



MEMBER GUIDE

Transylvania County 2024-2025



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Welcome to 4-H!



Who we are

4-H is the largest youth development organization in the United States and is open to all youth ages 5-18. There are about 6 million youth across the country who participate in hands-on educational activities that help them make lifelong friends, build life skills, and engage in their community. The name 4-H stands for head, heart, hands, and health which describes the developmental cornerstones of 4-H and is recited in the organization's pledge.

What we do

4-H is the youth branch of Cooperative Extension and is overseen by a 4-H agent in every county across the state. Each county has access to educational curriculum and materials from NC State University and North Carolina A&T University. Most youth participate in 4-H by completing a cumulative project under the guidance of adult mentors. Projects can be in areas of existing interests or new interests youth wish to explore. Examples of project areas include agriculture, STEM, or health – but the possibilities are endless! Beyond projects, many youth participate in either community or special interest clubs. Clubs are guided by an adult volunteer leader but are youth-led. Youth elect peers as club officers and plan activities together. Clubs typically meet on a regular basis and offer an opportunity for youth to work on their projects with peers, participate in community service projects, and attend recreational outings. They are a great way to help youth develop their social and leadership skills in a safe and educational environment.

4-H 101

Motto

To make the best better

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

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.

Members

- Youth ages 5- 7 are called Cloverbuds
- Youth ages 8-18 are called Members
- Participant age is based on their age as of January 1st of the calendar year.

Volunteers

- Most clubs and programs are volunteer-led
- Volunteers are screened, trained, and background checked
- To learn more about volunteering visit: <https://transylvania.ces.ncsu.edu/volunteer-with-4-h-11/>

Cost

- There is no county-wide fee to join 4-H
- Most programs and activities are free or low cost
- Programs with higher cost (like residential camp) often offer scholarships or other forms of financial assistance.
- 4-Hers can also earn funds to apply to program cost in the form of Cloverbucks by participating in showcase events.



The 4-H Pledge

What to say

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

What to do



The 4-H Pledge is said at club meetings and 4-H events. It helps members have a sense of belonging and connects 4-Hers across the globe.

Tip: If you know any current 4-H members or alumni, ask if they will help you learn the pledge!



Transylvania County 4-H

Joining 4-H in Transylvania County means connecting with a vibrant and diverse community of young people who are learning and growing together. In the past year Transylvania County 4-H members have found their spark through:

- Community clubs
- Project-based clubs in STEM and animals
- Cooking, coding, and hiking during Summer Fun day camps
- Sewing and mountain biking in SPIN clubs
- Showcasing their projects at County Activity Day
- Swimming, horseback riding, and singing by the campfire at Betsy Jeff Penn camp

4-H welcomes all youth regardless of ability, identity, or socioeconomic status. There is no sign-up fee and most of our programs are free, low-cost, or have scholarships available. So come see how 4-H grows here in Transylvania County!

4-H Agent

Sarah Holden



Contact us!

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Online: <https://transylvania.ces.ncsu.edu/>

Follow us on Facebook @
Transylvania County 4-H

Tip: Complete enrollment on a computer. The 4-H Online mobile site is not user-friendly!

Enrollment

Enrollment is the first step to getting involved with 4-H. Once enrolled, youth are able to register for any available club, group, or program. Enrollment is free and takes about fifteen minutes. Once your enrollment is approved, the 4-H Agent will be in touch with additional information. Don't forget to re-enroll every year in January!

1

Create an Account

Visit www.4honline.com. At the bottom of the screen click "don't have an account?". Follow the prompts. Once a family account is created, add youth as members and adults as volunteers (if applicable).

2

Select a Club

Choose a club from the drop down list. Not sure what to choose? Visit <https://transylvania.ces.ncsu.edu/> and check out the list of clubs and how to get involved. Or, if you don't see a club you like choose "member at-large".

3

Select a Project

A project is a topic that youth will explore throughout the year. Choose something that sounds interesting, or go with a project related to something you are already doing. Youth should select one project per year.

4

Complete Member Details

Make sure you follow all the steps to complete enrollment. This includes contact information, questions about health, and consent forms. Follow up with the 4-H agent if you have any difficulty enrolling!



“ 4-H Clubs ”

Join the Tradition

In 1902 the first 4-H club was formed in Ohio. Over 120 years later thousands of youth still participate in 4-H clubs around the world. When youth join a club they join a longstanding tradition of building meaningful relationships with peers, developing valuable leadership skills, and learning how to serve their community. In a traditional club youth will:

- Have the opportunity run for officer positions and lead their club meetings
- Learn parliamentary procedure to run a business meeting
- Engage in fun and interesting programs
- Participate in community service alongside their peers

Traditional 4-H clubs are youth-led and facilitated by adult volunteers. Most clubs hold meetings one or two times a month. Clubs may be community or project-based.

Active Clubs

- Horseshoe Valley Horse & Pony
- Little River Community Club
- TC Bots Homeschool Club
- Transylvania County Herders
- Trebol Latinos (Juntos Club)

For more information about active clubs, visit our website
<https://transylvania.ces.ncsu.edu/>

Club Membership

Youth must be enrolled in 4-H to participate in clubs. Regular attendance at club meetings is encouraged. Clubs may set additional membership requirements. Check with club leaders or the 4-H agent for more information!





” Projects

A project is a topic that you explore throughout the year and helps serve as starting place for what types of clubs and activities you might want to participate in. Once you are enrolled in 4-H then you are eligible to receive a handbook containing fun activities and ways to learn more about your project. Other ways to engage in your project include:

- Joining a club
- Attending a district or state event related to your project (horse show, photography contest, etc...)
- Attending a workshop or SPIN club on a topic related to your project
- Entering an exhibit or doing a presentation on your project at County Activity Day
- Entering an exhibit at the Mountain State Fair
- Completing a project record book

A project is a great guide for your 4-H year, but it does not mean that you can only do activities related to it! While it is best if you complete your exhibit or presentation at County Activity Day on your chosen project, you are also encouraged to attend any event throughout the year that you find interesting.



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Don't forget to order your project handbook from the 4-H Agent!



” Project List

Agriculture & Environmental Science

- Astronomy
- Bees & Pollinators
- Bugs/Entomology
- Camping
- Canoeing/Kayaking
- Fish/Fisheries
- Forestry
- Gardening
- Geology & Minerals
- GIS/GPS
- Meat Science
- Soil & Soil Conservation
- Water/Water Quality
- Weather
- Wildlife

Animal Science

- Beef
- Dairy Cattle
- Dairy Goats
- Horse & Pony
- Meat Goats
- Poultry
- Rabbits
- Sheep

Animal Science cont.

- Small Animals/Pocket Pets
 - Amphibians & Reptiles
 - Birds
 - Cats
 - Dogs
 - Guinea Pigs
- Swine
- Veterinary Science

Creative Arts

- Arts & Crafts
 - Creative Writing
 - Visual Arts
- Drama/Theater Arts
- Hobbies & Collections
- Home Environment
- Music & Dance
- Photography
- Sewing & Textiles

Healthy Living

- Cooking
- Fitness & Sports
- Health & Safety

Leadership & Civic Engagement

- Child Development
- Emergency Preparedness
- Entrepreneurship
- Financial/Money Management
- Global/Cultural Education
- Leadership

Science, Technology, Engineering & Math (STEM)

- Bicycle
- Computer Science
- Drones, Rocketry & Model Planes
- Electric
- Engineering
- Engines, Tractors, Farm/Field Equipment
- Robotics
- Wood Science/Woodworking

Project Showcases

A project showcase is a competitive event where members get to show off all the hard work they've done on their projects throughout the year. Enter one or enter them all. Entries in project showcase events also earn members Cloverbucks which can be used towards activity and program registration fees!



County Activity Day

Held annually in May. Categories include posters, presentations, and exhibits. Presentation winners are eligible to move on and compete in the district competition. For more information please obtain the County Activity Day Handbook from the 4-H Agent.



Project Record Books

Project record books and portfolios are like scrapbooks of a member's 4-H project. There is an annual state competition held each year in March to judge the previous year's books. For more information, please reach out to the 4-H Agent.



Mountain State Fair

The Mountain State Fair is a regional event held annually in September. This is NOT a 4-H sponsored event, however 4-Hers are encouraged to enter exhibits. For more information about exhibit categories and registration please visit the Mountain State Fair website.



Other Activities

SPIN Clubs

SPIN clubs (short for special interest) are short-term six session groups that focus on one project or topic. SPIN clubs are still facilitated by adult volunteers but do not elect officers. Examples of SPIN clubs include topics like outdoor adventures or sewing.

Teams

Teams are formed to help youth train for competitive events. Examples of teams might include archery, horse judging, or forestry bowl. Teams are led by adult volunteers, do not elect officers, and usually run annually. Meeting times and number of sessions depend on the competition schedule.

Workshops

Workshops are held periodically throughout the year on a variety of topics. They are usually led by Cooperative Extension staff or volunteers. Workshops can be held once or over several days.

Summer Fun

Summer Fun is a series of day camps held annually in June and July. Day camps are usually ran by Cooperative Extension staff and volunteers. The camps are typically held over several days and are on a variety of topics like cooking, agriculture, STEM, and more.

Overnight Camp

There are three overnight residential camps in North Carolina. Once a year Transylvania County takes a group of 4-Hers for a week of camp, usually at the Betsy Jeff Penn Center in Reidsville. Scholarships are available.

Cloverbucks

Cloverbucks are a form of scholarship funds that members earn by participating in showcase events. One Cloverbuck is equal to one US dollar. Cloverbucks can be turned in at anytime to help cover registration fees for county, district, state, and even national events.

How to Earn

County Activity Day

5 Cloverbucks for every poster, presentation, or exhibit entered

Mountain State Fair

5 Cloverbucks for every exhibit entered (must provide proof by submitting either picture or original of each exhibit entry tag)

Project Record Books

15 Cloverbucks for every project record book or portfolio submitted

How to Redeem

For County Events...

Turn in Cloverbucks in lieu of cash or check

For District, State, or National Events...

Turn in Cloverbucks along with invoice or payment receipt (if reimbursement needed)

Additional Information

- You are responsible for any costs not covered by the amount of Cloverbucks turned in
- Cloverbucks do not expire
- You can use them one at a time or save them up and use them all at once
- "Cloverbucks" is not a state program and will not be accepted outside of Transylvania County. To use them for a district/state event, they must be turned into the Transylvania County Extension Office.





Contests & Events

County Activity Day

County Activity Day is an annual project showcase event. All 4-H youth are encouraged to enter a minimum of one contest at County Activity Day however they are welcome to enter more. Contests include presentations, posters, and general exhibits. All contest entries earn Cloverbucks and are eligible for additional awards. Top placing contestants in presentations are eligible to represent Transylvania County at the district contest.

Animal Science

- **Dairy Beef Feed Calf Program**
 - Members receive a calf that they raise and show at the Mountain State Fair. Educational support and resources are provided.
- **Egg-cellent Egg Contest**
 - For 4-H members with a flock of laying hens. Participants attend educational sessions to learn about egg quality and selection then submit 2 sets of one dozen eggs to be submitted for judging.
- **Horsemanship Clinic**
 - A three day clinic held at the WNC Ag center for riders of all disciplines. Must own or lease a horse and make arrangements to haul on-site. There is also a beginners-only unmounted clinic.
- **Horse and Livestock Shows**
 - Held at the district and state level. For more information contact the 4-H agent.
- **Hippology and Skillathon**
 - Learn basic knowledge on either livestock (skillathon) or horses (hippology). Then put that knowledge to work at a competition where you will be tested on what you know. Both hippology and skillathon are done as part of a team that is led by an adult coach. To find or start a team contact the 4-H agent.
- **Judging**
 - Learn how to select quality animals based on physical characteristics and breed standards. Members practice their skills at a state contest. Typically, judging is done as part of team and led by an adult coach. To find or start a team contact the 4-H agent. Judging contests are held for the following species:
 - Dairy Cattle
 - Horse & Pony
 - General Livestock (beef cattle, meat goats, sheep, swine)
 - Poultry (meat chickens, eggs)
- **Livestock School**
 - Bring your sheep, meat goats, or swine for an educational clinic. Learn the basics of halter breaking, showmanship, clipping/fitting, and much more.
- **Poultry Science Summer Institute**
 - A four day immersion experience at NCSU in Raleigh for high school students to broaden their understanding of educational disciplines, careers, and industries related to poultry science.
- **Quizbowl**
 - Similar to jeopardy, trivia night, or academic bowls. Participants compete as part of a team against other teams from across the state. Teams are led by an adult coach. To find or start a team contact the 4-H agent. Quizbowl contests are held for the following species:
 - Avian (poultry)
 - Horse & Pony
 - General Livestock
- **WNC Pullet Project**
 - Learn chick care, animal husbandry, and showmanship skills. Chicks and educational sessions are provided. Culminates in a showmanship practice show.
- **Youth Market Turkey Show**
 - Members are given three turkey pullets to pickup and raise then show their best bird at the North Carolina State Fair. Educational support and resources are provided.





Contests & Events

Agriculture, Environmental Science, & STEM

- **Electric Congress**
 - A three day event that includes workshops, presentations, group outings, and a dance. To participate members must complete an electric project book or portfolio and submit it at the state level.
- **Forestry Contest**
 - A competitive event where members put their knowledge of forestry to the test in areas like. tree identification, insect & disease identification and compass traverse. Members usually participate as part of a team. Teams are led by an adult coach. To find or start a team contact the 4-H agent.
- **Horticultural Science Summer Institute**
 - For high school students interested in horticultural careers. Youth engage in workshops on topics like breeding better vegetables, propagation, learning sustainable production and design practices and more.
- **Wildlife Habitat Education Program (WHEP)**
 - Learn about the fundamentals of wildlife management and then share your knowledge at a statewide contest. Members usually participate as part of team. Teams are led by an adult coach. To find or start a team contact the 4-H agent.

Creative Arts & Healthy Living

- **Dinah Gore 4-H Healthy Food Challenge**
 - Teams of three to four participate in a timed cooking challenge. Teams are led by an adult supervisor/coach. To find or start a team contact the 4-H Agent.
- **Dr. Kim Ingold Photography Contest**
 - Submit your best photos in categories like 4-H in action, nature's beauty, special effects, and more!
- **Horse Artistic Expression**
 - Enter a horse-themed exhibit in crafts, drawing/painting, digital art, photography, and creative writing. Exhibits are displayed at the district horse show.

Leadership & Civic Engagement

- **4-H Congress**
 - For members age 13-18. A four day event in Raleigh where 4-Hers from across the state gather to attend workshops and network with one another. Members must have entered a project exhibit, poster, or presentation at County Activity Day to attend.
- **AIRE (Application, Interview, Resume, Electronic Video)**
 - A workforce development and college prep program for members age 11-18. Participate by completing the four AIRE candidate packet components either as a self-study or as part of a workshop offered by Transylvania County 4-H.
- **Nance Family Meat Goat Leadership Institute**
 - Participate in hands-on activities and workshops to learn how to care for and select meat goats. Additionally, youth will be challenged to take the skills acquired and lead others in their community.
- **North Carolina Citizenship Focus**
 - Explore youth advocacy and local/state government at a three day conference in Raleigh. The conference includes visits with elected officials, tours, and facilitated discussions on advocacy, action planning, and other citizenship topics.
- **Perry & Doris Teeter Beef Leadership Institute**
 - For members with a sincere interest in the beef industry and have an interest in leadership. The event includes leadership activities like public speaking, resume building, and etiquette workshops.
- **West District Teen Retreat**
 - Participate in workshops, a dance, and help elect district officers alongside teens from across the twenty-two counties in our district.
- **YouthVoice**
 - Learn more about county government and brush up on your leadership skills alongside other teens from across the state.



Annual Calendar

Calendar dates are estimates and are subject to change. Additional one-time events that do not occur annually are not included. For exact dates please reach out to a club leader or the 4-H agent.



<p style="text-align: center;">January</p> <p style="text-align: center;">Re-enroll in 4-H Online!*</p> <ul style="list-style-type: none"> Dairy Beef Feeder Applications Open 	<p style="text-align: center;">February</p> <ul style="list-style-type: none"> Volunteer Leaders Conference Meat Goat Leadership Institute Beef Leadership Institute West District Horsebowl Contest Project Record Books Due WNC Pullet Project Registration * 	<p style="text-align: center;">March</p> <ul style="list-style-type: none"> Youth Market Turkey Show Applications Open State Hippology & Horsebowl Contest Residential Camp Scholarships Open* Teen Retreat
<p style="text-align: center;">April</p> <p style="text-align: center;">County Activity Day Exhibit Selection Due*</p> <ul style="list-style-type: none"> State Horse Judging Contest West District Horse Show Horse Artistic Expressions 	<p style="text-align: center;">May</p> <p style="text-align: center;">County Activity Day*</p> <ul style="list-style-type: none"> WHEP Contest Summer Fun Registration Opens* Dinah Gore Healthy Food Challenge Residential Camp Scholarship Deadline* 	<p style="text-align: center;">June</p> <ul style="list-style-type: none"> Summer Fun* District Activity Day West District Horsemanship Clinic Horse Artistic Expression Contest Poultry Science Summer Institute Citizenship Focus Livestock Skillathon/Judging Clinic
<p style="text-align: center;">July</p> <ul style="list-style-type: none"> Summer Fun* Residential Camp* State Horse Show Horticultural Science Institute Electric Congress Livestock Skillathon/Judging Competition Avian Bowl/Poultry Judging Competition 4-H Congress State Presentations 	<p style="text-align: center;">August</p> <ul style="list-style-type: none"> Jr. Beef Roundup Photography Contest YouthVoice WNC Pullet Project Show 	<p style="text-align: center;">September</p> <ul style="list-style-type: none"> Forestry Contest Mountain State Fair Egg-cellent Egg Contest Registration Due
<p style="text-align: center;">October</p> <ul style="list-style-type: none"> National 4-H Week NC State Fair 	<p style="text-align: center;">November</p> <p style="text-align: center;">Club Paperwork Due!*</p> <ul style="list-style-type: none"> Volunteer Training* Agriculture Week* 	<p style="text-align: center;">December</p> <ul style="list-style-type: none"> Holiday Crafting Days* Holiday Gathering*

*Events in Transylvania County

Code of Conduct

All are Welcome

Transylvania 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, gender identity, marital status, familial status, political beliefs, parental status, receipt of public assistance, or protected genetic information.

Be Respectful

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).

Any member, leader, or family member attending a program who fails to adhere to the Code of Conduct agreement, who uses discriminatory or disparaging language, or who is verbally or physically threatening in any manner may be immediately and indefinitely removed from the program.

Dress for Success

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.