

Clover Connection

Rowan County 4-H Newsletter

January 2021



From the Agent:

Happy New Year!

As we move into 2021, there is still a lot of uncertainty due to Covid-19 and how that will effect 4-H. Right now, clubs with leaders who have been trained on our new protocols CAN meet in-person, but with limited participation based on the governor's indoor/outdoor limits. There are also new rules, training and protocols in place for members and parents, too. Please be in touch with your club leader to learn about your club's plans for 2021.

We will have 6 4-H Clubs re-chartering for 2021. Some clubs from 2020 will not be re-chartering. Please look at the current [club list](#) and find a 4-H club to participate in for 2021!

Important Topics in this Newsletter include:

- DUE DATES for important 4-H awards, etc.
- Forms to be completed so your child can get recognized at Virtual Achievement Night
- Upcoming dates for County Council, PALS & volunteer training meetings
- Links for the required training for youth & parents attending in-person 4-H events in 2021
- Save the Dates for upcoming events
- 4-H Embryology dates & registration information
- 4-H Camp registration information

The doors to our building continue to be open, but masks are required. Currently, I am only in the office on Mondays and Tuesdays and am working from home Wednesday-Friday.

Contact me!
laura_allen@ncsu.edu
704-216-8970 (office)
704-216-8983 (office--direct line)

Stay safe!
Laura

DON'T FORGET!

DUE:
JANUARY 7, 2021

2020 PROJECT RECORD BOOKS
PORTFOLIOS

ACHIEVEMENT PLANS
AMBASSADOR PORTFOLIOS

Helpful links found at rowan.ces.ncsu.edu
Questions? laura_allen@ncsu.edu or 704-216-8970



Please submit it in a 3-hole folder. I have 4-H folders at the office if you want one.

Helpful links:

[Project Record Books](#)

[4-H Achievement Plans](#)

[Portfolios and Project Record Books \(scroll down to correct section\)](#)

[NC 4-H Ambassador Program](#)



Upcoming Meetings

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

-January 16, 9:30 AM-12 PM at the Extension office:
recording of Achievement Night Videos (only for those in the script)

-February 8 at 6 PM on Zoom

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.

-February 8 at 7:15 PM on Zoom

[PALS Constitution and Bylaws](#)



4-H Reopening Training for 4-H Volunteers/Club Leaders

If you are an official 4-H volunteer and you intend to lead or assist with an in-person 4-H event in 2021 (club meeting, workshop, etc), you **MUST** be trained on the new protocols **BEFORE** you can offer an in-person program.

The next training opportunity will be on Tuesday, January 19 at 7 PM on Zoom.

Please email laura_allen@ncsu.edu if you plan to attend.

****If you attended one of the trainings offered in November (in full), then you do not have to do this training again.**

Register NOW for 2021 4-H Embryology

Opportunity for public, private, charter school teachers and homeschool families

Seeking 2nd grade & 7th grade classrooms in RSS, private schools & charter schools, as well as homeschool families, to participate in....

4-H Embryology

Cycle 1 (schools only):

Zoom training:
Jan. 20, 3-4 PM

Drive by pick up:
Jan. 25, 3-5 PM

Drive by return:
Feb. 19, 3-5 PM

Cycle 2 (homeschool & private/charter schools only):

Zoom training:
Feb. 23, 3-4 PM

Drive by pick up:
March 1, 3-5 PM

Drive by return:
March 26, 3-5 PM

Cycle 3 (schools only):

Zoom training:
April 7, 3-4 PM

Drive by pick up:
April 12, 3-5 PM

Drive by return:
May 7, 3-5 PM

All materials will be picked up at Rowan County Cooperative Extension.
All chicks & materials must be returned to Rowan County Cooperative Extension.

Cost:

\$10 per classroom
Exact cash or check
made to Rowan CES
*payment due at or before pick up



To register, contact:

laura_allen@ncsu.edu
704-216-8970
2727-A Old Concord Rd.
Salisbury, NC 28146

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.



GO TO:

go.ncsu.edu/rowan4h2020participation

Fill out link by Feb. 5!

Please fill out the above link for each child of yours who participated in Rowan 4-H in 2020. Those who fill out this form will have a certificate printed with their achievements listed on it and will receive a years of service pin.

Failure to complete this form means that your child's certificate will be only have their name & 4-H club and they will not receive a pin.

Achievement Night Plans for 2021 due to Covid-19....

RESPONSE NEEDED, LINK IS ON THE LEFT! Response due by Feb. 5.

Annually, we have Achievement Night in February to recognize the achievements of our 4-H'ers from the previous year. **We will do the same this year, BUT it will be virtual.** County Council has made plans to create a pre-recorded video that will air on February 23.

4-H'ers who participated in 2020 WILL still receive recognition via certificate and their name will appear on the screen during the pre-recorded video. Special awards will be given as usual.

An email will be sent out regarding pick up of 4-H Achievement Night awards following the video release.

Do you plan to attend an in-person 4-H club meeting or event in 2021? If so, our NEW COVID PROTOCOLS require that 4-H'er and parent attendees do the following:

Step 1: Go to go.ncsu.edu/rowantrainingcomplete and watch the embedded training video. Each 4-H'er/parent who attends a 4-H club meeting or event **MUST** watch the video and **EACH PERSON MUST** fill out the form stating they completed the video training. This **MUST** be done before attending a 4-H event. Once you have completed it , it is good for each 4-H event moving forward.

Step 2: NEW waivers MUST BE FILLED OUT moving forward for all of our virtual and in-person programs.

These forms are new as of Oct. 2020 and required by NC 4-H.

Please fill out the appropriate forms linked below:

[4-H'er Waiver](#)

[4-H Volunteer Waiver](#)

[Adult Attendee/Parent Waiver](#)

IF YOU ARE AN OFFICIAL 4-H VOLUNTEER, YOU MUST ATTEND A LIVE ZOOM TRAINING IN ORDER TO PARTICIPATE IN 4-H IN A VOLUNTEER ROLE. This training will go over all of the rules & guidelines that 4-H volunteers must adhere to. **Next training: January 19. Email laura_allen@ncsu.edu to get the Zoom link.**

4-HOnline 2.0



The online registration for 4-H enrollment will be changing to 4-H Online 2.0. Right now, the website is not accessible at all. The new system should be open mid-January. I will notify you when it is open.

As a reminder, you **MUST** re-enroll your 4-H'er each year starting in January. The enrollment is good until Dec. 31 of that year. Volunteers must re-enroll as well.

For helpful information on this new site, please [click here](#).

**NC 4-H Scholarships for
Graduating Seniors**

Are you a graduating senior? If so, it's time to apply for 4-H college scholarships!

[Click here for all information!](#) (Scroll to the scholarship section).

This application is due to Mrs. Laura no later than January 22, 2021.



Apply for 4-H Honor Club!

If you are at least 16 years old and an active member of 4-H, check out the 4-H Honor Club application to see if you meet the qualifications to apply. This is the highest, most prestigious achievement for NC 4-H'ers.

[Click here for the application.](#) Scroll down to the "General Forms Related to 4-H Awards Programs" section to find application.

This application is due to Mrs. Laura no later than January 22, 2021.

Apply for the Rowan County 4-H'er of the Year Award



If you are 13-18 (as of January 1) and have not received this award before, you are eligible to apply.

This award MUST be filled out by the 4-H'er, not their parent or club leader.

[Click here for all information!](#) (Scroll to "January").

This application is due to Mrs. Laura no later than January 22, 2021.



Any 4-H or FFA member who is a graduating senior is eligible to apply.

The application can be found [here](#).

Deadline to apply is January 31.

Virtual Volunteer Leaders' Conference 2021

4-H Volunteers: This is a GREAT conference! **PALS will be offsetting the full cost (\$30) for this year.**

Event Dates: February 5-6, 2021.

To attend, you must fill out the registration form emailed to all official 4-H volunteers. Forms are due to Laura no later than January 4. Details were emailed out to all official 4-H volunteers on Dec. 8 & Dec. 31, 2020.



Teen 4-H'ers: Save the Date for Winter Enrichment 2021

More details to come, but please save the date. Our very own Jaysa Causby is a South Central District 4-H Officer this year and will be helping to lead this event!



NC 4-H 2021 Summer Camp Update

Rowan County 4-H is making plans to attend 4-H Camp at Betsy-Jeff Penn (BJP) in Reidsville, NC on **July 4-9, 2021**. 4-H Camp is for any youth ages 8-14. If you register through Rowan County 4-H, camp will cost \$450 per 4-H'er...if you register through BJP, it costs more. You do not have to be a current 4-H member to attend.

If your child is interested in attending 4-H Camp with us this year, please fill out this [registration form](#). You may also contact Laura Allen at laura_allen@ncsu.edu or 704-216-8970 with any questions. A camp deposit of \$200 is due no later than April 7, 2021. The remaining payment is due by Saturday, May 8 at 10 AM, which is the date of the parent meeting.

The deposit is non-refundable; HOWEVER, if camp is canceled due to Covid-19, all monies paid WILL be refunded in full.

WHY KIDS NEED 4-H CAMP NOW MORE THAN EVER!



WWW.NC4HCAMPS.ORG

NC COOPERATIVE
EXTENSION

NC A&T

NO STATE
CONTRACT

TO ENROLL, CONTACT YOUR LOCAL COUNTY 4-H AGENT



4-H CAMP PROMOTES PHYSICAL HEALTH

Combined with activities like swimming, canoeing, horseback riding, hiking and more, youth learn how to enjoy physical activity.



4-H CAMP TEACHES INDEPENDENCE

Children are encouraged to push their boundaries, step out of their comfort zones and grow the self-confidence necessary to become independent.

4-H CAMP CULTIVATES A SENSE OF BELONGING

4-H Camp gives young people the opportunity to be themselves while appreciating others with values, attitudes and abilities different from their own.



4-H CAMP BUILDS AFFINITY FOR NATURE

Far from the digital screens at home, 4-H campers are fully immersed in the natural world.



4-H CAMP TEACHES RESPONSIBILITY

For many, 4-H camp is a first experience cleaning a cabin or setting a table. It may also be the first time campers work with others to overcome challenges.



HOW WE'RE KEEPING YOUR KIDS SAFE AT CAMP!



eastern4hcenter.org



bjpenn4h.org



millstone4hcamp.com

Our three North Carolina 4-H Camps & Centers maintain accreditation from the American Camp Association (ACA). The ACA collaborated with an expert panel of specialists in pediatric medicine, camp medicine and nursing, epidemiology, infectious disease management, biological safety, industrial hygiene, organizational design and other technical specialists to produce the *Field Guide for Camps on Implementation of CDC Guidance* to assist in running safe and effective programs in the time of COVID-19. We are utilizing the *Field Guide* and are developing:



A pre-screening protocol for campers & staff before & during arrival



A process of daily health checks of all campers & staff once camp starts



PPE protocols for campers & staff in accordance with CDC guidelines



Modifications to programming & activities to ensure social distancing measures & safety protocols



A re-designed camper experience utilizing "cohorting" - keeping campers in consistent, small groups to limit exposure to others



Schedule modifications to allow additional time for safe hand washing practices before & after meals, activities, etc.



Modifications to dining hall procedures to ensure safety before, during & after mealtimes



Cleaning & disinfecting protocols in accordance with CDC guidelines, with the addition of new hand sanitizing stations around camp

North Carolina Cooperative Extension is an equal opportunity provider

4-H Curriculum for teachers homeschool families & club leaders

NC 4-H has created an online 4-H curriculum website that is open to the public. Please explore the website as there are lots of awesome learning opportunities available! If you are interested in any of the curriculums, please let 4-H Agent Laura Allen know. You will have to submit the demographics of your participants before you can receive the passcode to get into the full site.

Go to: nc4hcurriculum.org



Learn By Doing



Flexible digital assets for virtual and face to face learning!

- Grab and Go Lessons featuring STEM and Healthy Living
- Directory of NC 4-H curricula
- Professional Development Opportunities
- Access to a local 4-H Youth Development Profession

NC4HCurriculum.org

North Carolina Cooperative Extension is an equal opportunity provider.

4-H Shout Outs!

Thanks to all volunteers who assisted with the 4-H Wreath Sale Pick Up!

Thanks to the Happy Trails 4-H Club & Hot Shots 4-H Club for being our first clubs to try an in-person meeting following all of the new Covid protection protocols!

Congratulations to the Rowan Rolling Pins 4-H Club

The Rowan Rolling Pins 4-H Club has been selected as a recipient of the America's Farmers Grow Communities Grant! This grant, in the amount of \$2,500, is provided by the Bayer Fund. A special thank you to local farmer and 4-H volunteer Cheryl Correll for applying for this grant. She was selected as the winner and had designated the Rowan Rolling Pins 4-H Club as the grant designee! This grant will help the Rowan Rolling Pins 4-H club with their club activities and expenses.



Horse Updates

Dates for the 2021 4-H Horse Bowl and Hippology Contests have been announced.

January 30: South Central District Horse Bowl competition at the Union County Ag. Center

March 27: NC 4-H Horse Bowl & Hippology competitions at NC State University

Dates and locations are subject to change depending on COVID-19 restrictions and guidelines.

Be on the lookout for more information from the NC 4-H Horse Program regarding a new Horse Achievement Award.

Follow the [NC 4-H Horse Program](#) on Facebook for all the latest workshop offerings and 4-H horse program information!

[NC 4-H Horse Program Newsletters](#)

[NC 4-H Horse Program Information](#)

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

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

Learning opportunity for parents
provided by YSUP Rowan

#YouthCulture: E-Cigarettes 101



Tuesday, January 12th
6:00 p.m. - 7:15 p.m.
Presented by the Poe Center via Zoom

This program is for adults only

This program addresses the the growing concern of e-cigarettes and youth. Participants will explore **adolescent brain development** and **effects of e-cigarettes** as we cover the latest research. We will also take a look at the risk factors for use, and the protective factors that help prevent use. A discussion on **resources and strategies for increasing protective factors** with our youth will leave attendees with tools for the next steps. This program is part of the Poe Center's #YouthCulture Workshop Series.

What is Poe's #YouthCulture workshop series?

Our #YouthCulture series is designed to empower parents/ guardians and adults that work with youth by providing insight into the environment and culture around our youth. Learn more about our six #YouthCulture programs at www.poehealth.org

Register here: <https://bit.ly/3oAeMNK>

Presented in partnership with:

Questions? Contact Lauren Alexander-Persse:
laurenysup@gmail.com



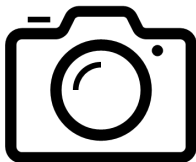
To schedule a Poe program, call 919-231-4006 or go online to www.poehealth.org

224 Sunnybrook Rd. Raleigh, NC 27610 | poehealth.org | 866-402-4799 | info@poehealth.org

Nutrition & Physical Activity | General Health | Family Life
Substance Use Prevention | Dental Health | Bullying Prevention



Access Rowan County 4-H Pictures



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 view and copy ones you want to save.

[Click here to access 4-H pictures](#)

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](#)

[Follow us on Instagram](#)

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.