



ALLEGHANY 4-H SUMMER FUN 2019

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-Her 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 \$14, 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
AT 11 AM ON WEDNESDAY, MAY 29TH
WE WILL BE OPEN FOR EXTENDED HOURS
(UNTIL 6:30 PM) ON THE 29TH ONLY
TO TAKE REGISTRATIONS.**

Amy Lucas

Amy Lucas
Extension Agent
4-H Youth Development

MOVIE NIGHT

June 10th ~ 6 pm – 9 pm
Ages: 5+
Cost: \$10
Registration Deadline: June 7th

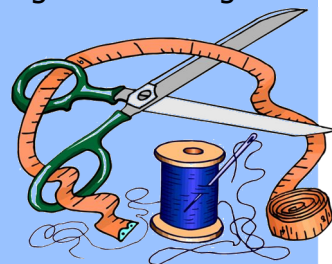
Come join us at the Alleghany County Fairgrounds for an awesome night of pizza, popcorn and a fantastic movie!! A great way to start a perfect 4-H summer and meet some new 4-Hers.



Sew Much Fun

June 11th ~ 9 am - 3 pm
Ages: 10+
Cost \$10 ~ Limit: 10
County Office Building - 2nd floor
Registration Deadline: June 7th

Come learn the basics of sewing. Participants will enjoy a full day of learning basic sewing skills, designing some awesome creations they will get to take home, and having "sew much fun" with friends while learning! We will do some hand sewing and machine sewing. **Bring a bag lunch, drink and a water bottle.**



HUNGRY MOTHER STATE PARK

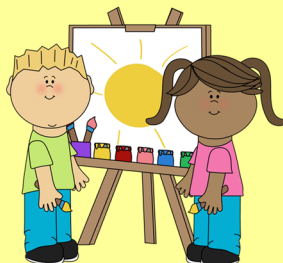
June 14th ~ 8:30 am - 5pm
Ages: 8+ (ages 5-7 with parent)
Cost: \$10 ~ Limit: 15
Registration Deadline: June 7th

We will go on an adventure to Hungry Mother State Park where we will have a great morning of hiking and exploring and then spend the afternoon swimming. Please no flip flops in the morning. Bring sunscreen, water bottle, towel and a change of clothes. Transportation and snacks provided. **Bring a bag lunch, drink and water bottle.**

ART ADVENTURES

June 12th ~ 2pm - 5pm
Ages: 7+
Cost: \$20 ~ Limit: 20
Registration Deadline: June 7th

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. Meet at the Emerson Black Building of Alleghany Fairgrounds.



BARTER THEATER SHREK THE MUSICAL

June 19th
11 am – 7 pm
Ages 8+ (5-7 only with paid adult)
Cost: \$25 ~ Limit: 15
Registration Deadline: June 7th

Follow the adventures of Shrek, his sidekick Donkey, Princess Fiona, Lord Farquard and every fairytale adventure you know and love in this Tony Award-winning musical based on the blockbuster DreamWorks Animation film. A little green ogre grows up to be a big, disgusting, layered hero. Shrek finds himself on a life-changing journey to rescue the feisty princess with his witty and sarcastic friend, Donkey. Along the way, they encounter a lively cookie, a flirty dragon, and a small villain. Can this grumpy, ugly ogre find it in his heart to love someone as ugly as himself? We promise magic to every degree from the music to the costumes and sets. This is a performance the entire family will enjoy! We also be doing a "talkback" session with the actors after the show. Snacks provided.



Bring a bag lunch and drink and money for dinner.

Storytime Cooks

June 20 ~ 10am – 2pm
Ages: 5-8
Cost: \$7 ~ Limit: 10
Registration Deadline: June 14th
County Office Building - 2nd floor

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. ***Bring a bag lunch, drink and a water bottle.***



NASCAR HALL OF FAME

June 24 ~ 8 am - 5 pm
Ages 8+
Cost: \$20 ~ Limit: 10
Registration Deadline: June 10th

Do you like to go FAST? We will travel to Charlotte to the Nascar Hall of Fame where we will take part in career experiences through driving simulations and changing a tire as pit crew members. We will travel through 17 SPARK stations that include artifacts, NASCAR productions, hands-on exhibits, Hall of Honor, broadcast studio, and more! Each participant will take part in the Engineering for Racing workshop, where we will explore the engineering behind a race car. Students will have the opportunity to be creative and use a variety of resources to build a car.



Bring a bag lunch and drink. Youth may bring extra money for the gift shop.

Chef & Child

June 25th - 27th
9:30am – 12:30pm ea. day

Ages: 8-12

Cost: \$10 ~ Limit: 12

Registration Deadline: June 17th

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

Betsy-Jeff Penn 4-H Camp

July 7th - July 12th

Ages: 8-14

(must be 8 by time of camp)

Leader In Training (LIT) ages 15-17

Cost: \$420 (scholarships may be available)

Registration Deadline: June 28th

Spaces are limited

Join us for a week of traditional 4-H overnight camping. You will have an opportunity to participate in high ropes course, horseback riding, archery, arts and crafts, canoeing, swimming and much, much more. You sleep in cabins (not tents) with all the comforts of home. This is an opportunity you do not want to miss out on. Opportunities for Leaders in Training for ages 15 and up. A letter with details will be sent to all participants once registered.



Preserve It / Serve It

June 26th & 27th
1 pm – 4 pm each day

Ages: 8+

Cost: \$10 ~ Limit: 10

Registration Deadline: June 19th

Can't take the heat? Get out of the kitchen! We'll be using local produce from the Farmer's Market to learn how to can and preserve food.

It is no surprise that with a rapidly increasing population it is important that we learn the challenges in our food system and empower our youth to control their personal food supply. What better way to do this than to learn to preserve? This hands-on workshop will focus on different preservation methods including canning, freezing, and pickling. **We will meet at the AHS Family & Consumer Education Classroom. Bring a bag lunch and drink.**



SOUTHEAST DAIRY YOUTH RETREAT

July 7th - 11th

Ages: 9-19

Cost: \$60/Youth \$85/Adult

Hotel Fee: \$79 per night/per room

This year's event will take place in Orange, VA and will include tours of several cutting-edge farms, a state-of-the-art greenhouse facility and former President James Madison's historical home. Participants will also spend an exciting day at Kings Dominion. For more information or to register, contact the Extension Office.



BEGINNER DAIRY CALF CAMP

July 8th - July 11th
9 am - 11 am daily

Ages: 6+

Cost: \$10 ~ Limit: 8
Allegheny Fairgrounds Barn



Come out and learn about the agriculture industry and improve on your showmanship skills. No prior showmanship experience required. Must wear closed toe shoes.

CREEPER TRAIL

July 15th ~ 8 am - 5 pm

Ages: 8+

Cost: \$40 ~ Limit: 10
Registration Deadline: July 3rd

We'll spend our day peddling downhill on a 17 mile trail through and over some of the most spectacular scenery imaginable! The trail includes farm lands, rushing creeks, and dense forests. Registration includes shuttle, bike, and helmet.



Meet at the County Office Building. **Bring a bag lunch and drink and water bottle.**

Wet N Wild Emerald Pointe

July 16th ~ 8 am - 6 pm
MUST BE ABLE TO SWIM

Ages 8+ (ages 5-7 with a paying adult)

Cost: \$40 ~ Limit: 10

Registration Deadline: July 1st

Join us for a wet 'n wild day of fun in the sun! That morning we will begin with a short workshop on water and sun safety. Then, we will spend the rest of the day enjoying the water park. Transportation, lunch and your ticket into the amusement park, will be provided. You will need to bring money for any additional drinks/snacks you may want while in the park and for any souvenirs you may wish to purchase. We will meet at the County Office Building Parking

Lot (90 South Main Street). Please be sure to bring your bathing suit and a change of clothes, as well

as, a towel and sunscreen. *Bring money for extra drinks and snacks



TUBING THE NEW & ASHE EXPLORATION

July 17th ~ 8 am - 5 pm

Ages: 10+ (under 10 with a paying parent)

MUST BE ABLE TO SWIM

Cost \$15 ~ Limit: 12

Registration Deadline: June 28th

We will get out and enjoy mother nature as we meet up with other 4-H county groups for a tube float down the New River! Participants will learn about the history of the river as well as plants and wildlife that call the river home. Life jackets and tubes will be provided.

After our float we will head to Ashe County Cheese and explore downtown. **Bring a bag lunch and drink and water bottle.** Participants will need a change of clothes, towel water shoes (tennis shoes or shoes with a strap) and sunscreen. NO flip flops.

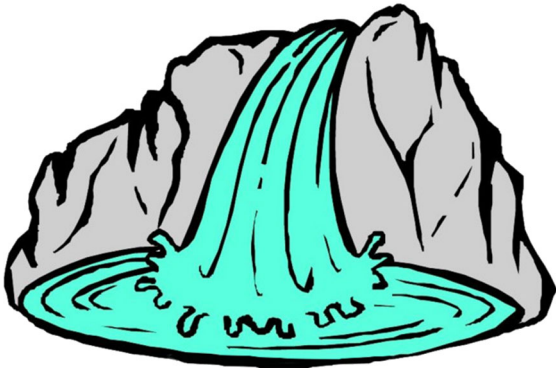


LINVILLE CAVERNS LINVILLE FALLS

July 18th ~ 8am - 5pm
Ages: 8+ (5-7 with a paying adult)
Cost: \$15 ~ Limit: 12
Registration Deadline: July 12th

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. No flip flops.

Bring a bag lunch and drink and water bottle.



NC 4-H CONGRESS



July 19th – 22nd
Ages: 13+ ~ Limit: 5
Cost: \$250 ~ includes transportation, hotel and most meals
(scholarships may be available)

North Carolina 4-H brings young people from across the state to the NCSU Campus in Raleigh, for four days of activities, competition and friends.

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****

FUR, FISH & GAME

July 21st - 26th
Millstone 4-H Camp
\$440 (scholarships may be available)

This is the premier summer camp experience for youth interested in the outdoors, wildlife, hunting, and fishing. This will be Fur, Fish, & Game camps' 35th year and it's easy to see why! Campers will have the opportunity to work with outstanding instructors from NC State University, The North Carolina Wildlife Resources Commission, Wake County Wildlife Club, NC 4-H, and the North Carolina Forestry Service. Classes may include: Canoeing, Riflery, Archery, Snake ID, Fishing, Orienteering And much More! Campers will also participate in the North Carolina Hunter Safety course and may earn their Hunter Safety Certification. For a Fur, Fish, & Game Rendezvous for advanced outdoorsmen (and women!) and those who already have their Hunter Safety Certification, there is an Advanced Fur, Fish & Game Camp.



ADVANCED DAIRY CALF CAMP

July 23rd - 24th
(10 am - 8pm 7/23; 8:30 am - 8pm 7/24)
Ages: 8+
\$25 (includes all meals & snacks)
**PREVIOUS DAIRY SHOWING EXPERIENCE
REQUIRED**

Grandfather Mountain

July 25th ~ 9 am - 4 pm
Ages: 8+ (5-7 with paid adult)
Cost: \$15 ~ Limit: 10
Registration Deadline: July 12th

If you have shown dairy cattle before, you will not want to miss this camp! Katie Coyne, from Mill Wheel Dairy Show Clinic in Wisconsin, will guide participants in maximizing their knowledge and skill in the following areas:

- Showmanship
- Fitting
- Nutrition
- Calf Care & Health
- Animal Selection
- General Show Preparation



**Appropriate clothing and shoes are required.
Bring a water bottle.**

Join us for a fun-filled day as we explore one of North Carolina's natural attractions. There are nature walks, hiking trails, wildlife habitats and the Mile-High Swinging Bridge. Be sure to dress accordingly & wear comfortable shoes (NO flip-flops or sandals). We would suggest bringing a light jacket, as you can't ever be sure what the weather will be like when you are a mile in the sky. Snacks will be provided. We will meet at the County Office Building Parking Lot (90 South Main Street). **Bring a bag lunch and drink and water bottle.**

ZOO SNOOZE: SAFARI ADVENTURES

July 27th - 28th
Ages: 8-12
Cost: \$40 ~ Limit: 5
Registration Deadline: July 17th

Come with us as we safari through Africa and North America exhibits on an overnight adventure to see creatures and plants from different areas of the world. Participants will get to hand feed giraffes from the giraffe deck and partake in the "Birds in Flight" exhibit where we'll see majestic macaws, sun conjures, hawks, owls, falcons, and owls demonstrate natural behaviors and perform aerial acrobatics! The fun will resume the next morning as we explore the zoo on our own. The zoo takes about four hours to walk through and view all the exhibits. Please wear comfortable shoes!

We will leave from the parking lot of the County Office Building Saturday at 2:30pm and return at 5pm Sunday afternoon. Snacks, breakfast and transportation are provided. You will need to bring additional money for dinner on Saturday and lunch on Sunday (approx. \$20). Additional spending money is optional. An "items to bring list" will be sent to participants. We will leave on Saturday from the County Office Building Parking lot. Preference will be given to youth who have not participated previously.



CONSERVATORS CENTER

July 29th ~ 8 am – 5 pm
Ages 8+ (5-7 with paid adult)
Cost: \$20 ~ Limit: 12
Registration Deadline: July 17th

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. ***Bring a bag lunch, drink and water bottle.***

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.

OLD SALEM

July 30th
8:30 am – 5 pm
Ages: 8+
Cost: \$15 ~ Limit: 10
Registration Deadline: July 17th

We are going to travel to Old Salem. Where we will have a self-guided walking tour of Salem, including its historic buildings, museums and gardens. Participants will get to interact with costumed actors and learn about life in the Moravian Village. More information can be found at www.oldsalem.org. Be sure to wear comfortable, closed toe shoes and sunscreen. ***Bring a bag lunch, drink and water bottle.***



U.S. NATIONAL WHITEWATER CENTER

July 31st ~ 8 am - 6:30 pm
Ages: 12+ (YOU MUST BE ABLE TO SWIM)
[Under 12 only with a parent]
Cost: \$65 (Scholarships may be available)
Limit: 5
Registration Deadline: July 17th

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 (\$10-\$15). We will meet at the County Office Building Parking Lot. Closed toe shoes are REQUIRED for all land activities and water shoes with a strap are REQUIRED for water activities. NO flip flops!



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

TEEN CAMP 2019 ATLANTA, GEORGIA

August 5th - 7th
Ages: 13+
Cost \$200 ~ Limit: 5
Registration Deadline: July 24th

We have an amazing adventure to Atlanta planned for this year's 4-H Teen Camp. We will tour the CNN Studio, visit the World of Coke and the Georgia Aquarium, eat some amazing food and so much more. You don't want to miss out on this adventure of a lifetime!



TAKE THE BAIT & GEM MINE

August 12th ~ 9 am - 3:30 pm
Cost \$15 ~ Limit: 12
Ages: 8+ (5-7 with paid adult)
Registration Deadline: August 1st



We will meet at the County Office Building Parking Lot (90 South Main Street). Poles, bait and snack will be provided. In the afternoon you will try your luck at a local gem mine and bring home a treasure. **Bring a bag lunch, drink and a water bottle.**



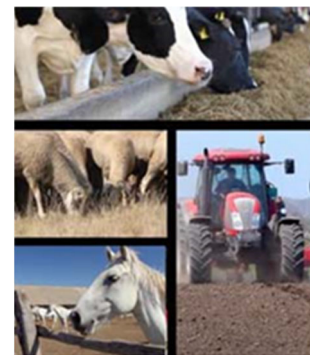
AGRICULTURE & INDUSTRY TOUR

August 8th – 10th
Youth ages: 10+
\$120 (scholarships may be available)
Registration Deadline: June 15th

Join multiple counties for an ag tour to various farms and agriculture businesses in Southern Virginia. The tour stops will include Virginia Tech, Daltons on the Sycamore, Stonehaus Farms, Beaver Dam Sunflower Farm, Amethyst Acres Arabian Farm and more!

A \$50 deposit is required to save your spot and space is limited. Payment is due in full by June 15th.

The trip is open to adults and youth ages 10 and up. Youth ages 10-13 must have parent/guardian attend with them; Youth ages 14-18 must have an adult chaperone from their county and permission from your county Extension Agent.



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. There is a one-time registration fee of \$14, which includes a t-shirt.
- For payment, we gladly accept Cash, Checks, and Debit/Credit Cards.

Address Service Requested

Alleghany County Center
P.O. Box 7
Sparta, NC 28675





ALLEGHANY 4-H SUMMER FUN 2019



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"/>	June 10	Movie Night / Ages 5+	\$10
<input type="checkbox"/>	June 11	Sew Much Fun / Ages 10+	\$10
<input type="checkbox"/>	June 12	Art Adventures / Ages 7+	\$20
<input type="checkbox"/>	June 14	Hungry Mother / Ages 8+ (5-7 with parent)	\$10
<input type="checkbox"/>	June 19	Barter Theatre / Ages 8+ (5-7 only with paid adult)	\$25
<input type="checkbox"/>	June 20	Storytime Cooks / Ages 5-8	\$7
<input type="checkbox"/>	June 24	NASCAR / Ages 8+	\$20
<input type="checkbox"/>	June 25-27	Chef & Child / Ages 8-12	\$10
<input type="checkbox"/>	June 26-27	Preserve It Serve It / Ages 8+	\$10
<input type="checkbox"/>	July 7 - 11	SE Dairy Youth Retreat / Ages 9-19	See flyer
<input type="checkbox"/>	July 8 - 11	Beginner Dairy Calf Camp / Ages 6+	\$10
<input type="checkbox"/>	July 15	Creeper Trail / Ages 9+	\$40
<input type="checkbox"/>	July 16	Wet 'N Wild Emerald Pointe / Ages 8+	\$40
<input type="checkbox"/>	July 17	Tubing the New / Ages 10+ (under 10 with paying adult)	\$15
<input type="checkbox"/>	July 18	Linville Caverns/Falls / Ages 8+ (5-7 with paying adult)	\$15
<input type="checkbox"/>	July 19 - 22	NC 4-H Congress / Ages 13-18	\$250
<input type="checkbox"/>	July 23 - 24	Advanced Dairy Calf Camp / Ages 8+	\$25
<input type="checkbox"/>	July 25	Grandfather Mountain / Ages 8+ (5-7 with paying adult)	\$15
<input type="checkbox"/>	July 27 - 28	Zoo Snooze / Ages 8-12	\$40
<input type="checkbox"/>	July 29	Conservators Center / Ages 8+ (5-7 with paying adult)	\$20
<input type="checkbox"/>	July 30	Old Salem / Ages 8+	\$15
<input type="checkbox"/>	July 31	Whitewater Center / Ages 12+ (under 12 ONLY with a parent)	\$65
<input type="checkbox"/>	August 5 - 7	Teen Camp / Ages 13+	\$200
<input type="checkbox"/>	August 12	Take the Bait & Gem Mine / Ages 8+ (5-7 with paying adult)	\$15
<input type="checkbox"/>	August 8 - 10	Agriculture Tour / Ages 10+	\$120

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	\$ 14.00
Activity Total	\$
GRAND TOTAL	\$

OFFICE USE ONLY	
DATE:	
TIME:	
INITIALS:	
\$	CASH CHECK DEBIT/CREDIT

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