4-H PROJECTS & DISTRICT CONFERENCE

4-H Cumulative Records. This is an accumulation of up to three years of 4-H project work in a major project area. Records are submitted in age categories of 13-15 and 16-18. These books must be postmarked to the State 4-H Office by March 1. State winners receive cash awards.

District Activity Day. Those 4-H’ers advancing from the county level presentation and public speaking contest are able to compete on the district level at District Activity Day. The top winners in each category can compete at the state level contest in Raleigh, NC 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.

4-H Entertains. 4-H Entertains is a talent showcase. This event occurs in conjunction with District Activity Day. Each county may register two acts to perform at District Activity Day. Acts will then be selected to perform at the state talent show at 4-H Congress in July.

4-H Group Awards. There are several group awards that clubs and other 4-H groups can apply for each year. The NC 4-H Community Service award is based on ONE community service project completed by a 4-H group. There is also a 4-H Electric Group Award. Applications must be received by the State 4-H Office by March 1.

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. Each county determines how 4-H’ers are selected to compete at district competition.

4-H Project Records. Project records highlight what a 4-H’er has 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. They are submitted to the County 4-H office at the end of your 4-H year. The top county winners in each of the curriculum areas are then submitted to Raleigh for district competition. Most counties have their records due during the months of December or January.
**SCHOLARSHIPS**

**College Scholarships.** High school seniors may apply for 4-H scholarships. The application must be postmarked by January 15. One application form is completed if applying for one or more than one scholarship. Several of these scholarships are restricted to youth that meet certain criteria. The 4-H Agent receives information on these scholarships in early December. Scholarship awards range in amounts from $500 to $2,000. Choose from 51 different types of scholarships and apply for any combination of them!

**CAMPS & RETREATS**

**Camps.** The North Carolina 4-H Camping Program offers programming for 4-H'ers of all ages. Counties generally take a delegation of 4-H'ers (ages 8-12) to one of the 4-H camping centers for 4-H Junior Camp each summer. County camp locations and dates change each year. A few of the general 4-H camps utilize Leaders in Training (LITs). These are 4-H'ers not quite old enough to be a full-time camp counselor. LITs work during the week to gain counselor experience. Other 4-H Specialty Camps are available.

**Deaf Camp.** An opportunity for hearing-impaired persons to meet at Camp Sertoma in Danbury, NC. Fun activities and making life-long friends are just a few of the opportunities this event offers!

**Marine Biology Camp.** This is a week-long opportunity for those to attend the Eastern Center 4-H camp to learn and explore marine biology.

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

**Winterfest.** The North Carolina State 4-H Program is divided into five districts: West, North Central, South Central, Northeast, and Southeast. District officers from each district help to plan this district-wide 4-H event. Winterfest is typically held in January. 4-H'ers ages 11 to 18 are able to attend.
CITIZENSHIP & COMMUNITY SERVICE

4-H Citizenship NC Focus. Hands-on workshops, panel discussions, distinguished speakers, and open discussion will help youth discover how government impacts your everyday life, and how you can impact government in return. You will learn about state government, learn about working with public officials, hear from prominent North Carolina officials and visit legislators.

Interstate County 4-H Exchange. Exchange trips between counties in different states allow youth to learn, gain new ideas, and meet other 4-H members. Periodically, the Department of 4-H Youth Development will receive invitations from groups in other states.

DAIRY CATTLE EVENTS
http://www.cals.ncsu.edu/an_sci/extension/dairy/4-H/4hdairy.htm

Dairy Cattle Judging. One statewide 4-H Dairy Cattle Judging Contest is held. Each county may enter an unlimited number of senior and/or junior teams. Competition is among teams of four, within junior and senior divisions. All four members judge in the contest; the one with the lowest score will be declared the alternate and that score will not be counted toward the team score but will count for individual awards. Members selected for the North Carolina State 4-H Dairy Judging Team receive team jackets and will compete at the Pennsylvania Invitational Youth Dairy Cattle Judging Contest at the World Dairy Expo in Madison, Wisconsin! Members of the Alternate State 4-H Dairy Cattle Judging Team will compete at the North American Dairy Cattle Judging Contest in Louisville, Kentucky!

Dairy Poster Contest. Competition among individuals within three age divisions: Division 1 (ages 9-12); Division 2 (ages 13-15); and Division 3 (ages 16-18). State awards include prizes and cash. The top three posters in each division at the state competition will be displayed in the Graham Building at the NC State Fairgrounds during the state dairy shows. A contest for participants in Division 4 (ages 5-8) is conducted on a non-competition basis at the county level.

Dairy Quiz Bowl. One statewide competition is conducted among teams in two divisions: Junior Division (ages 9-14) and Senior Division (ages 15-19). Each county may enter an unlimited number of senior and/or junior teams. Members of the winning state junior and senior division teams (and up to two alternates) and their coach will receive individual plaques and rosette ribbons. Second and third place teams in both divisions will receive individual rosette ribbons. The winning senior division team in the state contest will have the opportunity to represent North Carolina as the State 4-H Dairy Quiz Bowl Team at the North American Dairy Quiz Bowl Contest held in Louisville, Kentucky! Members of the State 4-H Dairy Quiz Bowl Team also receive team jackets!
National 4-H Dairy Youth Conference. Two outstanding youth who have been very active in the NC 4-H Dairy Youth Program are selected using an application/interview process. Youth must be at least 15 years old, but not more than 18 years old as of January 1 to be considered. This conference is held at the University of Wisconsin-Madison during World Dairy Expo. Application forms are available on the NC Dairy Youth Program website.

Dairy Skillathon. Youth compete as teams of four, or as individuals, in a format that will include, but not be limited to: identification of dairy products; identification of feedstuffs; identification of milking and dairy equipment; evaluation of forage samples; evaluating and judging dairy cattle; and problem-solving. Any youth currently enrolled in 4-H may participate. Individuals 9- to 13-years-old as of January 1 of the year of competition may compete as juniors. If 14 as of January 1, the individual must compete as a senior.

LIVESTOCK

http://www.cals.ncsu.edu/an_sci/extension/animal/4hyouth/ah4h.html

Livestock Judging. Sponsored by North Carolina Park Council, competition is among junior and senior teams of four. High individuals in beef cattle, sheep, swine, oral reasons, and overall, receive plaques. Members of the top senior teams and remaining top-ten individuals are eligible for a spot on the North Carolina State 4-H Livestock Judging Team, representing NC at regional and national contests.

Livestock Skillathon. Sponsored by North Carolina Park Council, competition is for junior and senior individuals and teams of four. High point individuals and teams win plaques. Top-ten individuals receive ribbons. Members of the top two senior teams and the remaining top-ten individuals are eligible for a spot on the State 4-H Livestock Skillathon team that will represent NC at regional and national contests.

Livestock Quiz Bowl. Sponsored by the North Carolina Park Council, competition is for junior and senior teams of a minimum of three participants and a maximum of five participants. Ribbons are awarded to the top three teams in each division, and plaques will be awarded to the first place team in each division.

Beef Ambassador Competition. Sponsored by the NC Cattlewomen’s Association. The winning senior receives a trip to the national competition during the NC Junior Beef Roundup in June. Youth must be 15 by January 1, but not over 19 by October 1, of the year of competition.

Market Steer Performance Record. Sponsored by the North Carolina Cattlemen’s Association, competition is conducted among individual 4-H’ers who are between 9 and 19 years old. State awards include: 1st place, $100 bond; 2nd place, $75 bond; and 3rd through 5th place, $50 bond.
**HORSES/EQUINE**  

**Hippology.** Competition among individuals and teams within junior and senior divisions. Winners receive awards and ribbons. Second through sixth place teams and second through tenth place individuals in each division receive ribbons. The top eight to ten senior division individuals are eligible to receive one of four partial travel scholarships to participate as a team in national contests. The high overall individuals from both age divisions will receive appropriate awards.

**Senior Horseman of the Year.** High senior individual selected at Hippology Contest receives a Belt Buckle. Reserve high senior individual receives an award.

**Junior Horseman of the Year.** High junior individual selected at Hippology Contest receives an award and a belt buckle. Reserve high junior individual receives an award.

**4-H Horsemanship Camp.** Horsemanship Camp will be held in June at Millstone 4-H Camp. 4-H'ers must be 9-18 years old and must take their own horse to camp. The program centers on horsemanship, training, safety, and management skills.

**Horse Bowl.** Competition among teams of four or five in three divisions: Division 1, mixed, 9-18 years old; Division 2, junior, 9-13 years old; and Division 3, senior 14-18 years old. State individual and team winners in each division receive and award and ribbons. Ribbons are awarded to second- through sixth-place teams and second- through tenth-place individuals. The top five individuals in the senior division and the top five senior individuals in the mixed division are eligible to compete for one of five berths on the State Horse Bowl Team participating in regional and national.

**Horse Short Story Writing Contest.** Youth in junior and senior divisions improve written communication skills, use and interpret resources, and expand their equine knowledge. Youth are eligible to win individual ribbons for first through sixth place Junior and Senior Short Story. First place Junior and Senior winners will receive an award. Consult the 4-H Horse Program rulebook for complete description.

**Horse Poetry Contest.** Youth in junior and senior division improve written communication skills, use and interpret resources, and expand their equine knowledge. Youth are eligible to win individual ribbons for first through sixth place. First place Junior and Senior Winners receive an award. Consult the 4-H Horse Program rulebook for a complete description.
Horse Essay Contest. Youth in junior and senior divisions improve written communication skills, use and interpret resources, and expand their equine knowledge. Topics are identified annually by Horse Advisory Board. State winners for both divisions receive an appropriate award. Ribbons are presented to first through sixth place winners in each division.

Southern Regional 4-H Horse Championships. Rotated annually among 13 Southern states. The top 50 NC show exhibitors, two judging teams, team demonstrations, individual demonstrations, public speakers, Horse Bowl, and Horse Hippology teams are eligible to participate. Awards include medals and ribbons. Travel scholarships are not available, but NC exhibitors receive special gifts and t-shirts.

Horse Drawing Contest. Youth increase their awareness of the horse through drawing exhibitions in three divisions: junior (ages 9-13), senior (ages 14-18), and cloverbud (ages 5-8). Junior and senior participants are eligible to receive awards provided by Carteret County Roadrunners 4-H Club. Ribbons are presented to first through sixth place junior and senior winners. Cloverbuds are not ranked, but receive ribbons. Event held in conjunction with State 4-H Horse Show.

Eastern National 4-H Horse Roundup. This is the national competition for Horse Judging, Bowl, Hippology, Team & Individual Presentations, and Public Speaking. NC 4-H Horse Program Senior Level State Winners are eligible to represent NC. Partial travel scholarship available.

Horse Judging. Junior team winners receive awards and ribbons. The high-scoring junior and senior individuals in each judging category (halter, performance, and overall) receive an award/ribbon. Second through sixth place teams and second through tenth place junior and senior individuals receive ribbons. The top senior team members and individuals receive ribbons and awards and are eligible to compete for a berth on the national team. Partial expense money will be provided toward regional and national contests.

Horse Sportsmanship Contest. Junior and senior 4-H'ers displaying the highest degree of sportsmanship at the NC 4-H Horse Show are nominated by fellow members and receive a plaque sponsored by Linda Hatfield in loving memory of George James Hatfield.

State 4-H Horse Show. Offers youth an opportunity to exhibit progress with their horse project during the past year. State winners receive awards and ribbons in each class and division. Ribbons are awarded to second through tenth place, depending on class entries. The top 50 exhibitors are eligible to participate in the Southern Regional 4-H Horse Championships. Division champions receive awards donated by Nutrena Feeds and Cargill, Inc. Reserve champions are also awarded by the NC 4-H Horse Program.
**Horse Crafts Contest.** Participants in cloverbud, junior, and senior divisions learn craft skills to develop tack and attire alternatives. Youth are eligible to win individual awards. An award is provided to the first place winner in each division. Ribbons are presented to first through sixth place winners in each division. Event held in conjunction with State 4-H Horse Show.

**Horse Painting Contest.** Participants in junior, senior, and cloverbud divisions hone artistic talent, painting skills, and knowledge of the horse. Junior and senior contestants are eligible for awards. Ribbons are presented to first through sixth place junior and senior division winners. Cloverbuds receive ribbons. Event held in conjunction with State 4-H Horse Show.

**Horse Photography.** Cloverbud, junior, and senior division participants learn photographic skills and gain experience developing photography exhibits. Contestants winning in each division receive an appropriate award. Ribbons are presented to first through sixth place winners in each division. Event held in conjunction with State 4-H Horse Show.

**Horse Poster Contest.** Participants show their horse interest through written communication, visuals, and illustrations. Junior and senior participants are eligible to receive awards donated by Mrs. Faith Ford in memory of Pratt Ford. First place awards and top-six ribbons are presented in junior and senior divisions. Cloverbud participants are not ranked and receive participation ribbons only. Event held in conjunction with State 4-H Horse Show.

**Horse Sewing Contest.** Cloverbud, junior, and senior participants learn sewing skills while developing horse-related attire and tack items. Contestants winning in each division receive an appropriate award donated by 4-H Horse Volunteers Debbi Hollowell and Amanda Matthews. First through sixth place ribbons are presented in junior and senior divisions. Event in conjunction with State 4-H Horse Show.

**POULTRY**

[http://www.ces.ncsu.edu/depts/poulsci/4h/](http://www.ces.ncsu.edu/depts/poulsci/4h/)

**Poultry Judging.** Sponsored by the NC Breeder Hatchery Association and the NC Poultry Federation. Competition among teams of three of four individuals, ages 9 through 19, held on Monday prior to NC 4-H Congress at the poultry science teaching unit at NCSU. The highest total county score for a senior team (age 14 and older) is declared the state winner. Each county may enter an unlimited number of senior and/or junior teams. If a county has more than four participants, additional contestants may compete as individuals. If the top individual in the competition is not part of the senior team, he/she may compete at the national level as an individual along with the senior state winning team. Each winning senior and junior team member will be award $50 cash. Overall high scoring junior and senior receives a plaque. The top senior team receives a trip to the National 4-H Poultry and Egg Conference in Louisville, Kentucky the week prior to Thanksgiving.
**Poultry Poster Contest.** Sponsored by the U.S. Poultry and Egg Association. Competition among individuals in three age divisions: 9-12; 13-15; and 16-18. Individuals ages 5-8 may participate on a non-competition basis at the county level only. State winners will receive awards of $50 for first place, $35 for second place, and $25 for third place.

**ENTOMOLOGY**
http://ipm.ncsu.edu/4-H/

**Beekeeping Essay Contest.** Sponsored by the NC State Beekeepers Association. Individuals submit an essay on an assigned topic in beekeeping. The state award is $50. State winning essay will be entered in the National Essay Contest sponsored by the American Beekeeping Federation. The national award is $250. Deadline for entry is February 14.

**Entomology Exhibit.** 4-H members enter their insect collections in the NC State Fair. The objectives are: (1) to learn how to properly collect, identify, preserve, and exhibit insect specimens, (2) to promote insect collection and study among 4-H'ers, (3) to publicize 4-H Entomology achievements to NC State Fair attendees, and (4) to reward 4-H'ers for their efforts. Full details are available in the NC State Fair catalog under “4-H Club Exhibits.”

**HORTICULTURE**

**Horticulture Contest.** The Horticulture Contest takes place at State Congress in July. It consists of three parts: a knowledge exam, testing what you know about horticulture; an identification test of flowering annuals, vegetables, woody shrubs, trees, and indoor foliage plants; and a judging section that works your skills in determining plant quality. Visit http://www.ces.ncsu.edu/4hplantandsoils/hortcontest.html for more information!

**National Jr. Horticultural Association.** The NJHA is for youths ages 15 to 22 years old who desire to compete at a national level in the following areas: achievement and leadership, horticulture contest, speaking of horticulture, demonstrations, and the project areas of environmental awareness, production and marketing, and experimental horticulture. Visit http://www.njha.org for more information!
SEWING

Make It With Wool Competition. This competition is open to all ages and all levels of sewing. Entries may be sewn, knitted, crocheted, woven, or felted, and must contain 100% wool or wool blend (minimum 60% wool, mohair, cashmere, alpaca, camel, llama and/or vicuna). Contestants must select, construct, and model the garment themselves. Contact Jean Thomas at (704) 547-0499 for more information about this event!

District Fashion Revue. The District Fashion Revue is held annually during District Activity Day for youth who have sewed a garment. You must be a county Fashion Revue winner to advance to District competition. A participant must model the garment. It must be a full garment (covering top and bottom—a coat is considered a full garment). The County Talent/Craft Show is when fashion revue entries are judged.

COMMUNICATIONS, ARTS, & LEISURE

4-H Photo Exhibit. The purpose of the state photo contest is to provide a showcase of 4-H members’ photographic accomplishments. State winners are named in six classes in two divisions (junior, ages 9-13, classes 1, 2, and 3, and senior, ages 14-18, classes 4, 5, and 6). The exhibits are unveiled at 4-H Congress in Raleigh, NC each summer. The winning photos are then displayed at selected meetings and events throughout the year until the next Congress. All 4-H members, ages 9-18, may submit entries. Participation is not limited to 4-H’ers enrolled in 4-H Photography Projects. All photos submitted must have been taken by the 4-H’er whose name appears on the application. There is no limit on the number of entries per county.

NC Operation Military Kids (OMK) Visual Arts. The 4-H Annual OMK Photography and Visual Arts Contest is open to all NC youth in these age categories: 5-8, 9-10, 11-12, 13-15, and 16-18. Youth will utilize artistry and photography skills to illustrate what freedom, patriotism, and support for our troops mean to them. For official rules, guidelines, and applications, check out www.nc4h.org/military/index.html.

PERSONAL DEVELOPMENT & LEADERSHIP

District Officers. Candidates for district office must be at least 14 years old and have been an active 4-H member for at least two years. A person may only serve as a district officer once. District office applications are due March 1.
**4-H Ambassadors.** Applicants must be at least 13 years old and a 4-H member for two years as of January 1. 4-H’ers may earn Bronze, Silver, Gold and Emerald Ambassador levels by completing workshops and a portfolio for each level. This program strengthens and expands upon 4-H Ambassadors’ current leadership abilities so that they may serve as positive role models for younger youth.

**Project Books.** Project books are an opportunity to submit a portfolio of work completed in a particular project focus area. The books are submitted to the county, and two books in each age division and subject category can be sent to competition at the State level. The winners in various categories will receive local scholarship dollars and potentially cash prizes at the state competition. Cumulative record books are a portfolio of up to three years of work in a particular project area. Categories include: Animal Science, Citizenship Civic & Education, Communication Arts, Consumer & Family Science, Discovery (ages 9-10 only), Environmental & Natural Resources, Healthy Lifestyles, Personal Development, Plant Science, and Science and Technology. Age divisions are 5-8 (cloverbud-only county competitive), 9-10, 11-12, 13-15, 16-18. Project book forms and guide book can be found at [http://www.nc4h.org/youth/4-h-awards-incentives-programs](http://www.nc4h.org/youth/4-h-awards-incentives-programs).

**Presentations.** County presentations are held in May of each year, and a child can compete in an individual, team or public speaking category. There are over 30 presentation categories in which they can compete including Horse Public Speaking, Public Speaking, and some cooking and grill categories. District competition is held at the District Activity Day in June and State presentations are held at 4-H Congress in July. Scholarships are awarded for some categories.

**Cooperative Leadership Award.** Sponsored by the Cooperative Council of North Carolina and its cooperative members, the 4-H Cooperative Leadership Award recognizes, in each county, an outstanding 4-H’er with demonstrated leadership abilities. Each county recipient receives a full scholarship (with arranged transportation) to the NC Cooperative Leadership Camp in June. Awards are limited to rising high school sophomores, juniors, and seniors.

**AIRE (Application, Interview, Resume, & Essay) Program.** Applicants must be at least 14 years old as of January 1. This program is used to select the delegates who will represent NC at National 4-H Congress, National 4-H Conference, and the International Leadership Conference. Participants must complete an application and submit a résumé of no more than two pages. The résumé should highlight the 4-H’ers achievements, project work, and leadership throughout their 4-H career. Interviews are also held at 4-H Congress in July. Applications, Essays, and résumés are due to the State 4-H Office by May 15.
NC 4-H Congress. Held the third week of July, NC 4-H Congress is the culminating 4-H event for the 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 Talent Show, State Presentation Finals, Honor Club Tapping, Horticulture Judging, AIRE Interviews, State-level Hands-to-Service Project, State 4-H Council Officer Elections, banquets, dances, and more.

International Leadership Conference. Sponsored by Thearon and Vanette McKinney. Conference takes place at Camp Miniwanca in Shelby, Michigan in early August and is for 4-H’ers ages 15-freshman year in college. Applicants are selected through the Application, Interview, Résumé’, and Essay (AIRE) program.

National 4-H Congress. Held the weekend after Thanksgiving, National 4-H Congress is the premier national recognition for 4-H’ers. NC delegates are selected based upon the Application, Interview, Résumé’, and Essay (AIRE) process. Young people are selected in one of the nine categories and must be 14 through 18 years old. Trips are funded by 4-H donors. Youth are asked to pay for some meals and will need some spending money.

NC 4-H Honor Club. A 4-H’er must be 16 years of age or older 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 January 15.

Teen Leadership Focus Conferences. Three teen leadership focus conferences will be held regionally across the state for 4-H youth, volunteers, and extension professionals. These are an opportunity for members and adults to share information, ideas, and resources on the state 4-H project and other leadership topics as well as participate in a number of leadership opportunities. The retreats are typically held in November and any 4-H’er 13 through 18 years old, currently participating in the 4-H program, is eligible to participate. Transportation and other costs are the responsibility of the 4-H’er or county.

TRY-IT (Teens Reaching Youth through Innovative Teams). TRY-IT provides an opportunity for 4-H teens (12-18) to become teachers/facilitators by completing required training at a basic TRY-IT retreat. Teams of three to four 4-H teens and one adult volunteer receive specific training to become certified TRY-IT members. TRY-IT teams utilize their skills to teach specific curricula to younger youth in their counties. Basic TRY-IT retreats are typically held in the spring and fall of each year.

State 4-H Project Award. This award changes each year with the state 4-H project theme. These awards are generally due in May to the State 4-H office and are presented during NC 4-H Congress.
State Council Conference. This event, held in November each year, is the kick-off event which introduces the new state theme to 4-H members. Workshops and activities, taught by district and state officers, focus on the state theme.

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

National 4-H Conference. National 4-H Conference, held annually at the National 4-H Center, lasts one full week and engages 4-H'ers, volunteers, and professionals in national 4-H program development through peer focus groups, informal networking, and formal presentations. Individuals attending should have experience on local, county, district, and/or state advisory groups or councils, etc. They should also have enough remaining years in 4-H to make significant contributions to the program when they return home from the conference and have growth potential and flexibility to meet differing situations. 4-H'ers ages 15-18 are selected to attend through the Application, Résumé, and Interview (ARI) process. Up to six scholarships will be awarded to youth covering all but $100 of the cost of the conference. Two adults will be selected to attend National 4-H Conference with the delegation.

SCIENCE & TECHNOLOGY
http://www.bae.ncsu.edu/programs/extension/4-h/

Electric Congress. Sponsored by the three major companies servicing NC: Duke Energy, Progress Energy, and Dominion NC Power. NC 4-H Electric Congress is an educational event designed to recognize excellence in the Electric Program throughout the state. 4-H Electric Congress travels from region to region of the state, thus allowing for a variety of programming opportunities for everyone. 4-H members participate in workshops, meet their Power Company Representatives, and interact with other electric winners. 4-H'ers must be at least 11 years old to attend. Counties may send two project winners, two cumulative record participants, and one program recruiter. 4-H Electric Congress is usually held during the second week of July.

Speak Out for Military Kids. Part of the Operation: Military Kids (OMK), teens (13-15 year-olds) are trained to raise awareness of the unique challenges facing NC military families when a parent is deployed—especially as Guard or Reserve members. Participants receive training in public speaking, leadership, technology, photography, and special resources needed by geographically dispersed families.

Forestry Invitational. Judging competition is open to individuals and teams in junior and senior categories. The winning senior team is eligible to compete in the national competition in July.
Wildlife Habitat Evaluation Program (WHEP).  Sponsored by the State and local chapters of Quail Unlimited, it is a 4-H youth natural resource program dedicated to teaching wildlife and fisheries habitat management to junior and senior level youth.  Judging competition is open to individuals and teams in junior and senior categories.  The winning senior team is eligible to compete in national competition in July.

Fur, Fish’n Game Rendezvous.  A week-long camp for youth, ages 12-15, sponsored by Cooperative Extension Service, NC Wildlife Federation, Wake County Wildlife Club, NC Wildlife Resources Commission, and others.  Youth explore careers in the natural resources field; gain knowledge of environmental ethics; develop an understanding of wildlife management techniques; acquire outdoor skills; and complete the NC Hunter Safety Course. (Millstone Camp)

Kristina Jarrell 4-H Electric Spirit Award.  Sponsored by Kristina Jarrell 4-H Memorial and Randolph County 4-H.  Awarded to a 4-H’er who represents the enthusiasm and spirit for the 4-H Electric Program that Kristina Jarrell exemplified.  Selection will be made by the NC 4-H Electric Congress Committee.

SPECIAL AWARDS

Alumni Award.  Sponsored by the NC 4-H Development Fund, this honor recognizes former 4-H members who have achieved success in their personal and/or professional lives.  Engraved plaques are presented annually.

Community Service Award.  Sponsored by the NC 4-H Honor Club, the Community Service Program is designed to recognize excellence in club community service activities.  Club members and their volunteers submit the Community Involvement/Community Service Form entitled “Involvement Unlimited” (R-1-7-3).  State prizes include:  $150, First Place; $100, Second Place; and $50, Third Place.  Application packets are due March 1.

Electric Group Award.  Sponsored by Duke Energy, Progress Energy, and Dominion NC Power.  The Electric Group Award recognizes excellence by 4-H clubs or county groups that work on electric energy projects.  A winner is declared in each territory and receives a traveling plaque.  The overall state winning group receives a plaque.

NC Partner-in-4-H Award.  Sponsored by the NC 4-H Development Fund, this award recognizes individuals, groups, business organizations, foundations, associations, government bodies, and other institutions that have worked closely with the NCCES in supporting the 4-H Program.  This special recognition is limited to those who have provided sustained and significant contributions to the 4-H Program on the state level.
Outstanding Support to Military Children in NC Award. The NC Operation: Military Kids program sponsors the state-wide recognition program to acknowledge the outstanding work of a club or group who gives their time, talent, and resources in support of NC’s military families and their children. Recipients will be recognized during the NC 4-H State Congress. Application packets are due March 1. For official rules, guidelines, and applications, go to www.nc4h.org/military/index.html.

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

(These below programs are in addition to the state programs, which are encouraged)

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

4-H Achievement. County Achievement Night is usually held in either mid-January or early February. This night is a great way to highlight accomplishments of 4-H members throughout the year. Also county council officers are elected this evening.

County Council. County Council is a teen council with youth elected by their peers. This council of 11-14 youth meeting 4-5 times a year for planning meetings in order to plan and organize all county events. Also, these youth serve as leaders and help contribute to community service projects and set up for the events. County Council officers are eligible for youth 12-up with 2 spaces available for junior members (11 year-olds).

TRY-IT. Stokes County 4-H provides opportunities for teens to teach other youth. You can sign up and be a part of a TRY-IT team in which you will be able to teach other youth in the county. As well there are leadership opportunities for teens to intern, volunteer, and assist with programs.

4-H Curriculum. Locally, we have access to National and State 4-H Curriculum, which can be used for homeschool activities, school enrichment, afterschool programs, personal projects, teaching tools and more. The curriculum can be borrowed and used through the Extension office or ordered via the 4-H National Mall through the help of the 4-H Extension Agent.

County Nutrition Fair. The County Nutrition Fair is always held in March. This event is open to youth 5-19 (as of January 1 of that year). Youth prepare either a beverage, appetizer, main dish, dessert, salad, or bread to enter into a competition. They choose a theme and present their dish to the judges with a table setting, correctly written recipe, and answers to questions about nutrition and health. Then everyone enjoys all the tasty dishes!

County Scholarship Money. Youth can receive scholarship money for project books, presentations, and many event entries. The scholarship money goes towards projects, camp fees, event fees, or fun 4-H items which they may want.
**County Project Books.** Project books are due the 2nd Friday of every January. Each child can submit as many as possible. They will receive scholarship money for their top two books. Consult leaders are project book structure.

**County Presentation Day.** County Activity Day is the county presentation and public speaking competition that is held to determine who advances to District Activity Day. This is usually held the last Saturday in May.

**Stokes County Talent/Craft/Fashion Show.** This event is a Stokes County favorite. Every year in May, youth have an opportunity to participate through talents, crafts or fashion designs. They will be judged within their age category, and two acts will be chosen to present at the district level.

**Fair Booths.** The Stokes County Fair provides 4-H clubs with a wonderful opportunity to market 4-H and their club by participating in the youth educational booth competition. Booths are judged and the club receives premiums. Space is limited and available on a first-come, first-serve basis. The fair is always in September.

**Summer Programs.** From the time school ends for the summer until it begins again, Stokes County 4-H offers programs, workshops, events, camps, and much more to occupy your summer as you learn and make friends! They are on a first-come, first-serve basis, so check the newsletter and the website often! You can find our website at: [http://stokes.ces.ncsu.edu/index.php?page=youth4h](http://stokes.ces.ncsu.edu/index.php?page=youth4h).

**Gingerbread Competition.** Each year as a community service and fundraising project we offer a gingerbread creation competition in November or December. The entries are judged and then some are auctioned off as decorations, while others are donated to Senior Citizens in the county as holiday gifts. The event is a great holiday party with games, food, and fun!

**Girls Nights and County Teen Retreats.** During the year, we have numerous other workshops, and programs such as girls’ nights and teen retreats. These are opportunities for social engagement, leadership, and self-development.

**4-H Clubs.** In Stokes County we have several clubs for youth of all ages, but we are always looking for a parent or group of parents who’d like to start a club. All it takes is 1 adult, 5 youth and a commitment to meet 9 times out of the year! Current active clubs include: Caroldale Kids, Quaker Gap Clovers, Germanton Clover Club, 4-H Ology, School Skippers, Goats R Us, and Danbury Shooters.
4-H School Enrichment. Stokes County 4-H works directly with the schools each year to provide quality hands on field days and in-classroom speakers, activities and curriculum to strengthen the students' interest and understanding of various subject areas, particularly science, technology, engineering, and math! Some school enrichment programs that are offered are: Farm Animal Days (second grade field day), Dirt Drag (third grade field day), Steps to Health (third grade in-classroom nutrition program), Magic of Electricity (fourth grade), Bug Out (second grade), Embryology (second grade), Health Rocks (middle school), Nutrition-In-A-Box (fourth grade), Environmental Awareness Days (fifth grade-in partnership with Soil & Water Conservation Board), and Aerospace.

4-H Afterschool. In Stokes County we have afterschool providers! We work directly with them to provide curriculum and teambuilding training, supplies and activities for use in the programs. We also form afterschool 4-H clubs in some of the local schools. Afterschool providers work on 4-H activities and use 4-H materials.

4-H Special Events. Stokes County provides special events and activities including community volunteer programs, local fundraisers, activity nights, parent information meetings, festivals and more.

Other events are added each year, but by checking the newsletter you will always know what is happening! For more information, call 336-593-8179 or check stokescounty4h.blogspot.com or Stokes County 4-H on Facebook. Also find rules, policies, programs, enrollment forms, calendar of events, and newsletters online at http://stokes.ces.ncsu.edu/index.php?page=youth4h