

Clover Connection

Rowan County 4-H Newsletter

November 2020



From the Agent:

- We are currently programming completely virtually.
- The Adulting 101 virtual workshop series has been canceled due to limited registrations.
- I will be meeting with volunteers on Nov. 5 regarding the opportunity to re-open 4-H to in-person programming. This will not be a simple or easy process and will take extra effort from all. All volunteers, youth and parents must be trained before attending an in-person 4-H event. Be on the lookout for further details in the future.

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

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

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

Stay safe and enjoy the upcoming holiday season!
Laura

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.

November 3 at 6 PM on Zoom
December 14 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.

December 14 at 7:15 PM on Zoom

[PALS Constitution & Bylaws](#)

**Volunteer Training & Information Regarding
Re-opening of in-person 4-H Programming (for club
leaders and official 4-H volunteers only):**

**Thursday, Nov. 5 on Zoom. Link will be emailed out
to all official 4-H volunteers.**

**All 4-H'ers, 4-H volunteers & adults who plan to attend virtual or
in-person 4-H events MUST fill out these NEW forms!**

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](#)

Register for a hands-on Rowan 4-H kit in November:



Register November 1-13 on [Eventbrite](https://www.eventbrite.com). This kit is open to Rowan County youths ages 5-18 (as of January 1). The activities were created by NC 4-H Camps, but this specific supply kit is being provided by Rowan County 4-H.

Kit will include activity instructions and items needed to complete 5 wildlife & nature activities! This kit will be perfect to use over the Thanksgiving holiday and will be fun for the whole family!

FREE

Limited to 20 kits.

NC 4-H Camp, Summer 2021 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.

NC 4-H has made an official statement about 4-H Camp and the plans they are making for 2021 in light of Covid-19, so please read it below.

If your child is interested in attending 4-H Camp with us this year, please contact Laura Allen at laura_allen@ncsu.edu or 704-216-8970. This does not lock you in, but I will make sure that I directly send you camping updates.

October 19, 2020

Dear Friends,

This has been an unusual and trying year, especially when the summer 2020 camping season was cancelled in the interest of health and safety for all. As we look to summer 2021, we are optimistic. Our North Carolina 4-H Camps and Centers hold and maintain [American Camp Association \(ACA\) accreditation](#), demonstrating our commitment and adherence to the highest standards in the camping industry for safety, risk management, operations, programming and food service.

The ACA has worked tirelessly in 2020 to convene 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 specialties to produce the [Field Guide for Camps on Implementation of CDC Guidance](#), a handbook for camps on running effective and safe programs in the time of COVID-19.

While we must remain nimble in light of the ongoing pandemic, we are optimistic about the summer 2021 camping season. We are utilizing the *Field Guide* as we make modifications to our own policies and operating procedures at all three camps, to ensure the health, safety and well-being of our campers, their families and staff. Currently we are developing:

- A pre-screening protocol for campers and staff before and during arrival
- A process of daily health checks of all campers and staff once camp starts
- PPE protocols for campers and staff in accordance with CDC guidelines
- Modifications to programming and activities to ensure social distancing measures and safety protocols
- A re-designed camper experience utilizing 'cohorting' - keeping campers in consistent, small groups during the week to limit campers' exposure to others
- Modifications to daily schedules to allow additional time for safe handwashing practices before and after activities, meals, etc.
- Modifications to dining hall procedures to ensure safety before, during and after mealtimes
- Cleaning and disinfecting protocols in accordance with CDC guidelines, including the addition of new hand sanitizing stations around camp

With these measures in place and our commitment to safety, we look forward to returning to camp in summer 2021, ensuring our young people once again have the opportunity to disconnect from technology, grow self-confidence, build positive peer-to-peer relationships, and join the supportive community of our North Carolina 4-H camping program.

Sincerely,

The NC 4-H Camps Team

www.nc4hcamps.org



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4-H Ambassador Program

If you are ages 13-18 and have been in 4-H for at least 2 full years (both as of January 1), you are eligible to take the classes necessary to be a 4-H Ambassador! Some of you have started this process, but have not finished it, so now is the time to keep working towards this achievement! **Once you've completed the classes and the elective hours, complete your portfolio and turn it in to Mrs. Laura by January 7, 2021.**

This is a building process, so you must complete all of the Bronze requirements before moving on to Silver, Gold, Emerald (in that order).

The required classes will be offered this fall, starting the week of November 2. [Register here!](#)

Want all the details about the 4-H Ambassador Program? [Click here!](#)

4-H Wreath Sale....order by Nov. 19

Click here to place your order:
<http://go.ncsu.edu/4hwreathsale2020>

Support Rowan County 4-H youth by purchasing a beautiful Fraser Fir or Boxwood Wreath. Wreaths are made by a small family owned and operated Christmas Tree Farm in Alleghany County.

Fraser Fir Wreaths

Ring Size	Overall Dimensions	Price
12"	20-24"	\$20
24"	30-38"	\$40



Christmas Star

Ring Size	Price
27"	\$50

Boxwood Wreaths

Ring Size	Overall Dimensions	Price
12"	20-24"	\$25
16"	26-30"	\$35



Additional Items:

- Double Mix Wreath (12" ring) - \$25
- Double Mix Wreath (16" ring) - \$35
- Triple Mix Wreath (12" ring) - \$30
- Square Wreath Fraser Fir (12" ring) - \$25
- Square Wreath Fraser Fir (16" ring) - \$35
- Fraser Fir Kissing Ball (undecorated) - \$25
- Boxwood Kissing Ball (undecorated) - \$30



Square Wreath



Triple Mix Wreath

Garland White Pine

25'	\$25
50'	\$35
75'	\$45



White Pine Garland

Deadline to Order is Thursday, November 19, 2020

Wreath pick-up is Thursday, December 3, 2020 8:30 a.m. - 4:30 p.m.

To order visit: go.ncsu.edu/4hwreathsale2020

or call the Extension Office 704-216-8970

Make checks payable to Rowan 4-H PALS

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. Person with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Laura Allen 4-H Agent, 704-216-8970 or laura.allen@ncsu.edu or in person at the County Extension Office at least 21 days prior to the event.

4-H November Gratitude Challenge

I encourage you to participate!

NOV2020



4-H Gratitude Challenge

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
Start a gratitude journal. Each day write down something you are thankful for.	Write a thank you note to your 4-H advisor.	Think of someone you are grateful to know. Tell them.	Complete one random act of kindness today.	Send a text to someone who makes you smile and tell them why.	Handwrite a letter and mail it to a friend.	Create a piece of art that shows what you are thankful for.
08	09	10	11	12	13	14
Spend time with someone you care about.	Compliment at least 5 other people today.	Think of someone you are proud of. Tell them!	Thank a veteran for their service. Veteran's Day	Volunteer to do an unpleasant task, like taking out the garbage or doing the dishes.	Write a thank you note to a special teacher.	Bake a treat for your neighbors.
15	16	17	18	19	20	21
Gather 10 items from your closet to donate.	Make a social media post highlighting a person you are grateful for.	Write a thank you note to a coach or mentor.	Color a picture and give it to a friend.	Do a family member's chores for them today.	Set time aside to play a game with your family.	Share a photo of something you are grateful for on social media.
22	23	24	25	26	27	28
Think of a creative way to Pay It Forward today.	Leave a note of encouragement for a friend.	Call a relative you haven't spoken to recently.	No complaining day! Each time you want to complain, say something you are grateful for instead.	Spend time with family and friends. Thanksgiving	Give a small gift to someone for no reason at all.	Write a letter or note to your parents or grandparents.
29	30					
Donate one canned food item for each day you forgot to write in your gratitude journal	Read over your gratitude journal and spend time reflecting on the challenge.					

4-H wants you to take our 2020 Gratitude Challenge! 2020 has not been an easy year, but we still have plenty of reasons to give thanks. Print this calendar and complete each daily task to help show gratitude to your Club, Community, Country, and World.

Use **#4HGrowsHere**, **#Grateful4Her**, and **#4HGratitudeChallenge** to spread an attitude a gratitude to all of your social media friends and followers.



4-H GROWS HERE

Order your November Grow Box

What is a Grow Box? A box of garden fun for your family delivered right to your door packed with engaging, hands-on activities for your family. Inside you'll find plants or seeds, tools for outdoor exploring, an activity book

packed full of information from North Carolina 4-H and the JC Raulston Arboretum at NC State University.



Enjoy propagating plants by digging into succulents, houseplants and seeds! In this month's Grow box, youth will craft experiments with temperature and moisture, grow little plant babies, explore changing leaves and much more!

Cost: \$30

Limited to first 75 who register, [so click here to register today!](#)



County-wide 4-H Club Zoom meeting

Monday, November 30

6:30 PM via Zoom

Teen 4-H'er Jaysa Causby will be teaching this month's program, focusing on horses!

Must PRE-REGISTER by clicking [HERE!](#)

Then, once approved, a Zoom link will be emailed to you.

Please KEEP THE CONFIRMATION EMAIL, which will contain the login link you'll need on the night of the meeting.

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.

To attend, please make sure each 4-H'er and adult in attendance has filled out the appropriate forms (linked below):

[4-H'er waiver to participate in virtual events](#)

[4-H Volunteer Waiver](#)

[Adult Attendee waiver to participate in virtual events](#)

All Rowan County 4-H clubs and club members (or potential club members), club leaders/volunteers and parents are invited to attend. Mrs. Laura will host.

****Club Leaders: If your club has 4-H'ers present at this meeting, it will count as a club meeting for your club and count towards re-chartering for 2021!****

2020 Project Record Books

The due date for 2020 Project Record Books is January 7, 2021. Do not wait until the last minute to get these done! There are tons of 4-H'ers in our county who have been working hard on individual projects....cooking, poultry, art, gardening and more. Take what your children have been doing and help them fill out a 4-H Project Record Book! Winners at the district level win money!

For all the details on project record books, visit rowan.ces.ncsu.edu. I've created a whole section on Project Record Books to assist you! Click on "Rowan County 4-H Program" on the left toolbar, and then you'll see the 4-H pages....I've highlighted below the section on Project Record Books.

If you have questions or need help, please reach out to Mrs. Laura. Also, once they are turned in to Mrs. Laura, no changes can be made. **If you want Mrs. Laura to critique it and help you make it more correct and competitive, please turn it in to her in December so she has time to give you feedback before the January 7 deadline.**

ROWAN COUNTY 4-H PROGRAM

Agriculture & Food

Animal Agriculture
Commercial Horticulture, Nursery & Turf
Farm Health & Safety
Field Crops
Food Safety & Processing
Local Foods
Pest Management
Specialty Crops

Community

Forest Resources

Health & Nutrition

▶ UPCOMING 4-H PROGRAMS

▶ ROWAN COUNTY 4-H CLUBS

▶ HOW TO JOIN 4-H

▶ 4-H NEWSLETTERS

▶ 4-H PROJECTS: LEARNING SOMETHING NEW ALL YEAR LONG

4-H Project Record Books | Timeline for Completing a 4-H Project Record Book

▶ CLOVERBUCKS & SCHOLARSHIPS

▶ 4-H SUMMER FUN

▶ 4-H VOLUNTEERS

▶ STATE 4-H PROGRAMS

▶ LOCAL & STATE 4-H PROGRAM NEWS

Get Outdoors....4-H Camp Style from November-March!

To learn more, visit:

[Betsy-Jeff Penn 4-H Center](#)

[Eastern 4-H Center](#)

[Millstone 4-H Camp](#)

Spend a night or weekend at one of our three NC 4-H Camps & Centers. Daily and weekend cabin and lodge rentals are available for your family or group. This is a perfect opportunity to disconnect from technology and reconnect with nature. Meals, programs, or services are not provided, as this is self-contained camping. A one week minimum notice is required for reservations. See the information below for more information and pricing.



Betsy-Jeff Penn 4-H Center

Cabins sleep up to 24 people in bunk beds.

Cost is \$350 per night.

Call (336) 349-9445 for more information or reservations.

[Learn More »](#)



Eastern 4-H Center

Cabins sleep up to 24 in bunk beds.

Lodge (hotel style) rooms sleep up to 4 in double beds.

Cost is \$105/night for lodge rooms and \$350/night for cabins.

Call (252) 797-4800 for more information or reservations.

[Learn More »](#)



Millstone 4-H Camp

Cabins sleep up to 11 in bunk beds.

Cost is \$160 per night.

Call (910) 652-5905 for more information or reservations.

[Learn More »](#)

State Level Opportunities

Entries for the NC 4-H Virtual Craft Fair are due no later than 12:00 PM on November 2, 2020

[Register here.](#)

NC 4-H VIRTUAL CRAFT FAIR

Purpose

- Opportunity to share and demonstrate crafts you have been working on for your county fair or NC State Fair but were not able to enter them.
- Allows youth to grow and practice their self expression & reflection while displaying creativity in their 4-H craft projects.

Who can Participate

- Open to all 4-H'ers 5-18 - Age is determined by Jan 1, 2020

Age Categories for Competition

- CloverBud (5-7) (participation)
- Juniors - 8-13
- Seniors - 14-18

Categories

- **Paper Crafts** - scrapbooking, card-making, paper flowers, decoupage, papier-mache, origami, paper cutting etc.
- **Trendy Crafts** - tie-dye, use of ducktape, rock painting, beading, ceramics, latch hook, candle making, pottery, jewelry, etc
- **Trash to Treasures Crafts** - recycling, taking supplies you already have, and making something crafty. Must submit a photo of the original item and one or two of the final product.
- **Drawing** - freestyle drawing, no tracing
- **Holiday Crafts** - any craft used for holiday decorating, etc.
- **Electrical Crafts** - any craft that has an electric power source (battery, plug, solar, etc)
- **Cookie Decorating** - decorate your favorite cookie
- **Cake Decorating** - be creative in how you decorate a cake.

Guidelines for Participation

- Craft must have been made between January 1, 2020 - October 30, 2020.
- 4-H'er must have made the craft themselves.
- 4-H'er must be enrolled in 4-HOnline in their county.
- 4-H'er can enter up to two items per category.

Judging Criteria

- Age Appropriateness
- Quality/Craftsmanship
- Originality/Creativeness
- Practicality and Usefulness

Prizes

- 1st - 3rd place for each age division (ribbons)

Timeline

- Entries must be made by 4-H'ers from January 1, 2020 - October 30, 2020
- The State 4-H Registration deadline is November 2, 2020
- Check with your county as they may have an earlier deadline for registration

Registration Requirements

- You will be required to upload 1 to 3 pictures of your entry.
- You will need the following information to register: Name, county, Address, Age Category, Competition Category, Description of your item, if electric crafts, how it works, pictures of the item.

Entries for the 4-H Hay Bale Decorating Contest are due no later than 12:00 PM on November 23.

[Register here.](#)

4-H Hay Bale Decorating Fun

Purpose

- Fun Family Time
- Promoting 4-H

Who can Participate

Open to all 4-H'ers and their Families

Categories of Competitions

Due to the COVID-19 and our 4-H restrictions, entries must be constructed by individuals or families.

One entry per individual/or Family

- Individual CloverBud 5-7 (no competition)
- Individual 8-13
- Individual 14-18
- Family - must be members of the same family

Hay Bales Theme

Bales should be designed around promoting NC 4-H

- Suggested Ideas include but not limited to:
 - Head, Heart, Hands, Health
 - Projects: STEM, Service, Outdoor Living, NC Culinary, Healthy Living
 - 4-H Grows Here
 - 4-H Fall Harvest
 - NC Regions: Piedmont, Coastal Plains, Mountain

Guidelines for Participation

- Rectangular hale bales should be used.
- Please limit your decoration to two (2) - eight (8) bales.
- Each entry must have a 4-H slogan that communicates the 4-H theme that has been chosen.
- Entry must have the official 4-H clover or the words 4-H displayed somewhere on it.
- Entries will be judged on 4-H message, eye appeal, use of materials, and creativity.
- The bales should be decorated with a good clean wholesome nature. No vulgar or suggestive decorations will be allowed.
- Decorations should be weather and wind-proof.
- NO Commercial or Political party signs of ANY KIND are allowed.
- A county can submit as many entries as you want.
- 4-H members must be registered in 4-HOnline.
- The entry must be displayed.
 - Location may vary depending on your preference and approvals:
 - Extension office, home, other county buildings, library, school just to name a few. Just be sure to get permission if you are using a county building etc.
 - Only one family member/individual at a time can decorate if you are using a central location due to our 4-H restrictions at this time.

Prizes

1st - 3rd place for each division (actual prize TBD)

- Individual CloverBud 5-7 (participation only)
- Individual 8-13
- Individual 14-18
- Family

Timeline

- Entries can be constructed from September 15 - November 20
- State Registration is due November 23rd - check with your county for county deadline
- Winners will be announced on December 11th

Registration Requirements

- You will be required to upload at least 1 but up to 5 pictures of your entry. You can take pictures from every angle: front, back, top and side so the judges can get a good look at your entry.
- You will need: Participants Name - if family, you can enter the name as (The McCollum Family as the first and last name), County, Address, Age Category, Slogan, Description including the theme you chose for your entry.

4-H Shout Outs

Thanks to those who promoted Paper Clover Week. Tractor Supply in Salisbury brought in a total of \$626 and of that, \$563.40 will come back to Rowan County 4-H!

Congratulations to the 4-H'ers who participated in the Virtual 4-H Food Show:

-Cloverbud: John Tucker, participation

-8-13 years old: Olivia Stirrup, 1st place

-14-18 years old: Christian Stebe, 1st place

You can find their recipes in the [2020 Virtual Food Show Recipe Booklet](#)

Thanks to all those who participated in the 4-H Pumpkin Decorating Contest. The entries were WONDERFUL!

Original Carving:

Cloverbud: Luke Allen

8-10: 1st: Faith Albertson, 2nd: Micah Chowdhury

11-13: 1st: Alyssa Mills, 2nd: Olivia Stirrup, 3rd: Nathan Croyle, Addison Chowdhury, Mason Gabosch, Samuel Chowdhury,

14-18: 1st: Laney Gabosch

Fancy Carving:

8-10: 1st: Adyson Medley, 2nd: Jonathan Mills, 3rd: David Croyle

11-13: 1st: Kaylee Dennis

Decoration Only:

Cloverbud: Rilynn Moore, John Tucker, Barrett Devine

Important Info for 4-H Club Leaders & Volunteers:

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!

-November 7: Virtual South Central District Fall Day (for 4-H Volunteers in Rowan County and the 18 surrounding counties). Register at go.ncsu.edu/scdfallday.



SOUTH CENTRAL DISTRICT 4-H

VOLUNTEER LEADERS FALL DAY

SATURDAY, NOVEMBER 7
9:30AM-1:00PM
ON ZOOM

REGISTER HERE: [GO.NCSU.EDU/SCDFALLDAY](https://go.ncsu.edu/scdfallday)

WORKSHOPS FOCUSING ON:
SOCIAL MEDIA STRATEGIES (WITH ABIGAIL ISOM)
4-H ELECTRIC PROJECT (WITH CHARLES NETTLES)
FARM TO FOOD IN AUTUMN



Horse Updates

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 Newsletter \(September\)](#)

[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](#)



Dairy Updates

No updates at this time.



Poultry Updates

No updates at this time.

4-H International Exchange Updates

The information for the Summer Inbound Programs will be sent once we have finalized program information for the Costa Rican delegation arrival in June and the Japanese delegation arrival in July. We are looking forward to again hosting 12 Japanese delegates and chaperone & 3 Costa Rican delegates/chaperone next summer. Please keep in mind that due to Japanese delegates and chaperone & 3 Costa Rican delegates/chaperone next summer. Please keep in mind that due to the pandemic, this program may change, logistically look different or may be canceled. There will be questions regarding this and we fully anticipate this for 2021.



For more information: [NC 4-H International Exchange Programs Website](#)



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 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:

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

Laura H. Allen
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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.