



State 4-H Council Newsletter

April 2016 Edition

Planning and Staying Busy!

Quote of the Month

If your actions inspire
others to dream more,
learn more, do more,
become more, than YOU
ARE A LEADER.

-John Quincy Adams

We have so many great events coming up that you don't want to miss! Your State and District 4-H Council officers are hard at work planning Teen Retreats, District Activity Days and 4-H Congress. Be sure to check the NC 4-H Calendar often to make sure you know of all the opportunities available for you to participate in on a state level. Be sure to check with your 4-H Agent so you don't miss county and district opportunities.



Check out all of the upcoming state events at www.nc4h.org/calendar. Don't forget – the deadlines listed are state deadlines. Your 4-H Agent will have earlier deadlines so be sure to check with them for the deadline you need to follow.

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State Council Congress Planning Meeting

The State 4-H Council gathered in Raleigh March 5th – 6th for two days of reconnecting, teambuilding, sharing district and state news, and planning for 4-H Congress 2015. District officers had the chance to share what they loved about last year's Congress, as well as what they think we can change to help us make the best 4-H event of the year even better. The team discussed many aspects of this year's Congress, including speakers, social activities, community service projects, workshop tracks, and, of course, the Congress t-shirt! Congress 2016 is shaping up to be an amazing event that you won't want to miss!



Health Challenge Winners

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Congratulations to Whitney C., 4-H Agent in Surry County and Denise M. Cleveland County 4-H'er for being the January Health Challenge Winners!



Congratulations to Nash County 4-H'ers, Emmett L. for being the February Health Challenge Winner!



Our challenge to you for the month of March is complaint restraint! There is no specific number goal to reach, our objective is simply to become more aware of the negativity in our daily speech and to create a more positive outlook and atmosphere through cultivating optimistic thoughts and diction.

A great way to keep yourself on track is to wear a bracelet or ring and switch the wrist or finger you wear it on every time you make a complaint throughout the day!

Make sure to check out the State Council Facebook page to see the Monthly Health Challenge!

Upcoming Events and Deadlines

District Activity Day

Northeast – May 14th

Beaufort County

Southeast – May 14th

Lenoir County

South Central – June 4th

Hoke County

North Central – June 18th

Jackson County

West – June 18th

Yadkin County

June 13-15
Citizenship Focus

July 12-14
Electric Congress

July 16-19
NC 4-H Congress



May 16 State 4-H Officer Applications Due

The State 4-H Council wants to wish all the State Officer candidates the best of luck as they campaign and run for a State Officer position! Remember to always keep the 4-H spirit! Don't forget the state deadline is a postmarked dates of May 16th. You must check with your county for county deadlines and follow your county deadlines. Remember that county deadlines will be earlier than the state deadline, so be sure to check in with your 4-H Agent.

District Reports

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South Central

The South Central District has had a great winter. On January 29th-30th we held our annual winter lock-in at the Union county extension office. We had workshops based on baking, team building, public speaking, and health rocks to name a few. Then we had a dance/games. We wrapped up the night watching movies.

Our district officers attended the Congress planning meeting March 5th-6th and had a great time. We are very excited for this years NC 4-H Congress!

Our Teen Retreat is March 18th-19th and will be held at Betsy Jeff Penn 4-H camp. We have a lot of workshops and activities planned such as capture the flag, iPhone photography, rock wall climbing, robotics, and many more.

North Central

The North Central Officers had a successful winter event and are currently planning for teen retreat. The district officers are currently visiting counties within our district.

West

The West District Officers are planning our teen retreat for April 23-24th. The District Officers are working together to go along with the state theme to Health to implement workshops and service projects.

Northeast

The Northeast District Officers recently hosted their Teen Retreat with 204 people in attendance. In addition, they just finished their involvement week where each county sent in a picture to be posted.

Building the Leadership Pipeline

Counties Visited So Far:

Bladen County, Cabarrus County, Camden County, Chatham County, Craven County, Currituck County, Davie County, Guilford County, Harnett County, Iredell County, Johnston County, Jones County, Lenoir County, Martin County, Moore County, Nash County, Orange County, Person County, Richmond County, Rockingham County, Sampson County, Stokes County, Tyrell County, Union County, and Wake County

If you are having a county event where you would like a state officer to attend, bring greetings, speak, help hand out awards, teach a workshop or participate in a service activity, please contact Sarah Kotzian at least one month prior to the event. She will work with the officer team to see if one of them can attend. It might not be possible to accommodate every request, but we will do our best to try. Our State 4-H Officer team is looking forward to visiting your county 4-H program soon and looking forward to seeing all the great community service projects your 4-H'ers will participate in!

Thanks for reading this months newsletter!
Keep an eye out as North Carolina 4-H Continues to make the best better!
— Grace