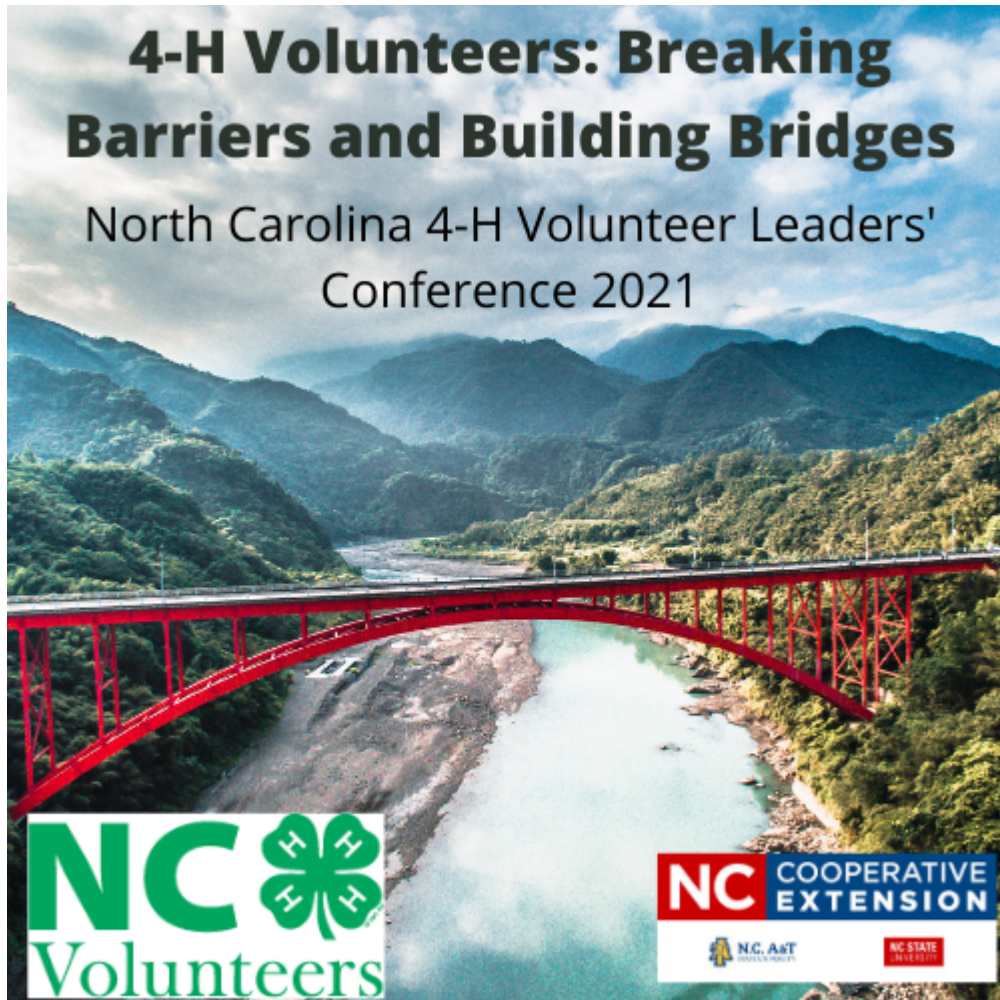


# **4-H Volunteers: Breaking Barriers and Building Bridges**

North Carolina 4-H Volunteer Leaders'  
Conference 2021



**February 5-6, 2021**

**Virtual**

## NC 4-H VLA State Presidents

1980-1981	Jim Reinhardt	2001-2002	Audrey Rozier
1981-1982	Mary Cook (Bradley)	2002-2003	Karen Zika
1982-1983	Paul Lewis	2003-2004	Linda Semon
1983-1984	Eleanore Getz	2004-2005	Charles Nettles
1984-1985	Lois Krawczyk	2005-2006	Diane Sturges
1986-1987	Eleanore Getz	2006-2007	Bonita Cuthrell
1987-1988	Jo Ann Lowder	2007-2008	Gwindy Stewart
1988-1989	Allen Stines	2008-2009	Betty Garris
1989-1990	Patricia Clark	2009-2010	Karen Zika
1990-1991	Eva Brown	2010-2011	Marieka Black
1991-1992	Kathleen Pollock	2011-2012	Gail Bryson
1992-1993	Shirley Carter	2012-2013	Barbara High Tyre
1993-1994	Leola Meador	2013-2014	Micki Earp
1994-1995	Pearl Blount	2014-2015	Judy Furr
1995-1996	Wanda Hallman	2015-2016	Toni Stephens
1996-1997	Ginger Smith	2016-2017	Amy Warren
1997-1998	Micki Earp	2017-2018	Diane Sturges
1998-1999	Diane Sturges	2018-2019	Kim Lackey
1999-2000	Katie Lawrence	2019-2020	Alisha Brown
2000-2001	Ora Truzy	2020-2021	Pam Davis

---

## 2020-2021 NC 4-H Volunteer Leaders' Association State Officers

President	Pam Davis	North Central District
President Elect	Lisa Hanlon	West District
Vice President	Diane Sturges	Northeast District
Secretary	Rose Lee	Southeast District
Treasurer	Karen Zika	South Central District
Past President	Alisha Brown	South Central District

# North Carolina 4-H Volunteer Leaders' Conference

**February 5-6, 2021**

## **Friday, February 5**

6:00 – 6:45 PM

### **Welcome To Conference**

- *NC 4-H Volunteer Leaders' Association State Officer Team*
- *Extension Administration*

7:00 – 8:00 PM

### **Experience 4-H Curriculum: (Sponsored by Dr. Ed Maxa & Family)**

*Choose 1*

- All Stressed Out!
- Growing Your Healthy Habits
- How to be an Eggsper on Egg Quality
- Plant Power! Celebrating the Purpose of Plants
- What Does It Take To Show An Animal?

## **Saturday, February 6**

8:00 – 8:45 AM

### **Morning Session: Cook A Long with Beth!**

*Mrs. Beth Pugh Farrell*

9:00 – 10:15 AM

### **Workshop Session 1**

*Choose 1*

- 4-H & STEM
- Deer and Turkey and Oaks, Oh My!
- Earth Day Every Day
- Electric Project Kit and Program Overview
- Growing Resilient 4-H'ers
- Increasing 4-H'er Involvement Through Club Committees
- No Sewing Machine, No Problem!

10:30 – 11:45 AM

### **General Session**

*Mental Wellness : The Poe Health Center*

11:45 – 12:15 PM

### **Business Meeting**

*Officer Candidate Introductions*

*Election of State Officers*

12:45 – 1:15 PM

### **District Meetings**

Southeast  
West  
South Central  
North Central  
Northeast

1:30 – 2:30 PM

### **Workshop Session 2**

*Choose 1*

- Basics of the Cherokee Syllabary: Tools and Resources for Incorporating Cherokee Culture Into Youth Activities
- Building a Volunteer-Agent TEAM!
- Growing sustainable 4-H projects
- Nature Activities for Families
- NC 4-H Horse Program Updates
- One step at a time: A Month by Month Project Guide
- Using Technology to Boost Workshop Engagement

2:45– 3:45 PM

### **Workshop Session 3**

*Choose 1*

- Be a "NASA Scientist"
- Engaging Youth with 4-H Activity Kits
- FUNdamentals of 4-H
- It's a Win-Win with 4-H Teen Leaders!
- Leading Like a Honeybee
- Making the Best Better: Lessons Learned from 4-H Educators
- Telling the Tale: Incorporating Storytelling into your Programming

4:10 – 5:10 PM

### **Workshop Session 4**

*Choose 1*

- How To Create Zoom Backgrounds and More
- Meeting Together or Apart: Taking your programming beyond the meeting
- NC 4-H Honor Club: New Application Training
- Sharing the Cloverbuddy Way
- The World is Our Classroom...Connecting People with Cultural Cuisine
- Therapy Dogs Here There and Everywhere
- Windowsill Wonders: Super Seeds to Save the Day

7:00 – 9:00 PM

**Closing Session**

- *Remembering 4-H Volunteers*
  - *Awards Recognition*
  - *Extension Administration Greetings*
  - *Closing Business Meeting*
  - *Officer Installation*
  - *Conference Wrap Up / Celebration*
- 

***Planning Ahead: 2022 NC 4-H VLA Conference Responsibilities***

*West – Hospitality*

*South Central – Country Store and Auction*

*Northeast– Registration and Table Decorations*

*Southeast – Operations*

*North Central – Raffle and Exhibits*

## Friday “Experience 4-H Curriculum” Descriptions

### All Stressed Out!

*Mary Lindsey Edwards, North Carolina 4-H Healthy Living Intern*

Are you feeling stressed out? Have you ever taken the time to think about what is causing you stress? Are you struggling to find healthy ways to manage it? If you haven't, now is the perfect time to start handling your stress. Join Mary Lindsey Edwards in participating in some fun activities to help us understand stress and how it influences our decisions. By taking a closer look at the stressors in our lives, we will identify what is causing us to stress and think about some positive ways to decrease stress. We will explore how tobacco, alcohol, and other drugs relate to stress. This session will give you a taste of Health Rocks! which is the substance prevention curriculum that NC 4-H uses. We will be navigating through a lesson from Health Rocks! and will be utilizing materials from our new My Health Rocks! Knowledge journal.

Materials you will need from home:

- Cups (2)
- Paper towels
- Water
- Pencils/pens

### Growing Your Healthy Habits

*Kenan Bridges, North Carolina 4-H, NC State Extension*

Do you know all the things that it takes to grow a strong and healthy plant? Let's get crafty and learn about plants' needs and how we need them to stay healthy. Fruits and vegetables offer so many tasty nutrients that keep us well. Join Kenan Bridges to explore just how easy it is to incorporate more plants into your meals. We will dive into Healthy Habits, a 4-H Healthy Living program that is flexible youth of all ages. Bring your best crafting skills and be ready to engage with your fellow 4-H friends.

Things you will need from home:

- Miscellaneous decorative craft materials such as construction paper, balloons, feathers, bows, ribbons, or pipe cleaners.
- 2 sheets of newspaper or construction paper
- 1 pen or pencil
- tape of any kind

## **Plant Power! Celebrating the Purpose of Plants**

*Liz Driscoll, NCSU Crop and Soil Sciences*

Did you know that plants hold secret powers? It's true! Some plants can be transformed into candles, others woven into clothing, some plants brewed into mysterious beverages, and others called into healing medicines. Join Liz Driscoll to explore how plants are useful and interesting in our daily lives. We will be investigating plant dyes with henna doodles and turmeric bookmarks. We will craft a specialty blend of herbal tea and finish with fiber fun! All these projects are great for your club members of all ages.

Things you will need from home:

- Paintbrush or toothpicks
- Large, flat craft sticks
- Two lemons or limes
- 2 small bowls to mix the dyes - that won't be used for food again
- Muslin fabric scraps cut into 8" x 3" (bookmark size) - washed to remove any sizing
- Empty tea bags (just take cheap tea bags and empty them into the compost)
- Pineapple (optional)
- Plastic knife (optional)
- Kahoot app on your smartphone (optional, can use kahoot on your computer)

## **How to Be An Eggspert on Egg Quality**

*Dr. Mary Fosnaught, NCSU Prestage Family Department of Poultry Science*

Ever wondered what makes a good egg? We will learn the basic skills of candling eggs to look inside the egg at the changes in the aircell which is an indicator of freshness. We will learn the basic design and physiology of the eggshell which makes these changes in the aircell possible. With this, we will be able to teach these STEM based facts about eggs to future "Eggperts", both youngsters and oldsters, in our 4-H communities. This is an 'eggcellent' opportunity to learn an easy, fun, practical, and virtually-teachable skill!

Things you will need from home:

- Dozen Eggs (great if you can have some fresh and some a bit older)
- A dark room
- A cell phone

## **What Does It Take To Show An Animal?**

*Brent Jennings, NCSU Animal Science and Jacob Hinson, NCSU Animal Science*

In this session, we will cover the basic needs of starting a livestock project. This presentation would be directed towards small ruminants and swine to discuss topics such as facilities, daily care, feeding, basic costs, and available shows. Join us to learn more!

## Saturday Workshop Descriptions

### 4-H & STEM

*Danny Lough, 4-H Agent - Davie County*

This will be an investigative workshop where volunteers will be able to get hands-on learning and interaction with common STEM curriculum used throughout North Carolina.

### Basics of the Cherokee Syllabary: Tools and Resources for Incorporating Cherokee Culture Into Youth Activities

*Sally Dixon, 4-H Agent - EBCI and Chi Shipman, 4-H Volunteer*

The Cherokee language is currently categorized as endangered according to the United Nations Educational, Scientific, and Cultural Organization (UNESCO). Additionally, the Tri-Council of the Cherokee People (consisting of the EBCI, Cherokee Nation, and the United Keetoowah Band of Cherokee Indians) has proclaimed that the language is in a state of emergency. There are less than 210 fluent speakers of the Kituwah (gi-doo-ah) dialect spoken in North Carolina. An easy way to increase youth exposure to the Cherokee language with 4-H club meetings, 4-H programs, or other community youth development entities is to incorporate simple activities and resources about the Cherokee syllabary writing system."

### Be a "NASA Scientist"

*Alesia Moore, 4-H Volunteer*

These days, everyone has a cell phone. Together we will explore fun engaging resources to help our youth put those phones to good use and discover how they can make observations and participate in a global earth science project. We will explore the GLOBE Observer App and learn how to use it to determine tree heights (to track how trees change over time) and to help estimate the number of trees that make up an area. Youth (and adults) can then contribute this data to a global data archive helping scientists, researchers and participants understand how trees help balance the earth's carbon budget. Participants will also be able to access teaching and research resources and examples of student investigations on the GLOBE website [www.globe.gov](http://www.globe.gov)

### Building a Volunteer-Agent TEAM!

*Sandy Hall, County Extension Director - Nash County, Molly LaHay, 4-H Volunteer, and Crystal Smith, County Extension Director - Warren County*

What are all the ways my agent can help me better my youth? Understanding the relationship between a county 4-H agent and their volunteers will help you maximize the potential of your club members and lead you to maximize your potential as a volunteer. Come explore tools to help you succeed and grow tomorrow's leaders as well as yourself!!!

### Deer and Turkey and Oaks, Oh My!

*Renee Strnad, NCSU Extension Forestry*

NCSU Extension Forestry hosts two statewide competitions focusing on wildlife and forestry. These events are open to individuals as well as teams, and are most often coached by volunteer leaders who have youth interested in the outdoors. This session will introduce participants to these two contests and the resources available to help coach teams, discuss tips for successful teams, and practice some of the activities.



## **Earth Day Every Day**

*Barbara Byers, 4-H Program Associate, Wayne County and  
Linda Semon, 4-H Volunteer*

Earth Day is 50 years old. Let's celebrate past accomplishments and begin working towards the next 50! Join us as we look to understand the importance of protecting the environment with some fun, hands-on activities ready to take back to your club and programs.

## **Electric Project Kit and Program Overview**

*Dr. Grant Ellington, NCSU Biological and Agricultural Engineering*

The hands-on electric workshop provides the first training opportunity for volunteers, county agents and program assistants to become eligible to receive the free electric kits for their county. Funding is provided by Duke Energy and Dominion Energy. Each year a new kit is introduced and training is required. This is also an opportunity for Volunteers and Agents to learn more about the Electric Program.

## **Engaging Youth with 4-H Activity Kits**

*Sally Dixon , 4-H Agent - EBCI*

Are you interested in putting together activity kits for youth to do at home during COVID-19 (or school breaks, vacation, etc.) as an option for your 4-H club or program? Come see how we have facilitated activity kit giveaways for our 4-H program and get great ideas for cheap (but awesome) kits, logistics from registration to contactless pickup, and how to use these kits as an engagement tool for current members and a recruiting tool for those not currently in 4-H.

## **FUNDamentals of 4-H**

*Molly LaHay, 4-H Volunteer*

What really is the history of 4-H? How is 4-H related to Cooperative Extension? How is it set up and organized? All these answers and more will be presented with a fun, final Jeopardy review game to discover who REALLY knows 4-H.

## **Growing Resilient 4-H'ers**

*Liz Peterson, 4-H Agent - Pender County, Tamra Church, 4-H Volunteer,  
Samantha Bennett, 4-H Agent - Jones County, and  
Carey Sipp - Southeastern Regional Community Facilitator, ACEs Connection*

Adverse childhood experiences (ACEs) are traumatic events that occur in childhood. They include experiencing abuse, neglect, and witnessing violence in the home or community. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented. Creating and sustaining safe, stable, nurturing relationships and environments for youth can prevent ACEs and help them reach their full potential. In this interactive, conversational workshop, you will learn about ACEs, the science of resilience, and tools to reset your own nervous system, which will allow you to help the youth you serve to do the same.

## **Growing Sustainable 4-H Projects**

*Kim Nead, 4-H Volunteer and Russell Nead, 4-H Volunteer*

Join us for an interesting twist on a traditional and not so traditional topic We will explore both sides of this cowpie! Betcha never thought about the growing process like this. We will lasso-up all the details, drive them down the path to a great future.

## **How To Create Zoom Backgrounds and More**

*Dr. Mitzi Downing, North Carolina 4-H, NC State Extension*

Have you ever wanted to know how to create a cool Zoom background? Want to learn more about setting up a bitmoji or Google slides? If so, join us as we explore some fun technologies together that will take your virtual experience to the next level!

## **Increasing 4-H'er Involvement through Club Committees**

*Melinda Barrick, 4-H Volunteer and Carla Arrowood, 4-H Volunteer*

The use of committees in the club setting fosters greater member participation. This workshop will cover different types of committees, how to organize them, and how to help them function in a productive manner within the club setting. Participants will have the opportunity to experience a planning session in a committee meeting within a limited time frame.

## **It's a Win-Win with 4-H Teen Leaders!**

*Nicki Carpenter, 4-H Agent - Burke County*

Teen 4-H'ers are a true asset to every 4-H program! Learn how to promote teen involvement, foster their leadership skills, encourage career development and utilize their positions in your club and county programs. 4-H Teen Leaders lead the way for youth and adults with hands on training & teaching.

## **Leading Like a Honeybee**

*Sydney Lofflin, State 4-H Council Secretary-Treasurer*

*Chloe Allen, State 4-H Council President*

*Samantha Corduan, State 4-H Council Vice President*

*Sydney Blair, State 4-H County Reporter*

Did you know that bees are some of our smallest leaders? From their attention to detail to how they communicate with others in their hive, we have a lot to learn from them. In this workshop you will grow your leadership skills through fun and engaging activities. This will be a memorable time of growth, reflection, and learning all we can from our pollinator friends!

## **Making the Best Better: Lessons Learned from 4-H Educators**

*Dr. Autumn Guin, North Carolina 4-H, NC State Extension*

If you ever attended curriculum training and wondered what the trainers were thinking when they designed the activities, you won't want to miss this workshop. Participants will learn about recent work to understand what it takes to produce effective professional development experiences that increase 4-H educator confidence in teaching STEM content to youth. The 4-H Educators (volunteers, program assistants, and agents) who attend this workshop will contribute to improving the STEM professional development model that is used to create curriculum trainings and will walk away with an understanding of their personal needs for professional development to teach STEM to youth.

## **Meeting Together or Apart: Taking Your Programming Beyond the Meeting** *Abigail*

*Isom, 4-H Agent - Lincoln County and*

*Ahmani Pegues, 4-H Program Assistant - Lincoln County*

Meeting Together or Apart will give you tools to help youth continue project work over the summer or when your club/group is unable to meet in person. Over the past year we have all had to adjust how we do 4-H: Zoom calls, virtual classes, and videos have become part of our everyday vocabulary. What does this mean moving forward? How can we keep our youth interested in 4-H when their online options are plentiful? We'll take a creative look at 4-H programming and how to use online tools during times of social distancing and beyond.

## **Nature Activities for Families**

*Renee Strnad, NCSU Extension Forestry*

When people think of Project Learning Tree, they often think of our large curriculum guide, day-long professional development workshops for educators, and using the activities with 4-H youth. This session will introduce participants to the Nature Activities for Families, walk through some of the activities, and generate ideas how this resource can be used at the county level.

## **NC 4-H Honor Club: New Application Training**

*Dr. Shannon McCollum, North Carolina 4-H, NC State Extension*

The North Carolina 4-H Honor Club was organized in 1931 by Mr. L.R. Harrill as a way to develop a statewide 4-H service organization. Today, the NC 4-H Honor Club has almost 3000 members from across the state and nation. Being a North Carolina 4-H Honor Club member is more than just an honor. It is the chance to give back to the 4-H program a small part of the knowledge and skills that the 4-H program helped to develop. Honor Club is looking for members who want to have this chance to contribute to the club's motto – Service. Join us in this session to learn about the new and exciting application process.

## **NC 4-H Horse Program Updates**

*Alaina Cross, NCSU Animal Science and Lori Stroud, NCSU Animal Science*

This session will provide an update on 2021 activities for the NC 4-H Horse Program, including several new programs, opportunities, and resources.

## **No Sewing Machine, No Problem!**

*Sally Dixon, 4-H Agent - EBCI and Diane Floyd, 4-H Volunteer*

Looking for some simple sewing projects that only involve a needle and thread, especially if you are doing virtual or socially distanced programming where it may not be feasible for everyone to have a sewing machine? We will be creating several easy, handsewn projects you can do with 4-H youth to still keep them engaged with sewing... even if you can't have sewing machines!

## **One step at a time: A Month by Month Project Guide**

*Tracy LeCompte, 4-H Agent - Cabarrus County*

Project Records are always a struggle - pushed to the end of December with the deadlines looming. Wouldn't it be nice to enjoy the holidays? Help our 4-H youth plan and complete their 4-H project records throughout the year to make that end of the year rush a little less painful. Join us for a monthly outline that can easily be incorporated into your 4-H club meeting. Help youth make a checklist and timeline to complete their project record as they do things throughout the year.

## **Sharing the Cloverbuddy Way**

*Tracy LeCompte, 4-H Agent - Cabarrus County and Tess Sullivan & Emma Hogle, Youth Assistants*

Sharing among peers comes naturally for our youngest 4-H club members. Learn how to focus the excitement of Cloverbuds without dimming their light with this easily replicated meeting structure which includes teen led activities and member led business meetings in short segments with transitions through the Cloverbuddies Way.

## **Telling the Tale: Incorporating Storytelling into your Programming**

*Jenny Jordan, NCSU Agricultural and Human Sciences*

Storytelling creates a magical mysterious world for both the teller and the listener. Stories and storytelling can build problem solving skills, critical thinking and creative thought. Spend some time telling stories and considering how we can incorporate storytelling into our programs. Whether around a campfire, at the end of the day, or during a program, storytelling helps us connect and create with our programs, our peers, and ourselves. During the session we will explore strategies to storytelling, determine different tools to add stories to an activity, and yes, we will tell stories.

## **The World is Our Classroom...Connecting People with Cultural Cuisine**

*Tina Sharpe, 4-H Volunteer and J. Scott Enroughty, 4-H Agent - New Hanover County*

In this class, we are going to teach you how to make your own creative sushi rolls with a few simple ingredients that are usually kept in the normal household. Even if you don't have the usual sushi ingredients at home, you can make simple sushi rolls with ingredients for sandwiches. Let's take an advantage of this quarantine period to learn a new cooking skill or for enjoying family time together. Also, you can use this new skill with your 4-H members remotely cooking activities with friends you cannot see in person. Participants will learn how to make sushi without the use of seafood. We will share the art of Japanese style sushi making. After the course is finished, students will be able to create their own sushi, using the learned techniques of rolling and cutting their own rolls. Volunteers will be able to present and display a beautiful presentation of sushi all on their own. What a great way to introduce this to your 4-H members!

**Therapy Dogs Here There and Everywhere**

*Pam Davis, 4-H Volunteer*

Do you see therapy dogs out and about in settings around you? Wonder what it takes to train one and visit with one? Join me to talk about therapy work with dogs and learn about settings, training, certification and possibilities. I will have curriculum available to look at that helps 4-Hers interested in therapy work with their dogs to get started. If we are in person, at least one therapy dog will be there! We will be focused on therapy dogs in this session, not personal service dogs.

**Using Technology to Boost Workshop Engagement**

*Anna Marie Vagnozzi, 4-H Volunteer*

Looking for ways to avoid blank stares and sleepy nods in your workshops? There are tons of free technology tools that will help you engage your workshop participants! In this workshop, we'll explore tools like Kahoot, Menti, and others that you can incorporate into your workshop sessions and 4-H events. All you need is a smartphone!

**Windowsill Wonders: Super Seeds to Save the Day**

*Liz Driscoll, NCSU Crop and Soil Sciences*

Make room on your windowsill and get growing with your 4-H'ers with a number of fun, hands-on seed propagation activities. We will be growing microgreens, scarifying and stratifying seeds, setting up seed experiments, making seed jewelry, seed bombs and simply celebrating seeds! Each participant will be mailed a kit brimming with weird and wonderful seeds to use during our virtual session.

## **District 4-H Adult Volunteer Recognition**

### **SOUTHEAST**

#### **Kathryn Davis, Sampson County**

Kathryn Davis has been a longtime volunteer in Sampson County, serving the program for 16 years. She is an active volunteer with the Cookie Clover Scouts 4-H Club, where kids know her as “Nanny.” She is known for her love, support and consistent push to “make the best better”. Sampson County 4-H honors and respects Kathryn for her years of service and input that she brings to the program.

#### **Jill Wilson, New Hanover County**

Jill is a go-getter! She is an amazing volunteer full of creativity and enthusiasm with never-ending dedication. She has been a 4-H club leader for two-years and what an impact she has made her club. Jill coaches the Horse Bowl team and provides transportation for the competition. She believes in leading by example. Her leadership skills bring another dimension in which her club members have developed by following Jill’s lead! Her commitment to the club members exceeds all expectations so they are able to attend and participate in the myriad of opportunities that will benefit them in the future.

### **SOUTH CENTRAL**

#### **Carole Massey, Rowan County**

Upon moving to Rowan County in 1995, longtime Virginia 4-H volunteer Carole Massey got involved in 4-H in her new county. For 25 years, Carole has been an active volunteer for Rowan County 4-H. She is a “go-to” volunteer for new ideas, advice, fundraising, 4-H history, and help with 4-H events. She is also the Treasurer for the Rowan County 4-H PALS volunteer group. Carole can always be counted on to get the job done.

#### **Angela Ray, Cumberland County**

Angela has been a long time friend of 4-H. When her family moved to North Carolina 7 years ago, she became involved in our local program. Angela has been an asset each year of her participation. Within in the past year, Angela has been instrumental in getting 4-H'ers involved in virtual programs and opportunities.

### **District 4-H Adult Volunteer Recognition Continued**

#### **Jenn Scott, Cabarrus County**

Jenn Scott has been a very valuable recent addition to the Cabarrus 4-H Program. She is an advocate for equal opportunity and access for youth of all ages and abilities. Working with both the Cloverbuddies Cloverbud 4-H Club and the Creative Minds Homeschool 4-H Club, Jenn has put forth tireless hours of work to make sure these youth are able to still have a hands-on club experience through take home kits.

### **WEST**

#### **Chi Shipman, EBCI**

Chi Shipman is a 4-H volunteer with the Eastern Band of Cherokee Indians who is passionate about revitalizing the Cherokee language and culture with our youth. She works tirelessly to provide opportunities for Cherokee youth to learn, teach others, and grow into better people.

### **State Recognition of Individual 4-H Volunteers**

### **SOUTHEAST**

#### **Rose Lee, Sampson County**

Rose Lee is a valued volunteer with the Sampson County 4-H program for seven years where she has co – lead the Cookie Clover Scouts 4-H Club since her joining the program. She is a active member of the Volunteer Leaders Associations on both the State and District level holding various offices. She is a constant pillar of support and encouragement for all 4-H youth in Sampson County.

### **NORTH CENTRAL**

#### **Mary Dickerson, Chatham County**

Mary Dickerson epitomizes the 4-H leader that each youth needs: one who is caring, one who is generous with her skills/talents, one who teaches and instills confidence, and one who is both mentor and life-long friend. Chatham County 4-H is indebted to Mary for her years of service to 4-H and her countless talents that she has lovingly shared with youth across the state of North Carolina.

## **State Recognition of 4-H Volunteer Leadership Teams**

### **SOUTHEAST**

#### **Kim Lackey and Rose Lee, Sampson County**

Kim Lackey and Rose Lee are long time volunteers of the Sampson County 4-H program where they co-lead the Cookie Clover Scouts 4-H Club. With their outstanding leadership and support, their club was able to innovate and face the new challenges that were presented because of COVID-19. Their hearts are for 4-H; Kim and Rose continuously impact the youth of Sampson County 4-H.

### **WEST**

#### **Carolyn Ponder and Marsha Boyd, Madison County**

Carolyn Ponder and Marsha Boyd are an incredible sister team who have led the Mountain Laurel 4-H Club in Madison County for 34 years. These women have touched hundreds of lives by mentoring children through the 4-H program and encouraging family participation. They have created community partnerships to raise money for 4-H'ers to attend camp and have led their 4-H club with "hands to larger service" values. They truly "Make the Best Better."

### **NORTH CENTRAL**

#### **Angie Cook and Gwenda Hooker, Forsyth County**

Angie and Gwenda first started as parents with older siblings in 4-H. Shortly, as the older siblings grew up and the younger siblings became involved the more the two became inseparable from the group. Angie and Gwenda stepped up to be leaders of the Trailblazers 4-H Club in Forsyth County. They are a dynamic leadership team that provide guidance, leadership, and support to the younger members to the Trailblazer Teens which consist of the older siblings to the Trailblazers.

### **SOUTH CENTRAL**

#### **Cabarrus 4-H Foundation Youth Market Committee, Cabarrus County**

The Cabarrus County 4-H Youth Market was started by the leadership team of Totisha Phelps, Amanda Kroll and Kimberly Purser. It is a partnership between the Cabarrus 4-H Foundation, the Young Entrepreneurs of Now 4-H Club and the Piedmont Farmers Market allowing youth to practice their entrepreneurial skills and put their business plan into practice. Youth engage in real-world business practices while in a safe learning environment with supportive 4-H volunteers there to help.



## **State 4-H Afterschool Recognition**

### **SOUTH CENTRAL**

#### **Michelle Hodge, Cabarrus County**

Michelle Hodge has really took the lead with all 4-H activities at Odell Kids:Plus. She has given her 4-H officers many leadership opportunities. Ms. Michelle loves to provide hands-on projects for her after school club. Favorites include pumpkin slime, Mars Base Camp STEM challenge, and 4-H Project Butterfly. It has been a struggle because of COVID, but Michelle has not slowed down. She is truly a great testament to the “Make the Best Better” 4-H slogan.

## **State 4-H School Enrichment Recognition**

### **WEST**

#### **Jessica Metz, Eastern Band of Cherokee Indians**

Jessica Metz is a 4-H volunteer and 3rd to 6th grade teacher at New Kituwah Academy in Cherokee, North Carolina. Always an innovator with a passion for hands-on education, Jessica is an advocate for 4-H in the classroom and uses several 4-H curriculum pieces to engage her students in the natural world. During COVID-19, Jessica has created digital resources to use during fully remote education to ensure that 4-H still kept going for her students!

## **4-H Donor Recognition**

### **SOUTH CENTRAL**

#### **Cabarrus County 4-H Foundation, Cabarrus County**

The Cabarrus County 4-H Foundation was started 33 years ago by 4-H Agent, Dave Goff. Its mission is to help defray costs of 4-H activities for 4-Hers and Volunteers , ensuring the future of the Cabarrus 4-H program. Their Annual budget allows over \$10,000 for 4-H'ers to help develop life skills. This year's Board of Directors have really stepped up, even during the pandemic, to raise funds and increase awareness of the needs of 4-H.

### **SOUTHEAST**

#### **United Way, Sampson County**

Due to the generosity of United Way, Sampson County 4-H has been able to expand programming and improve existing programs. They continue to be the driving force behind the Sampson County 4-H clover. With funds allocated, Sampson County 4-H provided scholarships to Camp Millstone, NC Congress and Citizenship Focus. United Way funding provides opportunities to further our 4-H staff and volunteers in their trainings to enhance knowledge and assist youth in their endeavors.

## **Extension Staff Volunteer Support Recognition**

### **NORTHEAST**

#### **Meg Wyatt, Franklin County**

Meg is an enthusiastic and dedicated 4-H agent. She is supportive of Franklin County 4-H volunteers and always goes the extra mile to make sure volunteers have everything they need to run a successful 4-H program. This year has been challenging, but Meg found unique ways grow and train her volunteers (and youth). She is quick to help and always available when we need her. Meg really does "make the best better".

## **Extension Staff Volunteer Support Recognition Continued**

### **SOUTHEAST**

#### **Elizabeth Merrill, Sampson County**

Elizabeth is a vital part of the Sampson County 4-H team. She strives to engage youth and encourages both youth and leaders to hold officer and leadership positions, while being an active team player herself, in the Volunteer Leaders Association. Elizabeth is a resource for our volunteers, having provided not only encouragement, but trainings and opportunities for others. Elizabeth has worked well during the pandemic to engage youth through virtual platforms, keeping them active and participating.

### **SOUTH CENTRAL**

#### **Tracy LeCompte, Cabarrus County**

Working with over 70 volunteers over the last seven years, Tracy LeCompte has had the pleasure of working with some of the best that NC 4-H has to offer. The Cabarrus County program has a long history of strong volunteers with active and successful youth involved in a variety of programs. Tracy strives to build opportunities for adults and youth to work together to design programs and events promoting “Learning by Doing”.

### **NORTH CENTRAL**

#### **Liz Mauney, Chatham County**

Chatham County 4-H is blessed to have Liz Mauney, and she epitomizes what it means to have a heart of service. While she works to empower our 4-H volunteers in a way that lets them live up to their full potential, she does this because she sees not only the benefit to our 4-Hers, but to these individuals as community members who are our neighbors and who we are invested in from a community-wide perspective.

## **Volunteer Conference of Southern States Scholarship**

### **Selma Barker, Granville County**

Selma has served as an enthusiastic and dedicated 4-H volunteer leader for the past 20 years. She currently leads the SHOW 4-H Club in Granville County. Selma is an active member of both the North Central District 4-H Leaders Association and the State Leaders Association. She volunteers every year to help judge project records, portfolios, and presentation at the district state levels. Selma is very passionate about STEM and the Electric Program. Her club teaches STEM activities to 4th graders at Butner/Stem Elementary School and at the Oxford Elementary Afterschool Program every year. Selma is also passionate about community service. Through her club, she organizes monthly community service activities. In all these activities, club members learn to work as a team and interact with youth and adults. Selma is always encouraging them to teach and to go forward to learn more. This is her greatest joy, knowing that she helped in a system that changes lives for the better.

### **Alesia Moore, Franklin County**

Alesia Moore has been a dedicated 4-H Franklin County Volunteer for over 17 years. Her volunteering does not stop within the county, she also leads many district programs and volunteers to lead workshops for other 4-H agents in neighboring counties. She has also taught and lead workshops on the state level. She is a 4-H volunteer that is sought out for her knowledge on 4-H presentations, public speaking, poultry judging, and electric program. She is very well diverse in many areas of 4-H and it has benefited Franklin County in all the youth she has reached over the years.

**Anna Williams Memorial Southern Region 4-H Volunteer Forum**  
**Scholarship**

**Tina Sharpe, New Hanover County**

Tina truly exemplifies the true meaning of 4-H! She is proactive with helping create opportunities for New Hanover County 4-H. From soliciting sponsorships to creating new educational locations for 4-H Teen Lead members to experience, Tina is instrumental in “Making the Best Better”. Tina’s strength in leadership, creativity, and commitment reflect in her work with project record book training, presentations, AIRE support, fundraising, mentoring, after-school programs, and advocacy. By participating in the Volunteer Conference of Southern States will provide her additional knowledge, skill, and experience that will continue to evolve for years to come. Tina’s philosophy is “you must have an open mind and try once. You do not have to like it, but you can’t turn up your nose and not try it.” She is a true testament to this.

### **Dr. Thearon McKinney Outstanding Volunteer of the Year**

#### **Molly LaHay, Nash County**

Molly LaHay is unlike any other 4-H Volunteer you have ever met. As a true advocate for 4-H she has raised her 6 children to take advantage of all the opportunities 4-H has to offer. Molly made sure not only her children understood what 4-H could provide for their future but she encouraged and recruited many other youth to try 4-H. She has worked tirelessly on the county, district and state volunteer association to re – energize participation of volunteer leaders. On the County level she assists in leadership training, serves as a club co leader and Treasurer of our club fund. At the district level she helped organize Fall Leaders Day and networked across the state to find volunteers or agents to provide workshops. On the state level, she works to build relationships and encourage others to lead and as taught the Fundamentals of 4-H workshop at the state conference. She understands the importance of working with county extension agents and 4-H volunteers to better the 4-H motto to make the best better. Nash County is fortunate to have Molly LaHay as a volunteer and friend to so many youth, volunteers and extension personnel.

## **Achievement Hall in 4-H Leadership**

### **Melinda Barrick, Forsyth County**

Melinda stands out as one of the few individuals totally dedicated to the 4-H tenants while modeling leadership, citizenship, and community service and teaching the 4-H members those same skills. She is revered by adults AND kids for her positive attitude, her work ethic, and her overwhelming desire to grow children and teens into the leaders of tomorrow through 4-H. She co-leads not one, but two 4-H clubs, serves as the Adult Treasurer of the Forsyth County 4-H Program Fund, and chair of the annual 4-H Plant Sale. Melinda develops critical life skills through her use of teen leaders, and committees as a part of her club structure. She has served as a Forsyth County 4-H Volunteer since 2004 and has mentored countless young people, and adults through her service.

## A Special Thank You to our Conference Presenting Sponsor



Thank you for investing in our North Carolina 4-H Volunteers and  
North Carolina 4-H Volunteer Leaders' Conference!

Learn more about NC Electric Cooperatives:  
<https://www.ncelectriccooperatives.com/>

To say thank you:

**NC Electric Cooperatives**

Ms. Nelle Hotchkiss, Senior Vice President and COO  
3400 Sumner Blvd.  
Raleigh, NC 27616



## ACKNOWLEDGEMENTS

Special appreciation is extended to the following supporters of North Carolina 4-H Volunteer programs. Please take a moment to personally thank these organizations and people for their commitment to youth and adult development excellence.

For their support of the District Volunteer Recognition program and of the 4-H Achievement Hall of 4-H Leadership:

### **NC 4-H Honor Club**

Dr. Shannon McCollum, Advisor  
NCSU Box 7655  
Raleigh, NC 27695

For their support of the NC 4-H Volunteer Leaders' Association and endowment investment account support:

### **NC 4-H Development Fund Board**

Ms. Robin Nicholson, President  
NCSU Box 7645  
Raleigh, NC 27695

For their support of the Dr. Thearon McKinney Outstanding Volunteer of the Year award:

### **Dr. Mike Davis Family 4-H Endowment for Innovation and Excellence**

#### **Dr. Mike Davis and Family**

119 Greymist Lane  
Cary, NC 27518

For their support of the Anna Williams Southern Region 4-H Volunteer Forum Scholarship:

### **Mrs. Spring Williams-Byrd and Family**

2139 Victory Lane  
Lenoir, NC 27645

For their support and commitment to volunteer excellence and for sponsoring our Friday night Experience 4-H Curriculum Make & Take program:

### **Dr. Ed Maxa and Family**

5812 Morning Forest Drive  
Raleigh, NC 27609

*Check out our website:* <https://nc4h.ces.ncsu.edu/nc4h-volunteers/>

*We're on Facebook, too!:* [www.facebook.com/nc4hvolunteer](http://www.facebook.com/nc4hvolunteer)

*For more information about Volunteer Conference of Southern States:*  
<http://www.4hvcoss.com/>

### **2021 NC 4-H Volunteer Leaders Association Dates to Note**

March 19-20, 2021

NC 4-H Volunteer Leaders' Association  
State and District Officers' Training  
and Planning Seminar, Virtual

June 7, 2021

Youth Volunteer Service Nominations Due  
In State Office

December 3, 2021

Adult Volunteer & Donor Award Nominations Due  
in State 4-H Office



**NC** Electric  
Cooperatives

Your Touchstone Energy® Cooperatives 