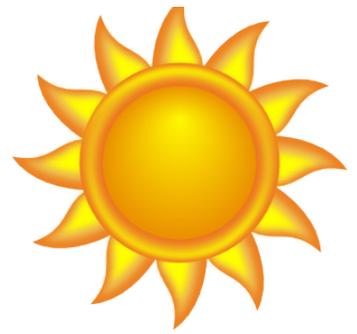




# Macon County 4-H Summer Relief 2015



Come join us for our summer activities. Get ready for fun, sun and great adventure with Macon County 4-H this summer. We have a variety of activities to keep your summer hoppin'. Included is a Registration Form. Pre-registration in person or by mail, with payment, is required for all Summer Relief activities. No registration by phone. You must have a current 4-H Enrollment Form and Medical Form on file with our office to participate in Summer Relief. For more information please call 828-349-2046.

## Healthy Boot Camp



What do you know about your food groups, exercise and keeping yourself healthy? Come join us for 3 days of games, activities and challenges focused on what we eat and fun movement.  
When: June 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> 9:00am – 3:00pm  
Where: Cooperative Extension Office  
Ages: 9 – 18  
Cost: \$3  
What to Bring: tennis shoes

## Macon County Gem Mining

Let's go gem mining at Mason Mountain Mine. You may strike it rich! . Mine for gems and stones in the morning and then join us for lunch at the Extension Office. We will have lunch with a geologist who will tell us all about the rock formations in our mountains and about the stones you found.

When: Tuesday, June 23 10:00 – 2:00

Where: Meet at Mason Mountain Gem Mine between 10:00 and 12:00 and lunch at 12:00 at the Macon County Cooperative Extension Office

Ages: 5-18 (with parent/guardian)

Cost: \$6.00 per person for 2 buckets of dirt.

What to Bring: Bring picnic lunch and water, sun screen, hat and bug repellent – wear washable clothes

## 4-H Pool Day

Bring a Lunch, bring a bathing suit and join us for pool-side fun.

When: June 24<sup>th</sup> and July 22<sup>nd</sup> from 10:00am – 3:00pm

Where: Meet at Franklin Parks and Recreation Pool

Ages: 5-8 with a parent and 9-18

Cost: \$4

What to bring: bagged lunch, bathing suit, towel, and lots of sunscreen

## Stream Exploration Day

Our creeks and streams are very important to our area and our way of life. Come explore how the stream and its inhabitants live. Learn how our water usage affects the stream ecosystem. We will shock the creek to look at fish and then have a great time playing in the water.

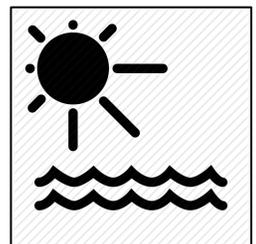
When: June 25th from 10:00am – 2:00pm

Where: First half of the day at the Cooperative Extension Office and then travel to a nearby stream.

Ages: 5 – 18 (First 5 kids over age 8 can ride the van – all others can convoy)

Cost: Free

What to Bring: Sunscreen, bagged lunch, bathing suit and water shoes



### Lunch and Game Day

Let's hang out and have fun. We will choose a menu, go shopping, make lunch and then play games throughout the afternoon. What a great day with friends.

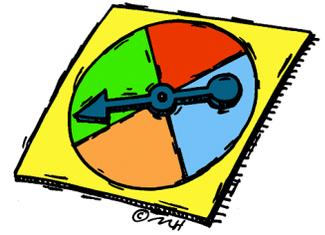
When: Monday June 29 from 9:00am – 3:00pm

Where: Cooperative Extension Office

Ages: 9 – 18

Cost: \$6

What to bring: Any fun game that you would like to share



---

### Waterfall Hike

Come and visit secret waterfalls, take a medium hike and have fun in the water. We will explore beautiful sights so bring a camera if you would like.

When: June 30th 9:00am – 4:30pm

Where: Meet at the Extension Office at 9:00am

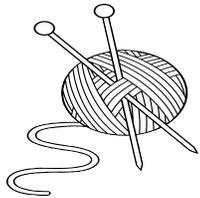
Ages: 9 -18. (first 5 kids can ride in the van, additional kids can ride with parents)

Cost: \$ 2.00

What to bring: Lunch, swimsuit, towel and closed toed walking shoes

---

### Introduction to Knitting



Have you always wanted to learn about knitting? Here is a great chance to make a large doll headband and scarf. This is a three-day class with multiple instructors for each session. We will break into two groups 5-8 year old and 9-18 year olds. Participants will receive yarn, needles, an instruction booklet and three hours of one-on-one instruction. Parents are welcome and encouraged to stay.

When: July 2<sup>nd</sup>, 9<sup>th</sup> and 23<sup>rd</sup>. Age 5-8 from 11:00 -12:00 and Age 9 – 18 from 1:00 – 2:00

Where: Silver Threads and Golden Needles at 41 East Main Street Franklin

Ages: 5-8 and 9-18

Cost: \$45

---

### Macon County Overnight 4-H Camp

Are you ready for a fun overnight experience? We will have an all 4-Her camping excursion at the Lumpkin Basecamp in Otto. Come for fun arts and crafts, exploring the forest, s'mores around the campfire and fun 4-H songs.

When: July 6<sup>th</sup> at 10:00am through July 7<sup>th</sup> at 3:00pm

Where: Lumpkin Basecamp - Otto, NC (Directions and additional details given at sign-up)

Ages: 9-18

Cost: \$30

What to bring: Sleeping bag, clothes for two days, toiletries, sturdy closed toed shoes



---

### Make a Leather Belt

Come learn how to stamp and die leather. Make an awesome belt for yourself, for a gift or an item to enter into the fair. Materials and instruction provided to make a fun, useful belt.

When: July 10<sup>th</sup> from 1:00pm – 3:00pm

Where: Cooperative Extension Office

Age: 9-18

Cost: \$ 15.00

Sign up cut off date: June 19<sup>th</sup>. Please put your 4-Hers waist size on your registration form when you sign up.

---

### Let's Throw A Party

Do you like to entertain your family and friends? Here is a fun activity you will love. We are going to cater a party. We will learn how to plan a menu, budget our food and decoration costs, create handmade invitations, prepare party foods and be a great host/hostess. On the second day, we will invite our family and friends to join us for a party.

When: July 13<sup>th</sup> and July 14<sup>th</sup> from 1:00pm – 5:00pm, Party at 5:00pm on July 14<sup>th</sup>

Where: Cooperative Extension Office

Ages: 8 – 18

Cost: \$6



### Shooting Sports Summer Class

The first half of the day we will be learning all about safety rules and basic archery. We will shoot recurve bow and compound bow in the morning. We will take a break mid day and have a picnic lunch. The second half of the day we will review the safety rules and then learn about shooting air rifle and air pistol.

When: July 15<sup>th</sup> 10am – 4pm

Where: Cooperative Extension office.

Age: 9-18

Cost \$ 2.00

Other: Wear sturdy, closed toe shoes and bring a sack lunch

---

### Pottery Painting

Calling all 4-H artist: come pick out a piece of pottery and paint it. We want to see your art skills. We will meet at Colorful Creations in Franklin and create something beautiful.

When: July 16<sup>th</sup> from 12:00 – 2:00

Where: Colorful Creations Studio at 135 Highlands Rd in Franklin

Cost: \$10.00                      Ages: 5 - 18

Other: Parents are welcome and encouraged to stay

---

### Civil War Adventure

Come and visit Stumphouse Tunnel Park and Issaqueena Falls. The 1,617 foot long Stumphouse Tunnel is an oddity. Started in 1852, this tunnel was part of a road to connect Charleston to Knoxville and eventually on to Cincinnati. The Civil War and lack of funds brought construction to a halt. This site is part of the Blueridge Historical Railroad.

When: July 20<sup>th</sup> 9am – 4:30pm

Where: Meet at the Cooperative Extension Office and travel on to Wallhalla, SC

Cost: \$3.00

Ages 9-17. (first 5, age 8 and up, to sign up can ride in the van parents may follow)

What to bring: Bring comfortable walking shoes, lunch and drinks.

---

### Junior Ranger Day at the Great Smoky National Park



We will visit the Historic Farm at the Great Smoky Mountains National Park and complete fun challenges to acquire our Junior Ranger Patch.

When: July 21<sup>st</sup> 8:30am - 5:00pm

Ages: 9-18 Class limit 10 kids (first 5 to sign up can ride in the van parents may follow)

Cost: \$5.00

What to bring: Wear comfortable shoes, bring swimsuit, water shoes, towel and sack lunch.

---

### Build a Stomp Rocket

It's time for science fun. We will make and decorate rockets. Then we will launch them using recycled materials. This fun project will look at angles, trajectory, friction and force. Can you build the highest-flying rocket?

When: July 27<sup>th</sup> from 1:00 until 4:00

Where: Cooperative Extension Office

Ages: 5 – 18

Cost: Free

---

### Cupcake Wars

Have you watched Cake Wars on TV? Well, we have our own 4-H version, Cupcake Wars. We will have teams competing to plan and decorate the most beautiful, delicious cupcake. Then a distinguished panel of guest judges will determine our winners. Bring your best ideas!

When: July 28<sup>th</sup> from 1 – 4:30

Where: Cooperative Extension Office

Ages: 6 to 18, Limit: 16 kids

Cost: \$4

---

### Volunteer Exploration

Being a volunteer is an important part of being a community leader and a 4-Her. We will look at different types of volunteer opportunities during this activity. Then we will roll up our sleeves and do three different service project: a

local project, a project that helps others on the state level and an international service project. Wow, think of the people we will serve.

When: July 29<sup>th</sup> from 10:00 – 4:00

Where: Cooperative Extension Office

Ages: 5 – 18

Cost: Free

Other: Bring a bag lunch

---

### **Ag Exploration Day**

Macon County has some beautiful farms and great agricultural assets. Let's visit a farm and learn about how they grow our food, run a farm business and contribute to our county.

When: August 5<sup>th</sup> from 10:00am – 3:00pm

Where: Meet at the Cooperative Extension Office at 9:45am (the first 5 kids over 8 can ride in the van)

Ages: 5-18

What to bring: wear sturdy closed toe shoes, bring a lunch and sunscreen

---

### **Hike to the Fire Tower**



©Dennis Cox · illustrationsOf.com/104319

Our beautiful mountains are calling for you to come take a walk. We are going on a hiking adventure up to the Albert Mountain Fire Tower. Bring a picnic lunch and enjoy the day with us.

When: August 6<sup>th</sup> from 9:00am – 4:30pm

Where: Meet at the Cooperative Extension Office at 9:00am

Ages: 10 – 18 (the first 5 to sign up can ride in the van, all other are welcome to follow)

Cost: \$2

What to bring: wear sturdy closed toed shoes with socks, bring a lunch, sunscreen and water

---

### **District 4-H Activity - Fontana Fun Day**

A great day of swimming, playing putt-putt, volley ball and other fun activities in Graham County.

When: August 7<sup>th</sup> from 8:30am – 5:00pm

Where: Fontana Village - Meet at the Macon County Extension Office at 8:30 to ride the van or convoy. The first 5 youth over 8 years old to register can ride the van.

Ages: 10 and up

Cost: \$12 (includes Rec Pass & Lunch)

What to Bring: Bathing suit, closed toe shoe, sunscreen, money for snack

---

### **4-H Electric Discovery Class - Make a Soil Tester**

Make an electric project and explore electrical safety, components and circuitry while doing a fun project. We will make a special soil tester and learn a lot about how electric circuits work.

When: August 10th from 1:00pm – 3:00pm

Where: Cooperative Extension Office

Age: 10 -18

Cost: \$2

---

### **Fun Day in Franklin**

We will meet at the Franklin Bowling Alley at 10am. After bowling, we will head to the community pool, where we will have a picnic lunch and then go swimming.

When: August 11<sup>th</sup> from 10:00am – 4:30pm

Where: Drop off at the bowling alley, pick up at the community pool.

Cost \$9.00

Ages: 5 – 18 (the first 5 over age 8 can ride in the van, all others may carpool)

Bring - socks, sack lunch, towel, swim suit, sunscreen, spending money for extra snacks

---

### **Art Class at The Uptown Gallery**

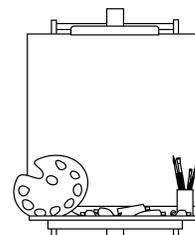
2015 is the summer of 4-H art. Let's take an art class with the Uptown Gallery. We will break into two groups: Cloverbuds and older 4-Hers. Each group will have an art lesson with a professional artist.

When: August 14<sup>th</sup> – 5-8 year olds at 10:00 – 11:00, ages 9 and up from 12:30 – 2:00.

Where: The Uptown Gallery on Main Street

Ages: 5-8 and 9-18

Cost: \$6 for Cloverbuds and \$8 for older 4-Hers



## MACON COUNTY 4-H 2015 Summer Relief Registration Form

Participants Name: \_\_\_\_\_

Age as of 1/1/2015 \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_ 2<sup>nd</sup> Contact Phone #: \_\_\_\_\_

Additional Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

List those that may be picking up your child: \_\_\_\_\_

**Registration forms and full payment (to Macon County 4-H Council) are due before registration can be confirmed. Please CHECK the classes you would like to attend.**

Check	Class	Class Date	Cost (Circle Cost)
	Healthy Boot Camp	June 16, 17 & 18	\$ 3
	Macon County Gem Mining	June 23	\$ 6
	4-H Pool Day	June 24	\$ 4
	Stream Exploration Day	June 25	Free
	Lunch and Game Day	June 29	\$ 6
	Waterfall Hike	June 30	\$ 2
	Introduction to Knitting	July 2, 9 & 23	\$ 45
	Summer Overnight Camp	July 6 and July 7	\$ 30
	Making a Belt	July 10	\$ 15
	Let's Throw a Party	July 13 & July 14	\$ 6
	Shooting Sports	July 15	\$ 2
	Pottery Painting	July 16	\$10
	Civil War Adventure	July 20	\$ 3
	Jr. Ranger Day	July 21	\$ 5
	4-H Pool Day	July 22	\$ 4
	Build a Stomp Rocket	July 27	Free
	Cupcake Wars	July 28	\$ 4
	Volunteer Exploration	July 29	Free
	Ag Exploration Day	August 5	Free
	Hike to the Fire Tower	August 6	\$ 2
	Fontana Fun Day	August 7	\$ 12
	Electric Discovery	August 10	\$ 2
	Fun Day in Franklin	August 11	\$ 9
	Art Class 5-8 year old	August 14	\$ 6
	Art Class 9-18 year old	August 14	\$ 8
		<b>Total</b>	

**The cost of our classes, tours and activities are for materials, entrance fees and food costs. We will be happy to refund fee for programs that we must cancel due to unforeseen circumstances. We cannot refund any fees for programs that you have not called and canceled at least 48 hours in advance.**