



## NC 4-H Congress 2021: Be You

### *Agenda*

#### Monday, July 19th – 1:00 – 4:30 pm

- 1:00 - 4:00 pm - Opening Assembly
  - Flag Ceremony
  - State Council Meeting
  - State Council Officer Candidate Introductions
  - Honor Club Tapping
- 4:00 - 4:30 pm - County Huddles

#### Tuesday, July 20th – 1:00 – 5:00 pm

- 1:00 – 2:00 pm – The Give Back Hour: Putting Our Hands to Larger Service (County Activity)
- 2:30 – 4:30 pm – Afternoon Session
  - Awards Recognition
  - State Officer Q&A
- 4:30 - 5:00 pm - County Huddles

#### Tuesday, July 20th – 7:00 – 9:00 pm

- 7:00 – 7:30 pm – Meet Your State Officer Candidates
- 7:30 – 9:00 pm – Congress Dance

## Wednesday, July 21st – 1:00 – 5:00 pm

- 1:00 -1:30 pm - County Huddle
- 1:30 - 1:45 pm - Group Assembly
- 1:45 – 3:00 pm – Workshops
  - **Workshop 1: 4-H Olympics - Chloe Allen, State 4-H President**

Have you ever wanted to be an Olympian? Do you count down the days til the next Olympic Games? If so, this workshop is for you! In our 4-H version of the Olympics, we will learn about how Olympic athletes show leadership characteristics, become Olympians of our own kid in the Olympic Trivia Games, and make our own Team USA poster to cheer on the United States during the 2021 Olympic Games!
  - **Workshop 2: American Sign Language 101 - Marisa Suedbeck, Pitt County 4-H'er**

ASL is expressed by movements of the hands and face and is the primary language of many North Americans who are deaf and hard of hearing. During this “hands-on” workshop, we will introduce American Sign Language (ASL) and explore the basics of conversation skills using signs, the hand alphabet, classifiers, and facial expressions.
  - **Workshop 3: Many Voices, Many Stories - The Cherokee - Lucian Davis, Avery King, Tela Swafford, Emma Baker, West District 4-H Officers**

We are many voices with many stories, and story-telling brings us together. The West District 4-H Officers will share special stories of the Cherokee. Each person is invited to think about their own story and how they may tell it.
  - **Workshop 4: NC Native - Sydney Blair, State 4-H Council Reporter**

North Carolina is one of the most ecologically diverse places on the planet. Join State Council Reporter, Sydney Blair, as we virtually travel from the mountains to the coast of North Carolina to learn about native plants, animals and fungi. Hopefully you will leave with a few new fun facts and a sense of what your home of NC has to offer.

- **Workshop 5: Parliamentary Procedure - Sydney Loflin, State 4-H Council Secretary - Treasurer**  
Ever wanted to nominate someone for office at Congress? Ever been confused by words like “amendment” or “adjournment”? This workshop is for you! We will be going over parliamentary procedure basics and even planning an imaginary trip to a destination of your choice. See you there!
  
- **Workshop 6: Zentangle - Camille Clark, Orange County 4-H'er**  
You'll learn a fun drawing method called Zentangle! Zentangle is a self-help art therapy practice to enhance relaxation and focus. This method is also a thrilling way to create beautiful images by drawing structured patterns called tangles. Zentangle can help calm one's mind and increase creativity. You can even turn your creations into cards for friends and family or even add a little zing to your art project. The best part is you don't need to be an artist to create Zentangle art!  
Supplies Needed: Pencil/Pen, Paper, Ruler  
Optional: Coloring page (one with a 4-H Clover) - You can find a copy [here](#).
  
- 3:30 – 5:00 pm – Afternoon Session
  - Officer Elections
  - 4-H Senior Shout-out

### **Wednesday, July 21st – 8:30 – 9:30 pm**

- 8:30 - 9:30 pm - Candlelight Across North Carolina and Officer Installation

### **Thursday, July 22nd– 1:00 – 2:30 pm**

- 1:00 - 2:00 pm - Congress Wrap Up and Moving Forward
  
- 2:00 - 2:30 pm - County Huddle / Debrief