official 4-H Emblem is a four-leaf clover with a letter "H" in each leaf and the stem turned to the right. The 4-H Emblem is protected under Title 18 U.S.C. 707, and cannot be used without proper authorization. Copyright laws under guidelines established by Congress protect the 4-H name and emblem. Contact the 4-H Office for guidelines on using the 4-H Emblem.

Four H's: The four H's stand for Head, Heart, Hands, and Health. They represent the fourfold training: mental, spiritual, social, and physical development of 4-H members.

Head: Learning to think, making decisions, solving problems, and gaining knowledge.

Heart: Being concerned about the welfare of others, accepting responsibilities as citizens, determining values and attitudes by which we live, and discerning right from wrong.

Hands: Gaining new skills, mastering skills already known, developing respect for work and pride in accomplishments, and learning to live and work with others.

Health: Practicing healthful living, protecting the well being of self and others, and making constructive use of leisure time.

4-H Creed:

I believe in 4-H Club work for the opportunity it will give me to become a useful citizen.
 I believe in the training of my HEAD for the power it will give me to think, plan and to reason.
 I believe in the training of my HEART for the nobleness it will give me to be kind, sympathetic and true.
 I believe in the training of my HANDS for the ability it will give me to be helpful, skillful, and useful.
 I believe in the training of my HEALTH for the strength it will give me to enjoy life, to resist disease, and to work efficiently.
 I believe in my country, my state, and my community and in my responsibility for their development.
 In all these things I believe, and am willing to dedicate my efforts to their fulfillment.

Four Pillars: STEM, Agriculture, Healthy Living, and Civic Engagement

Delivery Modes:

4-H Clubs: A 4-H Club is an organized group of at least five youth from three different families who meet regularly with adult leaders for a long-term, progressive series of educational experiences. The purpose of a 4-H club is to provide positive youth development opportunities to meet the needs of young people to experience belonging, mastery, independence, and generosity—the Essential Elements—and to foster educational opportunities tied to the Land Grant University knowledge base.

4-H Clubs are located in communities, neighborhoods, and schools. Club members may participate in community service projects, tour interesting places, and learn and do all kinds of things in their 4-H club meetings. 4-H Clubs are **youth-led**. Members elect youth officers and conduct their own business meetings. With the guidance of adult leaders, 4-H club members create six-month or year-long plans for learning activities. All 4-H clubs have an educational program and time for recreation or social activities.

4-H School Enrichment: 4-H School Enrichment is a sequence of learning experiences for groups of youth, in cooperation with school officials during school hours to support the school curriculum. A variety of 4-H curricula are available to meet North Carolina and National K-12 educational standards.

4-H Special Interest (Projects/SPIN Clubs): A Special Interest program provides at least 6 hours of a subject matter that can be evaluated for knowledge gained or behaviors changed. The 4-H Special Interest program is an opportunity for youth to learn more about a specific topic.

4-H Summer Enrichment (Summer Fun): Educational day camps designed to build life skills through fun, shared experiences and hands-on learning. Summer fun camps are often project-related.

4-H Camping: North Carolina 4-H has three residential camps: Besty-Jeff Penn 4-H Center in Reidsville, The Eastern 4-H Center in Columbia, and Millstone 4-H Camp in Ellerbe. Youth can spend a week at 4-H camp, with opportunities to try new activities, learn new skills, and make new friends.

Members: 4-H welcomes all youth between the ages of 5 and 18 (as of their birthday on January 1 of that year). 4-H members live in cities, suburban neighborhoods, small towns, and farms. They join 4-H because it's fun. It provides opportunities to meet, work, and play with friends, to learn and do interesting things, and to develop leadership skills.

4-H is committed to securing opportunity for all youth, with a policy of open membership and non-discriminatory treatment.

Volunteer Selection Process

Volunteers: The 4-H Youth Development model is successful because of our caring adult volunteers. These are individuals who want to make a real difference. This impact can be direct through education and mentoring or indirect through administrative, managerial, and advisory roles.

Application and Screening: All volunteers must apply in 4-H Online by registering as a volunteer, submit references, satisfactorily complete a background check (every three years), and agree to the 4-H Code of Conduct and Protection of Minors Regulation (annually). We are committed to creating a safe environment for learning and participation, for children and their families.

Training: Once accepted, volunteers will receive training appropriate for their selected roles. 4-H Club Leaders are required to attend at least 2 training sessions each year.

Volunteer Role Summaries:

- ❑ **4-H Club Leader or Co-Leader.** Provides the overall leadership of a club. Club leaders usually meet with their club once or twice a month, working with members and their families to coordinate club activities, including educational programs, community service projects, and fundraising. Time commitment: 5-10 hours per month, including planning time.
- ❑ **4-H Project Leader.** Leads a specific 4-H Project, such as Agriculture, Cooking, Electric, Presentations, Shooting Sports, Wildlife, etc. Time commitment: varies as needed.
- ❑ **4-H Activity Leader/Helper.** Leads or assists with a variety of activities within 4-H clubs or the county 4-H program. Chaperones 4-H events. Time commitment: varies, as needed.
- ❑ **Administrative/Managerial.** Works behind the scenes. Depending on their skills and preferences, this volunteer may help with fundraising, event planning, recruiting new volunteers, or judging 4-H projects. Time commitment: varies.
- ❑ **Advisory.** The 4-H Advisory Committee is a team of community, civic, and 4-H leaders who work with the 4-H staff to guide and support the local program. Time commitment: 2-4 meetings per year; 3 year rotation.

4-H Policies

Enrollment & Membership

Joining 4-H is FREE! We use 4-H Online 2.0 (v2.4honline.com) for our 4-H enrollment records. New members can join anytime; returning members must renew their enrollment every January. Current enrollment is *required* in order for youth to participate in 4-H events. 4-H membership runs from January-December annually in North Carolina.

To participate in Rowan County 4-H, youth must select Rowan as their primary county in 4-H Online. A 4-H'er may add a secondary 4-H county if that county offers a project not offered in their primary county of membership. To participate in a second county, the 4-H'er must complete a 4-H Declaration of Intent form with the 4-H Agent in both counties. A 4-H'er cannot participate in the same project in more than one county at a time.

4-H education programs are created for youth ages 5-18. Youth are eligible for 4-H membership when they are 5-18 years old as of January 1st of the current program year. The 4-H age groups are traditionally cloverbud, junior, and senior; sometimes the junior category is split to create junior and intermediate age groups.

Cloverbud	Ages 5-7
Junior	Ages 8-13
Junior	Ages 8-10
Intermediate	Ages 11-13
Senior	Ages 14-18

Cloverbuds can join 4-H when they are at least five years old on January 1 of the current program year. Activities should be restricted to non-competitive educational programs. No competitive events will be conducted for cloverbuds at the county, district, or state levels. Research indicates this age group's comprehension of competition, or judging one over the other, is limited; therefore competition may be harmful to the development of positive self-esteem.

Junior members are youth who are age 8-13 as of January 1 of the current 4-H year. These youth are eligible to participate in competitive county, district, and state activities.

Senior members are youth who are 14-18 as of January 1 of the current 4-H year. In addition to county, district, and state 4-H events, senior 4-H'ers are also eligible to attend national 4-H events. Senior members may participate in 4-H activities as long as they are 18 as of January 1 of that year. After that, they may continue in 4-H through collegiate 4-H, the alumni program, and/or become a volunteer leader.

Collegiate 4-H is a national organization where 4-H members can extend their involvement in 4-H while attending college. Collegiate 4-H provides a higher level of 4-H experience, with a major emphasis on service, leadership, and personal development.

Policy of Non-Discrimination

Rowan County 4-H has a policy of open membership and participation. Our programs will follow non-discriminatory practices and ensure that all programs, activities, and participation is offered without regard to race, color, religion, sex, age, national origin, disability, sexual orientation, marital status, familial status, political beliefs, parental status, receipt of public assistance, or protected genetic information.

Fees

Being a 4-H member should not be a financial burden on any family. With that in mind, there is NO county-wide fee for being a member. Financial obligations lie with the following:

- Project material costs
- Club dues (varies by club)
- Enrichment experiences (i.e. Summer Fun, District Teen Retreat)

Most clubs maintain a treasury, which is established through fundraisers. These funds are used to purchase needed items that aid in the operation of a club.

If a 4-H member is not able to pay for a 4-H program, they are encouraged to talk to their 4-H Club Leader or 4-H Agent about financial assistance options.

Insurance

Rowan County 4-H purchases accident insurance for each member and leader with current 4-H enrollment and medical release forms on file. Coverage is for one year and provides benefits for accidents that may occur while participating in sanctioned 4-H club meetings and county activities and events. Funds from Rowan County 4-H fundraisers will be used to purchase the insurance. If a 4-H member or volunteer has an accident during a 4-H program, that person should have their 4-H leader contact the 4-H Agent as soon as possible. Likewise, if a 4-H leader has an accident, they should contact the 4-H Agent.

Assumption of Risk & Liability

All youth participants must have on file and signed by a parent or legal guardian: the North Carolina 4-H Youth Development Program Liability Waiver, Assumption Of The Risk, And Indemnification Youth Agreement. This is in 4-H Online. Specific 4-H clubs may also have a liability waiver for their specific events.

Photo & Media Release

All youth participants must have a 4-H Photo & Media Release on file. A parent or legal guardian can agree or not agree to the use of photos/media containing their child's image. This is in 4-H Online. Club leaders and 4-H Program staff should be aware of the Photo & Media Release status of each child before allowing photography during 4-H club meetings and events.

4-H Code of Conduct

It is our expectation that all youth and adults represent themselves in a respectful manner whenever they are involved with the 4-H program. We expect our youth to be on their best behavior when representing their club or county. This includes being respectful of themselves and others and adhering to the NC 4-H Code of Conduct (4-H members agree to the NC 4-H Code of Conduct in their online enrollment). We also ask our leaders to set a good example for the youth with whom they are working.

We expect adults to refrain from the use of tobacco products (including e-cigarettes), drugs, and alcohol during 4-H programs and to use courteous language, especially when youth are around. 4-H Volunteer Leaders must agree to North Carolina 4-H Volunteer Standards Of Behavior & Personal Boundaries for Working with Minors during the application and screening process.

Dress Code

Dress for success! As addressed in the NC 4-H Code of Conduct, 4-H members are expected to adhere to standards of dress and appearance that are compatible with an effective learning environment. Clothing and appearance should meet the standards expected in public schools. Examples of inappropriate dress include things that may disrupt the goals of 4-H, including but not limited to, clothing with negative or hateful language or symbols, clothing that fails to appropriately fit or to cover a participant's body and undergarments, attire with indecent messages or illustrations or that advertise products or services not permitted by law to minors, and any adornment such as chains or spikes that reasonably could be perceived as or used as a weapon.

4-H volunteers have influence over our youth so we ask that, when attending 4-H sponsored events or when representing the 4-H organization, adults refrain from wearing clothing with words/graphics that address controversial and/or sensitive issues, including political campaigning.

School Absences

To request an excused absence to attend a 4-H activity during school hours, youth must contact that 4-H Agent at least two weeks prior to the 4-H event. A letter will be created for you to send to your child's school. No letters will be issued following a 4-H activity or event.

Inclement Weather

Rowan County 4-H adheres to the Rowan County Government & Rowan-Salisbury Schools inclement weather policy. Should schools be dismissed early or canceled, all 4-H meetings and events, including local 4-H club meetings, will be canceled county-wide.

4-H Club Basics

4-H Club Requirements

The following are the minimum requirements for a club to be chartered through 4-H:

- A club has at least five youth members from three different families.
- At least two adults, including the club leader, have been formally endorsed as 4-H volunteers after successful completion of the 4-H Online enrollment, screening, and training process.
- A written club calendar has been created for the first/upcoming six months of 4-H club meetings.
- A club is organized with youth leaders (officers) that are either rotated or elected. (Youth ages 5-7 are exempt from the officer requirement.)
- All club members are actively enrolled through 4-H Online. A club membership roster is on file with the 4-H Office.

Chartering a 4-H Club

In order to be recognized as a 4-H club, receive support from the county 4-H Office, and have rights to use the 4-H Emblem (Clover), all 4-H clubs (community and special interest) must apply for a charter. To receive a charter (first time) or charter seal (annual renewal), the 4-H Club Leader must submit to the 4-H Office annually:

- Charter application
- Six-month plan for the club's meetings
- Non-discrimination agreement
- Other forms as deemed necessary by the 4-H Agent

The first time a club is chartered, the Club Leader will also complete the Articles of Organization and Emblem Authorization Application to keep on file with the County 4-H Office. If a 4-H Club plans to handle any money, we will create a line item in our Rowan County 4-H PALS account. The treasurer of Rowan County 4-H PALS will handle all club monies and this account will be audited annually.

4-H Club Funds

Many 4-H Clubs have a treasury to keep funds for the use of the club. These can be used for club activities, scholarships for 4-H'ers to attend 4-H events, or to support efforts in the community. Good financial record keeping is essential. In Rowan County, all club monies are handled through the Rowan County 4-H PALS (Parents, Alumni, Leaders, Supporters) account. The treasurer of this group creates line items for each 4-H club. Club leaders can purchase club supplies and fill out a reimbursement form with their receipt seeking reimbursement from their club funds. The reimbursement form is linked on the rowan.ces.ncsu.edu website under "Rowan County 4-H Program" and then under "4-H Volunteers". Clubs that bring in money should have a receipt book to receipt all monies that are brought in. The 4-H Agent can provide a receipt book for you.

Club Dues: There are no national, state, or county dues. A club may decide to collect dues to support program costs.

4-H groups/clubs that handle money must have a checking account. **Again, our only checking account is through Rowan County 4-H PALS and individual clubs will not have their own checking account.** Annually, the groups with money will have to do the following: **asterisks are only done once.*

- *Fund acknowledgement form filed with the 4-H Office.
- *Apply for an EIN with the IRS, using an SS-4. Document application process; file EIN letter with 4-H office.
- *Open bank account using the group/club's EIN; the address on file must be the County 4-H Office.

- Maintain monthly financial records in the Club Treasurer's Notebook and/or another organized system.
- Annual Audit: The 4-H Agent audits the treasurer's notebook and records at least once each year.
- File 990 E-Postcard with the IRS each January.
- Follow procedure with the 4-H Agent if the club leader changes or the club disbands.

The 4-H Year

The 4-H year in North Carolina follows the calendar year, January-December. Project records and awards are based on this timeline. When possible, we ask that clubs organize or reorganize in January or February each year, but we recognize that some clubs may prefer a different schedule, such as following the school calendar. All clubs must have at least 6-9 business meetings annually. We encourage 4-H clubs to operate year-round, or for at least 9 months. Some clubs do not meet during the summer (June-August) or during the holiday season (December). 4-H SPIN clubs (special interest) are short-term groups that may start and end at any time during the year.

New members can join anytime during the year. In the 4-H Online enrollment system, all members are required to re-enroll every January.

4-H Club Meetings

4-H clubs are required to meet 1-2 times per month for at least 9 months each year. A meeting generally lasts 1½ hours, but this can vary. Clubs are led by trained 4-H volunteer leaders who give direction and guidance to 4-H members. Many successful clubs have an organizational leader who shares program responsibility with other parents. Each club sets its expectations for how parents assist with supervision, helping lead activities, etc.

4-H SPIN clubs (special interest/projects) meet for a minimum of six educational hours. 4-H SPIN clubs typically meet for 4-8 weeks.

A 4-H meeting is usually structured as follows:

1. **Business component:** North Carolina 4-H uses Robert's Rules of Order (parliamentary procedure) to conduct business. Clubs elect officers who should be trained and assisted in using parliamentary procedure during their meetings.
2. **Educational program:** With input from 4-H youth members, educational programs are selected and offered at each meeting. Youth, parents, and leaders work together to recruit volunteers who are knowledgeable in the subject matter to attend a meeting and provide an engaging, hands-on learning program. Generally this is a 30-45 minute program.
3. **Refreshments and recreation:** There should be 15-30 minutes of a club meeting set aside for members to socialize as they enjoy simple refreshments and/or play games or simply visit with one another (if you have longer than 15 minutes, it is always recommended to have some structure to this time). Parents and leaders may work together to create a refreshment schedule, if desired.

Awards & Incentives

Cloverbucks: Cloverbucks are earned scholarship vouchers awarded to **any 4-H'er** for participation in a particular 4-H activity. These vouchers can be used to offset costs associated with 4-H trips and events. 4-H'ers may earn Cloverbucks for the following activities:

- Project Record Book
- Portfolio
- District Project Record Book/Portfolio Qualifiers
- County Presentation
- District Presentation
- State Presentation
- 4-H Entertains
- Participation in Photography or Expressive Arts (county level)
- Dairy, Equine, Livestock, or Poultry Judging or Quizbowl Team
- Selling Paper Clovers during Tractor Supply's Paper Clover Weeks

****For specific amounts earned, visit rowan.ncsu.edu, go to "Rowan County 4-H Program" and then go to "Cloverbucks & Scholarships."**

The amounts will be recorded by the 4-H agent and kept on file at the Extension Office. These records are confidential. Contact the 4-H Agent to check Cloverbucks balance. Cloverbucks earned must be used within the same calendar year or the following calendar year (if issued in 2021, must be used by Dec. 31, 2022). Cloverbucks will be forfeited if the child leaves 4-H. Cloverbucks can only be used by the 4-H'er that earns them. They cannot be transferred to another child or family member. Cloverbucks cannot be traded in for actual cash, but parent reimbursement for 4-H events may be allowable and must be approved by 4-H Agent prior to the event.

Rowan County 4-H Event Scholarships: Event Scholarships are provided by Rowan County 4-H PALS. They allow for 4-H'ers to apply for extra scholarship money to assist with the parental cost associated with attending more costly 4-H events such as Workshops, Teen Retreat, NC 4-H Congress, 4-H Camp and National 4-H events. The scholarships are designed to assist youth that could not participate in the particular event unless financial assistance is provided. Amounts awarded will vary. 4-H'ers may apply for event scholarships by using the 4-H Event Scholarship application form found at rowan.ncsu.edu, then click on "Rowan County 4-H Program" and then click "Cloverbucks & Scholarships". The scholarship applications are due each year on April 1 and reviewed by a committee designated by the 4-H agent.

Parent Funding for 4-H Events: As youth get older, there are several multi-day 4-H events that involve travel and more expense. Rowan County will cover a portion of the cost, but parents are also expected to pay a portion of the cost for each of the events, as designated below. If 4-H'ers have Cloverbucks or if they are awarded an event scholarship, those monies will be put toward the parent's cost of the trip.

*The list below just includes county level trips that the 4-H Agent is in charge of and attends with 4-H'ers.

Please note that there are other 4-H events within 4-H clubs or within the 4-H experience that may require payment in full by parents (club trips, 4-H Horse Shows, shooting sports, etc).

*The list below includes the prices for the families of **currently active 4-H'ers**. 4-H'ers who are not currently active prior to wanting to attend these 4-H events will have to pay full cost.

<u>County Level 4-H Trip</u>	<u>Parent Cost</u>	<u>Total Cost</u>
4-H Camp	\$475	\$525
4-H Congress	\$175	\$300-\$500
Teen Retreat	\$80-100	\$100-150
Winter Enrichment	\$15	\$20-\$40
Citizenship Focus	\$75	\$225
YouthVoice	\$0	\$0

South Central District 4-H Officers: A Rowan County 4-H Member who is a candidate for South Central District 4-H Office may request a campaign contribution from Rowan County 4-H PALS. A written or verbal request should be made during one of the scheduled PALS meetings PRIOR to the campaign.

State 4-H Officers: Registration for NC 4-H Congress is paid in full by the State Council the presiding year. A Rowan County 4-H member who is a candidate for State 4-H office may request a campaign contribution from Rowan County 4-H PALS. A written or verbal request should be made during one of the scheduled PALS meetings PRIOR to the campaign.

4-H Project Record Book Competition: 4-H members submitting a completed project record book at the County level will receive a ribbon and recognition at Achievement Night. 4-H members with a district qualifying project record book that wins gold at the district level will receive a money reward.

4-H Portfolio Competition: 4-H members submitting a portfolio (three cumulative years of project records in the same subject area) that receive gold at the district level will receive a monetary reward.

4-H Presentation Competition: 4-H members (age 5-18) who present at County Activity Day will receive a ribbon. 4-H'ers who win gold at District Activity Day will receive a monetary reward that will be used to offset their cost for state competition (this money stays at the county office and does not go to the member). If a member wins gold at the State Presentation Finals, they will receive a monetary reward.

4-H Camp Scholarships: Youth may apply for partial or full camp scholarships to attend 4-H Residential Camp held each summer at various 4-H camps throughout North Carolina. Youth ages 8-14 can attend. Scholarships may not include transportation or transportation costs. Interested applicants should contact Misty Varnell, Extension Agent, 4-H Youth Development. Priority is given to youth and families demonstrating financial need.

Achievement Plan Awards: The 4-H Achievement Plan is designed to help youth plan and achieve goals. 4-H members who aspire to be inducted into NC 4-H Honor Club or want to apply for 4-H scholarships to college are encouraged to use the 4-H Achievement Plan to get the most out of their 4-H experience. 4-H'ers can earn successive achievement levels: Cloverbud, Green, Bronze, Silver, Gold, and the Achievement Medal. This award recipients are recognized at Achievement Night.

Rowan County 4-H'er of the Year: Rowan County 4-H members ages 13-18 (as of January 1) are eligible for this award. **This application MUST be completed by the 4-H'er. Parents and club leaders SHOULD NOT complete this application for them.** The completed application must be reviewed and signed by the applicant's parent, club leader, and the 4-H Agent. The winner will receive \$100 in Cloverbucks. The application can be found at rowan.ces.ncsu.edu under "Rowan County 4-H Program" and then under "Upcoming Events".

4-H Honor Club Membership: Being inducted into the NC 4-H Honor Club is the highest honor a 4-H'er can receive. 4-H members age 16-20, who have been in 4-H at least 3 years, are eligible to apply.

4-H Volunteer Conferences & Trainings (adults): Rowan County 4-H PALS may assist with financial costs associated with 4-H volunteers attending various 4-H training events. The 4-H Agent must be aware of your participation in these events PRIOR to registration in order for financial assistance to be made. Financial assistance will vary for events.

Project Resources

To assist leaders or parents with club meetings or club members' 4-H projects and hands-on learning, the 4-H program has several 4-H curriculum books available in the Extension office. Books can be purchased for \$2 each. Please contact the 4-H office if you are interested in a certain topic and we can see if we have a curriculum book to fit your needs.

National 4-H sells 4-H curriculum books online at shop4-h.org. Parents or club leaders can personally purchase these at any time.

Rowan County 4-H provides school enrichment programs in partnership with Rowan-Salisbury Schools and local private, charter, and homeschool families. The 4-H school enrichment curriculum is aligned with the North Carolina Standard Course of Study. Embryology is offered for 2nd and 7th grade classrooms at a cost of \$10 per classroom (classrooms receive over \$300 worth of materials to borrow for the program). Other school enrichment curriculums may be available in the future.

4-H Annual Calendar of Events

This is an outline of many county, district, and state level 4-H events throughout the year. It is not comprehensive and does not include local 4-H club activities or County Council meetings or activities. Other county level events will be created and added to our calendar, too. Stay up-to-date on all 4-H programs and registration deadlines on our website: rowan.ces.ncsu.edu. Then click on "Rowan County 4-H Program" and then "Upcoming Events".

January

- Re-enroll in 4-H Online
- 4-H Project Record Books and Portfolios due (from work done in the previous year)
- 4-H Honor Club Application due
- State 4-H Scholarship Applications due
- Achievement Plan Applications due
- Rowan County 4-H'er of the Year application due
- South Central District Winter Enrichment
- District Horse Bowl

February

- 4-H Volunteer Leaders' Association State Conference
- 4-H Achievement Night
- Rowan County 4-H PALS meeting

March

- South Central District 4-H Teen Retreat
- Dairy Judging Contest

April

- 4-H Event Grant applications due
- County Activity Day
- Summer Fun Registration opens
- Tractor Supply's Paper Clover Week
- Rowan County 4-H PALS meeting
- Horse Judging Contest

May

- Port-a-Pit Fundraiser
- AIRE packet due
- District Horse Shows

June

- Summer Fun
- District Activity Day Presentations
- NC 4-H Citizenship Focus
- Rowan County 4-H PALS meeting

July

- Summer Fun
- 4-H Camp
- State Horse Shows
- 4-H Electric Congress
- State 4-H Presentations

- NC 4-H Congress
- State Livestock Judging & Skillathon Contest
- Poultry Judging & Avian Bowl Contests

August

- North Carolina Association of County Commissioners 4-H Youth Voice
- Central Region 4-H Shooting Sports Tournament
- Rowan County 4-H PALS meeting/volunteer training

September

- Rowan County Fair
- State 4-H Shooting Sports Tournament
- 4-H Plant Sale Fundraiser

October

- National 4-H Week
- Rowan County 4-H PALS meeting
- Tractor Supply's Paper Clover Week
- 4-H Plant Sale Fundraiser
- 4-H PALS Wreath Sale Fundraiser (to benefit 4-H Clubs)

November

- 4-H PALS Wreath Fundraiser (to benefit 4-H Clubs)

December

- Rowan County 4-H PALS meeting

4-H Dictionary

4-H Ambassador Program

The 4-H Ambassador program is a self-paced initiative for teens to develop their abilities to serve as positive role models for younger youth, build meaningful partnerships with other teens and 4-H leaders, and promote the 4-H mission in North Carolina. As teens complete each level in this program, they earn a 4-H Ambassador nametag, portfolio, and business cards. The Ambassador Program is also a great guide for those aspiring to NC 4-H Honor Club or college scholarships.

4-H Camp

NC 4-H has 3 camping facilities across North Carolina: Betsy-Jeff Penn in Reidsville, Eastern 4-H Center in Columbia, and Millstone 4-H Camp in Ellerbe. Rowan County youths ages 8-14 can attend any of these camps, but our county will choose one week to attend camp together at one of these camping facilities. Activities at camp include: archery, rock wall climbing, hiking, canoeing, swimming (lake & pool), campfires, horseback riding, and more! 4-H Camp occurs during the Summer, but registration & deposit are typically due in March annually.

4-H Code of Conduct

The North Carolina Code of Conduct is behavioral expectations for any 4-H member. It is a condition of participation in any 4-H activity or program. It is available in 4-H Online to members and their parents in order for them to review the policy and agree to abide by it.

4-H Curriculum Books

Curriculum books focused on various topics can be purchased at the Rowan County 4-H office for \$2 per book (as supplies last) or through National 4-H at shop4-H.org. Each curriculum is peer reviewed and evaluated. The experiential learning model is used in curriculum activities to help each youth gain the most from the experience. These curriculum books can help guide learning as youths work towards completing a 4-H project and 4-H project record book.

4-H Congress

A leadership and service conference for 4-H members ages 13-18, which includes the State Presentation Finals, workshops, tours, awards, service project, socialization, and Honor Club tapping. It also includes the campaigning and election process for the NC 4-H State Officers, where our county delegation uses our 4-H electoral vote to help elect the next years' officers. All programs are held on the campus of NC State and participants will stay in dorms on campus as well. Congress is currently held on Monday-Friday, but our county typically leaves on Sunday. 4-H'ers from across North Carolina attend this annual event.

4-H Districts

All 100 counties + the Eastern Band of Cherokee Indians have 4-H programs. The counties are divided into five 4-H districts (West, North Central, South Central, Northeast, and Southeast). Rowan County is part of the South Central District. The South Central District comprises nineteen counties in the south central part of the state.

4-H Leader

An adult volunteer who works with 4-H club members in a club setting and who is responsible for the organization and management of a 4-H club.

4-H Online

This is the standard enrollment and registration for 4-H members and must be submitted annually. Active 4-H membership is required for county insurance purposes and in order to participate in 4-H events. 4-H Online includes emergency contacts, medical release, and the NC 4-H Liability Waiver, Assumption Of The Risk, Photo & Media Release, And Indemnification Agreement.

4-H Projects

When a 4-H member chooses a subject (or project) in which she/he wants to learn more, there is a wealth of resources to support learning. There are eight curriculum areas in which to purchase materials: animals, citizenship and civic education, communications and expressive arts, consumerism and family science, environmental and earth education, healthy lifestyles, plants, and science and technology.

4-H Teen Retreat

Annual weekend retreat, held in March, where 4-H members (ages 13 and older) gather to elect district 4-H council officers, attend fun, educational workshops and socialize. Teen Retreats are held by each 4-H district.

Achievement Night

An annual recognition event (typically held in February) to recognize 4-H member accomplishments and celebrate the previous 4-H year. It is a festive gathering for all 4-H families!

Achievement Plan

The 4-H Achievement Plan is designed to help youth plan and achieve goals. 4-H members who aspire to be inducted into NC 4-H Honor Club or want to apply for 4-H scholarships to college are encouraged to use the 4-H Achievement Plan to get the most out of their 4-H experience. 4-H'ers can earn successive achievement levels: Cloverbud, Green, Bronze, Silver, Gold, and the Achievement Medal. This award recipients are recognized at Achievement Night.

AIRE: Application, Resume, Interview, Electronic Video

Application, Resume, Interview, Electronic Video is a process by which youth are chosen to attend National events such as National Congress, National Conference, and International Leadership Conference. All applications are due to the State Office in May or June annually. You must be between the ages of 14-18 (as of January 1 of the current year).

Avian Bowl

This competition is similar in format to the TV game show such as "Jeopardy". Youth compete in 3-4 member teams in which they answer questions related to poultry related topics. Competition held during summer.

Citizenship NC Focus

This overnight trip to the Raleigh/Cary area is held in mid-June for youth ages 14-18 (as of January 1. It provides 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 the 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.

Community Service Project

An activity conducted for the benefit of the community. Examples: collecting food or clothing for the needy, stream clean ups, etc. Each 4-H Club is required to conduct a community service project annually. County Council usually hosts a county-wide service project as well (that clubs and/or the community can participate in).

County Activity Day

During this county level event, 4-H members (ages 5-18 as of January 1) conduct their 4-H presentations and talent acts in order to qualify to compete at District 4-H Activity Day. A panel of judges provides positive critiques for youth. We also have an Expressive Arts competition, with entries due prior to the actual event. The artwork is displayed with their winning ribbons during County Activity Day. County Activity Day is usually held during April. All club members, leaders, and parents are invited to attend, gather ideas and learn, and support 4-H members who are competing.

County Council

A youth council composed of Rowan County 4-H'ers ages 12-18 (as of January 1). Its purpose is to plan and coordinate activities and events on a county-wide basis. Officers are elected each year and meetings are open to any county 4-H member of the correct age (listed above).

County Extension Agent

A county extension agent is an employee of NC State University or NC A&T State University and works through its Cooperative Extension division. An extension agent specializes in youth development, agriculture, livestock, horticulture, family and consumer science, and/or community development.

Dairy Judging

4-H dairy judging is a process of evaluating, selecting, placing various breeds of dairy cattle. County teams compete in the junior and senior divisions. High placing senior individuals will be given an opportunity to try out for the North Carolina 4-H Dairy judging team. Competition typically held in March.

Dairy Quizbowl

This competition is similar in format to the TV game show such as "Jeopardy". Youth compete in 3-4 member teams in which they answer questions related to dairy related topics. Competition typically held in May.

District Activity Day

During this district level event, 4-H members (ages 5-18 as of January 1) conduct their 4-H presentations and talent acts in order to qualify to compete in State 4-H Presentation finals held during NC 4-H Congress (July). The nineteen south centrally located counties comprise the South Central District and hosting this event rotates by county each year. Rowan County is part of the South Central District. Event typically held in late June.

District 4-H Council

The South Central District comprises nineteen counties in the south central part of the state. Rowan County is part of the South Central District. 4-H members representing these counties comprise the District 4-H Council. Youth officers, elected in the spring at 4-H Teen Retreat, give leadership to the Council. The Council meets to plan teen retreat, district activity day, and other district-wide events. Extension 4-H Agents serve as advisors to the Council.

District 4-H Horse Show

There are four district horse shows held across the state in May annually. These user friendly shows offer halter, hunt seat, western, trail, barrel classes and more. They are designed for the beginning rider who has never shown and they serve as a qualifying event for the NC State 4-H Horse Show.

Electric Congress

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. Youth attendees must be involved with electric projects (offered at the county level and/or done individually) to be able to qualify for this event and must fill out at least a project record book in this area. Counties may send two project record book 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.

Horse Judging

4-H members learn good conformation, breed character, and performance ideals in different breeds of horses. They learn to evaluate horses based on knowledge and facts and give oral reasons to defend their decisions. Youths compete in junior and seniors divisions and place several classes of conformation (halter) and performance classes. State winners receive travel scholarships to participate in regional and national competitions. Contest typically held in April.

Horse Program

The 4-H Horse Program has several activities and events: horse judging, hippology, horse quizbowl, horse shows, Artistic Expression, etc. Contact the 4-H Agent to learn more.

Horse Quiz Bowl

This competition is similar in format to the TV game show such as “Jeopardy”. Youth compete in 3-4 member teams in which they answer questions related to horse related topics identified in the NC 4-H program’s state guidelines (to request guidelines, contact the 4-H staff).

Leader/Volunteer Training

Workshops taught by County Extension Agents, Specialists, or local resource persons that provide information on specific subject matter or 4-H organization and management.

Livestock Judging

4-H livestock judging is a process of evaluating, selecting, placing and learning the various livestock species – beef cattle, sheep, and swine. County teams compete with an opportunity to represent North Carolina 4-H on a state judging team.

Medical Release Forms (4-H Online)

These forms are standardized forms that, when completed, provide health information on 4-H participants (i.e., allergies, medications, etc) and insurance information. In the event of an accident or illness, the completed form gives permission for Extension staff to seek medical assistance for a 4-H member when the parent is not in attendance at a 4-H activity and cannot be reached.

National 4-H Council

National 4-H Council is the national, private sector non-profit partner of 4-H and the Cooperative Extension System. National 4-H Council focuses on fundraising; brand management; communications; legal and fiduciary support to national and state 4-H programs; and operation of the full-service National 4-H Youth Conference Center in Chevy Chase, MD., and the National 4-H Supply Service, the authorized agent for items bearing the 4-H Name and Emblem.

National 4-H Supply Service

The National 4-H Supply Service, operated within the National 4-H Council, insofar as possible, is the official primary source of supplies such as pencils, t-shirts, recognition medals, and other similar items bearing the 4-H Name and/or Emblem, for all levels of the 4-H program. Visit National 4-H Supply Service online at

<https://shop4-h.org/>

National 4-H Week

The first full week in October is designated as National 4-H Week. It provides an opportunity to increase public awareness and understanding of 4-H.

National 4-H Youth Conference Center

This facility is located in Chevy Chase, MD, near Washington, DC. Operated by the National 4-H Council, the center is an educational facility that can provide lodging for over 700 people.

North Carolina A&T State University

North Carolina Cooperative Extension is based at North Carolina's two land-grant institutions, NC State University (Raleigh) and NC A&T State University (Greensboro).

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Outdoor Cookery

The Outdoor Cookery contests take place at District Activity Day. Youth ages 8-18 can participate in chicken, turkey, beef, pork, or seafood grilling, with a brief presentation component. District winners advance to the state contest at NC 4-H Congress. For a complete description see North Carolina 4-H Youth Development Awards Handbook.

Paper Clover Week

Tractor Supply Company (TSC) is a huge supporter of 4-H! Twice annually (once in the spring and once in the fall), every Tractor Supply store sells paper clovers to collect donations for 4-H. Rowan County 4-H receives 90% of the paper clover donations collected at the TSC in Salisbury, while the state and national 4-H programs receive the remaining 10%. All donations go to 4-H! 4-H Clubs and 4-H families can sign up to work shifts at the Salisbury store to ask customers to donate to 4-H. We also set up a 4-H display booth at the store.

Portfolios

4-H members can summarize their 4-H activities and experiences over a period of several years in a cumulative record. Competition is held at the district and state levels. There are two age divisions: 13-15 year olds and 16-18 year olds. A member must have been enrolled in 4-H for at least three years. For a complete description, see the NC 4-H Youth Development Awards Handbook.

Poultry Judging

4-H poultry judging is a process of evaluating, selecting, placing live birds and various poultry products (eggs, chicken parts, ready-to-cook carcasses). Youth compete in the junior or senior division. The 1st place senior team will represent North Carolina at the national contest in Louisville, Kentucky. State competition held in summer.

Presentations

These are organized, planned presentations conducted by a 4-H individual or team on a specific topic. There are numerous categories available to choose from. Each youth can compete in one category within their age division. Most categories require use of props or education content (poster, trifold board, powerpoint) with their presentation, while others require a demonstration or only public speaking. Competitions happen first at the county level, and then youth have to qualify to compete at the district and state levels. Monetary prizes are awarded at the district and state level for gold winners. See North Carolina 4-H Youth Development Awards Handbook for complete guidelines.

Project Record Books

Project Record Books become a record of what a member has learned and accomplished in a 4-H year. It includes information on project learning experiences, activities, and accomplishments. The record contains information on leadership and community services. Within the record, youth write a 4-H story and submit pictures and other items to enhance their record. 4-H Project Record Book forms can be downloaded at rowan.ces.ncsu.edu by going to "Rowan County 4-H Program" and then "4-H Project Record Books". The Extension office can also print these for you, if requested. Completed records are submitted in January annually, with each book documenting the 4-H work of the 4-H'er from the previous year. These books are judged at the county level and winning record books are submitted for district competition. District awards vary (see NC 4-H Youth Development Awards Handbook).

Rowan County Fair

The Rowan County Fair is held in September/October annually. This is not a Cooperative Extension or 4-H operated/sponsored event, but 4-H'ers often participate in the fair in various ways. 4-H'ers can enter exhibits (on their own) such as artwork, ag. products, photography, etc. Some 4-H'ers show their own livestock or participate in Extension events such as the Pullet Project. 4-H Clubs often set up a club display to advertise their 4-H Club.

School Enrichment Programs

North Carolina 4-H values its relationship with schools and welcomes the opportunity to provide educationally sound, fun, action-oriented experiential curriculum for use in the classroom. 4-H school enrichment programs are aligned with the NC Standard Course of Study and approved by the NC Department of Public Instruction for teachers to use as supplemental teaching materials in grades K-8. Supplemental materials are available for high school as well. Most of our school enrichment programs are science based.

Shooting Sports Program

This program strives to develop life skills through participation, learning, and competition in the area of shooting sports including rifle, shotgun, archery, muzzle loading, pistol, and hunting. The program is based in county 4-H Clubs that can participate in competition and other learning activities on local, regional, state and national levels.

South Central District

The 4-H South Central District is comprised of nineteen counties in the south central part of the state that includes: Alexander, Anson, Cabarrus, Catawba, Cumberland, Gaston, Harnett, Hoke, Iredell, Lee, Lincoln, Mecklenburg, Montgomery, Moore, Richmond, Rowan, Scotland, Stanly, Union. Teen programs like Winter Enrichment (day trip) and Teen Retreat (overnight leadership teen trip) happen at the district level.

Special Interest Programs (and SPIN Clubs)

In 4-H, youth have opportunities to participate in 4-H special interest programs. These short-term programs provide six or more hours of instruction on a particular subject matter. An example is the 4-H Electric program.

State 4-H Council

The purpose of the NC State 4-H Council is to 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 enforces the constitution and the bylaws. The Council advises the State 4-H Youth Development Department staff concerning a general evaluation of the 4-H program. The State 4-H Council consists of the State 4-H Council officers, the District officers and one representative from each county. The State Executive Committee includes district officers, State 4-H Council officers and the State 4-H Leader or his/her designee.

State Photo Contest

The purpose of the state photo contest is to provide a showcase of 4-H members' photographic accomplishments. Entries are submitted at the county level during County Activity Day and then are submitted by the 4-H Agent to the state competition.

Other Helpful Information

Fundraising

Local 4-H clubs usually finance themselves by their own money-raising projects. 4-H club leaders must seek prior approval for the fundraiser from the 4-H Agent.

Here are some general guidelines about financial matters of 4-H clubs to help get you and your club on the right track.

1. The 4-H and Youth Development Program is a non-profit educational organization. Therefore, your club should be concerned with money only to the extent that it is needed to provide supplies for youth. It is a means to having a successful club – and not the end sought or a measure of a successful club.
2. Collecting club dues is optional and is decided by each club's membership. Members of the club should vote on the amount and how often dues are to be collected.
3. All the money raised by, or given to, a club becomes the property of that club and not any individuals in the club. This is true of any items donated to the club.
4. Any money owned by the club should be kept in a club bank account (all Rowan County 4-H Clubs have a line item with the Rowan County 4-H PALS account and **should not** have a separate account). At least two signatures should be on the account. Ideally, it should be the club treasurer and a leader, with these individuals not from the same family. For the club not to be taxed, an "Employee Identification Number" must be obtained. This is a non-profit organization's equivalent to an individual's social security number. At the end of the calendar year, 4-H groups/clubs with a checking account must file an ePostcard with the IRS. Written records of the club treasury should be kept and regularly reported to the club. Records must be audited by an objective audit committee (more than one person) annually and the audit report submitted to the Extension Center. All of this is done to protect both the club and the people handling the money.
Contact the 4-H Extension Agent for more information.
5. Clubs that plan on having dues, fund raising or any other money should have a treasurer to account for this property and keep record of this in a receipt book. **When collecting club money, it should be receipted in the club's receipt book and taken to the Extension office no more than 3 days after being collected. This money will then be given to the treasurer of Rowan County 4-H PALS to be deposited into your club's line item in the PALS account.** Responsibilities for maintaining the club account are given to the treasurer, depending on the age and abilities of that member. Often, young and inexperienced treasurers simply collect and record dues paid, give the treasurer's report at a meeting and work with the leader on maintaining the club's account.
6. Many 4-H programs have county-wide fundraisers to benefit the entire 4-H program in the county. Some counties need such fundraisers to maintain support for the 4-H program. **Your club should fully support any county-wide fundraising efforts.**
7. Fundraising should be done to meet a specific goal. Goals might be to help members pay for 4-H camp, provide an enrichment experience for the club, purchase a flag set for the club, sponsor a club recognition banquet, or to fund a community service project. When possible, people should "pay their own way."
8. Make sure your club fundraiser is appropriate and can be easily accomplished by the club. It is probably better to start small and build on small successes. Fundraising can be a good way for members to learn

organizational and business skills. Also, it can be fun. Consider whether to do fundraising as individuals or as a total club. Consider doing a fundraiser, which doesn't require a great investment in advance. The less money your club must invest, the less money it can lose if the fundraiser isn't successful. In any case, organize and publicize your event well. Should you need fundraising ideas, please contact the Extension Office.

9. Consider safety and legality in planning fundraisers. To ensure safety for 4-H'ers and leaders, no one should solicit door-to-door without adult involvement. Individual solicitation should be done from family and friends and only under the direct supervision of adults. Also, make sure that fundraising activities meet the legal requirements of the local municipality, county, and state.
10. Inform the 4-H office of your fundraising plans in advance. The county 4-H staff can confirm your event is truly a 4-H fundraiser if someone from the public calls to ask.
11. As mentioned, a club should not raise money just for the sake of raising money. Therefore, club treasuries do not generally need to contain more than \$250. Members should see and reap the benefits of the money they work to raise. Some clubs approve a budget to help them spend what they raise each year.
12. In accordance with laws governing non-profit organizations, if your club disbands, all money in the club treasury and any other club property can only be given to another non-profit organization, not to individuals. North Carolina 4-H policy states that 4-H club funds obtained in the name of 4-H must be given to your county-wide 4-H program or county 4-H office to be used for 4-H program purposes. To arrange this, contact the Extension 4-H Agent.

Getting Parents to Help

Interested and active parents are an important part of every successful 4-H Club. It's difficult, if not impossible, for a club to exist for very long without supportive parents working with it. Be sure to follow the NC 4-H Volunteer Policy Guidelines when involving parents in 4-H programs (4-H staff can provide these to you). Here are some ways to get parents involved:

1. Ask in person. Make a sincere, positive, face-to-face request. It's hard for most people to say no when you ask them in person. If you can't meet face-to-face, then call. Don't bother writing because it's too easy to forget or ignore a note or letter. And don't count on members carrying a message home – call the parent yourself. Every parent should be made to feel an obligation to support their child's club. Make sure parents of new members know they are expected to help.
2. Be specific. Explain exactly what you want done and how much time it should take. Don't just ask someone to "help" because that's much too vague. The more specific you can be in what you want done the more likely you'll be in getting a positive response.
3. Explain what you want done and how to do it. Then, step back and let them do it. They may not do the job the way you would have, but there's rarely just one way of doing something. Be willing to delegate. If you're the only one who knows how to do something, the club will suffer when you're no longer able to do it.
4. Don't forget to say THANKS! Everyone likes to know their efforts are appreciated. Give your helpers more than their share of credit and less than their share of the blame. If something doesn't go well, try to determine how problems can be corrected next time rather than finding fault and placing blame.

Don't wait for a parent to volunteer. Ask for the help you need with the expectation you'll get the cooperation you desire. Make sure you know what you want done, recruit those you think can do the job, explain what's to be done

and how to do it, then step back and let them work. Lastly, remember to express your appreciation and ask what they'd do differently the next time. No one knows the job better than the person doing it. Asking for their recommendation on how to do something better is a form of praise.

Dealing with Difficult People

Sooner or later you'll have your hands full with a hyperactive child, a group of giggly pre-teens or a complaining parent. An important part of being a 4-H leader is being able to work with lots of different kinds of people. Here are some tips for working effectively with people:

There are many reasons why young people join 4-H, but one of the most important is to have FUN. If you're a parent or have been a classroom teacher, athletic coach, or have worked with children in other settings, you have experienced some of the frustrations that can occur. Complete silence and total attention to the speaker or facilitator won't always happen nor will following directions. 4-H'ers will not be angels all or even part of the time. Learning to challenge them and keep them busy for a short time doing things that are fun is a challenge.

4-H'ers need to have fun at meetings but that can't be disruptive. Here are several techniques for dealing with overactive children. Realize that children may act out to get attention. Try having the child sit by you, another adult or an older member. But, remember, a child's ego is very fragile so be as gentle and kind with them as possible. One of the best ways to keep everyone focused on what's going on is to have everyone sit in a circle (especially when dealing with younger children). Remember to treat the children as you would like to be treated. 4-H is a positive youth development program and children should not be embarrassed or shamed.

It's best to establish ground rules with input from the members early in the 4-H year. Let the members agree on what is expected and you'll be more likely to get the behavior you desire. It's easier to be strict at first and then to lighten-up than the other way around. Enforce rules you've established consistently, but fairly. Avoid being overly strict or lax with your own children. Make a sincere effort to treat everyone the same.

Dealing with a difficult parent can be tricky. It may be best to listen to what a parent has to say without making explanations or excuses. Allow them to talk until they are finished and let them know you appreciate their interest and concern. Try to remain positive rather than argumentative. Often, people simply want to be heard and taken seriously. If needed, contact the 4-H staff for assistance.

10 Things to Remember

1. Learning how to do a project is more important than the project itself.
2. 4-H children are more important than 4-H projects.
3. To "learn by doing" through a useful project is fundamental to any sound educational program, and is characteristic of the 4-H program.
4. Generally speaking, there is more than one good way of doing most things.
5. Every 4-H member needs to be noticed, to feel important, and to be praised.
6. Successful 4-H members are evidence of interest from family members.
7. 4-H is not trying to replace the home, the place of worship, or the school—only to supplement them.
8. 4-H'ers should be their own best exhibit.

9. A blue ribbon 4-H member with a red ribbon project is more desirable than a red ribbon member with a blue ribbon project.
10. Good examples and attitudes are the best help members can receive!

4-H Related Websites

Rowan County Cooperative Extension
<http://rowan.ces.ncsu.edu>

NC 4-H Youth Development
<http://www.nc4h.org/>

NC Cooperative Extension
<https://www.ces.ncsu.edu/>

National 4-H Council
<https://4-h.org/>

Shop 4-H
<https://shop4-h.org/>

National 4-H Congress
<http://national4-hcongress.com/>

NC State 4-H Awards & Incentives
<https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/>

NC State 4-H Dairy Program
<https://dairy.ces.ncsu.edu>

NC State 4-H Electric Program
<https://nc4h.ces.ncsu.edu/electric/>

NC State 4-H Horticulture & Entomology Program
<https://growforit.ces.ncsu.edu/>

NC State 4-H Horse Program
<https://equinehusbandry.ces.ncsu.edu/>

NC State 4-H Livestock Program
<https://youthlivestock.ces.ncsu.edu/>

NC State 4-H Poultry Program
<https://poultry4hyouth.ces.ncsu.edu>

NC State 4-H Shooting Sports Program
<https://nc4h.ces.ncsu.edu/youth-3/nc-4-h-shooting-sports-program/>

