

Clover Connection

Rowan County 4-H Newsletter

October 2020



From the Agent:

Happy Fall! I hope you are enjoying the beautiful weather and looking forward to this new season!

Quick recap/update:

- All 4-H programs are currently virtual.
- In-person 4-H events/activities are **NOT ALLOWED** at this time due to Covid-19. You cannot start in-person programming, regardless of the Governor's updates, until I tell you that it is okay to do so (based on what NC 4-H is allowing).
- I will be attending a virtual meeting on Oct. 1 at 3 PM regarding 4-H programming updates, led by the NC 4-H State Program Leader. Updates will be sent to 4-H families/volunteers once I know all the details.
- LOTS of upcoming events available locally AND by NC 4-H! Get involved!
- LOTS of flyers in this newsletter of things 4-H'ers can get involved in, even from home!

The doors to our building and our office are open, but I still recommend calling first. 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,

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.

October 12 at 6-7 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. We have been meeting via Zoom, but hopefully will be able to meet in-person soon.



National 4-H Week Activities (Oct. 4-10)

Promote and celebrate 4-H during National 4-H Week on Oct. 4-10! Be on the lookout in the Salisbury Post for articles about 4-H. Also, get involved in the state level programs, which may feature some Rowan 4-H'ers. I hope you'll share about your child's 4-H experience on social media to spread the good news about 4-H!

To attend events on Monday (kickoff event), Wednesday (4-H Talent Showcase) and Thursday (awards night), please [register here](#).

[Click here](#) for the Closing Campfire on Friday.



Virtual Rowan County 4-H Food Show

It's time for the 2020 Rowan County 4-H Food Show. Originally, it was scheduled for October 10, but due to Covid-19, we are going ahead and planning it as a VIRTUAL event instead. There will still be COMPETITION, AWARDS, LEARNING & FUN!

Get your video recorded and submitted by **OCTOBER 3 BY 5 PM** at the registration link provided. [All rules, guidelines & judging rubric found here!](#) [Register here!](#)

For a printable/shareable flyer, [click here](#).





VIRTUAL FOOD SHOW

THEME: ALL AROUND THE WORLD

- Find & make a recipe from a culture of your choice.
- Create a cultural themed table display to go with your food item.
- Record a short presentation to submit for competition.

All specific details, rules & registration can be found at:
go.ncsu.edu/2020foodshow

- Open to Rowan County youth ages 5-18 (as of January 1).
- All participants must be enrolled in 4HOnline.
- Prizes will be awarded.



QUESTIONS? CONTACT:

Laura Allen, 4-H Agent
704-216-8970, laura_allen@ncsu.edu

VIDEO SUBMISSIONS DUE

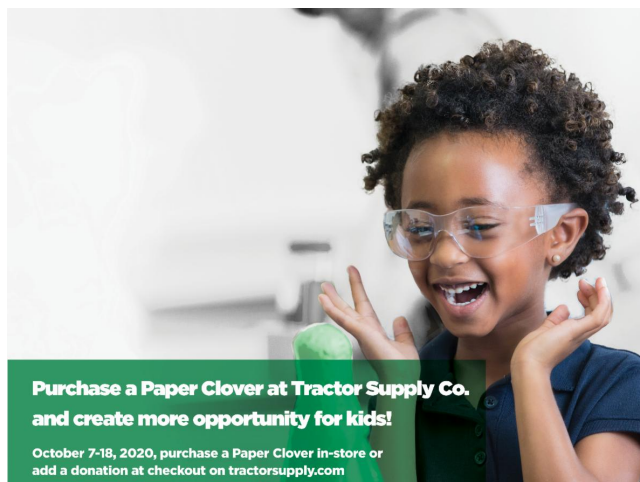
No later than 5 PM
on Saturday, October 3, 2020



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.

Support Rowan 4-H by donating at Tractor Supply Salisbury: Oct. 7-18, 2020

4-H receives 100% of the donations, with 90% coming to Rowan 4-H, while the remaining 10% goes to the state & national levels.



**Purchase a Paper Clover at Tractor Supply Co.
and create more opportunity for kids!**

October 7-18, 2020, purchase a Paper Clover in-store or
add a donation at checkout on tractorsupply.com



Virtual Pumpkin Decorating Contest

Save the date for our Virtual Pumpkin Decorating Contest! Only 1 entry per 4-H'er. All entry pictures due via google form registration form no later than 5 PM on October 23. **All rules on the flyer below!**

For a printable/sharable flyer, [click here](#).



Age Divisions (age as of January 1)

- Cloverbud (5-7 years old)
- 8-10 years old
- 11-13 years old
- 14-18 years old

Categories

- Original Carving (no template)
- Fancy Carving (using template)
- Decoration Only (no carving)

Only 1 pumpkin can be entered per 4-H'er and can only be entered in 1 category.

How to participate:

- Each participant will decorate their pumpkin at home using their own pumpkin & supplies.
- To participate, youth will have to complete a Google form registration (link posted above) and upload up to 5 pictures of their pumpkin.
- All entries must be submitted no later than 5 PM on October 23, 2020.
- Pumpkins will be judged. Winners will be announced on October 30, 2020.
- Prizes to 1st place winners. Ribbons to all participants.

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.



County-wide 4-H Club Zoom meeting

Monday, October 26

4-5 PM via Zoom

****Note event time change****

This month's program will focus on culture & quilting:

We will have Christine Cashman from Dewsbury, United Kingdom, to talk to us about quilting and her culture. Come and listen to her speak, learn about her quilting knowledge, and ask questions about quilting or what it's like in the U.K.!

Our program will start at 4 PM, and the business meeting will follow.

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.

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](#)

[Adult 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!****

Coming Soon....Rowan 4-H Adulting 101 Workshop Series

For a printable/shareable flyer, [click here](#)!

Coming....October & November 2020

Virtual **ADULTING 101 WORKSHOP SERIES**

Open to Rowan County youth ages 12-18 (as of Jan. 1)

Each session held
4-5:30 PM
on Zoom

Register by October 21

To register, contact Laura Allen, 4-H Agent at
laura_allen@ncsu.edu or 704-216-8970.

Thurs. Oct. 29	In the Kitchen	Focus: Cooking Basics kitchen safety, common utensils & cooking a meal
Mon. Nov. 2	Etiquette 101	Focus: Etiquette Basics table, flag & social media etiquette
Mon. Nov. 9	Money Matters	Focus: Financial Basics create your money personality profile, needs vs. wants, & how to handle money
Thurs. Nov. 12	Sort, Wash, Dry, Fold, Repeat	Focus: Laundry Basics how to sort & pretreat laundry, how to use a washer & dryer, proper folding & ironing techniques
Mon. Nov. 16	Kindness Matters	Focus: Thank You Notes & more how to write a thank you note & address an envelope, meaningful conversations/manners, kindness ideas
Thurs. Nov. 19	Successful Interviews	Focus: Job Interview Tips resume how-to, interview tips, listen to tips from local employers

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.



2020 4-H Fall Plant Sale

Deadline to order is Thursday, October 29, 2020



Plant pick up date is Thursday, November 5, 2020, 8:30 AM until 4:30 PM
Rowan County Agricultural Center, 2727 Old Concord Road, Salisbury, NC.



Due to Covid-19, we are requesting that you pay in advance and prior to plant pick up to reduce contact on the day of plant pick-up. Please make checks payable to Rowan CES and mail to Rowan County 4-H 2727-A Old Concord Road, Salisbury, NC 28146. You can also drop off exact cash or check at the Extension office at the same address, M-F 8 AM-5 PM.



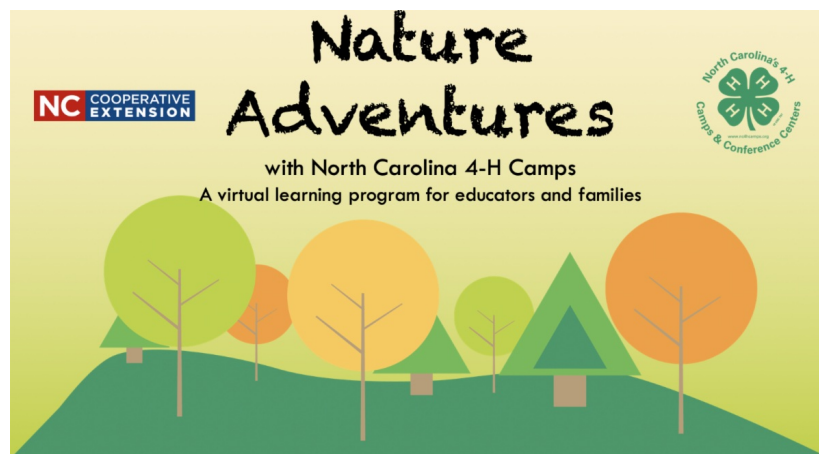
To Order: Go to go.ncsu.edu/2020fallplantsale or call 704-216-8970



Spread the word about our 4-H Plant Sale Fundraiser! This fall is the PERFECT time to purchase and plant fruit trees/plants!

[View the plant list & prices here!](#)

[To order, click here!](#)



**FREE Fall Virtual Learning Opportunities Offered by NC 4-H Camps
For teachers, parents & families.**

NatureAdventures is a 7-part series of 45-minute educational sessions for the fall semester developed and taught by professional Environmental Educators from North Carolina's premier 4-H Camps. This program is provided for FREE for teachers and families. Check out the session schedule linked below. All programs are aligned with the North Carolina Standard Course of Study and the 4-H Learning Objectives. For more information, visit www.nc4hcamps.org.

Standard Course of Study and are presented live over Zoom. Can't make the live event? Register for the recording and go at your own pace.

[CLICK HERE to learn more, grab material lists, and review standards alignment](#)

[Programs are FREE, but you MUST REGISTER HERE!](#)



At-Home Outdoor Learning Kits

NC 4-H Camp has currently developed two outdoor learning kits for at-home use. Use the link below to access the activity plans and supply list. Topics include aquatics and hiking.

[NC 4-H Outdoor Learning Activity Kit Plans](#)

Get ready for UPCOMING NC 4-H OPPORTUNITIES available to ROWAN youth!

For a printable/shareable flyer, [click here](#).



Entries are due by November 23. You must submit 1-5 pictures.

[Click here to submit your hay bale entry!](#)

****If you need help with your submission,
contact Laura Allen at laura_allen@ncsu.edu
PRIOR to November 23. If you would like to participate, you can
put your hay bale in your own yard OR display it outside of our
Extension office (but contact Laura before taking to Extension
office)!**

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 hay 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

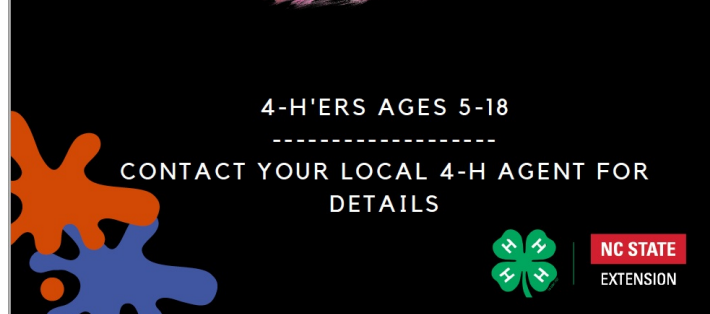
- Entries can be constructed from September 15 - November 20
- State Registration is due November 23rd - check with your county for county deadline
- Winners will be announced on December 11th

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.

For printable/shareable flyer, [click here!](#)





Entries are due no later than
12:00 PM ON NOVEMBER 2.
[SUBMIT YOUR ENTRIES HERE](#) for the
NC 4-H Virtual Craft Fair!

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.

4-H STEM Opportunities

Check out the following STEM opportunities available to families!



**VA 4-H
STEM
MONTH**

4-H Mars Basecamp How-To Sessions:

Oct. 6: Red Planet Odyssey
 Oct. 13: Crop Curiosity
 Oct. 20: Landing Zone Surveyor
 Oct. 27: Insight from Mars

4-H STEM Experiences:

Oct. 8: Let's Talk STEM Careers!
 Oct. 15: STEM Games
 Oct. 22: Mars Geoscientist Panel
 Oct. 29: Learning with NASA

Come join us for a month
of virtual activities for 4-H
STEM Month in October!

**Tuesdays at 2:00 p.m. and
Thursdays at 7:00 p.m.
via Zoom!**

Find more information
about each session
and register at
<http://bit.ly/VA4HSTEM>



NC 4-H Camp update

NC 4-H is planning and preparing for in-person summer camp for 2021 at the NC 4-H Camping Centers! Please note that 4-H Camp will cost \$450 per camper in 2021. Camp is open for youth ages 8-14 and you do not have to be a 4-H member to attend. I will know in December or January what week we will be going to camp!



4-H also has "Specialty Camps".....save the date for these if you are interested:

- Horsemanship Camp: June 13-18, 2021 at Millstone 4-H Camp
- Fish Fur & Game Camp: July 18-23, 2021 at Millstone 4-H Camp

Horse Updates



The 2020 NCSU Horse Judging Short Course & Open Horse Show Judges' Certification Clinic **will NOT be held in person.** The course information (registration, final topics list, etc), will be posted on the EEH website and will be open in November (exact date TBD). This course will be purely educational and will not include a testing portion for certification.

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 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

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 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.*

Direct Link: [NC 4-H International Exchange Programs Website](#)

Direct Link: [NC 4-H Outbound Program Information](#)

Direct Link: [NC 4-H Outbound Opportunities New Announcement](#)

4-H Shout Outs

Congratulations to John Tucker who was a participant in the NC Dairy Photo Contest. His photo (below) is displayed in the lobby of the Ag. Center.



Thanks to the 4-H volunteers who judged district level Project Record Books on September 11: Becky Causby, Toi Degree, Kris Mares, Carole Massey, Cheryl Oster, Beth Stebe, Jennifer Stirrup.

Congratulations to the 4-H'ers who participated in this year's Pullet Project!

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!**

****If you want to submit a workshop proposal for the 2021 Volunteer Leaders' Association Conference, read more about it [here](#). Due by October 5, 2020.**

**-Virtual South Central District Fall Day (for 4-H volunteers in Rowan County and the 18 surrounding counties):
Saturday, Nov. 7 (no details have been released yet, but please Save the Date)!**



-Upcoming NC 4-H Virtual Volunteer Trainings:



OCTOBER 6 - THE HEAD, HEART, HANDS, AND HEALTH OF WELLNESS

(6:00 - 7:00 PM)

Register here by September 30th:

go.ncsu.edu/wellnesstraining

Join the Poe Center staff to learn about engaging 4-H participants in health and wellness programming aligned with the four Hs.

NOVEMBER 3 - KAHOOT

(6:00 - 7:00 PM)

Register here by October 28th:

go.ncsu.edu/kahoottraining



Kahoot! is a game-based learning platform that makes it easy to create, share and play learning games or trivia quizzes in minutes. Come learn how to add this fun into your 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 7, 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

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.