

## 4-H Motto

“To Make the Best Better”

## 4-H Pledge

I pledge

my HEAD to clearer thinking,  
my HEART to greater loyalty,  
my HANDS to larger service,  
and my HEALTH to better  
living

for my club, my community,  
my country and my world.

## 4-H Colors

Green & White

The green clover symbolizes  
life, springtime and youth.  
The white H's symbolize pu-  
rity.

## 4-H Slogan

“Learn by doing”

To start a club or find out  
more, contact:

Alamance County 4-H

(336) 570-6740

[http://alamance.ces.ncsu.edu/  
categories/4-h-youth-development/](http://alamance.ces.ncsu.edu/categories/4-h-youth-development/)

## Top 10 Reasons to be in 4-H

10. A blue ribbon experience in a white ribbon world.
9. How else can you earn an award for collecting dead bugs?
8. An opportunity to go places you may have never gone otherwise...and scholarship \$\$!
7. It's a great way to get up close and personal with a lamb.
6. You can wear green without being Irish.
5. You can make your cake and eat it too!
4. You can make great, lifelong friends.
3. You don't have to sell cookies.
2. It teaches you that you can do anything if you put your mind to it.
1. It's so much fun!!!

## Alamance County 4-H

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Burlington, NC 27217

Phone: 336-570-6740

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## Alamance County 4-H



**JOIN THE REVOLUTION  
OF RESPONSIBILITY**  
Cooperative Extension's Youth Development Program

**Make Your  
Best Better  
with 4-H!**

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## Frequently Asked Questions

### Q. *What is 4-H?*

A. 4-H is the world's largest youth organization with over 7 million participants nationally. There are 4-H clubs all over Alamance County, and most likely, there's one near you! Some clubs are special interest, they focus on specific topics such as horse or community service. Others are general community clubs. These clubs offer a variety of activities.

### Q. *What do you do at 4-H club meetings?*

A. 4-Hers do all sorts of fun things at club meetings. If your club has a special interest, then your activities will center around that topic. At a community club meeting, you might make a craft, learn about computers, go fishing, or go on a field trip.

### Q. *When & where do clubs meet?*

A. Most clubs meet once a month in homes, community buildings, churches or school buildings in the county.

### Q. *Who can join 4-H?*

A. 4-H is for boys and girls ages 5-19. 4-H is open to all racial, cultural, economic and social backgrounds.

## How can 4-H help you?

The 4-H program is here to help you by providing information and non-formal learning opportunities. A wide variety of programs are offered for urban and rural residents, youth of all ages, individuals, and traditional and non-traditional families.

### Activities & Events Offered:

- 4-H Clubs
- 4-H Camp
- 4-H Congress
- Electric Congress
- Talent Show
- Fashion Revue
- Nutrition Fair
- Celebration Night
- Subject Matter Contests
- Teen Retreats
- Public Speaking
- Fairs
- Summer Fun
- County Council
- Livestock Shows
- Leadership Development
- School Enrichment
- Poster Contests
- National Trips
- Workshops
- & More!

## Volunteers Needed!

North Carolina 4-H is 100 years old and going strong, thanks to the selfless time volunteers give to the youth of their communities. Volunteers are provided training and opportunities to be active in the 4-H program at the local, district and state levels. Volunteer leaders are special people who have the skills to communicate and relate to young people. They can be grandparents, college students, moms and dads, community leaders, and business professionals. The time commitment a 4-H volunteer makes can be anywhere from 1 hour a month to 52 weeks a year.

## 4-H is a Family Affair!

4-H knows that your family is important to you. We also know how demanding the schedule is that some families maintain. Between sports, dance and other commitments, how much time do you actually spend together as a family?

4-H works to solve that problem! We encourage family involvement in 4-H. Parents attend meetings as well...it's not just for the kids. 4-H provides children and their parents and relatives with more than 200 projects that are designed to help you learn and grow together.