



4-H Newsletter

May 2019

Transylvania County, NC

NC Cooperative Extension
Transylvania County Center
4-H Youth Development
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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 Family Night

Many many thanks for everyone who helped make our annual family night a success: the clubs for their great displays/activities; Maryann Mickewicz for managing the balloons and registration process; Bart Renner for photography; Advisory Council members Jim Boyer, Darby Dame, David Mackey, and Julie Queen for set up/serving/clean-up, and all those who pitched in to put up tables and chairs (special thanks to Nic Owen). Thanks to the archery and horse clubs for the table decorations. A big 4-H shout out to all the parents who participated and who support their children's pledge to the 4 H's throughout the year!

4-H Presentations – sign ups and Important Dates

Be Sure to Sign Up by May 8 so we can assign times for county day. Email Mary_Arnaudin@ncsu.edu with your name, age category and topic.

County Presentation Day: Friday, May 17 from 3:00 – 6:00pm at Extension office. (Alternate date is May 16 by appointment)

West District Day: June 15 at McDowell High School – 600 McDowell High Drive Marion NC 28752

Presentation Workshop – May 8, 4:00 – 6:00pm at Extension Center.

Everyone doing a presentation is welcome – especially first timers! The workshop is in 2 parts – Intro to 4-H presentations with activities in a group from 4:00 – 5:00 and Individual/small group help from 5:00 – 6:00pm. Please email Mary_Arnaudin@ncsu.edu to register. You may attend 1 or both parts. Snacks provided. Get great tips from our 4-H Teen Council members!

Sheep Showing: Orientation Meeting – Thursday, May 30 at 5:30pm at the Extension Center in Conference Room

Be sure to let Mary know if you want to show Cherryfield Farm sheep this year. Those signed up as of May 1: Becca & Daniel Queen, Lila & Parker Laughridge, Enslee & Colter Lambert, Gracie & Lucy Shields, Tori Brown, Sadie & Tillie Bryson. Maximum number of participants this year is 14. We will keep a waiting list if more sign up.

Introducing Luke Owen – Extension intern

We're excited that Luke will be with us May 15 – July 26 to learn about Cooperative Extension and help with our programs. Luke is a student at NC State majoring in horticulture with the goal of becoming an Extension Agent.



3-Day Horsemanship Clinic: June 24-26 at WNC Ag Center

Save the date – more info coming soon. This clinic is for youths who can bring their own horse for three days of riding instruction and education. Lots of time for fun fellowship with other horse lovers. Let Mary know if you want to be on the email list for the information packet coming out in May.

4-H Food Preservation Class – July 23 – 25 for Middle Schoolers!

This series is especially for middle schoolers interested in cooking and preserving food. Learn how to can, dry, and freeze local foods to enjoy all year long! The sessions will be in the Extension kitchen from 9:00 – 12:00. Cost is \$20. (scholarships will available upon request). Teacher is Renay Knapp, assisted by volunteer food preservers.

YOUR IDEAS needed to reduce Food Waste! Food waste is a problem everyone can tackle, including our nation's youth. As part of [Winning on Reducing Food Waste Month](#), the U.S. Department of Agriculture (USDA), is launching *Ace the Waste!* A student competition for food waste reduction ideas. This *first-ever competition* calls on students to come up with creative solutions to reduce food loss and waste in the United States. The problem of food waste affects everyone. More than one third of food in the U.S. is lost or wasted. This amounts to 133 billion pounds, or \$161 billion worth of food each year. Food is the single largest type of waste in landfills.

Students ages 11 – 18 may submit 1-2 page proposals OR 1-2 minute videos. Proposals will be judged on impact potential; originality and creativity; clarity of expression; and adherence/appropriateness to theme. Judges will include representatives from USDA, the Environmental Protection Agency (EPA), and the Food and Drug Administration (FDA). One winner will be selected from each of two categories – ages 11-14 and ages 15-18. The winner of the challenge will be honored with recognition on USDA's social media accounts and website, receive a certificate of appreciation, and will have the opportunity to discuss their proposals with USDA leadership.

The deadline for proposals is 5 p.m. EDT, Friday, May 24, 2019. Submit your ideas to the [Ace the Waste! competition](#) (PDF, 238 KB) today.

Topic ideas for the proposal include:

- **Preventing food waste** - such as ideas to prolong the storage life of food; improve efficiencies in the processing of food and its distribution; and create new products from unharvested or unsold crops (like so-called “ugly fruit and vegetables”) or from food processing by-products.
- **Recovering wholesome, excess food to feed people** – such as innovative approaches for getting excess food to people who need it and measuring the value of food donations.
- **Recycling food scraps to keep them out of landfills** – such as ideas to connect food waste generators with recyclers and to create animal feed, compost, and energy.
- **Raising awareness** – such as ideas about how to make students more aware about the amount of food being wasted and let them know how to reduce it.

Important Dates for 4-H 2019

- **AIRE application:** (Application, Interview, Resume, and Essay contest) for ages 11-18; written parts due by May 15th
- **County Presentation Day:** May 17th at Community Services Building Presentation age groups:
 - 5-7; 8-10; 11-13; 14-18
- **West District Activity Day:** Saturday, June 15th in McDowell County
- **County Group at 4-H Camp:** Betsy-Jeff Penn – June 30th – July 5th (\$50 due to hold spot)
- **4-H Congress** in Raleigh: July 19th - 23rd
- **State Presentation Contest** July 20th

Club News



Jr. Horse Club - for ages 9 to 13; Leaders – Cressa Megown & Susan Huter
Last time - We met in April at the Gant's farm to meet their many farm animals that included horses, mules, mini horses, goats, chickens, pigs, cows, and dogs. We also finalized our preparations for the 4-H family night event.

Next time - We are meeting on Saturday, May 4 at 11 am at the Ag Center in Fletcher to watch some of the 4-H Western District Horse Show. Our assistant volunteer leader, Abbie Gant is competing. We will meet at the outdoor covered arena.



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

Last Time: Thank you to Club members and their families for participating in 4-H Family Night! I think our plant pounding demo was a hit! At our club meeting the same week, we really enjoyed Teresa's presentation on French Angora Rabbits and meeting Huxley the rabbit! We even got to spin a little of Huxley's wool!

Next Time: We will meet at the Museum, May 9th and May 30th from 4:00-5:00. We will plant our summer garden.



RES Aggies - Full at this time. Leaders – Heather McNeely & Stephanie Bell

Last time: We attended 4-H Family Night for our April meeting.

Next time: Look for an email from Mrs. McNeely about our May meeting date and topic.



Backwoods Broadheads 4-H Club Leaders – Jessi Own & Tiffany Baker

Last time: 4-H family night

Next times: Archery practice at Lake Toxaway Community Center on Thursday, May 9th at 4:00 pm. We will meet at the community center on May 21 at 4:00 pm to plan our archery day camp activities.

4-H Teen Council - meets 2nd and 4th Wednesdays at 5:15pm

Last time: We planned our presentation workshop. On April 29 we helped at the Block Party.

Next times: Wednesday, May 1 – meet at the Extension office at 5:15 to finalize plans for our Presentation Workshop. Wednesday, May 8 – lead our workshop from 4:00-6:00pm. Meet by 3:30 to set up. On Tuesday, May 21 we will volunteer at Sharing House from 4-6 pm.



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

Last time: We attended the 4-H Family Night and shared our knowledge of First Aid.

Next times: Tuesdays May 7 and 21. We will be recapping our Safety & First Aid project by learning Outdoor Survival skills! One of our parents will be teaching two classes on survival. Several of our 4-Hers will be helping by showing some of their skills of survival. We hope to meet the 1st Tuesday in June – June 4 - to wrap up the first half and plan for the second half of the year. A hotdog supper is planned for our June meeting.



Farm Fun Club with Angora rabbit



Little River Club Calf Showing Baylor Blythe and Zion Brown



2019 4-H Family Night Fun

