



Henderson County Center  
100 Jackson Park Road  
Hendersonville NC 28792  
828/697-4891  
henderson.ces.ncsu.edu/4-H

# THE SOURCE

## HENDERSON COUNTY 4-H NEWSLETTER

*Aug-Sept-Oct*

# N O R T H C A R O L I N A

# MOUNTAIN STATE FAIR

## SEPTEMBER 9 - 18, 2016

### 4-H Careers in Agriculture Poster Contest

Youth ages 5 – 18: Choose an agricultural career that you would like to know more about. Research the career and create a poster about it. Fill out an entry form and tape it to the back of the poster. Posters are due no later than 5:00 pm on Thursday, September 15 at NC Cooperative Extension, 100 Jackson Park Rd., Hendersonville NC, 28792. Winners in different age divisions will receive cash awards. Ages 5 – 8 do not compete, but will receive participation ribbons. The 4-H Careers in Agriculture Poster Contest is sponsored by the Apple Country Antique Engine and Tractor Association. For more details and a registration form, click [here](#).



### West District 4-H 2016 Citizenship Challenge

For all West District 4-H Volunteers and Youth

- Participate in 1 or more citizenship activity. Citizenship is understanding your civic rights and responsibilities. Learning how to make a difference as a citizen in your community is an important part of your life as a 4-H'er.
  - Keep pictures and make one or two scrapbook pages with pictures or other items representing these activities.
  - Document the hours involved in the activity, the people you reached or those who were involved (example: veterans, government officials, etc.) and the number of volunteers or youth who participated.
  - Due Date: October 31, 2016, to Denise Sherrill, Henderson County 4-H Agent, Email: [Denise.Sherrill@ncsu.edu](mailto:Denise.Sherrill@ncsu.edu)
  - Winner to be announced at the West District 4-H Fall Celebration, November 5.
- Click [here](#) for suggestions for citizenship activities.



To learn more about 4-H clubs, and our upcoming events visit our website: [henderson.ces.ncsu.edu/4-H](http://henderson.ces.ncsu.edu/4-H)

## LOOK INSIDE FOR MORE OPPORTUNITIES!

## Upcoming Events

**It's time to start working on a 4-H project record for 2016** For forms, visit this website: <http://www.nc4h.org/youth/awards.html> Project records are due January 3, 2017 to the NC Cooperative Extension, Henderson County Center.

Here is the link for project record forms for Cloverbuds, ages 5 – 8 as of January 1: <https://www.ces.ncsu.edu/wp-content/uploads/2016/01/cloverbud-project-record-age-5-8.doc>

**4-H Project Record Training** will be Tuesday, October 18 at 7:00. RSVP to [Barbara](#) or call 697-4891.

**4-H County Council – Tuesdays August 23, September 27 5:00 Workday—bring food to share 7:00 Meeting**

**Sale in the Park – Saturday, Aug. 27, 8:00 am – 2:00 pm**  
Jackson Park, Shelter 1 and Parking Lot Treasures from the home, heart and garden... Yard sale items, arts and crafts, baked goods, fresh local produce and more! Have treasures you'd like to sell? Rent a space! For: individuals, clubs, churches, and families Space Rental \$10 Picnic Shelter 9' x 9' Parking Spaces 9' x 19' Tables \$5 Chairs \$2 each Reserve your space now! Sponsored by Henderson County Community Development Council Call 697-4891 for more information, or email [Renay-Knapp@ncsu.edu](mailto:Renay-Knapp@ncsu.edu).

**4-H Parents and Leaders Meeting Tuesday, August 30, 7:00 pm.** All leaders are asked to attend: supper provided. RSVP to [Barbara](#) or call 697-4891.

**King Apple Parade Monday, September 5, 2:30 - 1:30 Line-Up (Park at Walgreens on Hwy. 25 N and walk with parents to our spot.)** Watch [Henderson County 4-H website](#) for line up number. This year 4-H County Council voted to walk in the parade and carry club flags. Roller skates, wagons, and bikes are welcome. Wear a 4-H t-shirt! If your club will be represented, contact [Denise](#) to ask her to bring your club flag.

**[Dahlia Daze at Bullington Gardens](#)** Dahlia Daze is coming up in September with free tours of the dahlia garden at 10:00 & 2:00 on Sept. 20, 21 & 22, and a free Ikebana demonstration 3:00 on Sept. 21. While there is no charge reservations are necessary. 4-H New Member Orientation Tuesday, September 20, 7:00 pm RSVP to [Barbara](#) or call 697-4891.

### **[Dahlia Photography Contest](#)**

Bullington Gardens is holding a photography contest celebrating the dahlia. Amateur photographers may submit no more than 2 prints sized 5x7 by September 14 to Bullington Gardens during business hours. Photographs must feature dahlias. There will be two categories: 18 and under and Adult. Photographs will be judged and a winner in each category announced September 23, 2016 with a \$100 prize for each winner. Photographs will not be returned and Bullington Gardens has permission to use these photographs (with photographer credit) on their website and in their newsletter. Each entrant must include name, email address, phone number, and category. 4-H members who enter photos in this contest can also use them in the NC 4-H Photography Contest in 2017. Click here for more information about this contest: <https://projects.ncsu.edu/cals/agcomm/4-HPhoto/contest-rules.html>

**Farm City Day Saturday, October 1, 10:00 – 4:00 Volunteer Names for Farm City Day due to [Denise](#) by Friday, September 23.** Sign up to help your 4-H club or the county booth.

**JOIN | THE REVOLUTION OF RESPONSIBILITY** 

## Upcoming Events

**NC 4-H Ambassador Trainer and ACE Master Volunteer Retreat September 30 – October 1** If you are interested in learning more about being a [4-H Ambassador](#) program trainer or participating in the [4-H Master Volunteer Achievement in Continuing Education \(ACE\) program](#), this training is for you! All required classes for ACE Bronze, Silver, Gold and Emerald levels will be offered as well as classes for those adults who are interested in becoming certified Ambassador trainers. Contact [Denise](#) for more information. This training is open to adults, limited to the first 100 people who sign up and you must attend both days of this training. Any no-shows for either day or cancellations after the registration deadline will result in you being invoiced \$90 (the cost of the training per person). Registration form is due to Denise by Friday, Sept. 2.

Registration due to [Denise](#) for **NC 4-H State Council Conference Tuesday, October 4.**

**Tractor Supply Paper Clover Days October 7-18 – Sign up with [Denise](#) for a slot to advertise 4-H and raise funds for your club.**

### **4-H New Leader Orientation**

**Tuesday, October 11, 7:00** RSVP to Barbara or call 697-4891

### **4-H Project Record Training**

Tuesday, October 18, 7:00

RSVP to Barbara or call 697-4891

### **Henderson County 4-H Officer Training**

**for all club officers** Tuesday, October 25, 5:00-8:00 pm, Grace Lutheran Church RSVP to [Barbara](#), or call 697-4891. Bring finger food to share.

### **West District 4-H Volunteer Leaders End of Year Celebration**

Sat., Nov. 5, Mountain Horticultural Crops Research and Extension Center, Mills River

Visit the [NCWDVLA Facebook page](#) for more information.

### **NC 4-H Volunteer Leaders Conference**

Feb. 3-5, Sheraton Imperial, Durham, NC, West District Responsibility: Hospitality:

Please help us collect individually wrapped snacks and drinks. Donations are due in the Cooperative Extension office by Jan. 6.

## Reminders!

The Dana Wildcats 4-H Club is **collecting fabric scraps** and clean rags to use to make dog beds, and used cds in any condition to make sun catchers. Please deliver items to the Cooperative Extension office, across from the ball fields in Jackson Park by September 30

**Don't forget this 4-H [fundraiser](#) : purchase Ingles grocery cards**

### **Recycle**

LIT 4-H Club is recycling Christmas lights. Drop them by the Extension office 8:30 – 5:00 Mon. – Fri.

### **Do you love fabric?**

Occasionally we get donations of fabric and craft materials.

Contact [Sue](#) or call 697-4891

to be added to the "Fabric Alert" list

## Club Reports

### Hoofbeats 4-H Club, Danielle Kuykendall, Reporter

At our July meeting, the Hoofbeats planned for the Time to Ride event and discussed EPM in horses. For the program Ms. Wendy had the members split into groups who had to move a horse from one place to another, working as group, and not touching the horse. This helped build teamwork and communication skills.

### Hoofbeats 4-H Club, Danielle Kuykendall, Reporter

At their April meeting the 4-H Hoofbeats learned about natural horsemanship and how to apply it to the horse they were working with.



### Dana Wildcats 4-H Club

The Dana Wildcats 4-H Club sponsored an opportunity for Dana Elementary School students in the 2nd – 5th grades to research the various candidates running for President, and use their voice to vote for the candidates they thought should represent our country. The club members made posters to place around the school explaining the vote. They made a Google form where the students were able to vote March 10th-15th in the Computer Lab. The students were also asked to write why they chose their candidate. The Dana Wildcats 4-H Club members learned how important it is to research the candidates in order to make an informed decision, which is our civic responsibility! The results were interesting and the club plans to coordinate a Kids Vote in the Fall.

## 4-H Bake-Off Contest

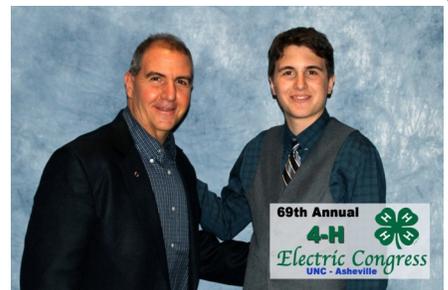
Do you like to bake? Does your family have a favorite recipe that everyone loves? Enter your best baked item in the 4-H Bake-Off Contest! You could win a big ribbon and a cash prize! How about community service and crafts? While the baked goods are being judged, we will make cheery crafts and tray favors for nursing home residents to brighten their holidays. And we'll bake and decorate gingerbread cookies for a local food pantry. We'll also collect non-perishable food items and toiletries for our neighbors in need.



The 4-H Bake-Off Contest and Workshop is open to all youth, ages 5 – 18. You do not have to be a 4-H club member to participate. Join us for an afternoon of fun and community service! Registration forms and typed recipes are due by Friday, October 28, and the contest and workshop is on Saturday, November 5. For more details and a registration form click [here](#).

## NC 4-H Electric Congress 2016!

Jordan Jakubielski was the Henderson County 4-H delegate to NC 4-H Electric Congress, and his Dad, Joe, was a chaperone. We need more Henderson County 4-H'ers attending Electric Congress each year! Check out this site to learn how you can earn this fun trip next year: <http://www.bae.ncsu.edu/programs/extension/4-h/>



This year, Electric Congress was held at UNC Asheville. Delegates from throughout the state brought fans to donate to needy people in Asheville. The group also collected \$1895, which they donated to Black Mountain Children's Home. Delegates made model solar cars and soldered a circuit board to make a flashing light. Delegates also chose between these tours: the Biltmore Estate and Whitewater Rafting. Thank you to Duke Energy and Dominion NC Power for providing this wonderful opportunity.



# Congratulations 4-H Congress Winners!

Thank you to Henderson County 4-H families for supporting 19 4-H members in the State Public Speaking Competition at 4-H Congress! These youth competed at the county, district and state levels: Bryson and Ian Capps, Lindsey Bryant, Haley Hargus, Cayden and Kyler Brackett, Paulina Lopez, Danielle and Zachary Kuykendall, John Paul and Gabbi Torres, Shyanne Capps, Hannah and Tanner Queen, Maggie and Callie McCall, Wesley Cox, and Reagan and Ellie Gage. Congratulations to these people for earning gold medals at the state competition: Haley Hargus, Gabbi Torres, Tanner Queen, Maggie and Callie McCall, and Ellie Gage. Thank you to families, 4-H clubs, and volunteers, especially Bill and Kathy Guerard, for coaching 4-H presentations. Thank you to 4-H donors, especially Selee Corporation and Kiwanis of Hendersonville for helping to provide funds for scholarships for 4-H presentations. More donors are always needed.

It's not too early to start thinking about next year's 4-H Presentation. Click [here](#) for more information about presentations. Henderson County 4-H will offer Presentation Training in February, 2017, with coaching opportunities available later. Learning public speaking skills as a young person will help 4-H members throughout their lives.

Six Henderson County 4-H teens stayed at NC 4-H Congress as full-time delegates: Emily and Bryson Capps, Jordan and Dana Jakubielski, Andrew Torres, and LeighAnn DeVore. Thank you to the Dixon family for continuing to make endowments to the Jewel Dixon, Dawn Dixon Martin, and Don Dixon 4-H Endowment through Henderson County Community Foundation. Funds from this endowment cover dorm fees for Henderson County participants in 4-H Congress. Click [here](#) for more information about this endowment.

Dr. Morris Glass, a Holocaust Survivor, spoke to the full-time Congress delegates about his experiences. He reminded the teens how fortunate they are to "live free in the greatest country on earth." He reminded the delegates to tell their parents that they loved them. Dr. Glass was 11 years old when he entered the concentration camp. The men and boys were separated from the women and girls. He was not able to say goodbye to his mother or his sister. His father died in the camp. Dr. Glass also challenged the delegates to make the world a better place and to never let anything like the Holocaust happen again.

Leadership workshops were provided by 4-H alumnus David Pittman, Director of Student Activities at Duke University. Topics included:

- Character (including the 6 Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship)
- Easy Ways to Build your Self Esteem: Eat healthy. Exercise. Take time to do things you enjoy. Get something done that you've been putting off. Do things that make use of your own special talents and abilities. Dress in clothes that make you feel good about yourself. Give yourself rewards. Do something nice for another person. Spend time with friends.
- Health, Fitness and Happiness, and the importance of building healthy habits as teens.

Two Henderson County 4-H members were awarded college scholarships at NC 4-H congress: LeighAnn DeVore earned the Eloise Cofer 4-H FCS Scholarship and the John C. and Cathy H. McLean Scholarship. Andrew Torres earned the Marshall K. Hill Scholarship and the Robert and Helen Runion Scholarship. Thank you to LeighAnn's grandparents, Ralph and Shirley Brown, for driving to Raleigh for the scholarship luncheon, and to see the Candlelight Clover, where state and district 4-H officers were inducted. Andrew Torres completed his term as West District 4-H President and Emily Capps was inducted as the West District 4-H Reporter.

Jordan Jakubielski competed in the Application, Resume, Interview, Essay (ARIE) Competition, for a chance to earn a trip to a national 4-H event. Dana Jakubielski took part in the Mock ARIE Competition, in preparation for competing when she turns 14. Thank you to Jan Prichard, Human Resource Director for Henderson County, Peggy Collins at NCWorks, Janet Gover, 4-H Alumna and Honor Club Member, and Darla Lindeman, Human Resource Director for Western Carolina Community Action, for coaching the Henderson County contest participants in interviewing. Thanks to Mary Highberger, also of NCWorks, for teaching about resume writing.

Emma Barber earned first place in the Nature's Beauty Category, for ages 9 – 12) of the NC 4-H Photography Contest, with her photo, "A MidSummer Night's Dream." Click [here](#) for more information about the NC 4-H Photography Contest. Start taking pictures now to enter next year's contest!

Emily Capps was inducted into NC 4-H Honor Club by Honor Club member, Andrew Torres. Membership in the North Carolina 4-H Honor Club is bestowed upon those 4-H'ers who have exhibited outstanding 4-H citizenship and leadership throughout their 4-H career. An Honor Club member continues to provide leadership and service to the total 4-H program throughout life. Click [here](#) for more information about NC 4-H Honor Club.

The Henderson County 4-H clover debuted at 4-H Congress dances this year, thanks to Bryson Capps.

A big part of NC 4-H Congress is service. This year 4-H Congress participants packed 80,000 healthy meals for "Feeding Children Everywhere" to distribute to people throughout North Carolina.

# Henderson County 4-H August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12 <b>4-H Mini-Garden Journals Due</b>	13
14	15	16 <b>4-H Mini-Garden Covered Dish Supper and Awards Program 6:00</b>	17	18	19	20 <b>West District 4-H Shoot</b> , Polk County Gun Club
21 <b>FRESH Awards Program 2:00</b>	22	23 <b>4-H County Council</b> 5:00 Workday—bring food to share 7:00 Meeting	24	25	26 Most NC <b>Mountain State Fair</b> <a href="#">Entry Forms</a> Due	27 Henderson County Community Development Yard Sale 8:00-2:00 Jackson Park <a href="#">Scott Hogsed Day</a> , Cherokee County—pre-register online
28	29 Recipes due for <a href="#">Apple Recipe Contest</a> . Call 697-4891 for more information	30 7:00 <b>4-H Parents and Leaders Meeting</b> —all leaders are asked to attend: supper provided. RSVP to <a href="#">Barbara</a> or call 697-4891.	31	The Dana Wildcats 4-H Club is collecting fabric scraps and clean rags to use to make dog beds, and used cds in any condition to make sun catchers. Please deliver items to the Cooperative Extension office, across from the ball fields in Jackson Park by September 30.		

# Henderson County 4-H September 2016

Su	Mon	Tue	We	Thu	Fri	Sat
	Recipes due for <a href="#">Apple Recipe Contest August 29</a> . Call 697-4891 for more information			1	2 <b>Apple Recipe Contest</b> Registration due for Ambassador/ ACE Retreat (Sept. 30 –Oct. 1) Contact <a href="#">Denise</a> for more info	3 
4	5 <b>King Apple Parade</b> 2:30 1:30 Line-Up (Park at Walgreens and walk with parents to our spot.) Watch <a href="#">Henderson County 4-H website</a> for line up number.	6	7	8	9-18 <a href="#">NC Mountain State Fair</a> 	10 NC 4-H Forestry Contest, Schenck Forest, Raleigh
11	12	13	14	15 <a href="#">4-H Career Posters Due</a>	16	
18	19	20 7:00 <b>4-H New Member Orientation</b> RSVP to <a href="#">Barbara</a> or call 697-4891.	21	22	23 Volunteer Names for Farm City Day due to <a href="#">Denise</a>	24 <b>NC 4-H State Shooting Sports Tournament</b> , Millstone 4-H Center
25	26	27 <b>4-H County Council</b> 5:00 Workday—bring food to share 7:00 Meeting	28	29	30 Volunteers needed to set up tents for animals. RSVP to <a href="#">Denise</a> or call 697-4891.	30-1 <b>NC 4-H Ambassador Trainer and ACE Master Volunteer Retreat</b> —Contact <a href="#">Denise</a>

# Henderson County 4-H October 2016

S	Mon	Tue	We	Thu	Fri	Sat
<p>Don't forget this 4-H <a href="#">fundraiser</a> : purchase grocery cards Purchase grocery gift cards from Ivy Olson, secretary. Henderson County 4-H will receive 5% of the purchase price. You can use the gift card to purchase groceries, prescriptions, or gas. You decide if you want a specific club or Henderson County 4-H to benefit from your purchase. Call Ivy at 697-4891 for more information.</p>						<p>1 <b>Farm City Day</b> 10:00-4:00 Jackson Park - Sign up to help your 4-H club or the county booth.</p>
2	3	<p>4 <a href="#">Registration</a> due to <a href="#">Denise</a> for <b>NC 4-H State Council Conference</b>, which will be Nov. 19-20 Ambassador Portfolios due to Denise</p>	5	<p>6 <a href="#">4-H Volunteer Conference of Southern States</a></p>	<p>7-18 <b>Tractor Supply Paper Clover Days</b>—sign up with Denise for a time slot.</p>	8
9	10	<p>11 <b>4-H New Leader Orientation</b> 7:00 RSVP to Barbara or call 697-4891</p>	12	<p>13-23 <a href="#">NC State Fair</a>, Raleigh</p>	14	
16	17	<p>18 <b>4-H Project Record Training</b> 7:00 RSVP to Barbara or call 697-4891</p>	19	20	<p>21-22 <a href="#">Fall Harvest Days</a> Contact <a href="#">Denise</a> if your club would like to do a fundraiser</p>	
23	24	<p>25 <b>Henderson County 4-H Officer Training</b> for all club officers 5:00-8:00 pm, Grace Lutheran Church RSVP to <a href="#">Barbara</a>. Bring finger food to share.</p>	26	<p>27 <a href="#">4-H Camp Registration forms</a> due to Denise</p>	<p>28-30 <a href="#">Training for 4-H Shooting Sports Volunteers</a>, Millstone 4-H Center—Contact <a href="#">Denise</a> for more information. <a href="#">4-H Bake-Off</a> Recipes Due</p>	29
30	<p>31 <a href="#">West District 4-H Citizenship Challenge</a> Entries due to <a href="#">Denise</a></p>	<p><b>Mark your calendars: <a href="#">4-H Bake-Off</a> Saturday, November 5</b>  <b>4-H Volunteer Leader End of Year Celebration:</b> Sat., Nov. 5, Mountain Horticultural Crops Research and Extension Center, Mills River. Visit the <a href="#">NCWDVLA Facebook page</a> for more information.  <b>NC 4-H Volunteer Leaders Conference:</b> Feb. 3-5, Sheraton Imperial, Durham, NC, West District Responsibility: Hospitality: Please help us collect individually wrapped snacks and drinks. Donations are due in the Cooperative Extension office by Jan. 6.</p>				

Cooperative Extension Service  
North Carolina State University  
Henderson County Center  
100 Jackson Park Road  
Hendersonville, NC 28792

**Save  
The  
Date**



**October  
1  
2016**

## **Farm City Day**

**Saturday, October 1 10:00 – 4:00**

All 4-H clubs are asked to provide educational activities for kids. Contact [Denise](#) for more information. Not in a 4-H club and you'd still like to volunteer? We can use you! Teaching other people is a wonderful way to build leadership skills.

A handwritten signature in black ink that reads "Denise Sherrill".

Denise Sherrill  
Extension Agent  
4-H Youth Development

