

**ROOM  
TO GROW!**



## IT'S BIG!

That's one way to describe 4-H. More than 5.8 million youth are members now! More than half a million volunteer leaders are involved; and more than 36 million Americans are former 4-H'ers. But the real measure of 4-H is the personal and social development experienced by you in the 4-H program!

## WHAT'S IT ALL ABOUT?

The 4-H program is part of our nation-wide educational system of the Cooperative Extension Service. Here in this state, North Carolina State University, A. & T. State University, county governments, and the U. S. Department of Agriculture work together for 4-H members.

The educational experiences and opportunities that 4-H offers are for you from all walks of life and all economic levels. The program is tailored to your present-day needs, especially to the interests of up-to-date young people. Do you want to become involved—in understanding yourself, and other people and their viewpoints; to learn about business, economics, and consumer affairs; and about making decisions important to community development and environmental improvement?

Any boy or girl between ages 9 and 19 who wants "part of this action" can join 4-H by participating in a 4-H activity or project, and by following 4-H ideals and standards. The main requirements are a willingness to help others, to learn by doing, and "To make the Best Better"—the 4-H motto.

## HOW DOES 4-H WORK?

4-H members are organized into local Community 4-H Clubs or Special Interest 4-H Groups. These clubs and groups determine their program emphasis, activities and policies. Friends of 4-H give valuable aid and encouragement. Local adult leaders advise and encourage 4-H'ers in planning and carrying out the program. They teach new subject matter, assist with meetings and most important, have a genuine interest in your development.

## 4-H'ERS GET IT ALL TOGETHER!

Individual members and groups of 4-H'ers participate in a wide variety of activities and projects that stimulate personal and social development. 4-H'ers learn through participation in:

- *Demonstrations*—teaching others by showing and telling.
- *Judging*—learning standards and making decisions based on those standards.
- *Group Action*—working toward group objectives, as determined by the membership, and learning about community problems and working toward their solution.
- *Project Work*—fitting 4-H activities into your life-style.

Project areas include:

Management—money, farm, home.

Family Living—foods and nutrition, clothing, home furnishings, home grounds beautification, child care.

Personal Development—leadership, arts and crafts, career exploration, communications, recreation.

Engineering—electricity, automotive, tractor, safety. Conservation—forestry, soil and water, entomology, wildlife.

Production and Marketing—meat animals, garden, dairy, poultry, crops, horse.

• *Events*—participating in contests, campaigns, shows, tours, camps, workshops, and other opportunities for enriching experiences beyond the local club or group.

• *T.V.*—Members learning through television how technology affects man and how scientific findings can be applied toward the improvement of everyday living.

• *Recreation*—learning to enjoy life, yourself and association with others in meaningful social activities.

## WHAT DOES 4-H DO FOR YOU?

• 4-H stimulates the development of life skills which are becoming self-reliant, learning how to learn and to use knowledge, relating to change, and helping and sharing with others.

• 4-H provides opportunities for learning to earn and save money for you or your family.

• 4-H encourages progress through independent work compared to standards of excellence, as well as by competition with other members.

• 4-H encourages leadership development, personal growth and an awareness of ways to help solve community problems.

• 4-H offers educational experiences for you on different levels of learning in many subjects that fulfill your personal needs and interests.

• 4-H brings you in contact with physical and social scientific facts from institutions of higher learning.

• 4-H provides literature and other materials to aid your learning experience.

• 4-H does as much for you as you do for 4-H.

## WHO ELSE IS IN 4-H IN NORTH CAROLINA?

More than 3,200 Community 4-H Clubs and Special Interest 4-H Groups with about 93,000 young members operate in North Carolina. Some 9,000 volunteer adult leaders assist with the program. Each year approximately 5,000 young people attend the five state resident 4-H camps. Other events that North Carolina 4-H members participate in include N. C. 4-H Congress on the North Carolina State University Campus; National 4-H Congress in Chicago; National 4-H Conference and Citizenship Short Course in Washington; and the International Farm Youth Exchange program.

## YOU CAN GET IT ALL TOGETHER!

Just write, telephone or visit the County Extension office in your county seat and welcome to 4-H!

Adults who would like to assist in leadership capacities are encouraged to help existing clubs and groups or to assist in organizing new groups. Contact your County Extension office, please.

## Location of County Extension Offices in North Carolina

Alamance—Agricultural Building, Graham 27253  
 Alexander—Co. Office Bldg., Taylorsville 28681  
 Alleghany—Community Building, Sparta 28675  
 Anson—McLaurin St., Wadesboro 28170  
 Ashe—County Office Bldg., Jefferson 28640  
 Avery—Courthouse, Newland 28657  
 Beaufort—Agriculture Bldg., Washington 27889  
 Bertie—Agriculture Building, Windsor 27983  
 Bladen—Courthouse, Elizabethtown 28337  
 Brunswick—Agriculture Building, Supply 28462  
 Buncombe—Allen Center, Asheville 28807  
 Burke—County Office Building, Morganton 28655  
 Cabarrus—County Building, Concord 28025  
 Caldwell—Agricultural Center, Lenoir 28645  
 Camden—County Office Bldg., Camden 27921  
 Carteret—Courthouse Annex, Beaufort 28516  
 Caswell—Agriculture Building, Yanceyville 27379  
 Catawba—County Adm. Bldg., Newton 28658  
 Chatham—Agriculture Building, Pittsboro 27312  
 Cherokee—Co. Office Bldg., Murphy 28066  
 Chowan—Hewes Hotel Bldg., Edenton 27932  
 Clay—Masonic Building, Hayesville 28904  
 Cleveland—County Office Bldg., Shelby 28150  
 Columbus—Courthouse Annex, Whiteville 28472  
 Craven—508 Broad St., New Bern 28560  
 Cumberland—County Office Bldg., Fayetteville 28302  
 Currituck—Courthouse, Currituck 27929  
 Dare—Evans Bldg., Manteo 27954  
 Davidson—County Bldg., Lexington 27292  
 Davie—County Office Bldg., Mocksville 27028  
 Duplin—Co. Office Bldg., Kenansville 28349  
 Durham—Agriculture Building, Durham 27701  
 Edgecombe—Courthouse Annex Bldg., Tarboro 27886  
 Forsyth—Co. Agr. Bldg., Winston-Salem 27101  
 Franklin—Agriculture Building, Louisburg 27549  
 Gaston—Agriculture Center, Dallas 28034  
 Gates—Agriculture Building, Gatesville 27938  
 Graham—Courthouse, Robbinsville 28771  
 Granville—County Office Bldg., Oxford 27565  
 Greene—229 Kingold Blvd., Snow Hill 28580  
 Guilford—Agricultural Center, Greensboro 27420  
 Halifax—Agriculture Building, Halifax 27839  
 Harnett—Co. Office Building, Lillington 27546  
 Haywood—Federal Bldg., Waynesville 28786  
 Henderson—Agr. Ext. Bldg., Hendersonville 28739  
 Hertford—County Office Bldg., Winton 27986  
 Hoke—Magnolia St., Raeford 28376  
 Hyde—Agriculture Building, Swanquarter 27885  
 Iredell—Adjacent to Co. Courthouse on Front St., Statesville 28677  
 Jackson—Comm. Service Center, Sylva 28779  
 Johnston—Agriculture Building, Smithfield 27577

Jones—2 S. Market St., Trenton 28585  
 Lee—Courthouse Annex, Sanford 27330  
 Lenoir—Federal Building, Kinston 28501  
 Lincoln—Courthouse, Lincolnton 28502  
 McDowell—Co. Adm. Bldg., Marion 28752  
 Macon—Co. Courthouse and Adm. Bldg., Franklin 28734  
 Madison—Roberts Bldg., Marshall 28753  
 Martin—Agriculture Building, Williamston 27892  
 Mecklenburg—Rm. 100, 301 Billingsley Rd., Charlotte 28211  
 Mitchell—Agricultural Bldg., Bakersville 28705  
 Montgomery—Agriculture Building, Troy 27371  
 Moore—Agricultural Building, Carthage 28327  
 Nash—Agr. Center, Nashville 27856  
 New Hanover—Co. Ext. Bldg., Wilmington 28401  
 Northampton—Agriculture Bldg., Jackson 27845  
 Onslow—Old Hospital Bldg., Jacksonville 28540  
 Orange—Agriculture Bldg., Hillsborough 27278  
 Pamlico—Courthouse Annex, Bayboro 28515  
 Pasquotank—Agriculture Building, Elizabeth City 27909  
 Pender—Co. Office Bldg., Burgaw 28425  
 Perquimans—Agriculture Bldg., Hertford 27944  
 Person—County Office Bldg., Roxboro 27573  
 Pitt—203 W. 3rd St., Greenville 27834  
 Polk—Ext. Education Bldg., Columbus 28722  
 Randolph—Agriculture Bldg., Asheville 27203  
 Richmond—Courthouse, Rockingham 28379  
 Robeson—Co. Gov't. Center, Lumberton 28358  
 Rockingham—County Center, Reidsville 27320  
 Rowan—1216 W. Innes St., Salisbury 28144  
 Rutherford—Courthouse, Rutherfordton 28139  
 Sampson—County Office Building, Clinton 28328  
 Scotland—Courthouse, Laurinburg 28352  
 Stanly—Courthouse, Albemarle 28001  
 Stokes—Co. Community Serv. Center, Danbury 27816  
 Surry—Co. Agr. Bldg., Dobson 27017  
 Swain—Federal Building, Bryson City 28713  
 Transylvania—Comm. Services Bldg., Brevard 28712  
 Tyrrell—Agriculture Building, Columbia 27925  
 Union—The Government Complex, Monroe 28110  
 Vance—County Office Bldg., Henderson 27536  
 Wake—Courthouse, Raleigh 27601  
 Warren—101 S. Main St., Warrenton 27589  
 Washington—Agriculture Bldg., Plymouth 27962  
 Watauga—Courthouse Annex, Boone 28607  
 Wayne—Wayne Center, Goldsboro 27530  
 Wilkes—Co. Office Bldg., Wilkesboro 28697  
 Wilson—Agricultural Center, Wilson 27893  
 Yadkin—Co. Office Bldg., Yadkinville 27055  
 Yancey—Courthouse, Burnsville 28714  
 Cherokee Reservation—Qualla Civic Center, Cherokee 28219

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