



Northampton County 4-H Opportunities

**4-H age is determined as of January 1 of the current year. Ages are listed in parentheses and reflect the child's 4-H Age unless otherwise noted.*

4-H Clubs. (5-18) A 4-H club is composed of at least five young people and is led by a volunteer from the community. Clubs may have a theme, such as photography, or focus on a variety of activities. Clubs meet at least monthly.

Achievement Night. (5-adult) The work of Northampton County 4-H members and volunteers is recognized annually during Achievement Night. An awards program is accompanied by food and fellowship for a celebration of a year's work!

Application, Resume, Interview, and Essay (ARIE). (11-18) Participants in the ARIE program submit an application, resume, and personal essay to judges at 4-H Congress. The resume should highlight the 4-H'ers achievements, project work, and leadership throughout their 4-H career. Winners receive full scholarships to attend National 4-H Congress, National 4-H Conference and the International Leadership Conference which are programs offered in other states to recognize outstanding 4-H members.

College Scholarships. (17-18) High School Seniors may apply for 4-H scholarships. The application is to be postmarked to the State 4-H Office and signed by the County 4-H Agent by January 15th. Several of these scholarships are restricted to youth that meet certain criteria. Scholarship awards range in amounts from \$500 to \$2,000.

Cooperative Leadership Camp. (15-18 at camp) This camp is an educational program of the Cooperative Council of North Carolina held at White Lake, NC. The 5-day resident camping program features energetic and interactive workshops and presentations, recreation, leadership development, team-building activities and small group sessions with special emphasis on how cooperatives operate.

County Council. (11-18) A leadership group composed of 4-H members who provide guidance and direction to the county 4-H program. Meetings are held monthly during the spring and fall at the county 4-H office.

Cumulative Records. (13-18) An accumulation of up to three years of 4-H project work in a major project area, for example: livestock, culinary arts, or woodworking. These books must be postmarked to the State 4-H Office by March 1st. The books are judged at the state level; state winners receive cash awards.

District Activity Day. (5-18) District Activity Day (DAD) is a public-speaking competition for youth who present information on the topic of their choice. The speech should be between 5 and 12 minutes. District winners compete at the state level. State winners in sponsored categories receive cash awards! In specific categories, the state-winning seniors may go on to compete at the national level. DAD is held in March.

Electric Congress. (11-18) North Carolina 4-H Electric Congress is an educational event designed to recognize excellence in the Electric Program throughout the state. 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. April 15th is the deadline to register. 4-H Electric Congress is held in July.

Hungry to Help. (7-adult) Northampton County 4-H'ers are fighting hunger monthly by assisting with a food distribution in the county, held at the Jackson United Methodist Church. The Food Bank of the Albemarle provides the food for this outreach. 4-H members meet from 3:30-5:00 PM on the 4th Monday of every month to help distribute food.

International Exchange. (12-18) North Carolina hosts Japanese exchange students for one month, beginning late July. Host families must complete an application and an in-home interview. 4-H members may elect to host a yearlong exchange student from Japan or one of the Newly Independent States. Host families are typically secured in early spring.

Litter Sweep. (9-adult) The Northampton County 4-H program has adopted a portion of Highway 305 in Jackson and works to maintain the beauty of the roadside. Cleanup days are held at least four times per year. Volunteers and 4-H members are invited to help keep our highway clean!

Livestock Show and Sale. (5-18) Northampton County offers a Livestock Show and Sale each June in conjunction with Hertford and Bertie Counties. 4-H members may raise hogs, steers, heifers, goats, or lambs. Participants must have their animal on the farm for two to three months before the show date for training and preparation.

NC 4-H Congress. (13-18) NC 4-H Congress is the culminating 4-H event for the year and is held in June. Congress is held on the campus of NC State University. Activities of the week include: State Presentation Finals, Honor Club Tapping, Hands-to-Service, Citizenship Awareness, State 4-H Council Officer Elections, banquets, dances and more.

NC 4-H Honor Club. (16-18) A club designed to recognize outstanding 4-H members for their years of 4-H participation. 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 on January 15th.

Progressive Agriculture Safety Day. (9-13) This annual event is held in Jackson and teaches safety lessons on topics pertaining to youth in rural areas. Topics range from lawnmower, chemical, and large equipment safety to staying home alone and using the Internet wisely. Safety Day is held on a Saturday, generally in the spring, from 8:30 AM - 1:00 PM.

Project Records. (9-18) Project records highlight what a 4-H'er has learned and done in a specific project area for a period of twelve months. Record books are due to the *state* 4-H Youth Development office on March 1st.

School Enrichment. (K-12th grade) School enrichment is a program offered in public and private schools to bring 4-H curriculum to the classroom. This curriculum is hands-on and designed to bring at least six hours of experiential learning to students. Teachers are trained by 4-H professionals and then implement the lessons in their classrooms. A large variety of subjects are offered and supply kits are available for use.

Science Camp. (Rising 6th-8th graders at camp) A three-day camp designed for middle school students held each summer, usually in Rocky Mount. Campers participate in interactive educational classes during the day and fun games at night. Campers focus on a theme during camp such as Biotechnology or Emergency Response.

State Council Conference (14-18) A leadership development weekend where workshops are offered, encouraging the improvement of 4-H'ers skills. It is a great time to connect with other 4-H members from across the state.

Summer Camp. (8-17 at camp) Northampton County takes a delegation of 4-H'ers (ages 8-12) to a 4-H Camp each summer for a week of "traditional" summer camp. Camper activities include swimming, canoeing, fishing, sports, campfires, talent shows, and more. Older 4-H members (ages 15-17) may attend camp as Leaders In Training (LIT). LIT's work at a camp for two weeks to gain counselor experience.

Summer Fun. (5-18) A variety of classes and activities offered to Northampton County 4-H members every summer. Class topics range from sewing to cooking to overnight trips to the zoo! Be on the lookout for the Summer Fun calendar in late spring.

Teen Retreat. (13-18 at retreat) This leadership building weekend retreat offers training and workshops centered on the state 4-H project. It is generally held in the spring. District Council Officers are elected at Teen Retreat.

VIP Camp. (12-18) The Visually Impaired Persons (VIP) camp is held each summer in partnership with the VIP group of Halifax and Northampton Counties. VIP members partner with local teenage 4-H'ers for two days of activities, games, team building, special presentations, and more. This wonderful event is held in Jackson.

Volunteer Leader's Conference. (Adults) This annual event is held on the first weekend in February in Raleigh to celebrate the work of 4-H Volunteers across the state. Quality workshops, motivating speakers, and an awards banquet are highlights of the weekend.

The 4-H Office will be happy to speak with you about the wide range of opportunities available through 4-H for children and adults. Please contact Caroline Brown, 4-H Agent, and Ann Lawrence, 4-H Program Associate, at (252) 534-2711. Our office is located in the John W. Faison Administrative Center, 9495 Hwy 305 Jackson, NC (across the street from the Wellness Center). Office hours are Monday through Friday from 8:30 AM until 5:00 PM. Please visit our website: <https://northampton.ces.ncsu.edu>.

