2011
Buncombe County
4-H

Member and Family Guide

Your resource to the in’s and out’s of 4-H in
Buncombe County, North Carolina
to the Buncombe County 4-H Program. You are now a member of the largest youth serving organization in the country. Each year the 4-H program reaches over 6 million youth nationwide and over 240,000 youth in North Carolina! As a 4-H member you can take part in the cutting edge youth programs and experiences coordinated through the North Carolina State University Cooperative Extension Program.

4-H can only be as exciting and meaningful as the energy, effort, and enthusiasm that you put towards it. I encourage each of you to get involved in your 4-H club’s leadership and community programs as well as those offered by the county, district, and state.

Because the 4-H program offers so many different programs and activities, it is easy to lose track and feel overwhelmed by the opportunities. PLEASE DON’T!! Your 4-H Club leaders, volunteers, and Extension Agents are here to help guide you, get you all the necessary resources you will need, and help in any way that we can to make sure your 4-H experience is EXCELLENT and FULFILLING!!

Please read through the rest of this guide which will help you better understand the 4-H program and where to find the latest information about the really neat opportunities that 4-H has to offer. We look forward to helping you “Make the Best Better” through your experiences in the Buncombe County 4-H Program.

Yours in 4-H,

Holly Jordan
Buncombe County 4-H Agent
4-H 101...

4-H is More Than You Ever Imagined

Your 4-H Club is a part of a much larger system than you might think! This large support system will help you and your 4-H club plan and conduct many activities in the coming year. There are many 4-H clubs in Buncombe County and in North Carolina. In fact, 4-H is found in every state in the United States and Puerto Rico, the Virgin Islands, and Guam. Similar clubs have been found in more than 80 countries around the world.

Many Partners of 4-H

4-H is the youth development program of the North Carolina Cooperative Extension Service. It is a partnership between Buncombe County government, North Carolina State University, North Carolina A & T State University, the United States Department of Agriculture, and the National 4-H Council. You have lots of reliable and research based resources available through 4-H . . . take advantage of the connections!!

How Did 4-H Begin?

4-H began in the early 1900s. The first groups began as corn clubs for boys and tomato clubs for the girls. Then in 1914, Congress passed an act to establish the Cooperative Extension Service and 4-H. 4-H celebrated its national centennial in 2002 and North Carolina celebrated its centennial in 2009.

Additional history about the 4-H program can be found on the National 4-H Council website at http://4-h.org/.

Who Brings 4-H to You?

Many adult volunteers and Extension staff coordinate the 4-H program and ensure that programs are available to youth in Buncombe County.

Extension Agents, like your 4-H Agent, are hired by North Carolina State University to work with 4-H members and community residents in the areas of 4-H, Agriculture & Food, Community, Environment, Forest Resources, Health & Nutrition, Home & Family and Lawn & Garden.

4-H Leaders and volunteers help 4-H members learn and have fun. They volunteer because they want youth to grow up to be happy, caring, and responsible community citizens.
4-H Emblem, Colors, Motto, and Pledge

**Emblem:**

The official emblem, a green four-leafed clover with a white “H” on each clover leaf is copyrighted and may be used only as approved by 4-H.

**Colors:** Green and White

**Motto:** “To Make the Best Better”

**Slogan:** “Learn by Doing”

**4-H Pledge:**

I Pledge my Head to Clearer Thinking, My Heart to Greater Loyalty, My Hands to Larger Service, My Health to Better Living, For my Club, my Community, my Country, and my World.

**4-H Year:**

The 4-H club year in North Carolina is October 1st - September 30th, although members can join at any time.

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4-H Membership and Programs

4-H has special programs and activities for youth of all age groups starting from 5 years through 19 years of age (age is determined as of January 1st).

We also have a variety of ways to be part of the 4-H program in Buncombe County. 4-H members can be involved in 4-H through:

- 4-H Clubs
- 4-H School Enrichment Programs
- Special Interest Programs (day camps, festivals, workshops, etc.)
- Camping Programs (overnight camping)

Youth can be part of 4-H through just one or all of these programs!!

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Where is your 4-H Office?

The 4-H program is coordinated through the Buncombe County Extension Service at:

94 Coxe Ave.
Asheville, NC 28801
(828) 255-5522

[http://buncombe.ces.ncsu.edu/](http://buncombe.ces.ncsu.edu/)
4-H Clubs

A 4-H club is a group of young people and adults who meet regularly throughout the year for fun and learning. Clubs are usually made up of families from a community and often formed around schools, churches, or community centers.

Most clubs hold monthly meetings which are planned and led by youth officers with the guidance of the club leaders. They offer activities which include demonstrations, project work, community service, and social events for the youth members.

As a 4-H club member, you have the opportunity to meet new people, make new friends, learn about projects, participate in club trips, activities, and more. Each club is unique, as YOU determine the focus of your own club.

Buncombe County has a variety of 4-H clubs available for youth to join. Several clubs focus on a specific project such as horse or livestock while others participate in a variety of project areas. Check out the Buncombe County Extension website for a listing of 4-H clubs in your area at:

http://buncombe.ces.ncsu.edu/content/4-hclubs

4-H School Enrichment

A great way to be introduced to the 4-H program is through school enrichment programs. By definition, school enrichment is a sequence of learning experiences, for a minimum of 6 hours, for groups of youth, in cooperation with school officials during school hours to support the school curriculum. Direct teaching is conducted by teachers, who are trained volunteers for 4-H.

The current school enrichment curriculum for North Carolina that is aligned with the North Carolina Standard Course of Study includes:

- Bug Out - 2nd grade
- Embryology – 2nd grade
- Soil Solutions – 3rd grade
- Entomology – 4th grade
- Electricity – 4th grade
- Eco-Wonders – 5th grade
- Vermicomposting – 5th grade
- Down to Earth – 6th grade
- 4-H On Track Learning – 8th grade
4-H Camping

North Carolina 4-H offers a variety of different camping programs that are either traditional summer camping or specialty camps focusing on a specific topic. More information about North Carolina’s 4-H camping program can be found at:

www.nc4h.org/centers/index

4-H Special Interest

Special Interest programs happen year round in 4-H. These are one-time opportunities to learn about 4-H or one of the many project areas through day camps, workshops, competitions, judging events, and leadership teams.

Learn by Doing

The 4-H slogan is “Learn by Doing” and that is exactly how you will be learning through 4-H. 4-H is exciting because many of the activities you will be participating in are hands-on activities. Whether you are learning how to run a business meeting, how to feed your animals, how to build a robot, or techniques in photography, be assured it will all be hands-on. 4-H volunteers and staff use the Experiential Learning Model to ensure that you will be learning life skills for the future.

4-H Project Work

4-H members learn life skills through project work. As a 4-H member you will enroll in a project area such as citizenship, robotics, gardening, nutrition, or any the hundreds of project areas available through North Carolina 4-H.

Throughout the year you will learn many exciting skills though the project resources you will have available as well as through the expertise and guidance of your 4-H club leader, volunteers, and Extension faculty.

You will also have opportunities to share what you have learned by participating in 4-H Presentations, exhibitions in local fairs, competitions, and Share Fairs. You might also be highlighted in the local newspapers and television shows for your accomplishments.
Your Job as a 4-H Member

4-H activities are fun, hands-on, rewarding, and will make you want to get involved more!! To ensure the best possible experience through 4-H, you will need to put a little effort into it. Here are some things you can do to make sure you are getting the most out of your experience:

- Attend all of your club meetings if possible. Arrive on time and plan to stay until the meeting ends.
- An active club member volunteers for jobs without being coaxed. GET INVOLVED!!
- Go to meetings with your ideas and share them with others. Listen to what others have to say. Even if you don’t agree with other’s opinions, it lets you hear other points of view.
- Be a friend. Get to know other club members. Help out when needed.
- Make suggestions and present ideas. This is your 4-H club so plan activities that you will have fun with as well as learn from.
- Stay updated about important dates and opportunities. It is your responsibility to make sure you turn in registration paperwork. You WON’T want to miss out on any fun!

4-H Rewards for a Job Done Well

The greatest and most lasting rewards a 4-H member can receive are:

- Satisfaction from a job well done
- Pride in his or her accomplishments
- Recognition from leaders, parents, and other 4-H members for accomplishments
- Knowledge and skills gained through the project

Other forms of recognition are:

- County awards for members showing outstanding accomplishments in a project (Clover Cash, pins, ribbons, certificates)
- Scholarships to attend state and national trips such as National 4-H Congress and National 4-H Conference
- Scholarships to graduating 4-H members for college
- Induction in to the North Carolina Honor Club and Ambassador programs.
A Parent’s Role in 4-H

Parents are essential to the 4-H experience. Youth need parental encouragement to get them started in 4-H and to keep them involved in the program through the teen years. Here’s how you can help:

SHARE – Take an interest in your child’s 4-H projects and activities. Listen, look, and offer suggestions but avoid the temptation to “take over” and do things yourself. Learning by doing is the 4-H way. Your child learns by his or her mistakes as well as successes if you provide encouragement.

PREPARE – Parents can assist by helping a child understand the value of having projects, duties, and presentations done on time and in a proper way. Also, be sure your child learns the importance of letting someone know if he or she cannot follow through as expected.

BE THERE – Your child will gain more from 4-H by attending club meetings regularly and getting involved in 4-H activities. Parents can be part of 4-H too! Don’t just drop your youngster off at meetings – sit and observe. You are WELCOME. Get to know the club leader. Lend a hand whenever you can. However, try to remain objective and avoid “taking over” any activities. Remember, the club is for the kids.

CARE – Arrange to attend programs and events where your child is taking part. Your presence shows that you consider your child, and what he or she is doing, very important.

Resources for 4-H Information

There are many places to find information about 4-H including:

- 4-H Agent
- Club Leaders
- Buncombe County Extension website
- Buncombe County 4-H Website
- North Carolina 4-H Website
- National 4-H Council
- 4-H Mall (a place to order 4-H shirts, pencils, awards, project books, etc)

Please don’t hesitate to call the Buncombe County Extension Office for more information about the 4-H program.

PHONE:  (828) 255-5522