

NC Cooperative Extension  
Transylvania County Center  
4-H Youth Development  
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## 4-H Newsletter February 2019 Transylvania County, NC

*Mary Arnaudin*

### **Adverse Weather Policy:**

4-H meetings follow the Transylvania County Schools closings. If the schools are closed, the 4-H program is postponed or cancelled.

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For accommodations for persons with disabilities, contact Mary Arnaudin at 828.884.3109 no later than five business days before the event.

### **4-H Teen Retreat: March 30-31 at Blue Ridge Assembly – Black Mountain**

Meet 4-H teens from across western NC at this greatly anticipated event! Activities include leadership workshops, recreation time, district officer campaigns/elections, and a dance – all on the beautiful grounds of the YMCA retreat center. Cost is approximately \$75 per youth and includes the program, lodging, four meals, and t-shirt. Contact [Mary\\_Arnaudin@ncsu.edu](mailto:Mary_Arnaudin@ncsu.edu) if interested and we'll email you the details and registration form. (Half scholarships available for those who turn in 2018 project books or who did a presentation at district day 2018.)



### **4-H Summer Camps – it's time to sign up!**

NC 4-H has three camps to check out. Go to [nc4h.org](http://nc4h.org) and click on Camps & Centers to learn specifics about each one. Each camp lasts one week and the average cost is \$420 to \$460 per youth. Transportation is on your own except for the week Transylvania County will travel by bus to Betsy-Jeff Penn for June 30-July 5. Half camp scholarships are available for 4-H'ers who will do a presentation at District Activity Day June 15<sup>th</sup> or who complete a project book for 2018 by February 22<sup>nd</sup>. A deposit of \$50/youth is due by February 15<sup>th</sup> to reserve a spot at BJP for June 30<sup>th</sup>-July 5<sup>th</sup>, payable to TCCES. Bring or mail to Extension Center 106 E. Morgan St. Suite 109 Brevard, NC 28712.

### **4-H Presentations!**

It's time to decide your topic for your presentation. Let your club leader know if you plan to do one. We will offer help sessions in March and April. Learning to do a presentation will help you gain confidence and succeed in whatever career you pursue. There is a category for whatever topic you select. There is also a Talent Show and Outdoor Cooking categories. Check [nc4h.org](http://nc4h.org) and click on Awards & Incentives for more information.

### **Special Statement from Dr. Mike Yoder, state 4-H director concerning 8 year olds in 4-H programs:**

Effective immediately, youth who have turned eight by January 1<sup>st</sup>, will be considered eligible for competition in all 4-H activities, that year. Thus, youth 8 - 18 will be able to compete in their appropriate age categories. In turn, youth ages 5 - 7 will be considered Cloverbuds and will compete only against the appropriate standards for the given competition.



# Club News



**Creekside Riders** – for ages 13 to 18; Leaders – Tracie Gant & Elizabeth Field.

Last time: We created kits of supplies for children to receive on their arrival at Black Mountain Home for Children.

Next time: At this point, we do not have enough members to continue as a club. If you are interested in joining, please contact Mary Arnaudin at 884-3109. We need at least five active members to continue.



**Jr. Horse Club** - for ages 9 to 13; Leaders – Cressa Megown & Susan Huter

Last time: Sarah Rhymer, BHS FFA joined us to discuss first aid for your horse.

Next time: Tuesday, February 5: We will join **Tom Thomas** at his farm for a hands-on demonstration on how to prepare a pack mule to take on a trail ride. This meeting will be 3:30-5:30 to allow extra hands-on time. If it is raining, we will meet at the Extension Office at 4:30pm. (We will be in touch with directions and decision on meeting place.)



**Cooking Classes** for middle school students with a Locavore focus (using ingredients produced locally)

Coming soon! “March Mondays” from 3:30-5:00 pm. Locavores will resume! New members welcome. During this cooking series, local chefs will be sharing their recipes and talents with club members. We need a minimum of five and maximum of eight participants. For more information and to enroll in the series email [sara\\_freeman@ncsu.edu](mailto:sara_freeman@ncsu.edu)



**Farm Fun** – for ages 8 to 12; Leaders – Liz Menis & Sara Freeman

Last time: In January, Farm Fun Club explored paper crafts. We made paper, used molds to form paper into 3-dimensional designs, and used stamps to emboss designs on to card stock.

Next Time: For the month of February, we will meet in the Learning Lab of the Community Services Building at 106 Morgan St. from 4:00 pm -5:00 pm. February 14th- we will use our paper creations from our January meetings to make Valentines for our families and the Transylvania Heritage Museum volunteers. February 28th- Inside crafts and games.



**RES Aggies** for grades 1-3. Full at this time. Leaders – Heather McNeely & Stephanie Bell

We will gather again on February 21 in Mrs. Bell's classroom. We are excited to have Mrs. Julie Queen as our guest speaker. Our lesson will be about all about rice. We will dismiss at 4:30.

Please let Mrs. McNeely know if your student plans to attend and if you would like to provide snacks and/or drinks for the February meeting.



**Backwoods Broadheads 4-H Club**

Last time: We worked on our 6-month plan.

Next times: We will be going to the trampoline park this month – date to be determined. We will also be competing in a 3-D shoot at Heritage on February 14<sup>th</sup>.



**International Cooking** – for up to eight high school students

Last time: French cooking! **Nora** taught us to make a quiche and crepes. Both were delicious and enjoyed by all.

Next times: Spanish cooking with **Hannah Lenze** – Meet Tuesday, February 5<sup>th</sup> in the Extension kitchen at 3:30pm.

Turkish dishes with **Harper Wade** – Tuesday, February 19<sup>th</sup> in the Extension kitchen at 3:30pm.



**SciGirls** – limited to 10 participants ages 9 to 12. Cost: \$5/girl

Last time: **Carol Miller** and **Susan Wells** led us in the National 4-H Science project on coding.

Next time: Meet Tuesday, February 26 at the Extension Center from 6:00 – 8:00pm to explore Star Power with **Nonnie Cullipher** from PARI. Weather permitting, we will observe the night sky to measure the degree of light pollution. We will also construct our own designs to reduce light pollution. Register by emailing [Mary\\_Arnaudin@ncsu.edu](mailto:Mary_Arnaudin@ncsu.edu) by Friday, February 22. Cost per girl is \$5, payable upon arrival.



**4-H Teen Council** - submitted by reporter **Marli Cohen**

Last time: We elected officers for 2019: **Clare Kennerly** and **Cjon Conley** co-presidents; **Alex Sweet**: vice president; **Josh Kupras**: secretary; **Preston Thill**: recreation leader; **Hannah Lenze**: community outreach leader; **Marli Cohen**: reporter and co-leader of community outreach. Following elections, we did a fun activity that helped us understand that in order to have effective conversations, we must be specific enough to avoid misunderstandings and concise enough to avoid wasting time.

Next times: Meet Wednesdays February 13<sup>th</sup> and 27<sup>th</sup> at the Extension office from 5:15-6:30 pm. On the 13<sup>th</sup> we will have our officer installation, work on our 6-month plan, and help **Cjon Conley** with his campaign skit for Teen Retreat. On the 27<sup>th</sup> we will continue learning how to improve our communication skills by delving deeper into body language and digital communication with **Mckayla Robinette**.



**Little River Club** – Meets at Community Center - contact: Martha Blythe

Last times: We met at the Little River Fire Department and learned about fire safety. We had a firefighter volunteer to show us all the equipment that is worn and its importance in keeping them safe. We also learned about how to stop bleeding by applying pressure until help comes.

Next times: Our February meetings will be Tuesdays February 5<sup>th</sup> and 19<sup>th</sup>. We will continue learning about safety around the home.

## Important Dates for 4-H 2019

**Project Books** for year 2018 due to County 4-H Office by February 22<sup>nd</sup>, 2019

For project record book templates go to [nc4h.org](http://nc4h.org), go to Youth and click on Awards & Incentives. The Awards Handbook can be download there also.

**4-H Scholarship and Honor Club** applications due February 1<sup>st</sup>

**4-H Teen Retreat:** March 30<sup>th</sup>-31<sup>st</sup> in Black Mountain

**4-H Family Night:** Tuesday, April 23<sup>rd</sup> in Rogow Room, Transylvania County Library



## Important Dates for 4-H 2019, continued

**AIRE application:** (Application, Interview, Resume, and Essay contest) for ages 11-18; written parts due by May 15<sup>th</sup>

**County Presentation Day:** May 17<sup>th</sup> at Community Services Building Presentation age groups: 5-7; 8-10; 11-13; 14-18

**West District Activity Day:** Saturday, June 15<sup>th</sup> in McDowell County

**County Group at 4-H Camp:** Betsy-Jeff Penn – June 30<sup>th</sup> – July 5<sup>th</sup> (\$50 due in February)

**4-H Congress** in Raleigh: July 19<sup>th</sup> - 23<sup>rd</sup>

**State Presentation Contest** July 20<sup>th</sup>

**4honline:** All should be enrolled online by end of March 2019

### Essay Contests:

Due February 15<sup>th</sup>, 2019

North Carolina State 4-H Beekeeping Essay: <https://growforit.ces.ncsu.edu/growforit-programs/beekeeping-essay-contest/>

Due February 28<sup>th</sup>, 2019

County "Food Scraps" Essay Contest: <https://transylvania.ces.ncsu.edu/using-food-scraps-essay-contest/>

International Cooking Club making quiche and crepes



Farm Fun Paper Crafts



Junior Horse Club – Horse Health



Creekside Riders Welcome Kits

