

Alleghany 4-H Summer Fun 2017



Summertime is almost here and we are excited about the fun activities we have planned for you. We hope you will join us for our events. For each activity listed in this newsletter, you will see the ages that apply. You do not have to be a current 4-Header to participate.

You **MUST** either come to the Extension Office or use the online form to register for each activity & it is strongly suggested that you sign up early, as there are a limited number of spaces available. If there is a fee, payment is due at the time of registration to secure your child's space. There is also a one-time registration fee of \$10, which includes a t-shirt.



Parents must complete needed paperwork at registration, including a medical release, code of conduct, and media release. Program agendas are subject to change, at the discretion of the 4-H Agent.

Hope you will join the fun!

**REGISTRATIONS WILL BE
ACCEPTED STARTING
MONDAY, MAY 15 AT 9AM**

Amy Lucas

Amy Lucas
Extension Agent
4-H Youth Development

MOVIE NIGHT

June 5 ~ 6 pm – 9 pm

Ages: 5+

Cost: \$7

Registration Deadline: June 2

Come join us at the Extension Office for an awesome night of pizza, popcorn and a fantastic movie!! A great way to start your summer and meet some new 4-Hers.



STEAM DAYCAMP

June 6 ~ 12 pm - 5 pm

Wet lab – Wilkes Campus;
WCC (Register through them)

Cost: \$30

(Each Allegheny youth rising 6th – 10th grader is eligible for a free course scholarship).

Identify salamanders and macroinvertebrates and also analyze data to determine water quality. Learn to use water testing kits and dissecting microscopes.

Explore how factors tie together to make a healthy ecosystem. Students will be wading in shallow water.

Water shoes are recommended.



Registration is May 16; 3 pm – 7:30 pm.
You must register for this class through WCC – Allegheny Center. Late registration is only accepted if courses are not full

CONSERVATORS CENTER

June 7 ~ 8 am – 5 pm

Ages 8+

Cost: \$20 ~ Limit: 15

Registration Deadline June 1

Ever looked a tiger in the eye? You may have an opportunity to hear lions call to one another, howl with wolves, and meet a binturong for the first time. This is a trip you will never forget!

Travel with us to Burlington to see some exciting animals up close.

You must have a signed waiver to join us on this trip. Waiver can be found at the Extension

Office, on the Facebook page and/or the blog.



U.S. NATIONAL WHITEWATER CENTER

June 9 ~ 8 am - 7 pm

Ages: 12+ (you must be able to swim)

Cost: \$65 (Scholarships may be available)

Limit: 5

Registration Deadline: June 1

Come with us as we make our way to Charlotte, NC for a day of outdoor adventure. You will have unlimited access to the following: Whitewater Rafting, Canyon Crossing, Climbing, MegaZip, Mega Jump, Mountain Biking, Adventure Course, Climb 2 Zip, Flatwater Kayaking, Whitewater Kayaking, Stand-Up Paddle Boarding and Eco Trekking. This will be the most thrilling trip of the summer so don't miss out!! Snacks will be provided.

You will need to bring money for lunch.

We will meet at the County Office Building Parking Lot.

You must have a signed waiver if you plan to Whitewater Raft. Waiver can be found on the facebook page and blog.



District Activity Day

June 23 – Caswell County

Ages 5+ FREE

Registration Deadline: May 15

District Activity Day is a presentation competition between youth ages 5-19 from our 20 county district. Youth are able to present on a variety of topics (see categories). Winners from District Activity Day may be able to attend the state level presentation competition held at NCSU during 4-H Congress.

Categories: There are over 35 categories you can present in. A few of these include: Bugs and Bees, Small and Companion Animals, Horse, Wheels and Engines, Safety, Science and Technology, Soil, Water and the Environment, 21st Century Communication, Interior Design and Home Space, Forestry and Wildlife, Egg Cookery, Health and Fitness, Citizenship, 4-H Entertains and an Open Class. For a full list of categories with descriptions, please visit the blog or facebook page.

Entertains: 4-H Entertains is the talent portion of the competition. Ages 9+ are eligible for 4-H entertains.

Cloverbud Presentations (ages 5-8) – We will again be allowing Cloverbuds to participate in District Activity Day and give their presentations. Cloverbuds are a non-competitive category. These presentations should be no longer than 5 minutes and they may be on any topic, but no live animals.

***You must present to Amy before you can be eligible to attend District Activity Day*
County activity day is May 15**

Health Camp

June 27th & 28th ~ 8am - 5pm

Ages: 10+

Cost: \$25 ~ Limit: 10

Registration Deadline: June 16



Join several surrounding counties (Surry, Wilkes, and Yadkin) for a health adventure! Participants will enjoy hiking at Pilot Mountain State Park on the first day with hands on activities learning about how to best take care of our bodies. The second day we will be in Yadkin County kayaking and paddle boating with a health focused workshop.



Please bring a towel, sunscreen and a water bottle. Closed-toe shoes are recommended. **NO FLIP FLOPS!**

Bring a bag lunch and drink on the 27th!! Lunch will be provided on the 28th.

ZOO SNOOZE

CREATURES OF THE NIGHT



June 29-30

Ages: 8-12

Cost: \$35 ~ Limit: 4

Registration Deadline: June 23

Go batty over creatures of the night! Explore skills and senses of nocturnal animals in this fun and exciting program. Concentrating on bats and owls, we'll shed some light on the mystery of what's really going "bump in the night". Through presentations and activities, participants will develop a greater understanding of our nighttime neighbors, their roles in our environment and how we can help them. Students will have a blast building bat boxes and a hoot dissecting owl pellets.



Snacks, breakfast and transportation are provided. You will need to bring additional money for dinner on Thursday and lunch on Friday (approx. \$20). Additional spending money is optional. An "items to bring list" will be sent to participants. We will leave on Thursday from the County Office Building Parking lot. Preference will be given to youth who have not participated previously.

HYDROPONICS 101

July 6 ~ 9am – 1 pm

Ages 8+

Cost: \$15 ~ Limit: 12

Bring a bag lunch and water bottle

Registration Deadline: June 28

Did you know you can grow plants without soil? Come and we'll explore together how to build you own hydroponic garden and maybe help solve some of the world's biggest problems – food shortage. We'll also explore jobs and much, much more. You will also get to take you hydroponic garden home with you.



Chef & Child

July 11-13

9:30am – 12:30pm ea. day

Ages: 8-12

Cost: \$10 ~ Limit: 12

Registration Deadline: July 7

Do you like to cook or want to learn how? Come out and join us & a professional chef for a 3 day series where you will learn about nutrition, safety and food preparation. Each day you will cook & eat a variety of recipes. We will meet at the AHS Family & Consumer Education Classroom.

****Preference will be given to youth who have not participated previously****

Sew Much Fun

July 12-13 ~ 1 pm - 4 pm ea. day
Ages: 10-18
Cost \$10 ~ Limit: 10
AHS Sewing Room
Registration Deadline: July 5

Want to learn how to sew on a button, fix a tear in your clothes or even make your own clothes? Come learn how to do that and much more.

You will learn how to use a sewing machine and you will complete a sewing project that you will get to take home each day. Don't miss out on this valuable skill that will last a lifetime.



LINVILLE CAVERNS LINVILLE FALLS

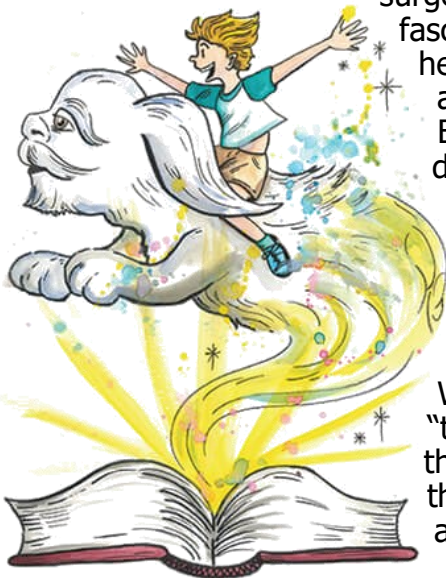
July 14 ~ 8am - 5pm
Ages: 8+
Cost: \$15 ~ Limit: 10
Bring a bag lunch & drink
Registration Deadline: July 7

Join us as we tour the inside of the mountain to view spectacular limestone formations and learn about the history of the Blue Ridge Mountains. You never know what we might see after a picnic lunch we will enjoy an afternoon of hiking and breathtaking views of Linville Falls. We will leave from the County Office Building Parking Lot. Bring sunscreen, a bag lunch & a water bottle. No flip flops

BARTER THEATRE NEVERENDING STORY

July 24 ~ 8 am – 5 pm
Ages 8+ (5-7 with paying adult)
Cost: \$20 ~ Limit: 20
Registration Deadline: June 30

This thrilling tale begins with Bastian, a lonely boy who discovers a curious book - The Neverending Story. As he begins to read, a huge adventure surges to life, full of fascinating creatures, heroes, dragons, danger and excitement. As Bastian is drawn in deeper and deeper, he realizes that only he can save his new friends in the book, and in doing so, he finds his destiny.



We also be doing a "talkback" session with the actors and a tour of the production studio after the show.

Storytime Cooks

July 25 ~ 9am – 12pm
Ages: 5+
Cost: \$5 ~ Limit: 12
Registration Deadline: July 19

Join us for stories, crafts, and cooking in this event filled class. Enjoy making foods and crafts featured in the stories shared during the program. Participants will prepare their own snack while having fun being story time cooks.



Every Day is Earth Day

July 26 ~ 8am - 5pm
Ages: 8 - 14
Cost: \$10 ~ Limit: 10
Wilkes

It's all about the environment in this hands-on workshop! Youth will get to take part in several activities including cleaning up an oil spill, building a pop bottle ecosystem, digging through a worm compost bin and creating your own greenhouse. The day will end with making s'mores in a solar oven! Bring a bag lunch and a water bottle.



NC 4-H CONGRESS



July 29 - Aug 1
Ages: 13-18
Cost: \$195
(scholarships may be available)
Registration Deadline: July 1

North Carolina 4-H brings young people from across the state to the NCSU Campus for four days of activities, competition and friends. This year, the event will be held in Raleigh, NC .

Youth will attend state presentation competition, a variety of leadership workshops, dances, meet 4-Hers from across the state and participate in the election of incoming state officers.

****You must do a presentation at County Activity Day to be eligible to attend****

POP INTO 4-H

August 3 ~ 9am- 12pm
Ages: 5-8
Cost: \$5 ~ Limit: 12
Registration Deadline: July 26

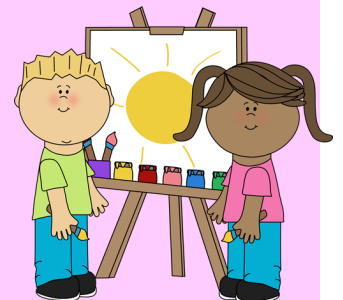
Ever wonder where popcorn comes from? Join us for a fun morning "all about Popcorn". We will talk about the different types of popcorn, parts of a corn plant and much, much more. We will play games, make crafts and of course, enjoy some popcorn.



ART ADVENTURES

August 7 ~ 1pm - 5pm
Ages: 7+
Cost: \$20 ~ Limit: 20
Registration Deadline: July 31

Join us as we are guided step by step and learn how to paint a beautiful canvas painting. No experience necessary! You will take home a completed work of art.



Electric Workshop

August 8 ~ 8am - 4pm
Ages: 9-12
Cost: \$10 ~ Limit: 10
Registration Deadline: July 26

Join us as we travel to Dobson and explore the world of electricity through hands-on projects. Learn about circuits, soldering and more.



NASCAR HALL OF FAME

August 9 ~ 8 am - 5 pm
Ages 8+

Cost: \$40 (scholarships may be available)
Limit: 10

Registration Deadline: July 14

Travel with us to Charlotte, NC to "Get Ready, Race with Strength". We will be learning about physical activity, healthy lifestyles and more all from a racing point of view. We may also get to do a racing simulator and a pit challenge. Transportation and lunch included. We will be seeing artifacts, hands-on exhibits, NASCAR productions, Hall of Honor, broadcast studio and more. Bring extra money for the gift shop.



YOUTH SUMMIT

August 11 – 12 ~ Durham
Ages: 14-18
Cost: FREE ~ Limit: 1
Registration Deadline: June 27

We are excited to be partnering again with the North Carolina Association of County Commissioners (NCACC) to host a Youth Summit! Youth Voice will be held in Durham, NC. One youth (ages 14-18) per county as well as lead adults are invited to attend this event. During the conference, youth participants will have the chance to select real problems happening in counties across the state to help provide a solution for. Local county employees and County Commissioners will mentor the delegates and Saturday afternoon, youth will have a chance to put their knowledge to work through an interactive session with Commissioners.

One youth per county will be eligible to attend. If you are interested in attending, contact the Extension Office.

Please Remember....

- You must either come in person or use the online form to register for ANY and ALL events. All forms must be completed upon registration.
- It is strongly suggested that you sign up early, as each activity has a limited number of spaces.
- If there is a fee, payment is due at time of registration, which includes a one-time registration fee of \$10, which includes a t-shirt.
- For payment, we gladly accept Cash, Checks, Debit/Credit Cards and we now offer the option of using PayPal online.

**WE MAY ADD ADDITIONAL ACTIVITIES...
BE SURE TO CHECK THE BLOG
AND FACEBOOK PAGES OFTEN!**

alleg hany4h.blogspot.com



www.facebook.com/Alleghany.4H



Twitter: @Alleghany_4H





ALLEGHANY 4-H SUMMER FUN 2017



REGISTRATION FORM

REGISTRATION FORM, FEES, ENROLLMENT FORM AND NOTORIZED MEDICAL RELEASE MUST BE SUBMITTED AT TIME OF REGISTRATION

Participant's Name: _____

Age: _____ D.O.B. _____ Grade: _____

Address: _____

City/State/Zip: _____

Parent/Guardian: _____

Daytime Phone: _____

Home Phone: _____

Emergency Phone (name and number): _____

Parent/Guardian Cell Phone: _____

Parent/Guardian E-mail: _____



<input type="checkbox"/>	Movie Night / Ages 5+	\$7
<input type="checkbox"/>	Conservators Center / Ages 8+	\$20
<input type="checkbox"/>	Whitewater Center / Ages 12+	\$65
<input type="checkbox"/>	Grandfather Mountain / Ages 8+	\$15
<input type="checkbox"/>	Wet 'N Wild Emerald Pointe / Ages 8+	\$35
<input type="checkbox"/>	Cloverbud Day / Ages 5-8	\$10
<input type="checkbox"/>	Health Camp / Ages 10+	\$25
<input type="checkbox"/>	Zoo Snooze / Ages 8-12	\$35
<input type="checkbox"/>	Hydroponics 101 / Ages 8+	\$15
<input type="checkbox"/>	Chef & Child / Ages 8-12	\$10
<input type="checkbox"/>	Sew Much Fun / Ages 10-18	\$10
<input type="checkbox"/>	Linville Caverns / Falls / Ages 8+	\$15
<input type="checkbox"/>	Barter Theatre / Ages 8+	\$20
<input type="checkbox"/>	Storytime Cooks / Ages 5+	\$5
<input type="checkbox"/>	Every Day is Earth Day / Ages 8-14	\$10
<input type="checkbox"/>	NC 4-H Congress / Ages 13-18	\$195
<input type="checkbox"/>	Pop into 4-H / Ages 5-8	\$5
<input type="checkbox"/>	Painting / Ages 7+	\$20
<input type="checkbox"/>	Electric Workshop / Ages 9-12	\$10
<input type="checkbox"/>	NASCAR Hall of Fame / Ages 8+	\$40
<input type="checkbox"/>	Youth Summit / Ages 14-18	FREE

T-Shirt	
Please check size (no numbers please)	
Youth Small	
Youth Medium	
Youth Large	
Adult Small	
Adult Medium	
Adult Large	
Adult XL	



REGISTRATION TOTAL	
Registration Fee	\$ 10.00
Activity Total	\$
GRAND TOTAL	\$

Make checks payable to: Alleghany 4-H
Debit & Credit Cards accepted in person or over the phone.
PayPal accepted online.