

Summer Adventures

Special points of interest:

- Check out the 4-H website to learn about summer camps at: www.nc4h.org/centers
- Attend a Day Camp or take a road trip with 4-H!
- Classes and activities are offered weekly!



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Graham County 4-H

CPR/FIRST AID—June 6

CPR is one protocol of first aid that everyone should be acquainted with. Even kids need to be taught about the duties and how to tackle situations when faced by them, especially, medical emergencies. Kids should be taught about CPR and how to resuscitate someone during an emergency.

Place: Extension Center
Cost: Priceless

Age: 9 & up

Time: 9:00-4:00

Ages: 9 & up

Bring: A bag lunch and snack.

CAKE DECORATING

June 17-19 2:00-4:30pm

Learn skills for a new hobby that just happens to taste great too!

Ages: 9 & up **Cost:** \$10.00

4-H SHOOTING SPORTS

June-September

Schedule will be given out to participants

Ages: 10 & up

What to bring: Appropriate firearm for practice.

****You must have attended the safety meeting on May 2nd or made other arrangements.**

All Activities must be paid in full by the registration deadline!

WHISPER MOUNTAIN

Paintball—July 25

9:00am

Cost: \$30 **Ages:** 9 & up

Bring: Closed-toed shoes, old clothing & sunscreen and \$12.50 if you want extra paintballs!

Meet at Extension Center to travel.

TIE-DYED T-SHIRTS & LEGOS—

June 17

Time: 9:00-12:00

Ages: 8 & UP

Cost: \$5.00

What to bring: A pre-washed white cotton t-shirt of your size and preference. Do not add fabric softener or dryer sheets to the wash. ****Wear old clothing**

MUSIC DAY AT GRAHAM CARE CENTER

Visit & dance with residents

August 1 9:00-11:00am

Meet at Extension Center

Ages: 9 & up

4-H Hiking Club

Rising to New Heights this Summer...



Yellow creek Falls
Bergins Creek Falls
Wrights Creek Falls
Falls Branch
Sassafras Falls

June 13—June 18—July 15—July 25—August 5

Ages: 9 & up

\$5.00

Youth ages 9 & Up. Some trails are moderate to advanced. Call 828-479-7979 to register by May 10th. Hikes will begin in June.



Note: Cloverbuds (ages 5-9) must be accompanied by an adult on all 4-H trips.

LOST SEA—June 7

Place: Meet at Extension Center

Time: 8:00 a.m.—5:00 p.m.

Ages: All ages **Limit:** 12

Cost: \$10.00(ages 5-12)

\$19.00 (ages 13 & up)

What to bring: money for food & souvenirs, wear comfortable tennis shoes & clothing.



Reminder: Registration forms are due by May 18th. Only students currently enrolled in 4-H who have attended club meetings may register for summer adventures. All activities **MUST** be paid in full at time of registration!

CHEROKEE FARM & MINGUS MILL—July 30

Become a Junior Park Ranger and have a picnic in the park!



Place: Meet at Extension Center

Time: 9:00-4:00

Ages: 5-12

Cost: \$5.00

LIMIT: 6

Bring bag lunch, sunscreen, water bottle and snack money

HORSE DAY CAMP June 14

Place: Double 00 Farm
(meet at Ext Center)

Time: 8:15am-4:30pm

Ages: 9 & up **Limit:** 10

Cost: \$5.00

What to bring: Bag lunch, comfortable clothing (pants) and closed-toed shoes!

4-H GARDENING CLUB

APRIL - SEPTEMBER



**Tomato Growing Contest
Judge Local Gardens
Learn Basic Gardening Skills
Play in the Dirt and
Have Fun!!**

Ages 9 & up

Summer Dates 1:00-3:00

**refer to schedule given*

June 5

June 26

July 10

July 17

August 7

August 14

SANTA'S LAND— June 25

Place: Meet at Extension Center

Cost: \$25.00 **Limit:** 6

Time: 9:00 am—4:00pm

Ages: 5-12

Bring: Sunscreen, money for food and snacks, wear comfortable shoes/clothing

4-H SUMMER CAMPS

One-week sessions feature age-appropriate, small-group experiences focusing on aquatics, environmental studies and outdoor recreation in a safe environment.

Visit these websites for more information on 4-H camping:

www.eastern4hcenter.org

www.bjpenn4h.org

Note: 4-H'ers attend on their own



GEM MINING—July 16

Place: Meet at Extension Center

Time: 10:00 am-4:00 pm

Ages: 5-12 **Limit:** 10

Cost: \$12.00+

Bring: A change of clothes and money for lunch and snack.



FISHING/COOKOUT—July 12

Enjoy a morning catching fish and being outdoors. The afternoon will end with a fish fry with all the trimmings and fun outdoor activities

Place: Meet at Extension Center

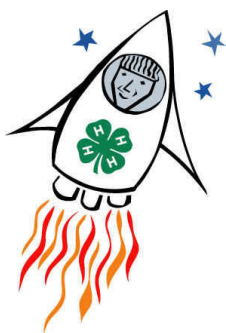
Time: 9:00-2:00

Ages: All ages

Cost: \$10.00

Limit: 10

What to bring: fishing pole, dress appropriately for fishing, bug spray, extra clothing & shoes



JOYCE KILMER HIKE/COOKOUT DISTRICT EVENT

August 9

Enjoy a hike on the JK trail & picnic with other 4-H'ers in our district.

Time: 10:00am—3:00pm

(Meet at Extension Center to travel)

Ages: All ages **Cost:** \$10.00

What to Bring: Comfortable walking shoes, bug spray, sunscreen. **Note:** Bring swim clothes and towel if you plan to play in the creek!

COSMETOLOGY DAY—July 18

Southwestern Community College

Enjoy a day of being pampered. You can choose from pedicures, manicures, braiding and much more! You may choose two!

Place: Meet at Extension Center

Time: 8:30am—3:00pm **Limit:** 10

Ages: 9 & up **Cost:** \$4.00+

****Note:** Bring money for lunch/snacks and money to tip cosmetology students!

4-H POULTRY CLUB

APRIL - SEPTEMBER

Monthly Club Meetings
***Follow Schedule Given*
Summer Club Meetings: June 3, June 24, July 8, and July 29 (1:00-3:00pm)

Poultry Show: September 14
Poultry Demonstration Day: September 21

FARM BUREAU NORTH CAROLINA

ELECTRIC CONGRESS—July 9-11

Youth have been selected to attend the Annual 4-H Electric Congress & will participate in workshops and have some fun!

Place: WCU **Time:** TBA

Ages: 11 & up (must do electric project)

Cost: Money for snacks & souvenirs

4-H OPEN HOUSE

August 27

3:00-4:30 pm

Extension Center

Summer Adventures

Fill out registration form in this packet and return to the Extension Center by May 17th.
Keep the other portions of the brochure to use for information throughout the summer.

You will need this information throughout the summer!

4-H CONGRESS—July 19-22

District Officers and District 4-H Presentation winners are invited to attend 4-H Congress at NCSU. Youth give state presentations, attend banquets, participate in workshops, and have fun at dances. Over 800 youth from across the state attend this event.

Time: TBA

Ages: 9 & up (District Winners & NC 4-H Scholarship Winners)

Cost: Money for food/snacks

What to Bring: Clothes, toiletries, sleeping bag/pillow, towels, presentation materials.

PONTOONING AND PICNIC

July 26

Enjoy an afternoon on Lake Santeetlah swimming and riding on a pontoon boat.

Place: Meet at Extension Center

Time: 10:00am - 3:30pm

Ages: 9 & up **Limit:** 6

Cost: \$5.00

Bring: Sunscreen, swim clothes & towel.



Clogging Bootcamp for Beginners Ages 5+

June 2019
19, 20, 21, 26, 27 & 28
11:00 AM - 12:00 PM
Robbinsville High School
RHS Auditorium

Learn 3 basic clogging steps plus a few more fun steps!
No prior dance experience required.

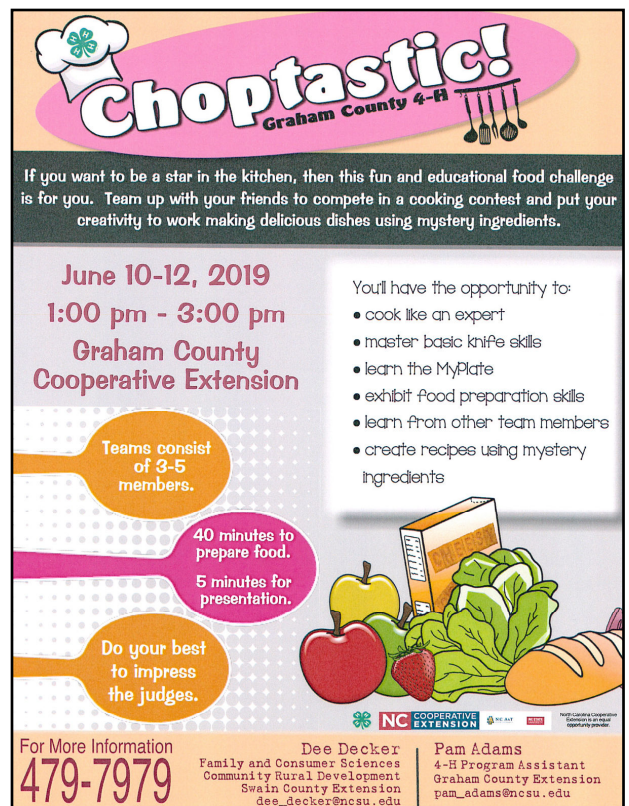
Cost: \$5

Call for more information
479-7979

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NC COOPERATIVE EXTENSION



Choptastic!
Graham County 4-H

If you want to be a star in the kitchen, then this fun and educational food challenge is for you. Team up with your friends to compete in a cooking contest and put your creativity to work making delicious dishes using mystery ingredients.

June 10-12, 2019
1:00 pm - 3:00 pm
Graham County
Cooperative Extension

You'll have the opportunity to:

- cook like an expert
- master basic knife skills
- learn the MyPlate
- exhibit food preparation skills
- learn from other team members
- create recipes using mystery ingredients

Teams consist of 3-5 members.

40 minutes to prepare food.
5 minutes for presentation.

Do your best to impress the judges.

For More Information
479-7979

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NC COOPERATIVE EXTENSION

4-H Summer Activities

Registration Form

Return by: May 17, 2019

Name: _____

Cell # for texting: _____

Activities will be cancelled for lack of participation! Be sure to register for activities you wish to participate in. Space is limited on some activities!

In pricing, the + indicates that your child will need additional money on the day of the activity.

If parents and siblings plan to attend activities, please indicate on registration form—and pay accordingly!

- **Cloverbuds (Ages 5-8)**
- **Musketeers (Ages 9-12)**
- **Teens (12 & up)**

**4-H Club meetings
resume in September
at the
Extension Center!**

Phone: 828-479-7979

Fax: 828-479-2000

Email: amy_holder@ncsu.edu



✓	Date	Activity	Cost	Total
	Apr-Sept	4-H Gardening Club ● ●	0.00	
	April –Sept	4-H Poultry Club ● ● ●	PAID	
	June-Aug	4-H Hiking Club ● ●	5.00	
	June –Sept	Shooting Sports (Schedule will be given) ● ●	0.00	
	June 6	CPR/First Aid ● ●	PAID	
	June 7	Lost Sea ● ● ● (Ages 4-12) (13 & up)	\$13.00+ \$22.00+	
	June 10-12	Choptastic Food Challenge ●	5.00	
	June 14	Horse Day Camp ● ●	5.00	
	June 17-19	Cake Decorating ● ●	10.00	
	June 17	Tie Dyed T-shirts & Legos ● ●	5.00	
	June 19-21 June 26-28	4-H Clogging Bootcamp (6 classes) ● ● ●	5.00	
	June 25	Santa's Land ● ●	25.00+	
	July 9-11	Electric Congress ● ●	PAID	
	July 12	Fishing/Cookout ● ● ●	10.00	
	July 16	Gem Mining ● ●	12.00+	
	July 18	Cosmetology Day ● ●	4.00+	
	July 19-22	4-H Congress ● ●	PAID	
	July 25	Whisper Mountain—Paintball ● ●	30.00+	
	July 26	Pontooning & Picnic ● ●	5.00	
	July 30	Cherokee Farm & Mingus Mill ● ●	5.00+	
	August 1	Music Day at Graham Care Center ● ●	0.00	
	August 9	Joyce Kilmer Hike/Picnic ● ● ●	10.00	

Total

Amt



4-H'ers Learn By Doing!

NC COOPERATIVE EXTENSION

GRAHAM COUNTY CENTER

39 South Main Street

ROBBINSVILLE NC 28771



**NC STATE
UNIVERSITY**