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
- Summer Programming
- Special Interest Programs

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.
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. This really adds up quickly. 4-H members can then cash in their dollars to pay 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).

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:

**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

**Do**
- Experience the activity; perform, do it

**Apply**
- What was learned to a similar or different situation; practice

**Share**
- The results, reactions, and observations publicly

**Generalize**
- To connect the experience to real world examples

**Process**
- By discussing, looking at the experience; analyze, reflect

**Reflect**
- Do Apply   Reflect
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. Age appropriate
2. Volunteer led and parents take an active role
3. Adults and 4-H’ers work together to plan 4-H calendar
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

Can I join 4-H and not be in 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 Alexander County 4-H office for more information!
Meet your Alexander County 4-H Staff!

Suzanne N. Rhinehart  
4-H Agent

Jamie Miller  
4-H Secretary

For More Information:  
Web: http://alexander.ces.ncsu.edu/  
Phone: 828-632-3125  
Email: Suzanne_Rhinehart@ncsu.edu

To be added to our mailing list or to learn more fill out the section below and mail it to:  
Alexander 4-H, 376 1st Avenue SW, Taylorsville, NC 28681

<table>
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<th>Name of Youth:</th>
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| Name of Parent(s)/Guardian(s): | ____________________________________________ |

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| Phone: | (___) _______________ home (___) _______________ cell |
| County: | ____________________________ |

| Gender: | Male | Female | Grade: | School Attending: | ____________________________ |

Do you live:  
| Farm |   |   |   |   |
|_____|_________|_________|_________|_________|_________|
|     | Rural under 10,000 people or rural non-farm |  |
|     | Town 10,000-50,000 people |  |
|     | Suburbs of city over 50,000 people |  |
|     | City over 50,000 people |  |

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 |
| Choose all that apply:  
| White/Caucasian | Black/African American |
| American Indian or Alaska Native |  |
| Native Hawaiian or other | Pacific Islander |
| Asian | Other |