



Cabarrus County 4-H March 2005

Cabarrus County Center

715 Cabarrus Avenue-West
Concord, North Carolina 28027
Office Hours: 8 a.m.-5 p.m., Monday - Friday
Phone: (704) 920-3310 Fax: (704)792-0539
Extension Website: www.ces.ncsu.edu/cabarrus
4-H Website: www.cabarruscounty4H.com

Inside this issue:

4-H Specialty Camps Offered	2, 3
Peanut Butter and Banana Roll-Ups	3
Cumulative Records submitted	3
Teaching "Summer Fling"	3
Congratulations Horse Bowl Participants!	3
Scholarship Offered	3
Presentation Workshop	3
Club News	4

Fashion Revue Judging

4-H'ers are invited to sew any type of garment and model in our upcoming Expressive Arts Celebration (see article below).

We hope you will use the upcoming Spring holidays to sew, sew, sew!

Your club leaders have your garment entry sheets. The entry sheets will be **due on**

Monday, April 11 to the 4-H Office.

Garment judging, with your shoes and accessories, will be **April 14** at the 4-H Office/ NC Cooperative Extension-Cabarrus County Center. Stop by the office between 3:30-5:30 p.m.



This is your chance to "SEW" your stuff!

Expressive Arts Celebration!

All Cabarrus 4-H members, ages 5-18, are encouraged to secure a fact sheet on the Expressive Arts Celebration that can be printed off of the Cabarrus 4-H website.

The contest will be held in conjunction with the Cabarrus County 4-H Fashion Revue as part of the Expressive Arts Celebration on **Thursday, May 5** at the Historic Cabarrus Courthouse, Union Street, Concord. Pre-registration for the 4-H Entertains Contest, that will also be held that night, is required by calling the 4-H Office at 704-920-3310.

Our top two county talent acts

for the 4-H Entertains Contest will represent us on **June 23** at the Southwest District Activity Day that will be held here in Cabarrus County.



We will need volunteers to help in the following areas for the Expressive Arts Celebration on May 5 at the Historic Cabarrus Courthouse:

- ?? Ushers and Greeters needed (before 6:30 p.m.)
- ?? Refreshments (after the show)
- ?? Clean-Up and Refreshments (after the show)

Call the 4-H Office if you can help at 704-920-3310.



Upcoming Events

- ?? March 9-Summer Fling Class descriptions due
- ?? April 5, 6:30 p.m.- Presentation workshop
- ?? April 11-Fashion Revue entry sheets due
- ?? April 14, 3:30-5:30 p.m.-Garment Judging
- ?? May 5-Expressive Arts Celebration
- ?? May 10 & 12-Cabarrus County Activity Days
- ?? May 11 & 12-Summer Fling Registration Days
- ?? June through August- various Specialty Camps
- ?? June 2, 6:30 p.m.- Summer Fling Kickoff for instructors
- ?? June 23-SWD Activity Day

4-H Specialty Camps Offered This Summer

www.NC4H.org/centers

CAMPS AT MILLSTONE

Millstone 4-H Center
Gene Shutt, Director
 1296 Mallard Drive
 Ellerbe, NC 28338
 Phone: 910-652-5905

Email: rshutt@etinternet.net

? **23rd Annual Fur, Fish, and Game Rendezvous** held June 12-17 for ages 12-15, cost \$295. Campers work towards earning their hunter Safety Certification while studying wildlife, forests, aquatic biology, game management, hunter and firearm safety, as well as snake identification, birds of prey, taxidermy, and orienteering.

? **Advanced Fur, Fish, and Game Rendezvous** held June 12-17 for ages 12-17, cost \$295. Campers who have successfully completed the Fur, Fish, and Game Rendezvous can learn more about wildlife biology and forest management during the Advanced Camp.

? **4-H Horsemanship Camp** held June 19-25 for ages 9-19, cost \$325. Participate in valuable lectures, riding lesson, judging contest, trail rides, and training demonstrations. This camp is open to 4-H members who have access to an acceptable horse.

? **Cloverbud Camp** held August 3-6 for ages 6-8, cost \$150. Cloverbud is an ideal first "sleepaway" camp for those not ready for a whole week away from home. There's something for everyone—adventure games, swimming, sports, campfire songs.

? **Target Sports Minicamp** held July 31-August 3, for ages 11-16, cost \$175.

CAMPS AT SWANNANOVA

Swannanoa 4-H Center
Chris Weaver, Director
 170 Woodland Drive
 Swannanoa, NC 28778
 Phone: 828-686-3196

Email: info@swan4h.org

? **Project Camp** held June 6-10 and June 13-17, for ages 8-12, cost \$260. Mentors and 4-H leaders from across the state offer daily hands-on workshops across a wonderful range of subjects (past workshops include rocketry, wildlife, waving, woodworking, music, outdoor living skills, and much more). Families are invited to "Sharing the Gift," our closing celebration. Swimming, climbing, "Capture the Hoops," and a candlelight vespers complete this great camp experience.

? **Teen Leadership Camp** will be held June 13-17 for ages 12-16, cost \$290. Join a small group to teens and a great staff of mentors to chart your course as a leader! The high ropes course, climbing tower, a whitewater rafting trip provide challenge and inspiration. Help to leader workshops and activities for younger youth as part of their Project Camp experience. Express your creativity in art and drama studios, and carry your new strength as a leader back to your home community.

CAMPS AT SERTOMA

Sertoma 4-H Center
 1105 Camp Sertoma Drive
 Westfield, NC 27053
 Phone: 336-593-8057
 Phone: 336-593-99031
www.campsertoma.org

? **Sertoma Deaf Camp** will be held June 19-24 for ages 8-16, cost \$325. Contact Michael Hoffman, 3915 Fawn Creek Drive, Wilmington, NC 28409 micheal_d_hoffman@juno.com

CAMPS AT EASTERN 4-H CENTER

Eastern 4-H Environmental Education Conference Center
 100 North Clover Way
 Columbia, NC 27925
 Phone: 252-797-4800
 Fax: 252-797-4888
 Email: lee-scripture@ncsu.edu

? **Marine Science and Sailing Camp** will be held July 25-29 for ages 12-16, cost \$360. Whether in the water or on the water, this week of camp will WET your appetite for all things aquatic. Campers enjoy learning to sail in Bulls Bay while learning about the abundant wildlife it supports.
 ? **Cloverbud Camp** will be held July 25-28 for ages 6-8, cost \$195. Staffers love this age group! Cloverbud is an ideal first "sleepaway" camp for those not ready for a whole week away from home. There's something for everyone—adventure games, swimming, sports, campfire songs. Little kids can do big things!

? **CIT Adventures**. Counselor in Training: Open any week of 4-H Camp, limit 6 per session for ages 15-17, cost \$330.

? **Day Camp** will be held June 6-10, June 13-17, June 20-24, June 27-July 4-8, July 25-29, August 1-5 for ages 6-10, cost \$105 per week. Campers arrive between 7:30-8 a.m. and participate in activities such as

swimming, canoeing, fishing, cooperative games, and crafts. But unlike our other camps, youth return home to their own beds at the end of the day.

Don't Forget Junior 4-H Summer Camp

Our office sponsors summer camp at Betsy Jeff Penn 4-H Camping Center from June 12-17. The cost of camp will be \$290 this year, which includes all meals and a \$20 store card. \$145 is due when you sign up. Call the 4-H Office today!

CAMPS AT BETSY-JEFF PENN

Betsy-Jeff Penn 4-H Educational Center
Jeff North, Director
 804 Cedar Lane
 Reidsville, NC 27320
 Phone: 336-349-9445
 Fax: 336-634-0110

Email: jeff_north@ncsu.edu

? **Teen Adventures** will be held July 18-22 for the ages of 13-17, cost \$390. *Backpacking:* Participants will receive instruction on the basics of packing gear, and trail etiquette while at camp during the first day. The group will leave for a 3-day wilderness backpacking trip at the Mount Rogers National Recreation Area on the Appalachian Trail. This program is for youth in good physical condition.

CAMPS continued on Page 3

CAMPS continued from page 2

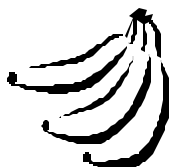
Participants must be able to hike moderately strenuous trails. *Whitewater:* Participants will receive instruction on paddling techniques and water safety on the lake at Penn. The group will hone their skills canoeing down the Mayo River. The pinnacle of this trip will be a guided whitewater adventure, rafting the French Broad. Participants must be in good physical condition and be able to swim.

? Counselor-In Training. Available each week of Summer Camp for ages 15-17, cost \$290. If participant attends training session, cost will be \$190. The C.I. T. Program helps youth hone and develop their leadership skills. The program increases awareness of personal responsibility and character development, and provides youth with leadership skills in a residential camp setting. CITs will be assigned to a staff mentor for the week. They will spend part of their time working on program set up, team building and high ropes, and other leadership opportunities.. There are 6 space, 3 boys and 3 girls, available each week camp. Email: chance_eckles@ncsu.edu

? Cloverbud Camp will be held July 17-20 for ages 6-8, cost \$190. Staffers love this age group! Cloverbud is an ideal first "Sleepaway" camp for those not ready for whole week away from home. There's something for everyone-adventure games, swimming, sports, campfire songs. Little kids can do big things!

? Environmental Day Camp will be held June 13-24, June 27-July 8, July 11-22, July 25-August 5 for ages of 6-12, cost \$200 per session. Day camp is offered Monday through Friday and consists of 4 two-week sessions. Activities include: swimming, canoeing, horseback riding, archery, crafts, fishing, environmental studies, games and more. Youth ages 10-12 will also participate in Team Challenge Course and High Ropes. Each session has a theme and corresponding field trip (field trips are subject to change).

Healthy Recipe of the Month
Peanut Butter and Banana Roll-Ups



Ingredients: 2 tablespoons peanut butter
1 banana (medium-sized)
1 six-inch flour tortilla



Spread peanut butter onto tortilla. Place banana on peanut butter. Wrap tortilla around banana. Slice and serve immediately.

Cumulative Records Turned In

Thank you to all 4-H'ers turning in Cumulative Record Books! They have been sent to Raleigh for judging, with the results to follow soon. Good luck to the following who've turned in one or more Cumulative Records: Adele Harper, Lauren Thomas, Greylan Counts and Kristen Mason.

Would You Like to Teach A Summer Fling Class Or To Assist Someone Else?

Class description sheets were included in last month's leader packs. We ask that all classes be confirmed by March 9. We will have a Summer Fling Kickoff for instructors and helpers on Thursday, June 2 at 6:30 p.m. at the 4-H Office. Refreshments will be provided. Summer Fling Registration will be **Wednesday, May 11 and Thursday, May 12** at the 4-H Office/NC Cooperative Extension-Cabarrus County Center.

PRESENTATION WORKSHOP PLANNED

It will be time to work on those presentation skills soon. County Activity Days are scheduled for May 10 and 12, and we have planned a workshop to help 4-H'ers be prepared!. Join us **Tuesday, April 5 at 6:30 p.m.** at the 4-H Office, to learn more about presentations. Parents and youth are encouraged to join us. Call 704-920-3310 if you can tell us if you are coming.



Congratulations Horse Bowl Participants!

Cabarrus County 4-H proudly salutes ALL the Horse Club members that participated in the Horse Bowl that was held in February.

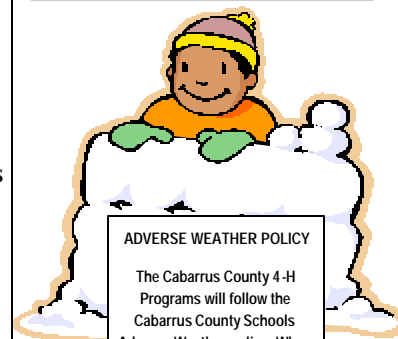
Second Place Winners in the Mixed Division were: Joanna Deaton, Lauren Hartman, Megan DeMaria, Jenny Cowper and Melissa Brashear.

Sixth Place Winners from the Mixed Division were: Anna Berg, Laurel Mastro, Rachel Mastro, Erin Hiatt, and Tess Siler.

Second Place Winners in the Senior Division were: Lauren Harroff, Lindsey Harroff, Jessica Solt, Summer Little, and Anna Selby.

High School Senior and Recent Graduates!

The Cabarrus County Fair is able to nominate two deserving seniors for the Annual Scholarship Program of the NC Association of Agricultural Fairs. Two scholarships valued at \$1000 each will be awarded-one based on financial need and the other based on academics. Call Sara at 704-920-3310 for an application!



ADVERSE WEATHER POLICY

The Cabarrus County 4-H Programs will follow the Cabarrus County Schools Adverse Weather policy. When the weather turns bad and the schools cancel their events/classes, ALL 4-H EVENTS WILL BE CANCELLED for the day as well.

Club

N

E

W

S

corner

Hearts & Hands 4-H Club

The Heart & Hands met February 2. Eleven youth participants and four adults were present. The meeting began with the 4-H pledge. Our group had baked cookies at our last meeting, and then froze them. During this meeting, we decorated the cookies. The cookies will then be taken to the Salvation Army homeless shelter.

Please remember to send your club information to Beth Tevepaugh, 2005 County Council Secretary, at: btevepaugh@gmail.com or mail to Beth at 1816 Grey Road, Davidson, NC 28036.

Odell 4-H Club

The Odell 4-H Club met on February 14 at Gilwood Presbyterian Church. Aaren Boggs called the meeting to order and Courtney Franz led the pledges. We discussed the upcoming Fashion Kickoff, Cumulative Record books, and Fashion Review/Talent Show in the new business. Katie Miller led the program for the evening. We made Valentine's cards and decorated cookies.

Next meeting March 14 at Gilwood Presbyterian Church.

Reporter: Beth Tevepaugh

Precious Moments

The Precious Moments 4-H Club met at Stephanie Steele, 4-H Club Leader's home on Feb. 1. Stephanie called the meeting to order and held a candlelight installation ceremony for the 2005 club officers. Austin and Lindsey Steele led pledges. The business was discussed from the 4-H Newsletter and a Valentine's Day party followed. Presiding officer was Lindsey Steele.

Next meeting March 1 at 2:00 p.m. at the home of Stephanie Steele.

Reporter: Eden Lipe

A Bit More Bridles & Bits 4-H Club

The A Bit More Bridles & Bits Horse Club is planning to participate in the Mock Horse Show & Clinic program at the Wings & Eagle's Ranch 9-4 p.m. March 5, the Bruce Login Clinic (Parelli Trainer) at the Davidson Equestrian Center March 11, the Pony Club Show Jumping Clinic & Rally at the Latta Plantation March 19, 20, and the Union County Horse Show March 26. For information, contact Lisa Chillemi, 4-H Club Leader, at 704-455-3976.



Sincerely,

Sara A. West
Extension Agent
4-H Youth Development
(704) 920-3310 ext. 3319
sara_west@ncsu.edu

North Carolina Cooperative Extension Service

Cabarrus County Center
715 Cabarrus Avenue-West
Concord, NC 28027

