

Farm to Kitchen Kids Day Camp
July 21-24, 2015 - 9:00 a.m.- 12:00 noon
Ages *9-12

Nothing says summer like a sliver of ice-cold watermelon, a juicy peach running down your chin or sitting with your family sharing stories while shelling fresh butter beans. This camp will allow kids to visit local farms to see where food is grown and harvested. Participants will learn how to cook some of the delicious bounties for lunch. Closed-toe shoes are required. Lunch will be prepared during the camp by the youth. **Cost is \$40.**

Betsy Jeff Penn Camp
July 26-31, 2015 - Overnight Event
Ages *8-12

Youth will travel to Reidsville to the famous Betsy Jeff Penn 4-H Camp Grounds. During their week stay, youth will explore archery, rock wall climbing, sing campfire songs and make lifelong friends. Bring toiletries, bedding, and clothes. A complete packing list will be supplied when registered. **Registration with payment due June 1. Cost is \$430.**

Cuttin' Up Culinary Fun
August 4-5, 2015 - 8:00 a.m.- 3:00 p.m.
Ages *13-18

Youth will work in teams to plan, budget, and create a fantastic dish. Teens will learn about food safety, proper cooking techniques, teamwork, and leadership through this two day program. Closed-toe shoes. Lunch prepared during the workshop. Closed-toe shoes required. **Cost is \$30.**

Health Rocks!
August 17-18, 2015 - 8:00 a.m.- 3:00 p.m.
Ages *14-18

Health Rocks! Is a healthy living program where youth will discover healthy lifestyle choices. Youth will be empowered to share positive decision making skills surrounding tobacco, alcohol, and drug use. Participants will also enjoy learning about media influences and stress management. Bring your own lunch. Snacks are included. Closed-toe shoes required. **Cost is \$10.**

Open to all youth, class size is limited. Participants will not be considered registered until all paperwork is completed and fees are paid. Current 4-H enrollment documentation must be on file. **All class are nonrefundable unless cancelled or rescheduled by Extension staff.**

Register by completing the registration form and either mail or deliver with payment to Susan Johnson in the Cooperative Extension office.

Contact Jessica Drake at 910.321.6867 or jessca_drake@ncsu.edu for additional information.

4-H Youth Development Summer Adventures 2015



North Carolina Cooperative Extension Service

Cumberland County Center

4-H Youth Development Program

301 East Mountain Drive

Fayetteville, North Carolina 28306

910.321.6867 or 910.321.6405



This event is operating under the 4-H Code of Conduct and Disciplinary Procedure. You may obtain a copy from the 4-H office. This 4-H Code of Conduct and Disciplinary Procedures is a condition of participation in any North Carolina 4-H activities or programs.

For accommodations for persons with disabilities, contact Jessica Drake at 910.321.6867 no later than five business days before the event.

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation.

Cloverbud Adventures

Ages *5-8

What Do You Want to Be When You Grow Up?

July 17, 2015 - 8:00 a.m.- 3:00 p.m.

Cloverbuds will enjoy learning about different career opportunities. Participants are encouraged to dress-up like they want to be when they grow up. Closed-toe shoes required. Bring your own lunch. **Cost is \$5.**

Bumble Bees and Butterflies

August 10, 2015 - 8:00 a.m.- 3:00 p.m.

Cloverbuds will discover different types of plants and learn how our gardens grow. Youth will engage in several hands-on activities and crafts that they will be able to share with family and friends. Closed-toe shoes required. Bring your own lunch. Snacks will be provided. **Cost is \$10.**

Cloverbud Cooking Academy

August 12, 2015 - 8:00 a.m.- 3:00 p.m.

Cloverbuds will learn how to measure, make good food choices, and try new things! Little chefs will create their own lunch and work together to discover easy recipes and ideas on how they can help at home with meal preparation. Closed-toe shoes required. Lunch included. **Cost is \$15.**

Creative Kids - Arts and Crafts Day

August 19, 2015 - 8:00 a.m.- 3:00 p.m.

Cloverbuds will use their creativity to engage in a number of arts and crafts activities. They will learn about different types of art and discover the history behind some of their favorite crafts. Closed-toe shoes required. Bring your own lunch. Snacks provided. **Cost is \$15.**

Junior and Senior Adventures

Livestock Summer Fun

June 23-June 25, 2015 - 8:00 a.m. - 4:00 p.m.

Ages *9-14

Youth will be going to a different farm each day (sheep, goats, beef cattle) and doing hands-on activities inside and outside. Youth will learn about showmanship, judging, breeds, feed, equipment, genetics, wool, the ruminant stomach, ways to identify animals, terms, and meat cuts. Closed-toe shoes required. Lunch provided. **Cost is \$40.**

Let's Jam in the Kitchen

June 23 - 9:00 a.m. - 12:00 p.m.

Ages *9-14

Youth will learn the hands-on basics of home canning by making jam. Each participant will take home a wonderful jam product to enjoy with family and friends. Closed-toe shoes. **Cost is \$10.**

4-H Model Aviation

June 30 - July 1, 2015 - 8:00 a.m.- 3:00 p.m.

Ages *9-14

Participants will build free flight gliders and visit a remote controlled airfield and fly and remote controlled plane with the help of an instructor. Youth will learn about airplanes and aerospace engineering through hands-on activities and a trip to a local museum and flight simulator. Closed-toe shoes required. Bring your own lunch. **Cost is \$15.**

Health Rocks!

July 6-7, 2015 - 8:00 a.m.- 3:00 p.m.

Ages *9-13

Health Rocks! Is a healthy living program where youth will discover healthy lifestyle choices. Youth will be empowered to share positive decision making skills surrounding tobacco, alcohol, and drug use. Participants will also enjoy learning about media influences and stress management. Closed-toe shoes required. Bring your own lunch. Snacks are included. **Cost is \$10.**

Lego Robotics

July 9-10, 2015 - 9:00 a.m.- 12:00 p.m.

Ages *9-12

Interns from NC A&T University will lead youth in two half days of STEM programming. Youth will use Legos to create robots and learn about the engineering process. Closed-toe shoes required. Snacks are included. **Cost is \$5.**

Energy Transformation

July 13-14, 2015 - 8:00 a.m.- 3:00 p.m.

Ages *10-14

Participants will learn about different types of energy, how energy works, and how society uses energy. Youth will be able to build simple circuits and use switches to control the flow of electricity, determine how to calculate energy costs, and construct a cardboard house to create an energy efficient with running electricity. Closed-toe shoes required. Additional form required for participation in field trip. Bring your own lunch. Snacks are included. **Cost is \$10.**

NC 4-H Congress

July 18-21, 2015 - Overnight Event

Ages *14-18

Youth from across NC will visit NC State for this fun filled conference. Activities will include leadership workshops, community service opportunities, and social events such as dances and banquets. Participants also explore the democratic process and have the opportunity to discuss current events and how they impact their community. Includes some meals, lodging, and conference materials. Must provide bedding and towels. **Registration with payment is due June 1. Cost is \$261. Additional money will be needed for two (2) dinners and one (1) lunch not covered by registration.**