

Clover Connection

Rowan County 4-H Newsletter

June 2020



From the Agent:

Can you believe it's June 1? We are almost halfway through the year and quite honestly, most of it has seemed like a blur. I'm sure many of you feel the same way.

Despite Covid-19, 4-H continues, so find a way to get involved! As a reminder, all of our 4-H programs will remain **virtual** until further notice. NC State has its own policies for our Extension programming, despite what the governor may say is allowed. We must follow the protocols set forth by NC State and Rowan County.

If your child participates or plans to participate in any virtual 4-H programming (clubs, Summer Fun kits or virtual programs, Congress, etc), please complete this [NEWLY UPDATED online waiver & expectations](#) form. THIS IS A NEW DOCUMENT, so please fill it out even if you filled out a form I sent out last month. 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](#)!

Starting June 1, I should be in the office most every day. If you do 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 our office door is locked. We have Auditorium A set up as a lobby/meeting space, where seats are set up 6 feet apart.

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!



Rowan County 4-H Summer Fun **FREE VIRTUAL POULTRY CAMP**

June 8-12, 10-11 AM on Zoom

Limited to 20 participants across the South Central District

For youth ages 9-18
(age as of Jan. 1, 2020)



Questions?
laura_allen@ncsu.edu
704-216-8983



Topics include:
terminology, breeds, housing, parts of the bird, digestive systems & more!

Each day will include a lesson, fun activity & a short homework assignment

MUST PRE-REGISTER by June 1
at nc.4honline.com.
Go to "Register a Member in an Event" and choose: "2020 Virtual Poultry Camp"

NC State University and N.C. A&T State University are collectively committed to positive action to ensure 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 704-216-8983 or laura.allen@ncsu.edu at least 14 days prior to the event.

Each Monday and Friday,
June 1- July 24
1-2 pm on Zoom

You must PRE-REGISTER by JUNE 1 at nc.4honline.com. Go to "Register a Member in an Event" and choose: "Get OUTdoors! 2020 Summer Adventure Club."

Get OUTdoors! 2020 Summer Adventure Club

biking, water safety, animal identification, hiking, and more!

Open to 4-H'ers in the South Central District ages 5-18.

NC State University and N.C. A&T State University are collectively committed to positive action to ensure 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 Catherine Shelle, 4-H Agent, at 910-997-8255 or cgshelle@ncsu.edu at least 14 days prior to the event.



Lessons, fun activities and weekly challenges

Questions?
910.997.8255
cgshelle@ncsu.edu



^ Must register ^ by
June 1

^ Must register ^
by June 1



Cloverbud Club Meeting

Youth ages 5-8

Begins June 4th

South Central District Summer Spin Clubs & Camps

CLOVERBUDS

NC COOPERATIVE EXTENSION "Learn by doing" Register at 4honline.com

FREE  **HEALTHY HABITS**  **Kickin' Nutrition.TV**



Join us virtually for kitchen and fitness fun!

June 25, July 1, 8, 15, 22, & 29 at 4:00-5:00
Six / 60 minute sessions

Recommended grades: 6 and 7

Register at 4honline.com

NC COOPERATIVE EXTENSION  
North Carolina Cooperative Extension is an equal opportunity provider.

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

- Sew Much Fun (sewing kit)
- Let's Get Crafty (craft kit)
- Up, Up & Away (airplane/rocket/STEM kit)
- Virtual Poultry Camp (offered by Mrs. Laura & Morgan Watts, Rowan Livestock Agent)*
- Get OUTdoors (virtual SPIN club open to all all youths in the South Central 4-H District)*
- Cloverbud SPIN Club (virtual SPIN club open to 5-8 year old youths in SC District*)
- Kickin'Nutrition (virtual SPIN club for SC District...Mrs. Laura will be teaching one week during this series)*
- Additional kits & programming will be offered locally in July & August

*Rowan County is located in the South Central 4-H District. This district consists of 19 total counties and the 4-H programs within those counties.



NC 4-H Opportunities:

NC 4-H is offering several 4-H summer programs that youth can complete at their own pace. Registration is hopefully going to open on June 1. 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 **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!

****We have two more weekly challenges left! Thanks to those who have been participating during this 6 week challenge series!**

ROWAN COUNTY 4-H WEEKLY CHALLENGE



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

****Have the child in the picture too, if possible!****

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 Sunday, June 7 by 11:59 PM to the 4-H Agent at laura_allen@ncsu.edu. No late entries accepted.

**All participants who complete this week's challenge will be
entered into a drawing. ONE winner will be drawn and will
receive 4-H swag!**

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.



ROWAN COUNTY 4-H WEEKLY CHALLENGE



June 8-14

Creativity Challenge



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

Use your imagination, be creative, and have fun!

Submit pictures of the child building their creation and a picture of the child with their finished product!

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 Sunday, June 14 by 11:59 PM to the 4-H Agent at laura_allen@ncsu.edu. No late entries accepted.

All participants who complete this week's challenge will be entered into a drawing. ONE winner will be drawn and will receive 4-H swag!

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**NC COOPERATIVE
EXTENSION**



Check out the new 4-H section on our county website

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!

COVID-19 Resources	
Events	
Meet Our Staff	
For timely guidance and resource	
Rowan County 4-H Program	<h2>ROWAN COUNTY 4-H PROGRAM</h2> <ul style="list-style-type: none"> ▶ UPCOMING 4-H PROGRAMS ▶ ROWAN COUNTY 4-H CLUBS ▶ HOW TO JOIN 4-H ▶ 4-H NEWSLETTERS ▶ CLOVERBUCKS & SCHOLARSHIPS ▶ 4-H SUMMER FUN ▶ 4-H VOLUNTEERS ▶ STATE 4-H PROGRAMS ▶ LOCAL & STATE 4-H PROGRAM NEWS
Agriculture & Food Animal Agriculture Commercial Horticulture, Nursery & Turf Farm Health & Safety Field Crops Food Safety & Processing Local Foods Pest Management Specialty Crops	
Community	



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

NO JUNE MEETING.

NEXT MEETING: July 14 at 10:30 AM

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.

DATE CHANGE:

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

****WE WILL BE DISCUSSING THE PORT-A-PIT FUNDRAISER, SO PLEASE ATTEND IF YOU CAN!**

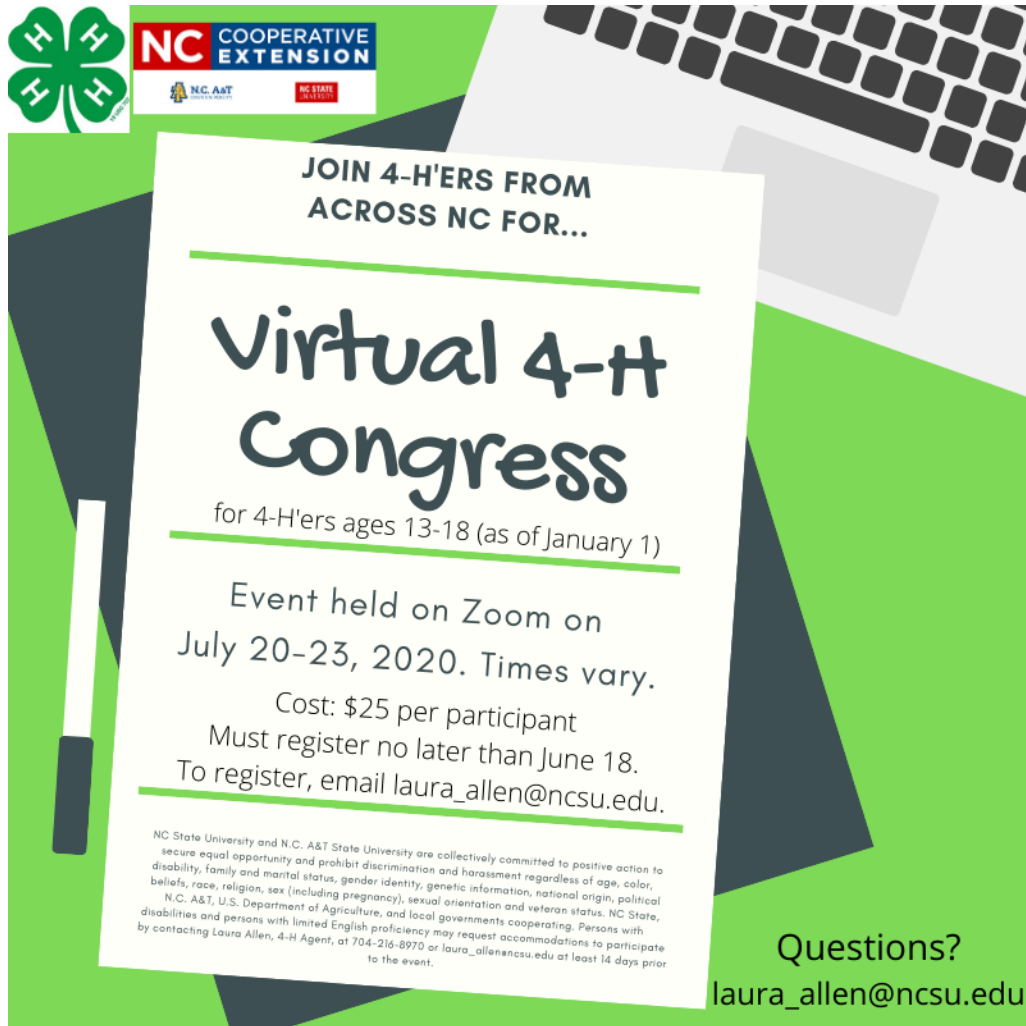
****If you are a parent who wants to attend, please email laura_allen@ncsu.edu to get the link!**

[PALS Constitution & Bylaws](#)

Currently active 4-H TEENS: Let's go to Virtual 4-H Congress!
Register with Mrs. Laura by June 18!
Contact her for a registration form!

NC 4-H does have some scholarships available for those with financial need. If you are

interested in a NC 4-H Scholarship to attend Virtual 4-H Congress, please let me know ASAP so I can get the form filled out.

A flyer for the Virtual 4-H Congress. At the top left is a green four-leaf clover logo with 'H' on each leaf. To its right are logos for 'NC COOPERATIVE EXTENSION', 'NC A&T', and 'NC STATE UNIVERSITY'. The main text on the flyer reads: 'JOIN 4-H'ERS FROM ACROSS NC FOR...', 'Virtual 4-H Congress', 'for 4-H'ers ages 13-18 (as of January 1)', 'Event held on Zoom on July 20-23, 2020. Times vary.', 'Cost: \$25 per participant', 'Must register no later than June 18.', and 'To register, email laura_allen@ncsu.edu'. At the bottom left is a small disclaimer about equal opportunity. At the bottom right, it says 'Questions? laura_allen@ncsu.edu'. The background of the flyer is green and white with a laptop keyboard visible in the upper right.

JOIN 4-H'ERS FROM
ACROSS NC FOR...

**Virtual 4-H
Congress**

for 4-H'ers ages 13-18 (as of January 1)

Event held on Zoom on
July 20-23, 2020. Times vary.

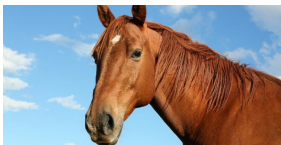
Cost: \$25 per participant
Must register no later than June 18.
To register, email laura_allen@ncsu.edu.

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Questions?
laura_allen@ncsu.edu

Times include:

- Monday, July 20th: 1:00 - 4:00 pm
- Tuesday, July 21st: 1:00 - 4:30pm and 7:00 - 9:00 pm
- Wednesday, July 22nd: 1:00 - 4:30 pm and 8:30 - 9:30 pm
- Thursday, July 23rd: 1:00 - 2:00 pm



Horse Updates

-All NC 4-H horse shows have been canceled. However, there is now a [VIRTUAL 4-H HORSE SHOW!](#)

-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!

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

There will be a [VIRTUAL DAIRY JUDGING CONTEST](#) on June 9 & 11 from 9-11 AM.

Let Mrs. Laura know by June 1 if you plan to participate so she can get you registered!



Poultry Updates

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

Avian Bowl: July 16, 10 AM, Fill out [interest form](#) if you're interested in this!

****Must have access to a computer AND a cellular device to participate.**

Poultry Judging: August 13, 10 AM, email laura_allen@ncsu.edu if interested!

Changes
AND
CANCELLATIONS

YouthVoice has been CANCELED for 2020. The 2021 event will be held on August 13-14, 2021 in New Hanover County.

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. We will be meeting virtually on June 4 to discuss this event. If you want to attend this Zoom meeting, please email laura_allen@ncsu.edu.

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.

NC 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

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



-Club meetings cannot meet in person until further notice.

-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.

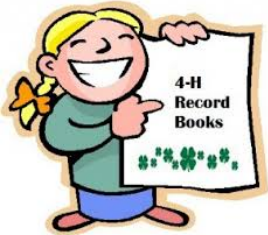
-Each Zoom meeting must have at least 2 approved 4-H volunteers present during the meeting. This shouldn't be a problems since the 4-H Agent is also on during the meeting.

-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.

4-H Shout Outs

NC 4-H Huddleston Family 4-H Scholarship:

Congratulations to Rowan County 4-H'er and high school senior Sam Oster who received the NC 4-H Huddleston Family 4-H Scholarship in the amount of \$500. This college scholarship is available to graduating seniors who have been actively involved in NC 4-H Electric Program throughout their 4-H careers.



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



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**

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/>

Hot Shots 4-H Club report

The Hot Shots 4-H Club members are currently working towards their Hunter Education Certification.

At our last meeting, we worked on Hiking Survival. Our theme was, "If you were on a day hike and the weather turns bad. What would you do?" Both our President and Vice President went over important survival techniques; for example: how much water you need, clothing, fire starting materials, planning and first aid. Each member was responsible for picking out a location in NC. They had to tell us why and who would they let know of their location. All of them had to pick out items that they would bring. All had some great items.

If you went to the mountains, items included hats, warm clothing, wool socks, high protein snacks, fire starting materials and water. Some picked the beach. Items included shovels, walking stick, food and some clothing. Most important item was a small day pack. All did a phenomenal job at showing their items. This was just a learning experience for them.

Submitted by: Beth Stebe, Hot Shots 4-H Club Leader

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!**



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](#)

-4-H Coloring Sheets: [Coloring Sheets perfect for Cloverbud 4-H'ers](#)



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

[Like us on Facebook](#)

[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.