



# Cabarrus County 4-H Newsletter October 2007

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)

## Day In – With 4-H

October 29 & 30, 2007 8:30 a.m. – 4:30 p.m.

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 October 29 and 30. Activities will include games, consumer education, a service project and making a terrarium. The cost is \$15 a day. Participants will make healthy snacks together and will need to bring a lunch each day.

Plan to spend all the staff development days with Cabarrus County 4-H: January 22—23, 2008, April 7, 2008, May 6, 2008.

To register go to

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

## 4-H Calendar

- Oct. 6, NC Big Sweep and paintball with the Outdoor Adventure Club
- Oct. 12-22, NC State Fair
- Oct. 12, RSVP due for Oct. 18 Volunteer Training
- Oct. 16, 4-H County Council Fall Kickoff, 6:30-8pm
- Oct. 18, Volunteer Training, 4-H Club Basics Charlotte 6:30pm
- Oct. 19, RSVP due for mall day tables
- Oct. 22, Cabarrus 4-H Foundation Meeting, 7pm
- Oct. 27, National 4-H Month Mall Day, Carolina Mall, 12-3pm
- Oct. 29-30, Day in with 4-H
- Nov. 2, RSVP due for Nov. 6 Volunteer Training
- Nov. 6, Volunteer Training, Science Discovery curriculum, Charlotte, 6:30pm
- Nov. 12, 4-H Office closed
- Nov. 15, 4-H Leaders' Appreciation Banquet, 6:30-8:30pm
- Nov. 16, Last day for Mini Cooper tickets
- Nov. 17, SWD 4-H Volunteer Day
- Nov. 17-18, State Council Conference
- Nov. 18, Cabarrus 4-H Horse Council meeting, 6:30pm
- Nov. 22-23, 4-H Office closed
- Dec. 4, 4-H Holiday Celebration
- Dec. 24-26, 4-H Office closed

## Enjoy Fall!

⇒ Spread a blanket out on the grass one cool night with your family member(s).

Lay down and listen to the sounds you hear for at least ten minutes. Talk about what you heard. Did you hear the same things? Did you hear anything that surprised you? How did you feel when you heard the sounds?



⇒ Take a walk outside. What do you see? Do you see any signs of fall?

⇒ Study the trees outside. How do the leaves look? How does the bark feel? Stand beside a

tree trunk and look up. Does the tree look different that if you were standing further away? How many different types of trees do you see?

## Service Project

The Cabarrus County 4-H County Council and AVA will be collecting baby items as a part of the National 4-H Month Celebration. The items will be gifted to a local non-profit agency in Cabarrus County. The county council officers will deliver the items. We look forward to each person's participation in this service project. Items will be collected at the October 16 County Council and AVA meeting.





### **4-H County Council Fall Kickoff**

Tuesday, October 16, 6:30 p.m. – 8:00 p.m.

All 4-H'ers and leaders are encouraged to attend the county council meeting October 15. We will have pizza, elect officers, collect baby items and write thank you notes to our North Carolina legislators.

### **4-H State Council Conference**

November 17th - November 18th, 2007

It is time for the 2007 State 4-H Council Conference! The dates of the conference are November 17 & 18 and it will be held at the McKimmon Center in Raleigh. Lodging will be at the North Raleigh Hilton. State Council Conference is for youth ages 13 - 18. We hope to have some exciting workshops, speakers, etc. planned for you. Our State Project is: 4-H: Come. See. Express. State Council Conference workshops will focus on a variety of Expressive Arts categories as well as ARI preparation workshops, Ambassador Workshops, SOMK Tech Training and more. The cost for the event is \$110. Please contact Heather if you are interested in Council Conference.



### **Do you want to win a Mini Cooper?**

The North Carolina 4-H Foundation has been gifted with a Mini Cooper from Hendrick Motorsports. Chance tickets are being sold for \$5 each; \$4 will stay in Cabarrus County. Stop by the extension office to purchase your tickets before November 16.

### **Volunteer Training Opportunity**

October 18, 2007, 6:30 p.m. at the Mecklenburg County Extension Office. Come learn about 4-H club basics. RSVP to Heather by October 12, 2007.

### **What are you doing Tuesday, November 6th?**

Come join Heather for 4-H Kids Night at Chic-Fil-A, Concord Commons. We will need volunteers to promote 4-H from 5-7pm. Join us for a night of fun! RSVP to Heather by October 31.

### **WINGS – Project Butterfly**

Cabarrus County 4-H has some wonderful curriculum on butterflies. Clubs that are interested in using this curriculum will also be provided with live caterpillars this spring. Please let Heather know if you are interested in using WINGS.



## Congratulations

Congratulations to all those who participated in the 2007 Cabarrus County Fair.  
The entries and exhibits were all wonderful.

### Celebrating National 4-H Month

#### 4-H Day at the Mall

Saturday, October 27th, 12-3pm

Clubs are invited to help promote 4-H by setting up tabletop exhibits at the Carolina Mall. Exhibits may include past fair exhibits, information on dressage, simple science experiments and pet care (no live animals). Exhibits are to be set up by 12:00 p.m. and taken down at 3:00 p.m. Clubs may have different volunteers stay with the exhibit during that time. The exhibits will be judged and receive awards. Come celebrate 4-H! Contact Heather by October 19 to reserve your table.

Hints for a Table Top Exhibit:

1. Plan the exhibit around something you are in which you are involved and interested.
2. Try choosing a topic that would appeal to a wide range of people.
3. Be creative – have an attention getter.
4. Keep it neat and simple.

Store your materials carefully because you never know when you may use them again.

5. Store your materials carefully because you never know when you may use them again.



### Family Fun Cake Decorating at the 2007 Cabarrus County Fair



### 2007 North Carolina Big Sweep!

4-H has been invited to participate in the North Carolina Big Sweep. In a few hours, you can make a big difference. Your help is needed to clean up litter. Litter is a human health hazard, negatively affects tourists and deadly to wildlife. The statewide cleanup day Saturday, October 6. However, you may choose a different day in October. Please contact Heather for more information if you are interested in choosing an area to clean up.

### Outdoor Adventure Club

The Outdoor Adventure Club invites all teens to a day of Paintball Saturday, October 6. Call Heather for more details.



### What is a Project Record?

Project record books are 4-H books which contain information and hands-on activities surrounding a specific subject. Project books come in a variety of subjects including electricity, horticulture, health and money management. When a 4-H'er completes a project book, he/she will have gained life skills such as communication skills, decision-making skills, categorizing and organizing data and civic responsibilities in the community. When a project book is complete a 4-H'er can organize and compile the information to be submitted for competition. The project record categories for competition are: Animal Science, Citizenship and Civic Education, Communication and Expressive Arts, Environmental and Earth Education, Consumerism and Family Sciences, Healthy Lifestyles, Personal Development and Leadership, Plant Science, Science and Technology, Discovery (9-10 year olds).

Completed 2007 project books are due to the county extension office Thursday, January 10, 2008. Forms related to project records can be found at [www.nc4h.org](http://www.nc4h.org) under the Publications tab. If you are interested in learning more about project books please contact Heather.



**Send your club information to:**  
 Sarah Westmoreland by the third Wednesday  
 at email: [westmorelandj@ctc.net](mailto:westmorelandj@ctc.net)  
 or mail: 2240 Canterbury Dr  
 Kannapolis, NC 28081



**HAPPY FALL !**

Sincerely,

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



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