



State 4-H Council



Newsletter

Winter 20/21 Edition

Hello there North Carolina 4-Hers,
welcome to the Winter Newsletter!

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District Reports

West District :

Hello 4-Hers! Your 2020-2021 West District Officers are super excited to be able to work with you all this year!
Let's start off with some much needed introductions!

Hello Everyone, my name is Avery King. I am 15 years old and live in Jackson County. I'm so excited to be serving as your 2020-2021 West District president. A few things about me are: I'm homeschooled, I enjoy shooting sports, growing plants, showing cattle, and I really love to be outside. I have been in 4-H for 6 years and have taken officer roles in clubs, but winning this election is by far the greatest achievement I have ever been awarded in 4-H. I look forward to serving you this year. If there's anything you need or ideas you would like to share, feel free to contact me!

Hey y'all! My name is Tela Swafford and I am proud to be serving as your West District vice president for the 2020-2021 year. Some fun facts about myself are I am obsessed with anime, love to play instruments and sing, hope to become a certified beekeeper, and love to try everything. Feel free to ask me anything and I look forward to getting to know you all over this next year

Shi-yo Ni-ga-da Lucian Davis Da-gwa-do Da-la-du I-gwa-de-ti-yv-da

Hello everyone my name is Lucian Davis I'm 16 years old I am from the E.B.C.I county (Eastern Band of Cherokee Indians) and I am your 2020-2021 West district Secretary/Treasurer I've been in 4-H for about 3 years now and it's been an amazing 3 years I've done public speaking I've taught workshops at Teen retreat and at Congress also random fact about me my favorite color is pink

Hi Everyone!! My name is Emma Baker and I live in Macon County. I'm beyond excited to be serving as your 2020-2021 West District Reporter! A little about me: I'm 17 years old and am a homeschooled highschool Sr. In my free time I like to read, listen to music and play piano. In 4-H I am active in my local nutrition and citizenship programs and I'm also president of my youth Council this year. I also love to volunteer with younger 4-Hers! I can't wait to see what we can do together this year!!

If you have any questions, feel free to reach out to us on social media at @westdistrict4h on Instagram and on Facebook at West District 4-H

What We've Been Up To!

The team has been working hard this month to plan some awesome activities for the coming year!

January 2021:

New Year, New You Bonanza

Join us for a fun virtual activity day focused on healthy habits and building a productive year! More details to come so be on the lookout!

Contest Time!!!!

We held a contest on our Facebook and Instagram accounts to let all of you pick out our name tags for the year! We are pleased to announce the winner is option 3, created by our very own Lucian Davis!

Thank you to everyone who voted!

More awesome things to come!

Southeast District:

The Southeast District officer team has been hard at work to ensure the best possible term, even under COVID-19 circumstances. We began our very first County Council Outreach Program in September, reaching out to several County Council Officers and County Representatives through Zoom to ensure our county members voices are heard in decisions that are made at the district and state levels. We had a fantastic time creating virtual vision boards and chatting with our County Council Officers.

Hello everyone, my name is Guillermo Estrada and I am serving as your Southeast District President. I cannot wait to plan so many fun events for you guys in 2021. Some fun facts about me are that I am a Mexican Folkloric Ballet Dancer, I am 6'3, and I have been part of 4-H for almost 11 years.

Hi, my name is Autumn Apple and I am serving as your Southeast District Vice President. I'm so excited to learn about y'all and what y'all like while I serve as your VP! I'm 16 years old from Brunswick County. I've been in 4-H for 11 years. Some of my hobbies consist of going to the beach, playing volleyball with my friends, and painting.

Hello, my name is Sierra Dolengo and I am serving as your Southeast District Secretary/Treasurer. I've been a 4-H'er for nearly 10 years. I love being a member of the Cape Fear Fair and Expo in my local community. Some fun things about me include riding my horse, cheerleading, hunting, hiking, and traveling.

Hey everybody, my name is Becca Jackson and I am serving as your Southeast District Reporter. I am beyond excited to hopefully meet all of y'all and make some new memories this year. I've been in 4-H for 11 years. In my free time I enjoy playing volleyball, photography, hanging out in the woods and I love to cook/bake.

South Central District:

Hello from SCD! We know it's been a hectic 2020, but South Central is still going strong and working through the changes and challenges of the year. I know we've had a plethora of Zoom meetings, including cooking & grilling, a "Trashy Art" show, quilting (taught by guest speakers from Virginia and even England), and a horse parts lesson workshop, even some outdoor meetings using STEM activities, horticulture and healthy living basics to play golf. Our service projects have also been going well, with Rowan holding a food drive that collected 1,013 pounds of food to help people in need, and Gaston County donating 200 bags with candy, snacks and encouraging notes to police officers. Rowan held a 4-H Pumpkin Decorating Contest, Catawba has had science projects taught by State presentation winners, and Harnett spent over \$5,500 to make videos this year, increasing their FaceBook minutes watched by 6000!

And, announcing our new officers!

Angel Uy--President

Jaysa Causby--Vice President

Lauran Surratt--Secretary/Treasurer

Hannah Vagnozzi--Reporter

We're super excited to have a year with you! Bleed green,

--SCD

North Central District

The North Central District has been quite productive over the past few months; we have achieved the following: The 2020-2021 North Central District officer team established specific, measurable, attainable, realistic, and timely goals to meet throughout our year of service. One of them is to strengthen the relationship between the 4-Hers from various demographics in our district.

The 2020-2021 North Central District officer team taught a workshop about the logistics of planning a community service project at the North Central District Volunteer Day (via Zoom).

The North Central District had a virtual Winterfest where 4-Hers got to bond with their peers, demonstrate leadership, participate in interactive workshops, put their hands to larger service by creating thank you cards for essential workers, explore different Winter holidays, and experience one of the North Central District's favorite traditions: our spirit competition. Orange County won for their amazing participation and enthusiasm throughout the event!

Caswell County's 4-H Leadership Club was visited by their local insurance agent, Irvin Dailey, to be educated on safety precautions to take while operating a motor vehicle.

Rockingham County will have its 4-H Achievement Night on Friday, January 29, 2021, at 6:30 pm via Zoom.

Person County is hosting a virtual youth Holiday Cooking Series, with help from Person County Family and Consumer Science in December.

Alamance, Guilford, and Chatham counties all recently completed the Tri-County Chicken Chain program. The program concluded with a chicken show on October 3, 2020. Through this program youth raised New Hampshire Red and Ameraucana chickens from baby chicks to ready-to-lay pullets.

Allegheny County recently held their Allegheny 4-H 2020 Holiday Plant sale.

4-Hers from Orange County create/produce a podcast about positive mental health practices and would love for 4-Hers from the state to tune in in addition to sharing the podcasts; it can be found here: <https://rb.gy/0saysd>.

The North Central District plans to have its Teen Retreat from April 9, 2021-April 10, 2021 at Betsy Jeff Penn 4-H Center.

Northeast District

Hello Northeast District 4-Hers! At this time there is not any updates or news we have to share with you, however, please make sure you are keeping up with our social media pages. We can not wait to see you at future events!



State Report

Southern Region Teen Leadership Conference

In September, a group of almost 20 NC 4-Hers enjoyed a fun filled weekend at Virtual Southern Region Teen Leadership Conference. Usually this event is hosted in Tennessee, but this year it was held over Zoom but that did not limit the fun. Participants were able to take part in fun activities such as "Taste of the South" where foods from each state were shared, "Line Dancing 101" and even a virtual campfire where stories were shared. Beyond social events, the workshops did not disappoint. Your state officers were able to teach a workshop titled "Leading Like a Honeybee" where we discussed how we as people are very similar to honeybees and related it to our leadership styles.

PEAK

Want to see your 4-H friends in a COVID safe way? Want to make new friends? Want to learn something new? Starting in 2021, the state council will be launching PEAK. PEAK is an interactive way to get your head, heart and hands moving all from the comfort of your own home. The PEAK program will have three different parts to it. They are: Curiosity, Fun and Social Series, Youth Leadership Series and Clover Essentials Series. Learn more about each series below:

The Curiosity, Fun and Social Series is a great way to enjoy your evening by playing games, enjoying a relaxing social session or finding your competitive side through a riveting escape room.

The Youth Leadership Series will offer sessions to help you build on your leadership skills whether it is through public speaking or planning a community service event.

The Clover Essentials Series where you want to be if you are passionate about winning gold in Presentations, Project Record Books and Shows. Experienced 4-Hers are thrilled to share tips and tricks with you so that you can rise to the top.

Quotes for COVID Encouragement!

"With a new day comes new strength and
new thoughts."

- Eleanor Roosevelt

"Things work out best for those who make the
best of how things work out"

-John Wooden

"Keep looking up, that's the secret of life."

- Charlie Brown

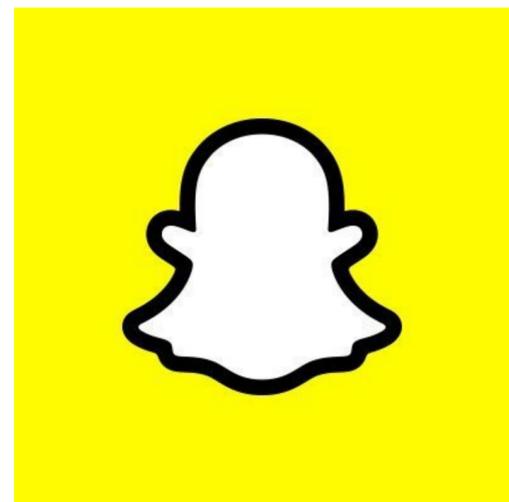
Do you have any news?

Is there any 4-H news that you would like to share? This news can be anything from a regional animal show to a county community service project, we would like to see it all!

Please send this information/stories to the State Council Reporter, Sydney Blair, at syd082002@gmail.com

Want to see more?

Make sure to check out our social media pages to get recent updates and information!



[@north_carolina_4h](#) [North Carolina 4-H](#) [@NorthCarolina4-H](#) [@northcarolina4h](#)