

4-H News

Summer Edition
May – July 2006



Chatham County Center
North Carolina Cooperative Extension
45 South Street
Post Office Box 279
Pittsboro, NC 27312
Telephone: 919.542.8202 Fax: 919.542.8246
Web site: <http://ces.chatham.ncsu.edu>
Click on Youth & 4-H

Inside This Issue

Summer Fun.....	1
Name Change.....	1
Calendar	2
Tornado Safety....	2
Free Screening.....	3
Staff Spotlight	3
Trivia	3

I hope you find this newsletter helpful and informative. If you have ideas or suggestions for future issues, please call or stop by my office. My door is always open and I always welcome your feedback!

Sarah Hardison Kotzian

Sarah Hardison Kotzian
Extension Agent
4-H Youth Development
919-542-8202
sarah_hardison@ncsu.edu



Chatham County 4-H is supported by the United Way of Chatham County.



Chatham County

It's Time For Summer Fun With Chatham County 4-H

Chatham County 4-H has a ton of fun things planned this summer and we hope you are planning on being a part of it. Spots are still available for many of our events, including day camp, so register fast before spots are gone! If you need a registration form, you can visit our website at <http://chatham.ces.ncsu.edu> and click on Youth and 4-H or call our office and we will be happy to mail the forms to you. Activities this summer include:

- Jordan Lake 4-H Adventure Day Camp
 - Dates: June 19-23 and June 26-30 (ages 6-12)
 - Cost \$85 per week
- Cake Decorating and Table Etiquette
 - Dates: July 10 & 12 (ages 6-8) ; July 11 & 13 (ages 9-12)
 - Cost \$15 per day
- Knitting and Sewing
 - Dates: August 14 & 15 (ages 9-15)
 - Cost \$25 (2 day workshop)
- 4-H Forestry Wildlife Camp
 - Dates: June 13-15 (ages 9-11)
 - Cost \$30 (3 day camp)
- 4-H Lifestyle Day Camp for "Fit"ter Kids
 - Dates: July 31 & August 2 (ages 6-8)
August 8 & 10 (ages 9-12)
 - Cost: \$20

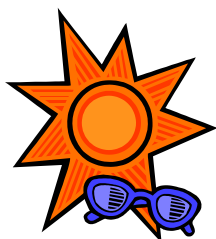
We look forward to having fun with you this summer!

Same 4-H Agent—New Name

I just wanted to take a minute to let everyone know that you still have the same 4-H Agent, but I have a different name. I was married on April 29, 2006 to Randy Kotzian. Randy is a fellow Wolfpack Alumni and I am sure you will be seeing him at future 4-H events. My new name is Sarah Hardison Kotzian, so don't let the new name confuse you...it's still me!

Important Dates

- May 16**—Family Spring Craft Night
- May 20**— Siler City Chicken Festival and Chicken Cook Off
- May 20-21**—SC Dist. 4-H Horse Show
- May 29**—Holiday
- June 1**— Career Exploration Poster Due
- June 13-15**— Forestry Wildlife Day Camp
- June 19-23**—Day Camp at Jordan Lake
- June 26-30**— Day Camp at Jordan Lake
- June 18-24**— Horse Camp
- June 22**—District Activity Day
- July 4**— Holiday
- July 5-9**—State 4-H Horse Show
- July 10**—Camp Orientation Meeting
- July 10-13**— Cake Decorating & Table Etiquette Summer Fun
- July 17-21**— State 4-H Congress
- July 23-28**— Betsy-Jeff Penn 4-H Camp
- July 31 & Aug 2**— Nutrition Day Camp
- Aug 8 & Aug 10**— Nutrition Day Camp
- Aug 14-15**— Knitting & Sewing Summer Fun
- August 14**— Summer Fun Wrap Up and Back to school Kick Off Event



Tornado Safety

Tornado's can occur through out the year; however, the peak season in North Carolina is March through May. Since it is "tornado season", we wanted to include some tips to help keep you safe. Did you know that an average tornado is one to two miles long and is about 50 yards wide? Did you know that the most violent tornados can have wind speeds of 250 miles per hour? Knowing this helps you see the importance of taking tornado watches and warnings carefully and knowing what to do in case one should come.

Safety Tips:

- Listen to local weather broadcasts on the radio, television, or a NOAA radio.
- A watch means conditions are favorable and a warning means a tornado has been sighted.
- Go to the lowest level and inner room. The safest place to be is a basement or cellar. If you don't have either of these, go to an inner hallway or smaller inner room without windows such as a bathroom or closet.
- Do not open or close windows. Stay away from them
- Stay away from skylights and large open areas.
- Stay out of gymnasiums, auditoriums and other rooms with a large expanse of roof.
- Try to find something sturdy you can get under to protect yourself from flying debris or a collapsed roof.
- Crouch on the floor in the egg position.
- Use your arms to protect your head and neck.
- If you are in a mobile home—get out!
- If you are outside, lie on the ground, in a ditch if possible.
- Do not try to outrun a tornado.

It is our hope that you will use these tips to help keep you safe. If you have any questions, be sure to ask an adult. Thanks to Phyllis Smith, Family and Consumer Education Agent with the North Carolina Cooperative Extension Service for providing this information for us.

Free Developmental Screening Clinic for Children ages birth – 5 (English and Spanish)

The Family Support Network of Northern Piedmont (FSN-NP) in collaboration with the UNC School of Physical Therapy and the SHAC clinic is now offering Developmental Screenings at the Carrboro SHAC Clinic on Wednesday evenings by appointment only. Screenings are available at no cost to children ages birth – five who live in all area counties. A developmental screening is a careful look at a young child to determine if he or she is developing as expected or if the child could benefit from a more comprehensive developmental evaluation and possible therapies to enhance his or her development. Developmental screening is a way to see if your child is doing what other children the same age can do. Additionally, FSN-NP has information about other area resources for children with developmental delays and helps parents meet other parents of children with similar needs. A child should come to the Screening Clinic if there are questions concerning the way the child is developing. The Clinic will also provide information about referral for evaluation and/or services as well as answer questions about your child's development.

Do you know a child who is...

Is 15 months old and not walking

- Does not look at you when you call his/her name
- Is 2 years old and not putting at least 2-3 words together
- Has a difficult time engaging in play activities with you
- Bounces from one activity to another or has trouble focusing attention or difficulty when switching from one activity to another

If you answered yes to any of these questions or have other concerns about a young child's development, call. While all children develop at their own rate, addressing delays at a young age has the greatest effect and allows children to enter kindergarten ready to learn. To make a Screening appointment call: 688-1276 or email: beth.taylor.fsnp@verizon.net.

Staff Spotlight

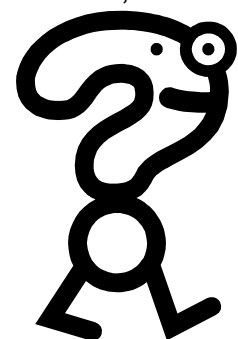
Many of you know Paulette Thomas as that friendly voice that often answers your 4-H questions or that one that makes all those copies for your club for you. Paulette has been employed with Cooperative Extension since April 1, 1992 as a secretary. She grew up in Chatham County and was a member of the Silk Hope 4-H Club with Mrs. Arthur White as 4-H volunteer leader. She is married to Byron Thomas. They own a farm and raise Black Angus cattle. They have one daughter, Kim who is married to Jude Dooley and they live in King, North Carolina.

Paulette was a volunteer leader for 17 years of the Silk Hope Community 4-H Club. The 4-H'ers in that club were one of her highlights not only for the awards they won, but because of the fun, fellowship and learning experiences she had as a volunteer leader. She is member of Loves Creek Baptist Church in Siler City. At present she is treasurer for the Latino Bautista Loves Creek Mission and is an active member of the mission committee. Her hobbies are collecting cookbooks and gardening. Paulette may be reached by phone at 542.8202 or email at paulette_thomas@ncsu.edu. 4-H is lucky to have Paulette on our team!

4-H TRIVIA

This month's trivia question is: How much does it cost to join 4-H?

The first three people to email Paulette Thomas at paulette_thomas@ncsu.edu with the correct answer will receive a prize and will be recognized in the next newsletter. Be sure to email your answer in as soon as possible. If you do not have access to email, feel free to call Paulette at 542.8202.



North Carolina Cooperative Extension Service
NC State University
Chatham County Center
P O Box 279
Pittsboro, NC 27312-0279

NONPROFIT ORGANIZATION
US POSTAGE PAID
PITTSBORO, NC
PERMIT NO. 65

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

