



All day camps and workshops are open to all Harnett County youth, 5-18 years old. Summer Fun workshops are designed to be fun and educational and you do not have to be a 4-H member to participate. If you are interested in joining 4-H, Summer Fun is a great place to start!

Due to the popularity of our programs, we have decided to open Summer Fun registration on **March 15th at 12pm** and all invoices must be paid by **May 17th by 5pm** to guarantee your child's spot.

Harnett County 4-H is able to provide these programs at a reduced cost with the help of funding from South River Electric Membership Corporation.



**South River Electric
Membership Corporation**

A Touchstone Energy® Cooperative 

HOW DO I ENROLL MY CHILD IN 4-H SUMMER FUN?

As of January 2019, everyone who participates in a 4-H program is required to complete an enrollment form on 4-H online. 4-H age is determined as of January 1st. Your child has to be 5 years old as of January 1, 2019 to participate. Their age as of January 1st 2019 determines their 4-H age for the year. Registering for 4-H Online is **not** how you will register your child for 4-H Summer Fun.

4-H Online registration link:

<https://nc.4honline.com/Login.aspx?403D4075376775636277493241453D>

This summer, with the help of the Harnett County Parks and Recreation Department, **4-H Summer Fun will now be held in TWO locations- the Lillington Cooperative Extension office and the Anderson Creek Senior Center!** As this is a new 4-H Summer Fun site, we are only offering 2 weeks of programs at this new location. To make this registration process easier for you, we have separated the workshop information for both locations in both this information packet and the registration link below.

All workshops and day camps will be filled on a first-come, first-served basis using an online registration form to provide a timestamp for each registration. On the registration form please select **ALL** the workshops that you wish for your child to participate in. You will receive a confirmation email 10 days after registration opens with a list of the workshops that you successfully registered for, along with a payment invoice.

Starting this summer, all youth who participate in the 4-H Summer Fun program will receive a 2019 4-H Summer Fun t-shirt! To acclimate the cost of the t-shirts, we are adding a **one-time \$5 t-shirt fee in addition to your overall registration cost.**

Due to the size and popularity of our programs, starting this year, **anyone who has not paid their invoice for a workshop by MAY 17th will lose their spot and it will be given to those on our waiting list.** If you do not have access to the internet to enroll your child, you are welcome to register at our office. **Registration will not be accepted by e-mail or over the phone.**

All payments (cash or check) can be paid directly or by mail to our office at 126 Alexander Dr. Lillington, NC 27546. If you are paying with cash, **PLEASE BRING THE EXACT AMOUNT**, we do not keep cash on hand to give you change.

In the event that you cannot attend a workshop, please notify our 4-H office as soon as possible. This allows time to give another child the opportunity to attend the class. If you have any other questions, please contact the 4-H office at 910-814-6026.

4-H Summer Fun registration link: <https://goo.gl/forms/E3kTextfYSqsEa363>

2019 4-H SUMMER FUN WORKSHOPS

Lillington Cooperative Extension Office

126 Alexander Dr, Lillington, NC 27546



4-H Cooking in the Kitchen: Beginners

Ages: 8-18

Date: June 18-21

Time: 9am-12pm

Location: Cooperative Extension Kitchen

Cost: \$20

Workshop limit: 12

4-H Cooking in the Kitchen: Beginner is a four-day program adapted from the Chef & The Child program started in Forsyth County. This program is for participants taking their first 4-H cooking program. Youth will learn basic food, nutrition, and culinary skills to prepare recipes they will enjoy during the workshop and be able to prepare at home. You will learn to prepare recipes like easy MyPlate pizza, french omelet, ice cream muffins, easy cheesy lasagna, and garlic bread.

4-H Cooking in the Kitchen: Advanced

Ages: 8-18

Date: June 18-21

Time: 1pm-4pm

Location: Cooperative Extension Kitchen

Cost: \$20

Workshop limit: 12



Recipegarden.com

4-H Cooking in the Kitchen: Advanced is a new four-day program created as the next step for those who have already participated in the 4-H Cooking in the Kitchen: Beginner program. Youth will advance their food, nutrition, and culinary skills through preparation of new recipes they will enjoy during the workshop and be able to prepare at home. You will learn and expand your skills in grilling, baking, recipe modification and more. During the workshop youth will also conduct food science experiments.

4-H Robotics

Ages: 8-12

Date: June 25-28, 2019

Time: 8:30am-12:30pm

Location: Cooperative Extension Training Room

Cost: \$20

Workshop limit: 12

4-H *FIRST* Lego League is a robotics camp designed to challenge and delight every participant. FIRST is an international organization designed to engage the student as they explore science and engineering in fun and empowering ways. Using teamwork, tools and STEM (science, technology, engineering, and math) materials; youth will experience the discovery process that all scientists and inventors employ in the real world.

4-H Camp

Ages: 8-14

Date: June 30-July 5, 2019

Location: Betsy Jeff Penn

Cost: \$440

Workshop limit: 16

Harnett County 4-H will be attending 4-H Camp at the Betsy-Jeff Penn 4-H Center in Reidsville, North Carolina. Participants will enjoy horseback riding, swimming, canoeing, ropes course, camp fires and so much more in this 6 day, 5-night program. **Please contact Alia Langdon at (910) 658-4354 if you are interested in going to 4-H camp.**

4-H Cloverbud Crafts

Ages: 5-7

Date: July 8-9, 2019

Time: 9am-12pm

Location: Cooperative Extension Kitchen

Cost: \$15

Workshop limit: 20



In this hands-on program, clover buds will learn how to make several DIY (do it yourself) crafts, many of which can be entered into the 2019 North Carolina State Fair. This workshop will allow your child to be creative and use their imagination to create fun and inventive crafts.

4-H Aerospace, Rocketry and North Carolina Planetarium

Ages: 8-18

Date: July 10-12, 2019

Time: 9am-3pm

Location: Cooperative Extension Training and the North Carolina Planetarium

Cost: \$30

Workshop limit: 12



Do you know how an airplane can fly? Have you ever built and launched a model rocket? We will be utilizing the 4-H Aerospace curriculum to learn about flight, rocketry, and other STEM programming. During the workshop, youth will build and launch a model rocket in addition to all of the other fun activities related to flight. To end this three-day workshops, we will be taking a trip to the North Carolina Planetarium where we will attend one of their planetarium shows and visit their science stage for fun, hand-on activities.

4-H Farm to Fork

Ages: 8-18

Date: July 15-19, 2019

Time: 8:30-1pm

Location: Cooperative Extension Kitchen

Cost: \$40

Workshop limit: 12



Do you know where your food comes from? Do you like to cook? Come learn about the food on your plate from where it began! In this week long camp, participants will learn about agriculture from the ground up. After visiting local farms, picking fruits and vegetables, students will prepare those foods into delicious dishes. On the last day of camp, campers will participate in a 4-H Food Challenge Competition to see which team can prepare the best dish from mystery ingredients!

North Carolina 4-H Congress

Ages: 13-18

Date: July 20-23, 2019

Time: TBA

Location: North Carolina State University

Cost: TBA

Workshop limit: 10

North Carolina 4-H Congress is an event planned by elected 4-H Teens with leadership from the state 4-H Office. This is a youth development leadership, citizenship and life skill development program that includes fun workshops, dances, and so much more. **Call (910) 658-4354 if you are interested in going to 4-H Congress.**

4-H Cloverbud Gardening

Ages: 5-7

Date: July 22-24, 2019

Time: 9am-12pm

Location: Cooperative Extension Training Room

Cost: \$15

Our Extension Master Gardeners will be using lessons from the Junior Master Gardeners Curriculum to teach youth gardening skills. We'll learn all about your favorite veggies such as tomatoes, peas, and butterbeans and the amazing and friendly insects that love them too.

4-H Junior Master Gardeners

Ages: 8-18

Date: July 22-24, 2019

Time: 1pm-4pm

Location: Cooperative Extension Training Room

Cost: \$15



www.openclipart.com

This year the Junior Master Gardeners are headed south for a trip into our rich food history. We'll learn all about beloved veggies such as tomatoes, peas, and butterbeans and the helpful pollinators that love them too. We'll also have a chance to snack on southern favorites and pot up a plant or two to take home. Join us as we dig into Southern Staples!

4-H Sport Fishing

Ages: 8-18

Date: July 25-26, 2019

Time: 9am-3pm and 8am-3pm

Location:

Cost: \$20

Workshop limit: 12



Do you want to learn how to fish? Do you want to learn new fishing skills including how to clean and cook fish? If you answered yes, this is the workshop for you. On the first day, we will explore types of fish & bait, practice casting, learn fishing knots, build a pop bottle fishing rod, and clean and cook some fish. On the second day, we will take a fishing trip where we will all catch a few fish and everyone will leave with their own fish story to tell.

4-H Electric Project

Ages: 8-18

Date: July 29th, 2019

Time: 9am-3pm

Location: Cooperative Extension Training Room

Cost: \$10

Workshop limit: 15

The 4-H Electric program is one of the longest running programs in North Carolina 4-H. We will use Snap Circuit kits to teach basic electric and electronic knowledge before completing the 2019 4-H Electric Project. The 4-H Electric Project for 2019 requires the completion of a circuit board to create a laser target kit. Students will solder electronic components to the circuit board including LEDs, diodes, resistors, slide switch and others. This is a great introduction to the 4-H Electric Program.

4-H Cloverbud Cooking: **Session 1**

Ages: 5-7

Date: July 30-31, 2019

Time: 9am-12pm

Location: Cooperative Extension Kitchen

Cost: \$10

Workshop limit: 12

4-H Cloverbud Cooking: **Session 2**

Ages: 5-7

Date: July 30-31, 2019

Time: 1pm-4pm

Location: Cooperative Extension Kitchen

Cost: \$10

Workshop limit: 12

This workshop focuses on teaching recipes that youth can make and enter in the North Carolina State Fair in the Youth Culinary section. Recipes will include yeast bread, quick breads, biscuits, scones and/or muffins, cake, drop cookies, rolled cookies, bar cookies and/or other cookies.

4-H Beginner Sewing

Ages: 8-18

Date: August 1-2, 2019

Time: 9am-12pm

Location: Cooperative Extension Training Room

Cost: \$15

Workshop limit: 9



Do you want to learn how to sew? If you are new to sewing or even have some experience, this is the workshop for you. This beginner sewing workshop will introduce youth to basic sewing skills, how to use a sewing machine and what basic tools you need. Participants will learn how to sew seams & construct a simple pillow. The project(s) they complete in this workshop can also be entered into the 2019 North Carolina State Fair.

4-H Advanced Sewing

Ages: 8-18

Date: August 1-2, 2019

Time: 1pm-4pm

Location: Cooperative Extension Training Room

Cost: \$15

Workshop limit: 9

Do you already know how to sew? Do you have an interest in learning more about sewing and the different projects you can make? In this two-day workshop you will learn how to make a block quilt and learn how to sew them together to create your own quilt as well as how to make a quilted microwave bowl holder.

4-H Trip to the North Carolina Life and Science Museum

Ages: 8-18

Date: August 6th, 2019

Time: 8am-4:30pm

Location: NC Life and Science Museum

Cost: \$20

Workshop limit: 15

This summer we have decided to add a few extra off-site trips and one of those is to the North Carolina Life and Science Museum in Durham, North Carolina! This 84-acre museum has a two-story interactive science center, one of the largest butterfly houses on the east coast, and over 60 species of live animals. There are several programs and events that are always taking a place at the museum so your child will be sure to learn something new. There is a limit of 15 youth who can attend this trip so sign up fast!

4-H Outdoor Cookery

Ages: 8-18

Date: August 7th, 2019

Time: 9am-3pm

Location: Cooperative Extension Kitchen

Cost: \$15

Workshop limit: 12



Have you ever wanted to learn how to grill something amazing but don't know the first thing about grilling? Do you know how to light a grill, create a marinade, create a rub or know different cuts of meat? In this workshop participants will learn food safety, proper minimum safe temperatures for different types of meat, how to light a charcoal & gas grill, grilling techniques and much more. They will then try their hand at grilling a selected cut of meat and taste different meats grilled by other participants. We plan to add fish and vegetables to the items we are grilling this summer to the normal 4-H outdoor cookery areas of Beef Char-grill, Chicken BBQ, Turkey BBQ, and Pork BBQ.

4-H End of Summer Celebration

Ages: 5-18

Date: August 9th, 2019

Time: 12pm-2pm

Location: Cooperative Extension Training Room

This luncheon is for all 4-H youth who attended at least one 4-H Summer Fun workshop in 2019. We will celebrate the youth who attended the 4-H Summer Fun program with certificates and a slide show of all of the programs we offered. We will have a meal followed by a small awards program. The goal is to bring all attendees during the summer together to celebrate what they have learned.

2019 4-H SUMMER FUN WORKSHOPS



Anderson Creek Senior Center

6808 Overhills Rd, Spring Lake, NC 28390

Cooking in the Kitchen: Beginner

Ages: 8-18

Date: July 8-11

Time: 1:30-4:30pm

Location: Anderson Creek Senior Center

Cost: \$20

Workshop limit: 12

4-H Cooking in the Kitchen: Beginner is a four-day program adapted from the Chef & The Child program started in Forsyth County. This program is for participants taking their first 4-H cooking program. Youth will learn basic food, nutrition, and culinary skills to prepare recipes they will enjoy during the workshop and be able to prepare at home. You will learn to prepare recipes like easy MyPlate pizza, french omelet, ice cream muffins, easy cheesy lasagna, and garlic bread.

Junior Master Gardener and trip to the JC Raulston Arboretum

Ages: 8-18

Date: June 24-29

Age: 8-18

Time: 1:30pm-4:30pm

Location: Anderson Creek Senior Center

Cost: \$25

Workshop limit: 12

The JC Raulston Arboretum began as a simple educational tool and a way to identify new plant introductions that would do best here in North Carolina. With the years, the JCRA has become a fantastic resource for all aspects of horticulture: the value of public gardens, landscape design, and new ornamental plants.