Clover Opportunities

Opportunities for Teens

Health Rocks TRY (Teens Reaching Youth) Training – May 18-20

Do you enjoy teaching younger children, leading activities, and being a positive role model for others? Become a Health Rocks teen volunteer. As a Health Rocks teen volunteer, you will learn how to teach Health Rocks and then get involved with teaching the curriculum in different after-school sites.

The first step to getting involved is to attend the Health Rocks weekend training planned for May 18-20 at the state 4-H office. You can attend with the 4-H agent or another adult coach who can help you teach. To learn more or register to attend the training, contact Donna Mull. Deadline to register is April 27.

Health Rocks is a nationally used 4-H curriculum that helps older elementary and middle school youth learn about making healthy life choices and avoiding alcohol, tobacco and drug use. The Health Rocks TRY team is currently teaching this program at Oxford After-School.

NC 4-H Congress – July 16-19

Make plans to join about 800 NC 4-H’ers for Congress in Raleigh. Congress Week offers:
- Taste of college life as you live in the NCSU dorms
- State Level Contests
- Hands-to-Service Projects
- Workshops to help you be a better Leader and Learn More About 4-H Opportunities
- Election of district and state officers
- Fun Evening Happenings

We attend Congress as a county group. The cost is $270 with scholarship assistance available to those who qualify. Space is limited with priority given to teens have a reason to attend congress and/or participated in 4-H presentation this spring. One great way to earn scholarship money is to give a 4-H presentation – district presentation winners typically receive $50 that can be used toward your Congress registration. Deadline to register for Congress is June 28 with a $100 deposit due at the time of registration.

4-H Lock-in – Lincoln County 4-H County Council has invited teens in surrounding counties to attend at 4-H Lock-In on Friday, June 8 at the Lincoln Extension Office. There will be workshops, service projects, and fun and fellowship with other teen 4-H’ers. For information or to register to attend, give me a call. Cost is approximately $15. The Catawba County group will be accompanied by Rebecca Sharp.

NC State Poultry Science Institute – July 29-August 2, for rising 11th and 12th graders. The 4-day conference held on the campus of NC State will help you learn more about careers, poultry science industry, and discover what it means to be a Poultry Science major. The cost is only $50 with enrollment limited to 20 selected students. Information and application can be found at the NCSU poultry science website at http://www.ces.ncsu.edu/depts/poulsic/4h/summerinstitute/institute.html. Deadline to apply is May 1.

Sincerely,

Donna Mull

Donna Mull
Extension Agent, 4-H Youth Development

4-H Presentations Coming Soon

4-H Presentations are a traditional part of 4-H. A 4-H presentation is a 5-10 minute talk about a topic of your choice, using posters and table top visuals. Presentations are a great way to build skills in public speaking and learn about a topic that interest you. 4-H’ers start by giving presentations at County Activity Day on Saturday, June 2 starting at 9:30 a.m. Our winners advance to a regional contest at District Activity Day on June 20 in Alleghany County. District winners advance to the state contest held during NC 4-H Congress in Raleigh in July.

You can give a presentation on most any topic. 4-H’ers are judged by categories (with similar topics together) and by age division. Children who are 5-8 years old participate in Show and Tell. They all receive equal recognition and their presentations can be 3-5 minutes or longer.

If you plan to give a presentation as part of County Activity, contact the Extension Office, and let us know your topic and age by May 25. If you are out of town on June 2, but want to give a presentation, let me know, we will have a make-up day.

Presentations Step by Step

Want to learn more about presentations or want some help with putting together a presentation? Register to attend Presentations Step by Step. After attending each session, you will have a complete presentation ready for County Activity Day.

Workshop days and topics are:

- Tuesday, May 1 – Where Do I Start? Presentation Overview
- Tuesday, May 8 – What Do I Say Next? Developing a Presentation Outline
- Tuesday, May 15 – Let’s Make Posters
- Thursday, May 25 – Putting it All Together
- Saturday, June 2 – County Activity Day

Each class will be from 5:30 – 6:30 p.m. but time can be adjusted to fit the needs of the group. If you plan to attend the workshop, register by April 20 by calling the Extension Office at 465-8240 or e-mail donna.mull@ncsu.edu. You may register to attend the Orientation on May 1 ONLY or the ENTIRE 4-week series.
New Faces and Leadership

Welcome to our newest 4-H club for young scientists! Mini E & E (Explorers and Exploders) 4-H Club is for elementary and middle school youth who enjoy learning about a variety of science topics. They meet at homes of members. The club leader is Brenda McCoy.

A new 4-H club will also be starting at Gateway Baptist Church. Their first meeting is planned for Friday, April 27. The club leaders are Christy Findley and Kimberly Loftin.

Summer Volunteer Training

Want to improve your leadership skills? Get some tips to help you with your club or Summer Fun class? Attend upcoming Summer Volunteer Training.

Leadership: Survivor Style

Friday, May 11

Supper Served Beginning at 5:15 – 5:45 p.m.

Training from 5:45 – 9:00 p.m.

Teaching Tips ‘ Managing Individual Differences ‘ Band-Aids & Bruises

We will also be working on plans for our 4-H End of Summer Celebration and reviewing 4-H Summer Fun scholarship applications as part of the evening. All adults and youth volunteers helping or leading 4-H Summer Fun classes are especially encouraged to attend. Bring a general outline of your 4-H Summer Fun class to share!

All 4-H club leaders and teens who want to improve their leadership skills are welcome! There is no charge for club leader and summer volunteers. A suggested $3 donation is requested from other participants to help with dinner costs. RSVP by contacting Beth Rogers at 465-8240 or beth_rogers@ncsu.edu by May 8.

Congratulations to CrossRoad Riders 4-H Horse Bowl team. The team won 1st place in the Mixed Division at the State Contest. Callie Incscoe won the 1st place Jr. Individual Award. Kaylynne Foster won the 6th place individual award for Judging in the Hippology contest. Other team members were Sophia Sharp, Katie Abernethy, and Maddie Alcardi. Team Coach is Rebecca Sharp.

Upcoming Events

4-H Expressive Arts Showcase (Replaces 4-H Entertains)

Do you have a special talent? Like to be on stage and make others smile? Take music or art lessons? Enjoy performing? Then you need to sign-up to participate in the 4-H Expressive Arts Showcase on Tuesday, May 22 at 7:00 pm at CVCC auditorium. This will be in lieu of our regular May County Council meeting. We will have a short meeting with announcements prior to the showcase in a classroom and then move to auditorium. Youth ages 5 and older can participate in the following Arts:

Performing Arts  Visual Arts  Fashion Revue

Winners will be selected for participants 9 and older, and they will have the chance to advance to the next level of competition. 4-H’ers 5-8 are recognized for Participation Only. Winning talent acts perform at District Activity Day and fashion revue items are modeled on that day, also. Winning photographs advance to the state 4-H photography contests. If you would like to participate contact the Extension Office for a registration form and entry guidelines. You can also find the form posted on the Extension website. Deadline to register is May 15. Looking forward to seeing our talented 4-H’ers on stage!

4-H Summer Fun

Enjoy some special classes, workshops and trips offered by 4-H in the summer months. Many classes are taught by teen 4-H’ers based on their project work and interests. Check the following summer offerings:

Kids in the Kitchen – June 13-16
Zoo Snooze—June 15-16
Fiber Arts Camp – July 23-27
Recipe for Success – July 16-18
Science on the Go with Closing Lock-In – August 6-10

4-H 4U – featuring CrossRoad Riders, Livestock Club and Science Clubs
Sharp Riding Clinic – offered in cooperation with CrossRoad Riders 4-H Club; several dates available

To request a paper copy of the Summer Fun brochure, e-mail donna_mull@ncsu.edu. You can find the complete schedule and registration information posted on the Extension website at http://catawba.ces.ncsu.edu/4-H’s may use scholarship money they have earned toward their registration cost. A limited amount of scholarship assistance is available based on financial need with applications due May 11. Contact Donna Mull for a scholarship application. A huge thanks to the many 4-H’ers and leaders that have volunteered to help other learn about 4-H by teaching a 4-H Summer Fun class!

4-H Mini-Garden Kick-Off Gardening Workshop

May 3, 6:30 p.m.  Cost $20
Ages 7 and Older

Discover your green thumb through the 4-H Mini-Garden program. Each participant receives plants to create a 10x12 vegetable garden at their home. If you have more than one child, they can work on a family mini-garden or they can each make their own garden. Children who are returning gardeners have the challenge of growing some slightly different vegetables than those participating for the 1st time.

Gardens are judged with an on-site visit by Master Gardeners during the summer months and youth also complete a garden project book, too. Awards are given for the Best Garden, Winning Project Books, and Overall Winner (based on garden and project books). Youth who are 7-8 years old are recognized for Participation, only. 4-H membership is not required to participate. Deadline to register is April 30 with sign-up limited to 20 young gardeners.

Club Fairbooths for County Fair

Reward: $100 1st place prize!!
Booth designs due July 15

A great way to let others know of your club and the wonderful things happening in 4-H. Questions or want some help getting started – call or e-mail Donna Mull.