



Mitchell County 4-H

2019 Summer Fun

Kaley Brown, 4-H Youth Development Extension Agent

10 South Mitchell Ave, Bakersville, NC 28705

Phone: (828) 688-4811

Email: kaley_brown@ncsu.edu



4-H Summer Fun is a special program sponsored by Mitchell County 4-H through the NC Cooperative Extension. Activities are open to all youth ages 5-18. Workshops are designed for specific age groups and there are limited spaces. We invite you to join us for a fun and exciting time. You do not have to be a current 4-H member to participate.

To Enroll in 4-H Summer Fun, you must be enrolled in 4-H Online. If you have never been enrolled go to <https://nc.4honline.com> and set up a profile using these instructions:

SETTING UP A PROFILE

1. If you need to create a family, select "I need to setup a profile", complete the fields required and click Create Login.
2. Follow the instructions on the on the Family information page and click *Continue*. **Set up only one (1) Family Profile Per Household!**

After adding the family, add your family members to that family profile. Use the following to determine the type of membership to add:

- **Adult:** 4-H Volunteers
- **Youth:** 4-H Youth between the ages of 8 and 19 who are involved in a 4-H program

IMPORTANT! Adult record should only belong to adult volunteers. For adults and youth, the next pages are authorization releases and health forms for risk management. These are important to have completed in case you get injured during 4-H Summer Fun.

UPDATING A 4-H ONLINE Profile For Youth Who Were Enrolled in 2018

- 4-H members and volunteers must enroll in 4-H annually.
- Go to the 4HOnline login screen
- Login to your family account
- Review and update the information for each youth member and /or yourself
 - ◇ Click on the "Edit Tab" to access the youth / volunteer personal information and click Enroll for

current 4-H year.

- ◇ Continue through the profile and make any necessary changes.

- When you've made all the necessary updates— Click "submit enrollment."

****If you need help enrolling with 4-H online please call the 4-H office at (828) 688-4811 *****

Early Registration for current 4-H members will be on Thursday, June 6th from 8am-5pm.

Early Registration for the public will be open on Friday, June 7th from 8am-5pm.

Participants will receive a Mitchell County 4-H t-shirt with registration.

We will continue . Please take advantage of the early registration dates to ensure your child's space in the workshop of their choice. Registration will be accepted at the Mitchell County Cooperative Extension Center located at 10 South Mitchell Ave., Bakersville. (828-688-4811). Payment is expected at the time of registration.

We are excited to announce that **scholarships** for youth wishing to attend Mitchell County 4-H Summer Fun programs are available this year through WAMY Community Action, Inc. To find out if your family is eligible please bring verification of income from the past year or 90 days from June 6th. This can be in the form of pay stubs, print out, social security award letter, or personal statement. No bank statements will be accepted, however. If you are a current 4-H member you may bring these on our June 6th registration day between 8am and 5:00pm. For general public applicants please bring your information on June 7th between 8am and 5:00pm. WAMY representatives will be available during these times at the Mitchell County Cooperative Extension Center for your convenience.

No registration for Summer Fun will be accepted over the telephone. Light snack and water will be provided at each workshop. Participants will need to bring a bag lunch to all events requesting such. All events and field trips will continue rain or shine.

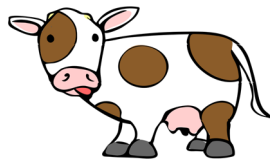
****Drop-off locations are****

- ♦ **Mitchell County Cooperative Extension**
10 South Mitchell Ave., Bakersville
- ♦ **Bakersville Fire Department**
306 Baker Lane, Bakersville
- ♦ **Spruce Pine Fire Department**
100 Fire Fighter Way, Spruce Pine
- ♦ **Deyton Elementary School**
308 Harris St., Spruce Pine
- ♦ **Bakersville Baptist Church**
339 South Mitchell Ave, Bakersville

**Please check event for the
drop-off location**

Mooving Milk From Farm to Fridge

Where does milk come from? If you have ever pondered this question then we have the workshop for you! Youth will learn how the calf grows, what cows eat, how cows make milk, and finally how milk gets from farm to store. Youth will sample cheese, make a dairy diary, play games, make butter, and finally visit a real working dairy farm. Along with several other activities and hands on learning experiences. Come join us for Mooving Milk from Farm to Fridge. On the 20th youth will need to bring a bag lunch, sunscreen, hat, and wear closed toed shoes as we will be on the farm. On this day youth will return at 3pm for pick up at the Mitchell County Extension Center.



Date: June 17th—20th; Time: 9-12pm Ages 5-8; Cost:\$30
Drop-off Location: Bakersville Fire Department



**Citizenship Focus...From
the County to Raleigh**

Being a good citizen means knowing your elected officials! This workshop is designed to explore what town and county elected officials do as well as state officials do. On Tuesday, we'll visit county offices and the courthouse (where court is held). On Wednesday of the workshop, the class will travel to Raleigh to tour the legislative building and meet our elected officials. We'll also go to the Capitol where the Governor's office is and will explore the Art and Natural History Museum. We will have a 1 adult/3 students as chaperones. Plan to pack your lunch each day.

Date: June 18th-19; Time: Tuesday 9am-3pm &

Wednesday 6am-6pm Ages 10-14; Cost: \$40

Drop-off Location: Mitchell Cooperative Extension



Money Fun for Cloverbuds

Participants will learn the value of money and the value of setting goals and saving for important purchases through fun games and a tour of United Community Bank. They will also get to make their own money bag to take home with them. Giving the opportunity to save all year long.

Date: June 24th; Time: 9am-12pm; Ages 5-8; Cost: \$10 each
Drop-off Location: Bakersville Fire Department

Sumo Bots

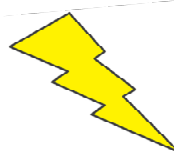
Do you like science, technology, engineering, or math? How about Robotics? Sumo Bots are a modern twist on the ancient Japanese sport of Sumo Wrestling. Small robots compete in a sumo ring, attempting to push each other off the ring. Participants will build robots with LEGO components, learn about autonomous program. Bring your own lunch.

Date: June 25th; Time: 9am-3pm; Ages: 8-13; Cost: \$10 each
Drop-off Location: Bakersville Fire Department

Cloverbud Puppetmasters

Do you like to make crafts and put on shows for your friends and family? Maybe you like to play pretend and use your imagination? Cloverbud puppetmasters is for you! Youth will make puppets and props they can take home. Then we will work on skits they can practice in front of their peers and take home to family. This is the perfect workshop for youth to start learning public speaking skills and putting them to practice in a fun and interactive environment. We encourage all youth to dress up in their favorite costume or come as they are! We hope to see you there.

Date: June 26h; Time: 9am-12pm; Ages: 5-8; Cost: \$10
Drop-off Location: Bakersville Fire Department



Totally Electric Thursday

Already know a little bit about electricity but want to learn more? Find out why knowing all about the Magic of Electricity is important in our daily lives and test your skills as you learn how to solder with your very own electric kit. Bring a bag lunch.

Date: June 27th; Time: 9am-3pm; Ages: 9-14; Cost: \$15 each
Drop-off Location: Bakersville Fire Department

Innovation Station for Cloverbuds

The Innovation Station is a 41' mobile STEM lab and makerspace. In the STEM lab participants will get to meet Dot the Robot. They will be introduced to the ideas of robotics and programming. They will learn what a program is and how programs control robots. Throughout the morning they will rotate through stations where they will learn about robotics, engineering, and have fun with creative science experiments. Additional forms will have to be filled out in order to participate.

Date: June 28, Time: 9am-12pm, Ages 5-9 Cost: \$10
Drop-off Location: Bakersville Fire Department

Innovation Station for Juniors & Seniors

The Innovation Station is a 41' mobile STEM lab and makerspace. The makerspace is a collaborative workspace where participants can bring ideas to life. Youth will learn the fundamentals of computer programming and design their own video game. They will rotate off the mobile STEM lab to participate in wacky science experiments. Additional forms will have to be filled out in order to participate.

Date: June 28, Time: 1 pm-4 pm, Ages 10-18 Cost: \$10
Drop-off Location: Bakersville Fire Department

Christmas in July (Spruce Pine Location)

If you love Christmas and making crafts, this workshop is for you. You'll take home the following crafts you've made: snowman wreath made on a 12-inch ring, penquin, personalized phone cover, pokeball ornament, and Christmas advent calendar. Bring your own lunch.

Date: July 9th and 10th; Time: 9am-2pm Ages: 9-13
Cost: \$22
Drop-off Location: Deyton Elementary School



Nifty Knitting and Creative Crocheting 101

Have you ever wanted to make your own clothes or just try something crafty? Well this workshop is for you! Youth

will learn the basics and essentials of knitting and crocheting. By the end of the workshop youth will leave with a finished product of a dishcloth, potholder and the finished product of a headband. Come prepared to have a lot of fun and learn a skill that can become a hobby to last a lifetime.

Date: July 11th or 12th Time: 9am-12pm Ages: 12-18,
Cost: \$8.00
Drop off location: Spruce Pine Fire Department

(Both workshop days are the same. Please pick which date suits you best).

Cloverbud Farmer for a Day

Welcome to the farm! You will get to experience life on the farm by seeing, touching, and being around plants and animals that are produced in Mitchell County. We will visit farms that have chickens, cows, goats, and other animals. Participants will learn how important agriculture is to Mitchell County and will get to take home their very own seed necklace. Bring a bag lunch, wear closed toe shoes, and wear a hat and sunscreen.

Date: July 15th; Time: 9am-3pm; Ages: 5-8; Cost: \$10 each
Drop-off Location: Mitchell Cooperative Extension

Junior Farmer For a Day

Join the 4-H summer program for a day filled with tours of local farms and agriculture businesses. You will get to experience life on the farm by seeing, touching, and being around plants and animals that are produced in Mitchell County. We will visit farms that have chickens, cows, goats, and other animals. Participants will learn how important agriculture is to Mitchell County and how they can make money with 4-H agriculture projects. Bring a bag lunch, wear closed toe shoes, and wear a hat and sunscreen.

Date: July 16th; Time: 9am-3pm; Ages: 8-18; Cost: \$10 each
Drop-off Location: Mitchell Cooperative Extension

We-B-Grillin

Come learn the thrill of the grill and grilling safety. This camp is designed for 12-18-year-old youth who want to grill and cook. We will learn about different meats, meat cuts, and how to prepare them. We'll also take a trip to the market in search of the perfect cut. Participants will have a chance to learn about 4-H Presentations in Outdoor Cookery Competitions. Lunch will be provided each day. We will grill and taste each day of the camp.

Date: July 17th—19th; Time: 9am-4pm Ages: 12-18
Cost: \$65
Drop-off Location: Mitchell Cooperative Extension



4-H Kids as Chefs Camp

From farm to table, join us for this week long journey into learning about local foods, balanced meals, food preservation and culinary skills! Kids as Chefs 4-H Camp is designed for youth 10+ who have an interest in cooking (and eating!) as well as learning about local foods and healthy choices. Come explore foods that Mitchell County has to offer as we talk to farmers, prepare and enjoy lunch together, and strive to incorporate our "buy local" philosophy. Participants will make their lunch as part of the experience!

Date: July 23rd-26th; Time 9am-4pm everyday; Ages: 10-18;
Cost: \$75 each
Drop-off Location: Bakersville Baptist Church

Christmas in July (Bakersville Location)

If you love Christmas and making crafts, this workshop is for you. You'll take home the following crafts you've made: snowman wreath made on a 12-inch ring, penguin, personalized phone cover, pokeball ornament, and Christmas advent calendar. Bring your own lunch.

Date: July 29-30; Time: 9am-2pm Ages: 9-13 Cost: \$22
Drop-off Location: Bakersville Fire Department



Mitchell 4-H Shooting Sports Workshop

This workshop will teach youth to properly shoot a .22 rifle, 20 or 12- Gauge shotgun, and bow and arrow. All equipment will be provided. This is a beginner class. Please bring a hat, sunscreen, and closed toe shoes. Bring a bag lunch. Youth 12-18 will also receive hunter safety education and certification. Taking home their hunter safety card. We will be visited by the local wildlife officer from the NC Wildlife Resources Commission.

Date: July 29th-31st; Time: 9am-3pm; Ages: 8-18 Cost: \$40
Drop-Off Location: Mitchell Cooperative Extension

Hands on Museum and Gray Fossil Site Field Day

The Gray Fossil Site and Museum is a place where visitors can view and learn about an active Miocene-era fossil dig site. Hands on Museum has moved to the Gray Fossil Site and is now an all ages Discovery Center dedicated to STEM. We will see many exhibits and learn about science, technology, engineering, and math. All with a hands-on approach. Be sure to dress accordingly and wear closed toe comfortable shoes. Hat, and sunscreen are suggested. Bring a bag lunch.

Date: August 2nd; Time: 9am-5pm; Ages: 5-8; Cost: \$20
Drop-off Location: Mitchell Cooperative Extension

Linville Caverns Field Day

Caverns, and trails, and waterfalls OH MY! Located at the southern gateway to western NC's High Country region, Linville Caverns is an ideal destination for visitors of all ages. Courteous and experienced guides take you into the subterranean world, giving you the history of the caverns and allowing you to view the grand work of nature. Next we head on to Linville Falls to picnic and hike the trails to see the nature around us and enjoy the views of the waterfalls. Please bring a light jacket, bag lunch, sunscreen, hat, and wear closed toed shoes you are comfortable with hiking in.

Date: August 5th; Time: 9am-4pm Ages: 9-18; Cost: \$20
Drop-off Location: Mitchell Cooperative Extension



Take me out to the Ballgame

What is summer without baseball? Join 4-H'ers from all across Western NC for 4-H Night at the Asheville Tourists. This is a great family event and we encourage families to attend. 4-H will be prominently featured throughout the night and in the past 4-H'ers have even got to throw the first pitch! Kids 12 and under eat free! All families will meet at McCormick Field located at 30 Buchanan Pl, Asheville, NC 28801. Transportation may be available upon need.

Date: August 5th; Time: 6:30pm-until; Youth of all ages, parents/guardians and families; Cost: \$5 each
Location: McCormick Field, 30 Buchanan Pl, Asheville



Senior Wilderness Hike

Go on a day hike to see the Balds on Roan Mountain. Learn all about Backpacking: how to stuff your pack for a Backpacking trip, "Leave No Trace" rule as you go, and how to cook your own meals on the trail. A dehydrated meal of hamburger and mashed potatoes will be provided. You must bring a day pack with your own water, snack and poncho.

Date: August 7th; Time: 9am-5pm; Ages: 11-18; Cost: \$10
Drop-off Location: Mitchell Cooperative Extension

4-H Summer Fun Hands to Service

Do you enjoy giving back to your community and helping others? Well we would like to invite you to a fun and interactive community service event for the Brian Center Health & Rehabilitation Center of Spruce Pine. Come join us during the morning for music and craft making. We will also be putting together bags with supplies. This will be a team effort and we will have plenty of fun planned for the entire group. Parents and guardians are also welcome to attend if they would like. After lunch we will travel to the Brian Center where we will sing 4-H camp songs and provide entertainment for the residents. We are asking for a \$5.00 donation to be used towards supplies for the Brian Center. This is a great way to give back to our community and will surely be a wonderful fun filled day. Lunch and snacks will be provided by Mitchell County 4-H so come hungry!!

Date: August 8th Time: 9am-4pm Ages: 5-18
Cost: \$5 donation (Please feel free to donate any amount you would like)
Location drop off: Mitchell Extension Location
Pick up: Brian Center Health & Rehabilitation Center 218 Laurel Creek Ct, Spruce Pine, NC