



State 4-H Council Newsletter

Winter 2020 Edition

Quote of the Month:

“In order to carry a positive action, we must develop here a positive vision.” ~

Dalai Lama

2020 Vision:

It is officially the year 2020! As we announced in the previous newsletter, the 2019-2020 State theme is Define Your Vision! We as a state officer team, would like to encourage all of you to find, define, and perfect your Vision for this year, creating 20/20 Vision.

- 2019/2020 State 4-H
Council Officers

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District Reports!



Northeast District:

The Northeast District has been busy this fall! We had a wonderful representation of our district at the Pull for Youth held in Washington on October 4th. These youth had a great time helping out and participating in this event. We also held a District Planning Meeting on November 2nd in Pitt County to discuss upcoming events. Teen Retreat will take place on February 28 – March 1 We have our vision set on making this year's Teen Retreat the best one yet!

North Central District:

Happy New Year's from North Central! We ended the year of 2019 with an amazing Winter Fest on the 7th of December and set our hopes high for what 2020 brings us. Our next event will be Teen Retreat that is on the 27th-28th of March at Betsy-Jeff Penn! We look forward to see many of you there, as we look forward to your 2020-2021 District Officer elections and amazing workshops we know you will put on. Please be on the lookout for more stuff to come through your emails from the agents as we charge head on into the new year!

West District:

Greetings from the West District! We have some pretty cool stuff happening in our district right now. Currently, we are gearing up for Teen Retreat! We have awesome workshops planned that deal with STEM, learning how to make the most of your 4-H career, and putting our hands to larger service. It's going to be a great time, and that's all thanks to our incredible volunteers and 4-H'ers in the West! Speaking of incredible 4-H'ers, we invited several of them to come and help us brainstorm ideas for Teen Retreat as our fall event. Thank you to everyone who participated in that event, we came up with some pretty amazing ideas from it! We look forward to seeing everyone at Teen Retreat on March 14th and 15th, be sure to save the date!



District Reports!



Southeast District:

Happy 2020 everyone! We hope that this year holds lots of accomplishments and successes for you. Your district officer team has been working on making this year's events the best yet. Speaking of which, Winter Fling is coming up soon so please be on the lookout for information. If you have never been to Winter Fling, we highly suggest you come because it is a blast. In other news, so much has happened since the last time a report was released. Your district officers have been keeping up with everyone's awesome happenings on social media and we are so proud of you all. Looking towards the future, make sure that you are working on your Honor Club Applications, Project Record Books, Portfolios and more. They are a great way to keep up with your 4-H achievements as well as create new ones and might even just some extra cash! Please let us know if we can do anything for you!

Sincerely, Your Southeast District Officers

South Central District:

Hello, from South Central District!

South Central District is heading back to school I know that a majority of our youth is dreading the end of this long winter break. Union County had their quarterly baking camp where they made delectable treats for the Youth. However, overall it has been a slow month for the South Central District preparing for large upcoming events such as Winter Enrichment and Teen Retreat.

Thank you to the South Central District, North Carolina 4-H, and our State Council team. We are looking forward to serving you guys an amazing year

Officer Spotlight!

Emily Worth, State 4-H Council President



My name is Emily Worth. I am serving as your 2019-2020 State President.

I have grown up on a farm with my family. We raise meat goats and chickens. It has taught me a lot about hard work and responsibility. One of my hobbies is riding horses. There is nothing like taking a horse through a jump course. Another pastime of mine is reading. I can spend an entire afternoon curled up on the couch with a good book. I also enjoy playing board and card games. My favorite card game is Phase 10.

This is my senior year of high school and I am also taking classes at community college. Looking to the future, I am going to apply to the nursing program at my local community college, and work towards my four-year degree. I hope to go into traveling nursing.

I have had a wonderful time serving as a state officer. The first six months were great and I look forward to the next half of my term. I have gotten to go to multiple events at NC State University, along with other things like winter flings. One of my favorite things about being in office is all of the people I've gotten to meet. There are so many incredible 4-Hers here in North Carolina and it has been amazing to have the chance to get to know them. Being a state officer is an honor and I could not be more thankful that I have been given the opportunity to do so.

~ Emily Worth, State 4-H Council President

National 4-H Congress

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Atlanta, Georgia ~ November 29th -December 3, 2019



NORTH CAROLINA

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National 4-H Congress took place November 29th – December 3rd, 2019 in Atlanta, GA. Seventeen youth delegates were chosen to represent the state of North Carolina at the event, alongside four adult agent advisors. During the 5-day event, youth were able to participate in workshops such as *Think Globally – Think Agri science*, listen to great speakers, Community Service Projects, participate in cultural activities, and meet new people from all over the state and nation!

“Attending the National 4-H Congress was truly life-changing. One of the last transformative parts of the trip was becoming good friends with my fellow NC 4-H delegates. Even though we only spent five days together, we made a million years worth of memories.” Says Sydney Blair, National 4-H Congress Delegate.

Youth who would like to attend National 4-H Congress through North Carolina 4-H must compete in a program known as AIRE, which consists of an Application, Interview, Resume, and an Electronic Interview. The process of AIRE is similar to that of applying to colleges or jobs. Youth who participate in AIRE, compete for the chance to attend National 4-H Congress, National 4-H Conference, or International Leadership Conference.

“Going through the AIRE process was amazing as it was challenging. Going through learning how to do a proper resume and learning those skills of explaining who you are and why you are qualified like an actual job interview gives you good tips for the future.” Says Kaitlyn McBroom, AIRE Participant & National 4-H Congress Delegate.

NC 4-H Healthy Living Teen Leader Retreat!



4-H HEALTHY LIVING

What better way to start the New Year than with a 4-H Teen Retreat?! 13 North Carolina Counties were represented on January 4th & 5th, 2020 at the Healthy Living Teen Leader Retreat at Millstone 4-H Camp. Teens and their 4-H leaders joined together to strengthen youth-adult partnerships and build leadership skills. Teams worked together to create action plans for healthy living programs in their communities.

Special thanks to Millstone 4-H Camp and those who lead workshops: Dr. Shannon McCollum, Kenan Bridges, Angie Lawrence, Morgan King, Kat Stulpin, Autumn Apple, Sydney Blair, and Luran Surratt.

Keep an eye out for more Healthy Living retreats in 2020!

You can find the recap video for this event at <https://bit.ly/2t59Uc9>



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Have something you would like to add to the State 4-H Newsletter? Contact NC State 4-H Reporter, Kyler Glover at kylerg610@gmail.com.

Thanks for reading the Fall edition of the State 4-H Newsletter! – Kyler Glover