

Forsyth County 4-H Summer Adventures



2010



4-H Summer Adventures 2010

Name: _____ Parent/Guardian: _____

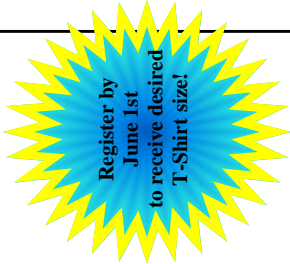
Address: _____ City: _____ Zip: _____

Telephone: (home) _____ (work) _____ (emergency) _____

Email Address: _____

Age: _____ Grade Completed: _____ Race: _____ Gender: _____

T-SHIRT Size: Y/SM ___ Y/MD ___ Y/LG ___ A/SM ___ A/MD ___ A/LG ___ A/XL ___ A/XXL ___ A/XXXL ___



The 4-H program depends greatly on volunteers. Because of travel constraints, a limited number of volunteers are needed to chaperone trips. If you are available, please place a star beside the event on your child's registration form. If your help is needed, we will contact you. Volunteers are not expected to pay a registration fee. In return, they are expected to assist 4-H staff and instructors in any way possible to insure that participants are well chaperoned. This means it is not appropriate to bring additional children who are not registered participants.

The child registered on this form is under 8 years old or weighs less than 80 pounds; and will require a booster seat.

<u>Date</u>	<u>Vol.</u>	<u>Title</u>	<u>Cost</u>	<u>Register</u>	<u>Date</u>	<u>Vol.</u>	<u>Title</u>	<u>Cost</u>	<u>Register</u>
TBA		Appiqué Cupcake	\$5		July 9		Forestry 101		<u>Wait List Only</u>
June 16		Birds, Birds, Birds	<u>Wait List Only</u>		Aug 1-6		Camp C.H.I.L.L.	\$TBD	
June 17		Law & Order 9-12 <u>OR</u>	\$2		visit http://www.campsertoma.org/camp/forms.shtml to register.				
June 22		Trash to Treasure	\$5		Aug 3-5		Hunter Safety	\$5	
June 28 - July 1		Music Camp	\$15		Aug 9		Tree Hugging & Fish Kissing	<u>Wait List Only</u>	
June 29		What Can Green Do For You?	\$5		Aug 11		Electric Workshop 10-12 <u>OR</u>	\$5	
July 2		Lenny's Water Watch	\$3		Aug 11		Electric Workshop 1-3	\$5	
July 7		Manners Matter	\$8		Aug 12		Konnichiwa	<u>Wait List Only</u>	
					Aug 16-20		Chef & the Child	<u>Wait List Only</u>	
Subtotal 1			\$ _____		Subtotal 1			\$ _____	
					Subtotal 2			\$ _____	
					Registration Fee			+	\$ 6.00
					Total			=	\$ _____

Please put a W.L. under the registration column if you would like to be added to the waiting list for a class. You do not need to send any money now for wait list classes.

COOPERATIVE EXTENSION
Empowering People · Providing Solutions

Forsyth County 4-H
North Carolina Cooperative Extension Center
1450 Fairchild Road
Winston-Salem, NC 27105

Date: June 13th – 18th

Age: 8-14

Location: Betsy Jeff Penn 4-H Camp, Reidsville, NC

4-H Camp

Price: \$375

If you are interested in attending, please email or call and we will see if we can get a spot for you to attend! At camp you are able to go canoeing, swimming, horseback riding and you will learn a lot about wildlife, crafts and much more!

Date: TBA

Ages: 8-18

Location: **Ag Building**

Appliqué Cupcake

Time: 9:30 - 12:00

Price: \$5



Come learn how to sew a piece of fabric onto another piece of fabric to create a picture. Our expert volunteers will teach you everything that you need to know. After you get home, you can turn your appliqué into a pillow or wall hanging.

Date: June 16

Age: 6-10

Location: **Ag Building**

Wait List

Only

Birds, Birds, Birds

Time: 9:30-11:30

Price: \$3

Come prepared to learn all about bird beaks and bird nests. Everyone will be creating their own bird nest and eating a delicious snack the "bird" way. To finish up the fun, we will be making a fun bird craft to take home.



Date: June 17

Age: 11-18

Location: **Ag Building**

Law & Order

Time: 9:00-12:00

Price: \$2

Learn about the judiciary system and participate in a mock trial. You could find yourself elected to serve as an attorney or even a judge in our mock court case.



Date: June 22

Age: 8-18

Location: **Ag Building**

Trash to Treasure

Time: 10:00-3:00

Price: \$5

Bring a **Bag Lunch**.

Learn how to reuse those things you've held onto for a future purpose. Did you know rulers could be turned into kids' chairs, or sides of soda cans into earrings? We will make sparkling sun catchers, butterfly lights, stained glass vases and a whimsical garden insect all out of materials we usually throw in the trash. This program is a great way to celebrate Earth Day every day!



Dates: June 28-July 1

Age: 6-12

Location: **Ag Building**

Music Camp

Time: 9:00-12:00

Price: \$15

Make home-made musical instruments. Learn to play the pennywhistle and hand bells. Compose your own song, and be exposed to a variety of musical instruments in this exciting 4 day music camp.



Date: June 29

Age: 9-18

Location: **Ag Building**

What Can Green Do For You?

Time: 8:15-3:45

Price: \$5



Lunch and snacks will be provided.

Have you ever wondered what you can do in 4-H? This workshop will give you the opportunity to explore the many different competitive events 4-H has to offer. You can choose between expressive arts events, presentations, horse events and much more!

Date: July 2

Age: 8-18

Location: Bethabara Park Visitors Center

Lenny's Water Watch

Time: 9:00-12:00

Price: \$3



Be sure to bring **bug spray, sunscreen, towel, closed-toed shoes** (that can get wet).

Discover and identify the different critters that live in the stream and learn about protecting their habitats. We will also test the water with a water test kit.

Be prepared to get wet and have some fun!

Date: July 7

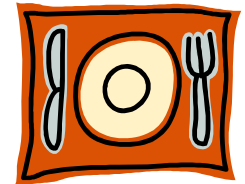
Age: 8-18

Location: **Ag Building**

Manners Matter

Time: 9:00-2:00

Price: \$8



Why do manners matter? They make others feel better, and they cause others to like and respect you. Come learn about table etiquette, meeting and greeting, telephone and social media.

Cost includes a snack and a meal.

Date: July 9

Age: 8-18

Location: Horizons Park Red Barn

Forestry 101

Time: 9:00-1:00

Price: \$3

Wait List
Only



Learn how to use a compass, how to measure/id trees, how to manage a forest for happy wildlife and learn about fire management in forests. Watch a controlled burn by Forest Rangers. If time allows, we will play Frisbee golf after lunch
Bring a **bag lunch, bug spray, sunscreen, and closed-toed shoes.**

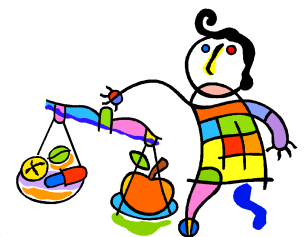
Date: Aug 1-6

Ages: Rising 6th –9th graders

Location: **Sertoma 4-H Center**

Camp C.H.I.L.L.

Price: \$TBD



Camp CHILL is a 1-week overnight camp experience focusing on healthy lifestyles through nutrition lessons, fun physical activities, team-building, and traditional camp programming. Fee includes follow-up reunion/assessment November 6-7 for participant and one parent. This camp targets youth that are in the 85%-97% BMI range, placing them "at risk of obesity."

Visit <http://www.campsertoma.org/camp/forms.shtml> to register.

Date: Aug 3-5
Age: 10-18
Location: **Ag Building**

Hunter Safety
Time: 9:00-12:15
Price: \$5



Participate in Hunter Safety Education.
Everyone that passes the final exam will be given a card that they can use to get their NC hunting license.

Date: Aug 9
Age: 8-18
Meeting Place: **Ag Building**

**Wait List
Only**

Tree Hugging and Fish Kissing
Time: 9:00-4:00
Price: \$6



Be sure to bring a bag lunch, binoculars (optional), one piece swimsuit (or cover-up), towel, sunscreen, bug repellent, hiking or tennis (close-toed) shoes. We will travel to Hanging Rock State Park in Stokes Co., where we plan to hike to a waterfall (this includes a "moderate" hike that includes a steep staircase). We will do tree and wildflower id along the way. After a bag lunch we will go swimming in the lake at the park.

Date: Aug 11
Age: 10-18
Location: **Ag Building**

Electric Workshop
Time: 10:00-12:00 OR 1:00-3:00
Price: \$5

Come and let members of the Forsyth County 4-H Science Club teach you the Magic of Electricity. You will learn how to control the flow of electrical currents to light up a light bulb, how to properly build a circuit board, and play with magnetic forces. This will be a fun filled workshop, full of electrifying moments! You will even be able to take home an electric project, that you will complete during this workshop!

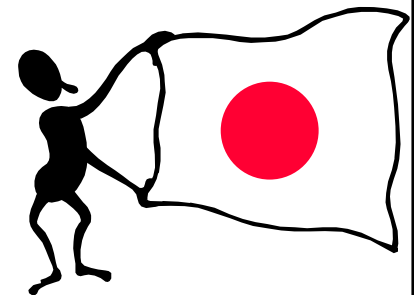


Date: Aug 12
Age: 8-18
Location: **Ag Building**

**Wait List
Only**

Konnichiwa (Hello in Japanese)
Time: 9:00-1:00
Price: \$8

Learn about Japan first-hand from a 4-H'er that has lived there for a month. Taste Japanese food (including lunch from a local restaurant), play Japanese games, and watch a slideshow from his trip.



Date: August 16-20
Age: 8-12
Location: **Ag Building**

**Wait List
Only**

Chef and the Child
Time: 9:00-12:00
Price: \$5

Come work with professional chefs to learn how to create tasty and healthy meals. Learn about nutrition, cooking/kitchen safety and food preparation. A field trip to a related industry will take place on Friday.

Be sure to bring **closed-toed shoes**; Those with long hair should wear their hair pulled back.

**This workshop may not be repeated so if you have previously participated you are unable to register. Thank you.*



Forsyth County 4-H 2010 Summer Adventures

We have planned lots of fun and exciting events and are looking forward to you joining us.

- Space is limited and is available on a first come, first serve basis to all Forsyth County youth; however, active 4-H members are allowed to register first.
- Refunds will be made **ONLY** if session has been filled or cancelled, and will be mailed in August 2010.
- Participants should wear comfortable shoes and clothing for all outdoor sessions. Sandals, flip-flops, or open-toed shoes of any kind are not acceptable for outdoor activities and **participant may not be allowed to participate if such footwear is worn.**
- For all trips and activities, Forsyth County 4-H, its staff and volunteers, **are not responsible** for sunburn or insect bites and **will not** administer either sunscreen or insect repellent. Parent/Guardian is responsible for applying these protective agents.
- All events operate under the **4-H Code of Conduct and Disciplinary Procedure** which is a condition of participation in 4-H events and activities. (http://www.nc4h.org/publications/forms/4-H_codeofconduct.pdf)
- After you register, you will be sent a packet of 4-H forms to complete, including a Medical Release form that must be notarized, a 4-H Enrollment form, and an Informed Consent form. Your child **will not be allowed to participate without** all forms being completed. You may download these forms from <http://www.forsyth.cc/CES/4-H/> and submit them with your registration fee.
- For accommodations for persons with disabilities or food allergies, contact Forsyth County 4-H, at 336.703.2850, no later than fourteen days before the event.



The one-time registration fee of \$6.00 provides for a t-shirt.
Workshop fees cover a snack for all programs, and workshop materials.

There are only 2 ways to register:

1. MAIL

- Send completed registration form(s) and check made payable to
Forsyth County 4-H to: Forsyth County 4-H
1450 Fairchild Road
Winston-Salem, NC 27105

OR

2. IN PERSON

- Stop by the 4-H Office at the Agricultural Building (**Monday-Friday, 8:30am-12:00 pm or 12:30 pm-4:30 pm**) with your registration form (s) and check or exact amount of cash. 4-H members may use scholarship dollars.
- **ABSOLUTELY NO REGISTRATION WILL BE TAKEN BY PHONE or FAX.**
- **PLEASE NOTE THAT MEDICAL RELEASE FORMS MUST BE NOTARIZED; however, there MAY be a notary public in our office that can notarize these forms for you.**
- For more information or to have a registration form either faxed or mailed to you, call Annette Presley at 703-2850 or visit us at <http://www.forsyth.cc/CES/4-H/>.

Please be prepared to have an adult sign your child(ren) (age 12 and under) in and out of every event.



The Forsyth County 4-H Staff looks forward to serving the youth of Forsyth County through "4-H Summer Adventures 2010".

April W. Bowman

April Bowman
Extension Agent
4-H Youth Development

Donald Mebane

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Extension Agent
4-H Youth Development

Vacant
Extension Program Assistant
4-H Youth Development

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