

Clover Connection

Rowan County 4-H Newsletter

July 2020



From the Agent:

Thank you for being involved in 4-H. I know you have a choice as to what you and your family choose to participate in, and I'm thankful that you are sticking with 4-H, despite the virtual circumstances. 4-H flourishes because of volunteers, youth and families like you.

As a reminder, all of our 4-H programs will remain **virtual** until further notice. Plans are being made by NC State about what re-opening 4-H will look like in the coming weeks/months. I will be sharing those plans first with our 4-H volunteers on July 7 during a Zoom meeting. Please know that 4-H must follow the protocols set forth by NC State and Rowan County, which are also based upon the governor's mandates.

Don't forget to fill out this [online waiver & expectations form](#) if you haven't yet. This was shared in last month's newsletter as well. This should be filled out if youth participate in any virtual program (clubs meetings, 4-H Congress, etc). As always, if your child is 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! Want to join or start a 4-H club? Then check out this [information](#)!

If you need to come by the office, please call first. Please know that you will not be able to come directly into our office. We are open, but the building door and the office door are locked.

If you need anything, please email me at laura_allen@ncsu.edu or call 704-216-8970.

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

Stay safe,
Laura



REGISTER NOW for 4-H Summer Fun!

Though our 4-H Summer Fun program looks different this summer, there are LOTS of great opportunities to keep youth engaged this summer!

Find all details AND registration links [here](#)! All participants also need to fill out this [virtual program waiver form](#).

This site will be updated all summer long!

Register in 4honline.com
Appropriate for all ages
You will get an email with the
zoom link on Thursday morning
Hosted by Richmond County 4-H
Contact Catherine Shelley for details or
questions 910.417.0258



Join the
Turtle Trash Collectors
to learn how you can help save
sea turtles AND the ocean!



Thursday, July 17 at 10 AM



Local 4-H opportunities that you can [register](#) for NOW include:

- Let's Get Musical** (musical craft kit for 5-8 year olds; 12 kits available)
- Staycation Kit** (travel crafts for 5-8 year olds; 12 kits available)
- At Home Spa Day Kit** (spa kit for 9-18 year olds; 7 kits available)
- STEM Kit** (STEM activities for 9-18 year olds; 12 kits available)

****Thanks to our intern, Murphy, for planning these kits!**

Don't forget to check out our [website](#) and the 4HOnline event registration drop down menu to see what district-wide 4-H events you can participate in (like the Turtle Trash Collectors opportunity in the flyer above).



NC 4-H Opportunities:

NC 4-H is offering several 4-H summer programs that youth can complete at their own pace. Registration is open! All details and registration info can be found [here](#)!

Topics include: Environmental Science, STEM, Civic Engagement, Personal Development, Plant Science, Animal Science, Healthy Living, Family & Consumer Science

HAPPENING NOW!

Get involved in our new series of **Rowan County 4-H Weekly Challenges from June 15-July 26!** Youths DO NOT have to be enrolled in 4HOnline to participate. Each week that a youth participates, they will be entered into a drawing. At the end of July, TWO winners will be chosen to win CHICK-FIL-A GIFT CARDS!

Weekly flyers with specific details will be posted on the [Rowan County 4-H Program Facebook page](#) each week!

Rowan County 4-H Weekly Challenges

Rules:



1. Open to any Rowan County youths ages 5-18. Youths DO NOT have to be a registered member of 4-H.
2. 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.

For every week you participate from June 15-July 26, your name will be entered into a drawing. At the end of July, two winners will be drawn and each will receive a Chick-fil-A gift card. The more weeks you participate, the better chance you have to win!

**June
15-21**

Get Fit!

Most miles completed wins!

Take a picture/ screenshot of miles completed in the week to submit as proof.

You can use apps like Strava or any other running app.
You can walk, run, or hike to complete miles.

**June
22-28**

Free Week

Free week, there will be no activities for this week! We hope you are participating in the NC 4-H Virtual Camp Out!

**June 29-
July 5**



Patriotic Week

Complete TWO of the following:

1. Visit a historical landmark, either in person or online.
2. Make a sign to say why you are proud to be American.
3. Take a picture of something made in the USA.

**July
6-12**

**Embracing
New Cultures**

Complete two of the following:

1. Try a new food from a different culture
2. Visit an ethnic market
3. Start learning a new language...ex. a language game
4. Learn about a new culture

**July
13-19**

**Learn A New
Skill**

Send a video or picture of you learning a new skill!

It could be sewing, cooking, building, fixing a light, or even just helping around the house.

**July
20-26**

Be Green

Complete the following activities

1. Recycle
2. Pick up litter for 30 minutes
3. Plant a bee garden
 - a. Plant flowering plants: lavender, marigold, mint...etc
 - b. Make a bee bath (shallow container with water and pebbles or twigs)

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, 4-H Agent, at 704-216-8970 or laura_allen@ncsu.edu at least 14 days prior to the event.



4-H PALS Port-a-Pit Fundraiser happening July 10!

Drive Thru pick up is available 11 AM-1:30 PM.

How can you help?

1. Volunteer during the event. Click [HERE](#) to read the requirements to volunteer and to sign up.
2. Purchase tickets. Call 704-216-8970 or drop by the office.
3. Share, share, share the flyer! Here's a [PDF](#).

****We are still accepting ticket orders. We would prefer you to pre-pay, but are accepting phone call orders.**

Rowan County 4-H PALS

All proceeds benefit 4-H youth development programs & scholarships

Port-a-Pit Chicken



NEW DATE & TIME



Friday, July 10, 11 am-1:30 pm

Drive Thru ONLY

**\$10
per plate**

**Half chicken, slaw
baked beans, roll**

***Due to Covid-19, our dessert plans
have had to change.**

A dessert may or may not be included.*

**Pre-Order
Tickets
Now!**

**Delivery
available**

**(with orders of 8 or more to
Rowan County locations)**

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

**Pre-orders & payment
due by June 17.**

**To order contact:
laura_allen@ncsu.edu
704-216-8970**

A plus side to changes due to Covid-19 is that I was able to go to a virtual training on how to create functional, Rowan County specific pages on our county Extension website! I learned a lot and put it into action.

Go to rowan.ces.ncsu.edu and find the "Rowan County 4-H Program" heading on the left hand tool bar. Then click on any of the pages to learn more about Rowan County 4-H! Everything you need to know about our program is now in one location on our website! I'm so excited about this! Use this, share it with your friends, catch up on Rowan 4-H news and more!



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 until told otherwise.

July 14 at 10:30 AM

August 18 at 6 PM (if in-person or on Zoom will be noted closer to time)**

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. We have been meeting via Zoom, but hopefully will be able to meet in-person soon.

August 18 at 6 PM (if in-person or on Zoom will be noted closer to time)**

****If on Zoom, the dates of these meetings are subject to change since County Council and PALS cannot meet at the same time on Zoom.**

[PALS Constitution & Bylaws](#)



Official 4-H Volunteers: Please Read!

There will be a 4-H Volunteer Zoom Meeting to discuss NC State's plans for re-opening 4-H for in-person events and how to implement it for your clubs/activities.

Tuesday, July 7 at 7 PM

Zoom link will be sent to all official 4-H volunteers via email.

****If you haven't been getting emails from me lately, check your spam folder. Several volunteers have told me that my emails have been going to spam.****



Horse Updates

-All NC 4-H horse shows have been canceled. However, the [VIRTUAL 4-H HORSE SHOW](#) is in July!

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. Entries due July 1.

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 2020 Calendar of Events](#)

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

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

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



Dairy Updates

Virtual Dairy Judging and Senior 4-H Dairy Quiz Bowl contests for 2020 were held in June.



Poultry Updates

All 4-H poultry competitions will be **virtual** this year.

Avian Bowl:

-Next practice is July 1 at 3 PM on Zoom. [Register](#) in advance to attend practice and then Zoom link will be emailed to you.

-Contest is July 16, 10 AM.

Poultry Judging:

-Virtual Practice will start SOON! Email laura_allen@ncsu.edu if interested!

-Contest is August 13, 10 AM.

4-H Shout Outs

Congratulations to Adyson Medley who competed in the Virtual 4-H Dairy Judging contest on June 9. Ady was the 10th highest scorer in the junior division.

The following 4-H'ers attended Virtual NC 4-H Citizenship Focus on July 15-17: Jaysa Causby, Ryleigh Fulghum, Christian Stebe, Olivia Stirrup and one additional 4-H'er.

The following 4-H'ers competed in presentations via pre-recorded video at the South Central District 4-H District Activity Day. We had 6 first-time presenters and 3 return presenters. Congratulations to all on a job well done! The participants included:

Jaysa Causby: Ag. Safety & Health, GOLD*

Ryleigh Fulghum: Arts & Communications, PARTICIPATION

Samantha Simon: Careers & Entrepreneurship, SILVER*

Luke Allen: Cloverbud, PARTICIPATION

Anonymous 4-H'er: Fruits & Vegetable Use, GOLD*



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Laney Gabsoch: Health & Fitness, SILVER*

Olivia Stirrup: Hospitality, Etiquette & Social Graces, GOLD*

Guy Deal: Livestock & Dairy Production, GOLD*

Mason Gabosch: Public Speaking, SILVER*

*The 4-H'er is eligible to compete at State Presentations Finals held virtually in July.

Gold=1st; Silver=2nd; Bronze=3rd

Congratulations to graduating senior, Sam Oster, on receiving 4-H college scholarships. Read about it [here](#).

Thanks to all those who have been participating in our weekly challenges, Summer Fun kits and virtual programs and virtual club meetings!



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

Important Info for 4-H Club Leaders:

All 4-H Volunteer reminders and updates are posted on the [**Rowan County Cooperative Extension website!**](#)

****Check out the SAVE THE DATE for the 2021 Volunteer Leaders' Association Conference!**





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>

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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.