



Cabarrus County 4-H Newsletter September 2009

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
Extension Website: www.ces.ncsu.edu/cabarrus

Check it out!!!

Cabarrus County 4-H Blog

<http://cabarruscounty4h.blogspot.com>

The blog is updated with Cabarrus County 4-H pictures often.

2009 Cabarrus County Fair

www.cabarruscountyfair.com

We look forward to seeing some great educational booths at the fair this year!

We will be having a 4-H Centennial Celebration at the fair Tuesday, September 15. Bring your 4-H passport between 4 – 6 pm to receive free admission to the fair Tuesday.

Have you been practicing your jumprope skills? 4-H'ers from across the county will be showing off their jumprope Wednesday, September 16 from 4 – 6 on the main stage. Contact Heather if your club would like time on the stage. Jump In With 4-H!

2009 North Carolina State Fair

"A Whole Lotta Happy"
ncstatefair.org

Cabarrus County 4-H has the responsibility and opportunity to make and display a booth at the state fair this year. The booth theme is "A Whole Lotta Healthy" – highlighting ways to stay healthy. We will use the "100 Ways to Stay Healthy" list compiled at a recent county council meeting.

Youth and adults are encouraged to enter items in the state fair. Premiums are awarded and there is a county sweepstakes award for the most points per county entered by 4-H'ers. It would be great to see entries by Cabarrus County.

State fair books can be picked up at the office.

Are you interested in the Cabarrus County 4-H Shooting Sports Club?

Ages 9 – 18 and Parents are welcome to join!

Contact Scott Commander at: scommander@windstream.net

4-H Calendar

- Sept. 1, Youth Advisory Council meeting 6pm
- Sept. 7, Office closed
- Sept. 10, RSVP due for Volunteer Cluster Training
- Sept. 11-19, Cabarrus County Fair
- Sept. 12, Make It With Wool Competition
- Sept. 15, Volunteer Cluster Training, Electricity curriculum, Charlotte, 6:30pm
- Oct. 8, Volunteer Cluster Training, Horticulture Curriculum, Charlotte, 6:30pm
- Oct. 15, Ambassador Portfolios due
- Oct. 26, Cabarrus 4-H Foundation meeting, 7pm
- Nov. 8, Cabarrus County Horse Council 6pm
- Nov. 11, Office Closed, Veteran's Day
- Nov. 12, Volunteer Cluster Training, Holiday Crafts, Charlotte, 6:30pm
- Nov. 21-22, State 4-H Council Conference
- Nov. 26-27, Office Closed, Thanksgiving
- Dec. 3, County Council & Adult Volunteer Association meeting 6:30-8pm
- Dec. 24-25, Office Closed





Head on out to the 2009 Piedmont Farmers' Market

Kannapolis/Concord Harrisburg	Saturdays , 8am-12pm, April 25-December 19 Mondays , 4-7pm, May 18-September 28 6960 Robinson Church Rd, next to restored post office & train tracks
NC Research Campus	Thursdays , 4-7pm, May 7-October 29 215-249 West Avenue, Kannapolis, parking lot by The Perfect Choice/Transit Damage Furniture

Hippology and Horse Judging Results

Congratulations to the North Carolina hippology team for winning regionals and to Sarah Harper for placing first overall. The judging team won the AQHYA world competition. Sarah Harper and Sara McIntosh tied for 5th place overall.

Magic of Electricity

Who: Youth ages 8 - 12
What: A research-based curriculum designed to help young people learn about electricity. All activities and projects in Magic of Electricity include hands-on opportunities.
Where: Cabarrus County Cooperative Extension Office
When: October 21, 28 and November 4, 1:00 pm—3:00 pm
Cost: \$18
 To register go to <http://www.cabarruscounty.us/ReservePartner>

CLUB NEWS

K-9 Capers

Hey everyone!! K-9 Capers had their monthly meeting August 1, 2009. We are having a raffle for black chaps at the horse shows! (\$1 per ticket) We had a summer camp where we learned all about dogs, taking care of them, what types of groups there are in. The different groups are: working, sporting, non-sporting, herding, toy, hound, terrier. We also did clicker training, when your training your dog clicker training works wonders. Always click then give your dog a treat while training. We also talked about dog food labels. You shouldn't feed your dog grapes, apples, chocolate etc. Always look at the label before you buy your dog food! We will be at the county fair!! Its going to be a blast so, stop by and see us. Just remember K-9 capers! Well that's all so I'll write again next month. Katie

Volunteer Cluster Training
 Electricity Curriculum
 September 15, 2009
 Mecklenburg County
 Cooperative Extension Office
 RSVP by September 10



How are your jumprope skills? We hope you have been practicing so that we can have some great showcases this fall. 4-H'ers are invited to jump at the fair Wednesday, September 16 and at the Campus Farmer's Market in Kannapolis Thursday, October 8.



Competition Among 4-H'ers

Young people have many opportunities to participate in competition throughout their 4-H careers. Some young people thrive on competition while others become a nervous wreck. Adults must remember to treat each child as an individual and remember that competition is tough.

Advantages and Disadvantages of Competition

Competition can be good for children. It can help children develop healthy attitudes about winning and losing. Children become competitive as they refine and practice skills and develop coordination and cognitive abilities. Competition can encourage growth and push a child to excel. Children also benefit as they:

- learn about their abilities and limitations.
- set goals.
- handle loss.
- develop skills.
- enhance their popularity.
- develop competence in an area.
- develop problem-solving skills.
- try out different roles.
- learn rules of the game.
- learn to perform before a group.
- learn to work with others.

Although competition can be a very strong motivator, problems arise when too much emphasis is put on being the best. If a child can't enjoy each achievement on its own merit, winning may not be a goal worth reaching.

Competition can harm a child if it:

- causes physical or emotional injury, or both.
- shatters the loser.
- winning at any cost is stressed.
- undermines self-confidence.
- humiliates.
- lowers the need to take care of others.
- insults self-worth.
- diminishes performance.
- causes hostility, aggression, or makes a child unpopular.
- is done just for parents' benefit.

6 to 8 year-olds compete for fun: winning does not have the same meaning for them as for 9 to 12 year-olds. Winning, losing, or playing against others has little or no meaning for children under 7.

Adults should help children succeed in competitive situations. Encouraging them to flex their competitive muscles in a secure environment helps them learn they can lose a game without losing self confidence. Activities and experiences should promote physical and intellectual development, cooperation and a healthy view of competition. Stress the basics of fair play, good sportsmanship, putting forth good effort and winning or losing gracefully.

Prepared by Dr. Cynthia E. Johnson
 Extension Human Development Specialist
 North Carolina Cooperative Extension Service
 North Carolina State University



CLUB NEWS

Wildlife 4-H Club

In June, the Wildlife club went to Camp T. N. Spencer for a day of fishing & swimming. A few bluegill were caught, but they were all pretty small. One of the coolest parts of the day was when clouds of mud billowed up from the lake bottom in the shallows. This indicates that carp, a large & very skittish fish, were searching for food on the bottom. After lunch we jumped into the pool at the park & left a couple of hours later. In July, we went to Dan Nicholas Park. There are tons of things to do there. Fishing the lake, walking around the zoo, gem mining, feeding the ducks, & there are little things set up around the park as well. The first thing we did was walk around the zoo. There was your general assortment of nature park animals; local snakes, owls, hawks, & eagles. But there was also a couple of black bears, chickens, & a petting zoo. Then we went to the gem mine & we did a class with a very entertaining instructor before doing the gem mining. Basically, you'd buy a bucket of sand that either had gems or sharks teeth (your choice of either one), and you'd take it to long, thin platforms with water running down it. Then you'd take strainers & put in handfuls of your sand. The sand would be washed away & the gems or sharks teeth would remain. In August, we hiked to the Robinson Rockhouse at Reedy Creek State Park. There were your usual squirrels, toads, birds, & lizards running around, but the ultimate shock came at the Rockhouse itself. I saw it after the picture was taken, when I was talking with one of my friends: it was a copperhead. We estimate the snake at about two feet long, but we couldn't tell for sure because it was partially coiled between two rocks. The scary part of it was, kids had been playing about 5 feet away, & the snakes' neck was striking position. So if you go to the Robinson Rockhouse, watch your step. We were very lucky no one got bitten.

Zachary Bailey, 4-H Wildlife Club reporter

Send your club information to: Bailey Glenn
by the third Wednesday
at email:
bailsglenn@bellsouth.net
or mail to: Bailey Glenn
5026 S Parview Dr
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Sincerely,

Heather Jones,
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NC Cooperative Extension
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