

Clover Connection

Rowan County 4-H Newsletter

May 2020



From the Agent:

Today marks two years that I have served as your 4-H Agent! Because of our current circumstances with Covid-19, my daily life as a 4-H Agent has changed quite a bit in the last couple of months. But, what hasn't changed is my commitment to youth and families of Rowan County. Our 4-H programs, activities and events look different right now, but they are still happening! Just this week we successfully completed our 4-H Presentations via Zoom and 4-H Talent via recorded video. Additional activities and programs are being created and shared and will continue to be. This newsletter will tell you about what's currently available! I encourage you to find a way for your child to get involved in 4-H!

If your child participates or plans to participate in any virtual 4-H programming, please complete this [online waiver google form](#). As always, if they are not currently enrolled in [4HOnline](#), make sure to enroll them so that they can participate in 4-H.

Are you unsure about what 4-H has to offer? If so, watch the [What is 4-H video](#) to learn about 4-H, activities offered, and to hear from some of our own Rowan County 4-H'ers!

To get in touch with me during this time, the best method is emailing me at laura_allen@ncsu.edu. You can also call 704-216-8983 (my direct line) and leave a message. I have all of my voicemails directed to my email.

For the latest local information on Covid-19, please visit: [Rowan County Covid-19](#)

Despite these uncertain times, there is much to be thankful for. Don't forget to count your blessings!

Stay safe,
Laura

HAPPENING NOW!

Get involved in our **Rowan County 4-H Weekly Challenges**! Learn, have fun, and participate for the CHANCE to WIN some 4-H swag! Make sure to enroll in 4HOnline at nc.4honline.com to be eligible to participate!

****The photos submitted on May 11-17 during the Photo Challenge may be eligible to compete in the NC 4-H Photo Contest!****

Rowan County 4-H Weekly Challenges

Rules:

1. Open to any Rowan County youths ages 5-18 (as of January 1).
2. Participants must be enrolled in 4HOnline at nc.4honline.com.
3. Photos with "proof" of the week's completed challenge must be emailed no later than each Sunday by 11:59 PM to the 4-H Agent at laura_allen@ncsu.edu. No late entries accepted.



At the end of each week, all participants who completed that week's challenge will be entered into a drawing. ONE winner will be drawn per week and will receive 4-H swag!

**May
4-10**

**Thank You
Note
Challenge**

Write at least TWO thank you notes to someone you are grateful for.

Take a picture of the notes to submit as proof.
Visit the NC Cooperative Extension-Rowan County Youtube Channel for a thank you note how-to video.

**May
11-17**

**Photo
Challenge**

**Take and submit ONE digital photo
PER category:**

1. Pets in Action
2. Nature's Beauty
3. 4-H in Action

**May
18-24**

**Environmental
Challenge**

Complete TWO of the following:

1. Clean up roadside for 30 minutes
2. Turn off water when brushing teeth
3. Make a bird feeder
(pine cone or toilet paper roll, peanut butter/honey, bird seed, string)

**May
25-31**

**Healthy Living
Challenge**

Complete the following:

1. Walk a total of 5 miles this week
2. Eat at least 3 different fruits or vegetables
3. "Unplug" at least 1 hour each day

**June
1-7**

**Nature
Challenge**

Walk around your yard or neighborhood and find & take pictures of at least 5 of the following:

ladybug, flower, leaf, bird, earthworm, butterfly,
bee, seed, ant, pine cone, stick

**June
8-14**

**Creativity
Challenge**

Using supplies that you already have at home, BUILD SOMETHING!

Use your imagination, be creative,
and have fun!

NC State University and N.C. A&T State University are collectively committed to position to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating. Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Laura Allen, 4-H Agent, at 704-216-8970 or laura_allen@ncsu.edu at least 14 days prior to the event.



COUNTY 4-H PROGRAMS

DON'T MISS OUT ON THIS AWESOME VIRTUAL 4-H CAMPING EXPERIENCE!!!

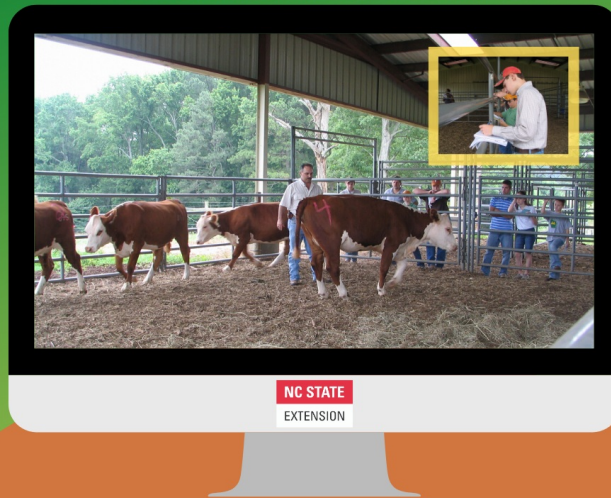


Join NC 4-H for a completely new and virtual camping experience in June! FREE and open to any family that wants to have an outdoor summer camping experience with virtual connections and learning to make it FUN, this one week experiential event will feature some of your favorite 4-H camping traditions like a dance party, slide show, trivia night, Arts & Crafts, and more.

Use the a la carte [menu of organized camp activities](#) to invest as little or as much screen time as you want. Sessions will even be led by trained, live Camp Counselors. The week's activities will culminate in a Friday-night backyard (or living room) CAMP OUT complete with some of your favorite camp songs, skits, and s'mores. You don't want to miss this unique virtual camping experience. It's as close to real 4-H camp as you can get this summer! Youth DO NOT need to be members of 4-H to participate. SPACE IS LIMITED, so register early.

[REGISTER HERE FOR VIRTUAL 4-H CAMP](#)

Virtual Livestock Judging & Skillathon Clinics



Register on our website:
youthlivestock.ces.ncsu.edu

[Click here to learn about virtual Livestock Judging & Skillathon Clinics being offered by NC 4-H](http://youthlivestock.ces.ncsu.edu)

West District 4-H Create & Share

**YOU CAN DRAW, PAINT, WRITE A
POEM, SONG, OR ANY OTHER
CREATIVE MEDIUM! - AGES 13-18**

Our first topic will be: 4 More H's!

• • • • •

Week 1- Heritage: April 20th - 26th

Week 2- Hero: April 27th - May 2nd

Week 3- Hope: May 4th - May 10th

Week 4- Harmony: May 11th - 17th

**Take a picture/record your work and
tag @westdistrict4h or Email them to
srdixon@ncsu.edu!**



N.C. Cooperative Extension is an equal opportunity provider.

EBCI 4-H PRESENTS

FAMILY CULTURAL CIRCLE

Storytime with Cherokee legends
and family-friendly Cherokee
language lessons!

TUESDAYS @ 1 PM - ONLINE!

Registration Link: go.ncsu.edu/familyculturalcircle

For questions, contact Sally Dixon at srdixon@ncsu.edu

N.C. Cooperative Extension is an equal opportunity provider.



Rowan 4-H Service Project: Thank You Notes for Essential Industry Workers

County Council came up with the idea of writing and mailing thank you notes to local healthcare & essential industry professionals. JOIN IN and help hand-write thank you notes to those in these fields!

Use the links below to help you! You can also use this information to help you with the Rowan County 4-H Weekly Challenge on May 4-10!

[Video by Mrs. Laura on how to write a thank you note](#)

[Click here for a document on how to write thank you notes](#)

[Click here for sample thank you notes & how to address an envelope](#)

I've started a list of people/locations and their addresses to send thank you notes to. Please add to it. Please click here and read the instructions about the "check mark" so we know how many notes have been sent.

[List of people to send thank you notes to](#)



4-H Summer Fun Update

Our normal face-to-face 4-H Summer Fun camps are not allowed to happen this summer. HOWEVER, Rowan County 4-H WILL BE OFFERING some material kits to distribute and also offering virtual Summer Fun opportunities. As soon as all plans have been made, the program details and a registration form will be sent out via Constant Contact and posted on the Rowan County 4-H Facebook Page.

Our plans right now include:

- Sewing Kit (with all materials & written instructions + instructional YouTube videos)
- Virtual Poultry Camp
- 4-H SPIN Clubs (They will meet once a week on Zoom for 1 hour for 6 weeks and focus on a particular topic. They will include instructional information, activities to do at home, guest speakers, and more!)
- More to come....



Upcoming Meetings (NOW VIRTUAL via Zoom)

County Council: These meetings are for any 4-H'er ages 12-18 as of January 1. We will meet online via Zoom

May 18, 2020, 6 PM via Zoom (link will be emailed to those who typically attend)

**If you have never attended County Council and want to try it virtually, email laura_allen@ncsu.edu for the link.

PALS: These meetings are for any parent, alumni, leader or supporter of Rowan County 4-H. If you are interested in 4-H or new to 4-H, you are invited to attend these meetings as well! Please come share your ideas for 4-H and help us find ways to support Rowan County 4-H.

June 22, 6 PM via Zoom (link will be emailed to all registered 4-H volunteers)

**If you are a parent who wants to attend, please email laura_allen@ncsu.edu to get the link!

[PALS Constitution & Bylaws](#)



Apply NOW for Rowan County 4-H Event Scholarships Due May 15

Open to 4-H'ers to help them attend 4-H events in 2020!

DATE HAS BEEN EXTENDED TO MAY 15. This application should be filled out by the 4-H'er. All applications should be submitted via email to laura_allen@ncsu.edu.

With many 4-H events being canceled, there may not be the need for scholarships for your child this year. Apply if your child has a 4-H event in 2020 that they will be attending which requires financial assistance. **I have been told that there will likely be costs associated with Virtual 4-H Congress and/or Citizenship Focus.**

If the event is not yet canceled and becomes canceled, the scholarship will not be funded for 2020 and the child will have to reapply for a scholarship in 2021.

Please find the updated Cloverbucks document and 4-H Event Scholarship application on the Rowan County Cooperative Extension website or click [HERE!](#)

4-H Event Scholarships are available for Rowan County youth to help assist them with expenses for upcoming 2020 4-H Events.

4-H Changes and/or Cancellations due to Covid-19:

Changes
AND
CANCELLATIONS

As a reminder, the following NC 4-H Events have been canceled:

- CANCELED:** 4-H Camps at Betsy-Jeff Penn, Millstone or Eastern 4-H Center
- CANCELED:** Electric Congress
- CANCELED:** Citizenship Focus
- CANCELED:** 4-H Congress

NC 4-H is considering the creation of virtual options for some of these events! Information will be shared as it is received.

Other Cancellations or Changes:

- CANCELED:** Rowan Arts & Ag. Farm Tour (originally scheduled for June 6)
- POSTPONED, Dates TBD:** Spring Paper Clover Week at Tractor Supply (originally scheduled for April 29-May 10)

As of right now, 4-H cannot have face-to-face programs through mid-August.

****Updates for Horse, Dairy & Poultry are listed further down, so keep scrolling!****

4-H Club Changes & Updates due to Covid-19



-Club meetings cannot meet in person through mid August.

-Clubs CAN meet virtually, which is encouraged!

-Clubs can only meet through a Zoom meeting that is set up by the 4-H Agent through the NC State Zoom account. NC State has more protection than the normal Zoom accounts and is the virtual mode that NC State requires.

-Each Zoom meeting must have at least 2 approved 4-H volunteers present during the meeting. This shouldn't be a problems since the 4-H Agent is also on during the meeting.

-It is okay to invite guest speakers to your Zoom meeting! If you need help with virtual programming ideas, please contact the 4-H Agent.

Rowan County 4-H PALS Port-a-Pit Fundraiser Postponed

As of right now, the Rowan County 4-H PALS Port-a-Pit Fundraiser is postponed until July 10. As Covid-19 develops, this event may or may not be able to happen depending on what NC State University, Rowan County, and Extension leaders tell us. We will have a better idea closer to time. If we cannot do this event in July, it will be canceled for 2020 and we will try again in 2021.

All those who ordered for April 3 were contacted in March.
Money was refunded to those who requested it.

Rowan County 4-H PALS
All proceeds benefit 4-H youth development programs & scholarships

Port-a-Pit BBQ Chicken
 **Friday, April 3, 2020**
11 AM-3 PM

Eat In or Take Out
\$10

Pre-Order

POSTPONED
UNTIL JULY 10, 2020
Those who ordered will be contacted this week by phone or email.
We appreciate your understanding.

North Carolina Cooperative Extension,
Rowan County Center
2727 Old Concord Road
Salisbury, NC 28146

Orders due by
March 13
To order contact:
laura_allen@ncsu.edu
704-216-8970

Resources to use while at home

LOTS of resources are available right now to everyone during Covid-19. There are great 4-H and non-4-H resources available. Here are suggestions and resources for you!

-Follow North Carolina 4-H on Facebook for the NC 4-H Daily Spark videos conducted daily by 4-H professionals from all across NC!

-Follow Rowan County 4-H on Facebook for resources and ideas!

-Check out National 4-H and their resources: [Inspire Kids to Do & Healthy Living Activity Guides](#)

-Use the 4-H Choice Boards I created for your 4-H'ers to choose some activities to do while at home (3 different ones based on age): [Rowan 4-H Choice Boards](#)



-Here is a folder of resources that I have put together as I have found some great resources. I will continue to add to it: [Resources for Families](#)

National Junior Master Gardener Facebook Live Activity Videos: [Facebook Live Jr. Master Gardener Activity Series](#)

-Check out Pender County 4-H's list of resources: [Pender County 4-H](#)

-Check out Craven County 4-H's list of resources: [Craven County 4-H](#)

-Cherokee Language Citizenship Activities: [Cherokee Culture Activities](#)

-List of Citizenship Activities (great for Project Record Books): [Citizenship Activities](#)



PLAN NOW for Project Record Books, Achievement Plans, & More!

If you are wanting your child or club member to turn in a Project Record Book or Achievement Plan for the year 2020, please start NOW! The completed books/plans will be due in January 2021, but the work included in them will be the items they do from January-December 2020.

In case you missed it, here's a recording of the Project Record Book Zoom workshop held on March 24. Use it to help you: [Project Record Book Zoom Workshop Recording](#)

Other helpful links:

[Project Record Book for Rowan Cloverbuds \(5-7 years old\)](#)

[PDF Fillable Project Record Book for 8-12 years old](#)

[PDF Fillable Project Record Book for 13-18 years old](#)

[Helpful Hints for doing Project Record Books](#)

[Achievement Plan](#)

[NC 4-H Incentives & Awards Programs****](#) has the grading rubrics and record books provided

YouthVoice



As of right now, YouthVoice is still on, so we are seeking ONE youth ages 14-18 (as of Jan. 1) to participate.

This event is in conjunction with the NC Association of County Commissioners annual

meeting. One 4-H'er from Rowan County can attend. Those who attended in the past are not eligible to attend again. If you are interested in being the Rowan County 4-H attendee this year, please notify Laura by May 1. The attendee will have to speak in front of the County Commissioners at one of their upcoming meetings.



Application, Interview, Resume, Electronic-Video (AIRE)

AIRE is a workforce development and college prep program for youth ages 11-18 (as of Jan. 1).

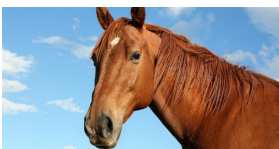
Youth are eligible participate in this program in one of two ways.

Option 1: Youth participate in this program by completing the four (4) AIRE candidate packet components. All candidates submitting a complete packet will be invited to participate in either the State-Level competitive program (open to youth ages 14-18) or in the non-competitive program (open to youth ages 11-13). **Youth participating in the competitive AIRE program are eligible to be selected to attend national events such as National Congress, National Conference, and International Leadership Conference.**

****This option requires youth to submit their packets to Laura no later than June 1, 2020.**

Option 2: Youth participate in this program by completing the AIRE program components as self-study and/or as part of their local 4-H program. This option does not require the participant to submit their AIRE packet for State-level review.

Read more at: <https://nc4h.ces.ncsu.edu/youth-3/application-interview-resume-essay-aire/>



Horse Updates

- All NC 4-H horse shows have been canceled.
- Horsemanship Camp at Millstone 4-H Camp is canceled.

Please read the latest [NC 4-H Horse Program April Newsletter](#) for all specific horse updates due to Covid-19.

Changes have been made to the [Horse Artistic Expression](#) competition to make it completely electronic for 2020. Check it out for all the details!

[NC 4-H Horse Program 2020 Calendar of Events](#)

[NC 4-H Horse Program Rules & Regulations Manual \(updated Dec. 2019\)](#)

[NC 4-H Horse Program Dressage & Combined Training Manual](#)



Dairy Updates

If the 4-H Dairy Judging competition is rescheduled, notifications will be sent to all those who practiced prior to the cancelation of the March 27 event.



Poultry Updates

If you are interested in Poultry Judging and/or Avian Bowl, contact Laura Allen at laura_allen@ncsu.edu OR Morgan Watts at amwatts@ncsu.edu. We are still unsure about what competitions NC 4-H may be offering. We have heard that there may be a Virtual Avian Bowl competition. More info will be provided as we know it.

Senior 4-H'er Sam Oster gives back to 4-H Program

Sam Oster, a senior at Jesse Carson High School, decided to incorporate his Eagle Scout Project with his love of the 4-H program. He chose to design and build archery targets for the Rowan County 4-H shooting sports program.

Sam completed his project with the help of his scout leaders and fellow boy scouts from Troop 84. The project was delivered to extension director Amy-Lynn Albertson. Sam was awarded his Eagle Scout rank last year. The ceremony will be held when the restrictions for group gatherings are lifted. Sam loved giving back to a program that has meant so much to him. Thanks to everyone who has encouraged and supported Sam through all his years with the wonderful 4-H program.

Submitted by: Cheryl Oster, 4-H Volunteer



4-H Shout Outs

Congratulations to all 4-H'ers who competed in 4-H Presentations and 4-H Talent this year during our first-ever virtual competitions!



4-H Presentations at county level:

5-7 years old:

Luke Allen, Category: Cloverbud, Award: Participation

Baylee Hampton, Category: Cloverbud, Award: Participation

8-10 years old:

Guy Deal, Category: Livestock & Dairy Production, 1st place

11-13 years old:

Mason Gabosch, Category: Public Speaking, 1st place

Samantha Simon, Category: Careers & Entrepreneurship, 1st place

Olivia Stirrup, Category: Hospitality, Etiquette & Social Graces, 1st place

14-18 year old:

Jaysa Causby, Category: Agricultural Safety & Health, 1st place

Ryleigh Fulghum, Category: Arts & Communication, 1st place

Laney Gabosch, Category: Health/Fitness, 1st place

Kayla Hampton, Category: Horse, 1st place

Anonymous 4-H'er, Category: Fruits & Vegetables, 1st place

All of the above 4-H'ers are eligible to participate/compete during Virtual District Activity Day!

4-H Talent at county level:

Jacob & Lucas Parker (group talent): Playing Guitar & Singing
Adyson Medley (individual talent): Martial Arts Demonstration

The Parkers and Adyson are both eligible to participate in District 4-H Talent which will be held virtually this fall!

Rowe McNeely Scholarship Winner:

Congratulations to Rowan County 4-H'er and high school senior Sam Oster who received the Rowe McNeely Scholarship. This scholarship is only available to graduating seniors who are actively involved in 4-H in Rowan or Iredell counties.

Virtual NC 4-H Horse Judging Competition:

The following Happy Trails 4-H Club members participated in the NC 4-H Horse Judging competition, which was held virtually this year:
Allison Mares, 9th place individual, junior division
Bayley Kruger
Kailey Newcome

Thank you to ALL of our 4-H Volunteers:

["Thank You" video to all of our Rowan County 4-H Volunteers](#)

Important Info for 4-H Club Leaders:

ALL OFFICIAL 4-H VOLUNTEERS: Please report your 2020 contacts by the 10th of every month after the month for which you are reporting (January reports are due by Feb. 10):

<http://go.ncsu.edu/2020monthly4hreport>

-The 4-H year runs January-December. All volunteers and club members MUST be re-enrolled in 4HOnline in January 2020, regardless of when they registered in 4HOnline in 2019. If they don't enroll, they can't participate!

-If you are seeking reimbursement from your club's account OR if you are needing money out of your club's account to pay a bill, please use the [PALS money use form](#).

-Please notify Laura of any club fundraisers you plan to do or club donations you plan



to seek.

-If your club receives money (donation, club fee, fundraiser money, etc) the money **MUST** be RECEIPTED and TURNED IN to the Extension office within **3 DAYS** of receiving it! If you need a receipt book, please let Laura know.

-Please use the 4-H Club Leader Resource folder(link emailed to club leaders). No need to "reinvent the wheel" when we have great resources we can share! If you don't have access and would like to have access to this folder, email Laura!

-Please push your 4-H'ers to do a project record book, Achievement Plan or to get involved in 4-H in a new way!

-Brief club information and/or a 4-H picture & caption can be submitted for the newsletter. Please send it to me by the 25th of the month prior to the newsletter publishing date (which is typically the 1st of the month).

-Don't forget that your club **MUST do at least 1 service project each year!**

-Remember that as a club leader, you **MUST** attend 1 volunteer training during the calendar year to be able to re-charter your club. For Emerald Seal, you must attend 2 volunteer trainings.

THANKS FOR ALL YOU DO!!!!

Click here for more information:

[Achievement Plan](#)

[Project Record Books and Presentations](#)

[4-H Ambassador Program](#)



- monthly meetings
- educational activities
- parliamentary procedure
- leadership skills
- public speaking
- hands-on learning
- fun
- new friends
- service projects



For more info, contact:

laura_allen@ncsu.edu, 704-216-8970

Focus: Horses

- ERSC Blazing Hooves 4-H Club
- Happy Trails 4-H Club
- (both in East Rowan area)

Focus: Shooting Sports

- Hot Shots 4-H Club (Salisbury)
- Lead Drivers 4-H Club (Mt. Ulla)
- *must be 8 years old as of Jan. 1*

Focus: Cooking

- Rowan Rolling Pins 4-H Club
- (Mt. Ulla)

Focus: Livestock, Dairy, Poultry

- Livestock 4-H Club
- (Salisbury)

Focus: Plants/Nature for homeschool youth

- Jr. Master Gardeners 4-H Club
- (Salisbury)

Focus: variety of topics

- Rowan Researchers 4-H Club
- (Rockwell/China Grove)
- West Rowan 4-H Explorers 4-H Club
- (Mt. Ulla)



**For youth ages 5-18
(as of January 1).**



All club leader volunteers are screened & trained.

NC State University and N.C. A&T State University are collectively committed to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating. Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Laura Allen, Rowan County 4-H Agent, at 704-216-8970 or laura.allen@ncsu.edu at least 14 days prior to the event.

How to Start a New 4-H Club!

Are you interested in starting your own 4-H club to meet the needs and interests of your family or community? If so, here are the requirements to charter a new 4-H

Club:



1. Must have at least 1 approved volunteer to lead the group (having co-leaders is also recommended). Volunteers must fill out an application and go through a background check.
2. The club must have at least 5 members from at least 3 different families.
3. A written program of work must be completed for the first 6 meetings and must be submitted to the county Cooperative Extension office.
4. The club is organized with appropriate youth leaders that are either rotated or elected.
5. A club roster is completed and submitted to the county Cooperative Extension office.

An approved 4-H charter application must be on file at the Rowan County Cooperative Extension office and each club must re-charter annually. 4-H members must fill out 4-H enrollment and medical forms annually.

Please email laura_allen@ncsu.edu if you are interested in starting a club!

Click here for more information:

[4-H Clubs](#)



Shared Folder for 4-H Pictures

I've had requests for some of the 4-H pictures I have taken at different events. To make it easier for everybody, I've created a shared folder in my Google Drive and have added all of my 4-H pictures in there. Please do not delete them, but you can copy ones you want to save, you can add pictures taken at 4-H events, etc. Also, be mindful that not all 4-H'ers have signed waivers allowing their picture to be taken. If I see any added pictures that include youth without that signed waiver, I will delete them. Here is the link:

<https://drive.google.com/drive/folders/16GQ50QsLH10AVBFeg2y1EHfoOP0DGkZm?usp=sharing>

Laura H. Allen
4-H Youth Development Agent
Rowan County Center
704-216-8970
laura_allen@ncsu.edu
rowan.ces.ncsu.edu

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[Follow us on Twitter](#)

NC State University and N.C. A&T State University work in tandem, along with federal, state and local governments, to form a strategic partnership called N.C. Cooperative Extension.

Extension's 4-H program is the largest youth development organization in North Carolina. We help over 247,000 young people grow into active, contributing citizens each year.

