



# Cabarrus County 4-H Newsletter January 2008

Cabarrus County Center  
715 Cabarrus Avenue West  
Concord, NC 28027  
Office Hours: 8am-5pm, Monday-Friday  
Phone: 704 920-3310 Fax: 704 920-3323  
4-H Website: [www.cabarruscounty4h.com](http://www.cabarruscounty4h.com)  
Extension Website: [www.ces.ncsu.edu/cabarrus](http://www.ces.ncsu.edu/cabarrus)

## Let's Get Ready ... For a great 4-H year!

Club Officer and Leader Training  
Tuesday, January 15, 2008  
6:00 p.m.

All club officers, their families and club leaders are invited to attend. This will be a time for all youth and adults to learn from one another in order to make our 4-H clubs the best they can be. Officers will be installed at this time as well. Please RSVP to Cynthia or Heather by January 11th at (704) 920-3310.



## Important Recognition Forms Due Thursday, January 10, 2008

We hope that all clubs will participate in recognizing club members and leaders. Nomination forms for awards are due January 10, 2008 and will be given out at the Achievement Night. Recognition forms can be accessed at: [www.cabarruscounty4h.com](http://www.cabarruscounty4h.com)

1. All clubs must total their community service hours and complete a "Community Service 4-H Club of the Year" form.
2. List club members and names of projects they turned in for 2007 and your club may be recognized as a "Project Completion 4-H Club."
3. The "Cabarrus 4-H Volunteer Leader of the Year" application may be completed by leader, fellow leader, or a 4-H'er.
4. For those of you who love 4-H and can't help but tell others about it, don't forget to apply for the "Pam Outen's Big Smile Award."
5. Remember that clubs can complete a group project record book documenting the work you did on 'Treasures of 4-H' in 2007. Awards are given to the top group project record books.
6. Generous scholarships are given to the Outstanding Junior (9 – 13) and Senior (14 – 18) 4-H members who win this award. Two junior scholarships of \$200 and two senior scholarships of \$550 will be awarded.

## 4-H Calendar

- Jan. 4, Teen Lock In RSVP due
- Jan. 10, 4-H project records, recognition forms & scholarship applications due
- Jan. 11, Teen Lock In, Charlotte
- Jan. 15, Club officer & Leader training, 6-8pm
- Jan. 17, Yea! 4-H training RSVP due
- Jan. 19, SWD Horse Bowl
- Jan. 21, 4-H Office closed
- Jan. 22-23, A Day in with 4-H, 8:30am-4:30pm
- Jan. 24, Yea! 4-H training, part 2
- Feb. 1-3, NC 4-H Volunteer Leaders' Conference
- Feb 4, Mission Nutrition, 1:30-3:30pm
- Feb. 7, Cabarrus County Volunteer Leader training, 6:30-8pm
- Feb. 11, Mission Nutrition, 1:30-3:30pm
- Feb. 18, Mission Nutrition, 1:30-3:30pm
- Feb. 23, 4-H Achievement Night
- Feb. 25, Mission Nutrition, 1:30-3:30pm
- Mar. 8, NC 4-H Horse Bowl and Hippology
- Mar. 15-16 SWD Teen Retreat at Betsy Jeff Penn Camp
- Mar. 21, 4-H Office closed
- Apr. 19, NC 4-H Horse Judging





## State 4-H College Scholarships due January 10

State 4-H Scholarships (for seniors) are due to Cabarrus County 4-H office by Thursday, January 10, 2008. More information can be found at:

<http://www.nc4h.org/publications/forms/index.php>.  
Or by calling Heather or Cynthia at 704-920-3310.

### Mission Nutrition

Children ages seven to twelve are invited to participate in a nutrition education program, Mission Nutrition, at Cooperative Extension, Cabarrus County Center. Topics include hand washing, food safety, food production, nutritious foods and more! The meeting times are listed below and the cost for the class (including all sessions) is \$20. Participants will make a healthy snack each session and be given useful materials to take home.

Monday, February 4, 2008	1:30 pm—3:30 pm
Monday, February 11, 2008	1:30 pm—3:30 pm
Monday, February 18, 2008	1:30 pm—3:30 pm
Monday, February 25, 2008	1:30 pm—3:30 pm

To register go to:

<http://www.cabarruscounty.us/ReservePartner/?c=Common/Home>

### A DAY IN WITH 4-H

January 22—23, 2008  
8:30 am—4:30 pm

Kindergarten through fifth graders are invited to spend the staff development days with Cabarrus County 4-H. Participants will meet at the North Carolina Cooperative Extension Office, Cabarrus County Center January 22 and 23. Students will participate in games, **activities on healthy eating and exercise** and a service project. The cost is \$15/day. Participants will make snacks together and will need to **bring a lunch** each day. Plan to spend all the staff development days with Cabarrus County 4-H: April 7, 2008 and May 6, 2008. To register go to:

<http://www.cabarruscounty.us/ReservePartner/?c=Common/Home>

### Yea! 4-H Curriculum Training – Part 2

Cooperative Extension Office  
January 24, 2008  
10:00 a.m. – 12:00 p.m. *or* 6:30 p.m. – 8:30 p.m.

The club project curriculum for this year is Yea! 4-H. This curriculum provides interactive and hands-on activities for all ages in areas such as agriculture, games, and family and consumer science. All club volunteers are invited to attend this training where you will receive instruction on using the curriculum as well as the curriculum itself. Please RSVP to Heather or Cynthia by January 17, 2008.

ALL youth enrollment forms should be turned in to the 4-H office by January 10th in order to be a 4-H'er.



### Teen Lock-In

A district 4-H Teen Lock-In is scheduled for January 11, at First Ward Recreation Center in Mecklenburg County. The cost will be \$17 per person. There will be workshops on communication and expressive arts related careers, by professionals that work in those areas. We will go cosmic bowling, too. We will leave the Cabarrus County Extension Office Friday, January 11th at 6:30 pm (eat dinner before you come) and we will arrive back at the Extension Office Saturday January 12th at 8:30am. RSVP to Heather by January 4, 2008.

### 2008 NC 4-H Volunteer Leaders' Conference

February 1 – 3, 2008  
Sheraton Imperial Hotel  
Research Triangle Park, NC

Join other 4-H volunteers from across the state to network and receive training. Workshop topics include how to help 4-H'ers keep records, Parenting Matters, healthy lifestyles and electricity curriculum. Volunteers will also have a crafts exchange, entertainment, guest speakers, a dance, and participate in business meetings. Please contact Heather for more information if you are interested in attending.



### Jr. 4-H Camp @ Millstone 4-H Center August 3 – 8, 2008

4-H Camp is an educational and recreational experience campers will always remember. The mission of 4-H camping is to use the natural and social environments to provide learning experience that are appropriate for all ages. The 4-H camping adventure also provides young people the opportunity to develop skills they will use throughout their lifetime.

Millstone 4-H Center is accredited by the American Camping Association. This seal of accreditation recognizes camps that have met certain standards in the area of administration, program, personnel, and camp site.

While at 4-H Camp, campers will enjoy participating in the following activities: swimming, horseback riding, canoeing, crafts, archery, riflery, teambuilding, and lowropes. Campers will also enjoy traditional camp experiences of camp songs, bonfire, camp meals, skits, and more.

Millstone 4-H Center provides a program staff and cabin counselors specifically trained to work with **8-13** year olds. There will be approximately 9 campers to each cabin counselor. Camp staff, along with 4-H Agents and other adult volunteers, work together to insure a safe and enjoyable camp experience for campers.

The cost of the camp session is \$295 which includes camp fee, meals, transportation and a \$20 store card. Register for camp by completing a registration form (insert included) and return with a deposit of \$150.00 to Cabarrus County 4-H office. Space is limited and on a first come/first serve basis. **Make checks payable to: Cabarrus County.** The camp balance of \$145.00 will be due June 2, 2008. Partial scholarships available. Call Heather or Cynthia at 704-920-3310 for additional information.



**LIKE ANIMALS? Then join the new 4-H Wildlife Club**

Have you heard about the new wildlife club for 4-H that features live animals in every program? In the fall session we learned about insects, reptiles, coral reefs, bats, snakes, NC wildlife and sea turtles. Our upcoming spring session starts March 17 and runs to May 26. We'll learn about backyard birds, butterflies, moths, make animal tracks, and see what it is like to be a sea turtle biologist and move eggs from a nest to a hatchery. There are many hands-on items and best of all live turtles, snakes, giant insects and more come to visit! We will also provide a community project to help wildlife. There are 8 weeks of 90 minute workshops meeting Mondays 12 - 1:30 PM. Cost is \$85 for ages 7 and up. Programs are presented by 'A Walk in the Woods' Environmental Education Company. For more information about programs, please visit [www.awalkinthewoods.us](http://www.awalkinthewoods.us). Register online at: <http://www.cabarruscounty.us/ReservePartner/?c=Common/Home> Create a login profile. Find class under Cooperative Extension then 4-H, class #1200.02 or call 704-920-3310 for registration assistance. Registration deadline is March 10, 2008. Hope to see you there!

**Bridles and Bits 4-H Club**

Bridles and Bits 4H club meet in early December to swap Christmas ornaments and then went caroling around the neighborhood. You can see us all here riding in the decorated wagon. It was a blast! In our next meeting, January 5<sup>th</sup>, we will take bridles apart, name the pieces and have a contest to see who can put them together the fastest. We will also learn about how to fit a saddle properly.



Sincerely,

Heather Jones,  
Extension Agent  
4-H Youth Development  
704 920-3310 phone  
704 920-3323 fax  
[hrjones@cabarruscounty.us](mailto:hrjones@cabarruscounty.us)

**Send your club information to:  
Sarah Harper by the third Wednesday  
at email: [saddleup@carolina.rr.com](mailto:saddleup@carolina.rr.com)  
or mail to: 100 Russette Lane,  
Midland, NC 28107**



4-H is a **community** of **young people**  
across **America** who are learning  
**leadership, citizenship** and  
**life skills.**

NC Cooperative Extension  
Cabarrus County Center  
715 Cabarrus Ave., West  
Concord, NC 28027



insert

Yea! 4-H



**Millstone 4-H Camp**

Cabarrus County 4-H

Summer 2008

August 3-8, 2008

Registration Form

(Please print clearly. Fill out a separate form for each camper.)

Camper Name: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

County: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

The fee is \$295 which includes camp fee, meals, transportation and a \$20 store card.

Deposit of \$150.00 is required to hold campers spot with the balance of \$145.00 due June 2, 2008.

**Please make checks payable to: Cabarrus County**

For additional information contact Heather Jones or Cynthia Brown at 704-920-3310.