



Cooperative Extension's  
Youth Development Program

### 4-H Motto

"To Make the Best Better"

### 4-H Slogan

"Learning By Doing"

### 4-H Colors

White-Purity  
Green-Life, Growth  
& Youth



### Forsyth County Center

1450 Fairchild Drive  
Winston-Salem, NC 27105

336-703-2850

<http://forsyth.cc/CES/4-H>

4H@forsyth.cc

**JOIN THE  
REVOLUTION  
OF RESPONSIBILITY**

# What IS 4-H?

## A "Cloverline" Special Edition

**4-H** is a fun and educational program for children ages 5-18. The **4-H** program is a part of N. C. Cooperative Extension and is dedicated to helping boys and girls develop **life skills** needed to be contributing members of their communities such as responsibility, leadership, self-esteem, critical thinking, communication skills and good citizenship through **learning by doing**. **4-H'ers** also give back to the community by helping others through **community service**, and have a good time doing it! Children of all racial, cultural, economic, and social backgrounds are welcome to participate in **4-H** educational programs.

**4-H** is open to farm kids AND city kids - you do not have to live on a farm to enjoy **4-H** opportunities!

In fact, our number one project area is Science and Technology, followed by Healthy Lifestyles and Environmental Education!



### Children can participate in **4-H** through different types of learning experiences:

- Clubs and Groups
- School Enrichment Programs
- Special Interest Programs

*Weeklong Over-Night Camps, Summer Programming, Livestock Groups*

Even if you aren't interested in any of the above, you can still be in **4-H**!

**Look inside to find out how!**

### 4-H Mission

The goal of 4-H is to assist youth and adults in becoming competent, coping, and contributing members of a global society, developing essential life skills through planned learning by doing experiences.

**NC** State University  
A&T State University  
**COOPERATIVE  
EXTENSION**

Empowering People • Providing Solutions

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

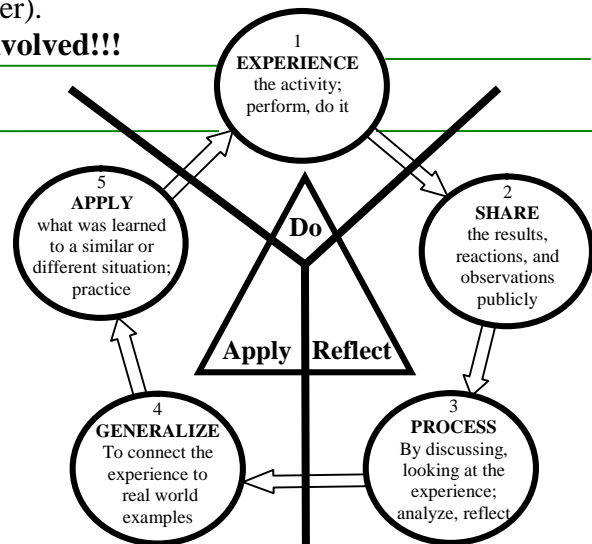
# 4-H Scholarship Dollars

**4-H'ers** are able to EARN **4-H** scholarship dollars through participating in competitive events including poster and photography contests, the talent show, presentation competition, project record books and many more. County winners typically receive 15 and all blue ribbon award winners earn 8 scholarship dollars. This really adds up quickly. **4-H** members can then use their dollars to get reimbursed for registration of 4-H events. Read the **4-H** newsletter to find out about upcoming competitive events (once you complete the enrollment form on page 4 you are automatically signed up to receive the newsletter).

**It is up to you to become involved!!!**

## 4-H is discovering:

- \* Animal Science
- \* Citizenship
- \* Communication/Expressive Arts
- \* Environmental and Natural Science
- \* Family and Consumer Science
- \* Healthy Lifestyles
- \* Personal Development and Leadership
- \* Plant Science
- \* Science and Technology

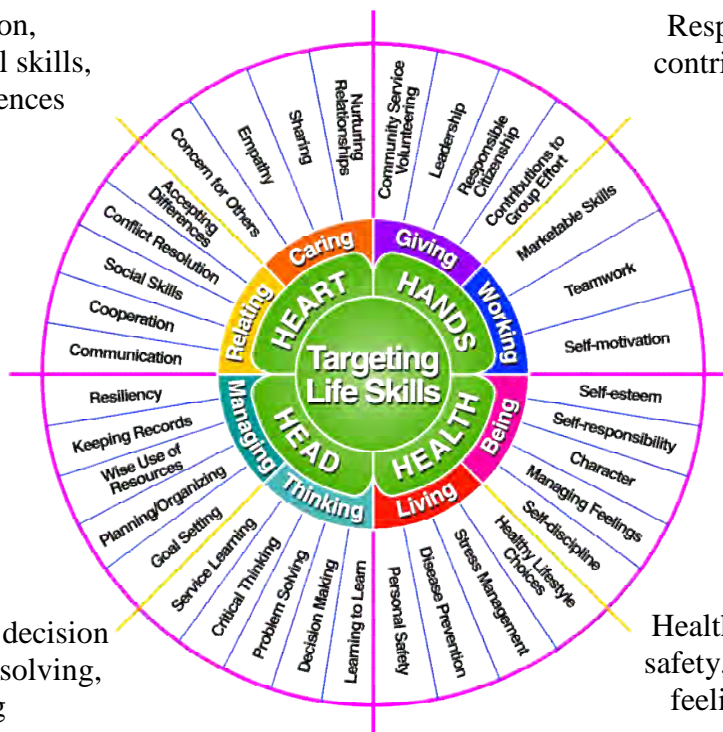


## 4-H is learning life skills:

# 4-H Life Skills

**Heart**  
Communication, cooperation, social skills, accepting differences

**Hands**  
Responsible citizenship, contributions to group and community



**Head**  
Learning to learn, decision making, problem solving, organizing

**Health**  
Healthy lifestyle, personal safety, character, managing feelings, self-discipline



# SO YOU WANT TO START A CLUB?...



## What You Need:

- A **VOLUNTEER** to serve as the club leader. This person must be approved by the 4-H office.
- Five or more members ages 5-18
- A Planned Program
- A **COMPLETED** 4-H Volunteer Application

## Types of Clubs:

- Community
- Project
- Home-School
- After-School
- Special Interest

## 4-H Club Charter Requirements

1. Lets the youth take leadership (as age appropriate).
2. Volunteer led and parents take an active role
3. Adults and 4-H'ers work together to plan 4-H calendar, including community service projects
4. Appropriate club leadership
5. Clubs meet on a continuous basis throughout the year
6. Clubs meet at least once monthly



## What do you do at 4-H meetings?

4-H'ers do all sorts of fun things at meetings. Some clubs have a special interest, like horticulture or horses. Others are general-interest clubs that offer a wide range of activities. If your club has a special interest, then your activities will center around that. For example, if you join a horse club, you'll learn how to ride and take care of horses.



4-H'ers have **FUN** doing things such as helping others through **COMMUNITY SERVICE!**



## Can I join 4-H and not be in a club?

If you wish to become a member, but don't have the time to be involved in a club, you can still join 4-H by becoming a member "**At-Large**". They have the ability to participate in any event, such as the 4-H Talent Show, Photography Contests, and **MUCH** more!

Another way you can be involved in 4-H is to become a 4-H Volunteer! There are many different ways to help support the 4-H program, regardless of whether or not you have children enrolled in 4-H. You can become a club leader or a special interest instructor. You can work behind the scenes at 4-H events, being a judge or a member of the 4-H Advisory Board. Feel free to contact the Forsyth County 4-H office for more information!

## Meet your Forsyth County 4-H Staff!



*April W. Bowman*

April Bowman  
4-H Agent



*Shanika Gray*

Shanika Gray  
4-H/Community Resource Development Agent



*Kathy Hepler*

Kathy Hepler  
4-H Secretary

### For More Information:

**Web:** <http://forsyth.cc/CES/4-H/>

**Email:** 4H@forsyth.cc

**Phone:** 336-703-2850

To be added to our mailing list or to learn more, please fill out the section below and mail it to:  
Forsyth County 4-H, 1450 Fairchild Road, Winston-Salem, NC 27105

**Name of Youth:** \_\_\_\_\_ **DOB:** \_\_\_\_\_  
First Middle Last

**Name of Parent(s)/Guardian(s):** \_\_\_\_\_

**Address:** \_\_\_\_\_  
Street Address City State Zip

**Phone:** home (\_\_\_\_) \_\_\_\_\_ cell (\_\_\_\_) \_\_\_\_\_ **County:** \_\_\_\_\_

**Gender:** Male Female **Grade:** \_\_\_\_\_ **School Attending:** \_\_\_\_\_

**Do you live:** \_\_\_\_\_ **Email:** \_\_\_\_\_

- Farm
- Rural under 10,000 people or rural non-farm (Bethania, Rural Hall)
- Town 10,000-50,000 people (Clemmons, Kernersville)
- Suburbs of city (Winston-Salem) over 50,000 people
- City over 50,000 people (Winston-Salem)

**Do you have a parent/guardian(s) active in the military?** **Y** **N**  
 If yes, circle all that apply: Army Air Force Navy Marines Coast Guard National Guard (Air & Army)

**Ethnic Group:**

A. Choose One: \_\_\_\_\_ Hispanic or Latino \_\_\_\_\_ Non-Hispanic or Latino

B. Choose all that apply: \_\_\_\_\_ White or Caucasian \_\_\_\_\_ Asian  
 \_\_\_\_\_ Black or African American \_\_\_\_\_ Native Hawaiian or Pacific Islander  
 \_\_\_\_\_ American Indian or Alaska Native \_\_\_\_\_ Other