

Burke County 4-H

June, July & August Newsletter

&

SUMMER FUN CAMPS

FOR YOUTH
AGES 5-18

PICK YOUR
WORKSHOPS

MORE INFO:
828-764-9480
burke.ces.ncsu.edu

2024

Burke Agricultural Building. 130 Ammons Drive. Morganton, NC 28655



AGRICULTURE
& FOOD



HEALTH &
NUTRITION



4-H YOUTH
DEVELOPMENT

Additional registration forms can be found at
burke.ces.ncsu.edu

Burke County 4-H Opportunities- Summer Fun

JUNE

ALL youth MUST be registered in 4-H Online PRIOR to first summer workshop attendance. v2.4honline.com

4-H Foundations & Teen Council & Teen Leadership-Interns - June 3, 5:30-7pm

Celebrate with us as the summer Teen L.I.P's graduate from training. This will be a great time to see our levels of teen and adult opportunities in action. Meal provided. Must call and register name/#attending/allergies. **FREE**

Foundations: Any Adults and/or teens 12+ that are interested in learning more about 4-H, Club Management, 4-H curriculum training, Leadership, Service and 4-H Opportunities, this is for YOU! This is Free 4-H Training.

Teen Council: Any Burke County youth ages 13-18 interested! Join us to expand on skills in leadership, citizenship, civic engagement, community service and "adult 101" Life Skills!. This is perfect to add to college/job applications! You DO NOT have to be currently enrolled in 4-H. Come Check It Out. Free Workshop.

Kids Cooking CAMP



Kids will learn basic cooking skills, kitchen equipment & safety, menu planning, nutrition, how to prepare several snacks and meals, local food tour, and grocery games! Lunch/snacks provided.

WHO: Ages 8-13

WHEN: **June 4,5,6**

TIME: 9am-3pm

COSTS: \$100

*Please advise regarding food sensitivities and allergies upon registration.

Pup Pals! June 12, 9am-12noon. Ages 5-11. \$12

Learn about dog care, safety, nutrition, play, and responsibility. See how you can be a better Pal for your pup! You do not have to be a pet owner to attend. Do not bring live animals.

4-H West District Activity Day. Western Carolina University. June 14. Free-See Agent

Eligible Burke County 4-H'ers and families will travel to WCU to participate in the district presentation competition. Those needing transportation, contact Nicki. All are welcome to attend and support.

4-H SUMMER CAMP \$540. Scholarships available.

Burke County 4-H will travel to the Eastern 4-H Conference Center in Columbia, NC, for a 5 night stay **June 16-21**. This 4-H Camping experience is for youth ages 8-14. The Eastern 4-H Center is located on beautiful Bulls Bay of the Albemarle Sound in the north eastern coastal plain of NC. Unique program offerings include a focus on coastal ecology, shooting sports, kayaking, and offsite camping trips for older campers. When spaces are full, we can add you to a waitlist. Follow us for next year's camp signups beginning in November 2024. Ages 8-14. \$540 includes transportation, lodging, meals, (\$15) store card funds, and camp t-shirt.

Stitch Together! 9am-4pm. Ages 9-18. \$25/day OR \$40 for BOTH days!

June 24. Beginners: Learn basic hand and machine sewing skills.

June 25. Intermediate: Have basic hand and machine sewing skills. Explore ways to put these skills into practice. Workshop supplies and materials will be provided. Will need a packed lunch (no kitchen available in classroom).





4-H Grilling Bootcamp

Kids will learn basic cooking skills, kitchen equipment & safety, menu planning, foods & nutrition, how to prepare several snacks and meals as well as grocery games!*Please advise regarding food sensitivities and allergies upon registration.

WHO: ages 12 -18

WHEN: July 9,10,11

TIME: 3:30pm-8pm

WHERE: Burke Extension office

COSTS: \$100



4-H Foundations & Teen Council & Teen Leadership-Interns - July 9, 5:30-7pm. Free

Check out our 4-H Grilling Bootcamp & learn how these skills and techniques can be used in the 4-H Outdoor Cookery competitions. Meal provided. Must call and register name/#attending/allergies. FREE 4-H training.

First Steps 4-H Club Meeting - July 11, 5:30pm, FREE

For ALL ages: 5-18 & adult caregivers. Youth attending club meeting should be accompanied by an adult OR registered & approved in 4-H Online prior to sign-in at meeting. This club is FREE to attend and join. This will be a general interest community 4-H club that will explore many interest areas, lead by 4-H Agent. Great way to get started on your 4-H journey. Call and let us know you may visit.

Adulthood 101, Saturday July 13. 9am-3pm. \$50

Navigate the challenges of adulthood with our Adulthood 101 class. Gain essential life skills such as money and time management, responsibilities, insurance, meal planning, workforce readiness tools, and basic home care and maintenance. Learn to tackle the demands of the real world with confidence and practical know-how. Adulthood just got a whole lot easier!

Pack a lunch. Snack is provided. AGES 14-18, 9am-3pm, \$50.

Take My Picture. July 15, 9am-3pm. Ages 12-18.. \$20

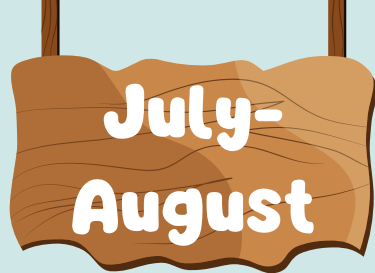
Learn the ins & outs of phone photography. Using the given features on your phone camera, discover how to take better photos, adjust for lighting, help people pose, basic editing and ideas for photo storage. Bring a phone you can take pictures with and the charging cable. Bring a packed lunch. Snack is provided. \$20

4-H State 4-H Electric Congress Award Trip, July 16-18

Eligible Burke County 4-Hers (ages 14-18) will attend and participate in statewide Science & Electric teen-leadership workshops, electric project lessons, award recognition and social networking at Western Carolina University.

See agent for details if you want to attend next year!





4-H State 4-H Congress, July 22-26

Eligible Burke County 4-Hers (ages 13-18) will attend and participate in statewide teen-leadership workshops, community service, and social networking at NCSU in Raleigh, NC. State 4-H Presentation contest will be on Tuesday July 23. **See agent for details.**

4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.



Outdoor Adventures, July 30, 31, & August 1. 8:30am-4:30pm. Ages 13-18. \$100

Join in for some out door fun and adventure! Water sports, swimming, outdoor cooking and more! You definitely want to catch this wave of outdoor activity. Each day bring swimwear, water shoes, dry towel, sunscreen, sunglasses/hat, and water bottle. Pack a lunch each day. Snack is provided. \$100

Bucket Day. August 2. Ages 8-18, 9am-12noon. \$15

Summer Fun participants will have the chance to vote for their “bucket list” workshop throughout the summer. The winning interest will be our Bucket Day! Snack is Provided. \$15

Fly Zone- August 5. 9am-3pm. \$25

Lets explore things that FLY! Airplanes, kites, drones, rockets, birds, gliders, and more! Are you curious? Always watching the sky? Wonder how it stays in the air? Join in on our discovery about flight. Bring a packed lunch. Snack is provided. Ages 9-18. \$25

Cake Decorating. Ages 10-18. August 6. 9am-3pm. \$45

Participants will learn and practice the skills of decorating cakes, cupcakes and cookies! This will be a sweet time to be creative, learn about entrepreneurship opportunities and gain another skill that will last a lifetime. Bring a packed lunch. Snack is provided. \$45

Kitchen Connections, August 7. Ages 14-18. 9am-3pm. \$30

Participants will learn basic cooking skills, kitchen equipment & safety, menu planning, nutrition, snack & meal prep, and more! Lunch/snacks provided. \$30





Ages 5-7+



Pup Pals! June 12, 9am-12noon. Ages 5-11. \$15

Learn about about dog care, safety, nutrition, play, and responsibility. See how you can be a better Pal for your pup! You do not have to be a pet owner to attend. Do not bring live animals. Snack is provided.



Creative Engineering. June 18, 9am-12noon. \$15

These young inventors will have the challenge and opportunity to create a building masterpiece using multiple building blocks, various shapes and materials. Snack is provided.

What's in a Chrysalis? June 19, 9am-12noon. \$15

Where did the caterpillar go? It turned into a what? These participants will explore the butterfly lifecycle through literacy and hands-on activities. Snack is provided.



Bucket Day July 19, 9am-12noon. \$15

Summer Fun participants will have the chance to vote for their "bucket list" workshop throughout the summer. The winning interest will be our Bucket Day! Snack is Provided.



Visit burke.ces.ncsu.edu for additional/printable registration forms.
(Burke County 4-H Opportunities-Summer Fun)

2024 Burke County 4-H Summer Fun Program

4-H Summer Fun is sponsored by North Carolina Cooperative Extension and provides day camps and workshops to encourage youth to learn new things, develop new skills, and explore new interest. Programs are taught and supervised by N.C. Cooperative Extension staff and 4-H & Community volunteers. If you have questions about any of the activities, call 828-764-9480. Classes are held at the Burke Agricultural Building in Morganton unless otherwise specified. Trips depart from the same location unless otherwise specified.

Child's Name: _____

D.O.B _____ Age _____

Parents/Guardian Name: _____

Phone: _____

Allergies & additional important info: _____

Date	Age	CAMP/WORKSHOP	Time	Cost	X

Prepaid registration is required for each participant to reserve class space. Classes may be cancelled if minimum registration is not reached. Refunds will only be made if class is canceled due to low registration or weather cancelations. Class size is limited and on a first-come basis.

Each participant must complete 4-H enrollment/health information/consents at:
v2.4honline.com

Make checks payable to: Burke County 4-H. Mail completed registration and payment to: 130 Ammons Drive, Suite 2, Morganton, NC 28655. This enrollment must be complete prior to first camp, class or workshop.

Please direct special accommodation request to the Burke Extension office at least 10 days prior to the first camp, class or workshop.

Date Paid		Subtotal	
		Registration Fee	
Cash			10.00
Check		Total Due	\$

Office use