

McDowell County

4-H



Summer Discovery 2018

4-H Summer Discovery is a collection of educational workshops, field trips, and hands-on activities planned especially for McDowell County youth. This special program is designed to give youth positive learning opportunities and focus on developing life skills. Summer Discovery is made possible by dedicated 4-H volunteers and McDowell County Cooperative Extension Service staff.

Chad Ray, Agent
4-H youth and Development

Registration BEGINS: Tuesday, May 15, 2018 at 1:30 pm
NO EARLY REGISTRATION WILL BE ACCEPTED!

4-H is a non-profit organization and is open to **ALL** youth ages 5-18 in McDowell County. All fees are for educational supplies, admission fees, limited insurance, refreshments, and transportation. Limited insurance will be provided for all participants for \$1.00 (this insurance is required). Registration form and 4-H enrollment forms must be completed in its entirety and signed by parent or legal guardian prior to registering the participant. Registration will not be accepted if forms are incomplete.

If your child has any special needs, contact the 4-H Agent prior to registration. Every effort will be made to accommodate special needs if adequate notification is given.

Prepayment is required to reserve a space.

No registration will be accepted by telephone.

Make your checks payable to **McDowell County 4-H** and use only one form per child.

Activities are filled on a first-come, first serve basis.

water will be provided at all workshops

Attention Parents:

Spaces are limited to youth only. Parents are invited to attend 4-H Night at the Ballpark.

Questions ????

For more information about 4-H Summer Discovery or the 4-H program in McDowell County, call Chad Ray @ (828) 652-8104, Monday – Friday, 8:30 am to 5:00 pm.

Registration Deadline is June 6th. Remember to register early, space is limited.

No Debit or Credit Cards Accepted

Make check or money order payable to: McDowell County 4-H and mail or bring to:

**McDowell County 4-H
NC Cooperative Extension
60 East Court Street
Marion. NC 28752**

All Forms Must Be Completed to Register For Programs.



For accommodations for persons with disabilities, contact the McDowell County Center at 828-652-8104, no later than 10 business days before the event.



4-H Campfire Cooking

June 12, 2018
Ages 5-18
Class limit 12

8:30am – 1:00pm
Cost: \$7.00

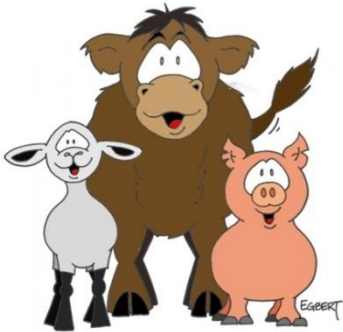


Join Lawrence Moore and learn how to cook over an open fire. Participants will learn how cook with dutch ovens and other great ways over a open campfire. At the end of the class the youth will get to eat their tasty cooking.

Brackett Town Farms

June 19, 2018
Ages 5-18
Class limit 12

8:30 am – 1:00pm
Cost: \$5.00



Brackett Town Farms is a local family owned farm that is a non-profit petting farm. You won't find traditional animals here! Come check out the Emus, Alpacas and many other interesting creatures!

<https://www.bracketttownfarms.com/>

What to bring: Comfortable shoes and bagged lunch

Fish On!

June 22nd, 2018
Ages: 8-18
Class Limit 12

8:30 am - 2:30 pm

Cost: \$5.00

Who wants to go fishing? Participants will get to try their hand at fishing.. This is an entertaining fun filled day. Participants will go with Molly Sandfoss, aka Fish Momma, to see who will catch the biggest or the most. This is a great trip for both experienced anglers and first timers. **If you are 16 or older you must have a valid North Carolina fishing license to fish!!!**



*What to bring: Bag lunch, rods, reel, tackle (hooks, sinkers, and bobbers), stringer, and cooler so you can take your catch home. ***Closed face reels are much easier for youth to use. 4-H will provide bait.*

McDowell 4-H Shooting Sports (Rifle)

July 2, 2018
Ages: 9-18
Class limit: 10

9:00 am – 12:00 pm
Cost: \$5.00



This workshop is designed to teach youth to properly shoot a .22 rifle, from a bench rest. All safety and equipment will be provided. The workshop will be taught at Carolina West Shooting Club in Nebo. Closed toe shoes required.



McDowell 4-H Shooting Sports (Archery)

July 5, 2018

Ages: 9-18

Class limit: 10

9:00 am – 12:00 pm

Cost: \$5.00

This workshop is designed to teach youth to properly shoot a bow and arrow, we will teach safety and technique. All equipment will be provided. This is a beginner's class. The workshop will be taught at Carolina West Shooting Club in Nebo.

What to bring: Participants are required to wear closed toe shoes.

4-H Night at the Ballpark

July 9, 2018

Ages 5-18

Class limit 12

6:00pm- 11:00ish

Cost: \$7

What is Summer without baseball? Join 4-Hers from all across Western North Carolina for 4-H Night at the Asheville Tourists. This is a great family event and we encourage families to attend. 4-H will be prominently featured throughout the night and in the past 4-Hers have even got to throw out the first pitch.



Down on the Farm: 4-H Farm Day

July 10, 2018

Ages 5- 18

Class limit 12

8:30am – 12:00pm

Cost: \$5.00

Experience farm life for a day. Farmers in McDowell County provide a wide variety of fresh, nutritious food for us to eat. We will be visiting farms and learning about how your food is grown.

Wear closed toe shoes. Bring water.



Pottery

July 12, 2018

Ages 5-18

Class limit 10

12:30pm- 5:00pm

Cost: \$25.00

Don't miss out on this. This class is almost always the first to fill up! Participants will spend the day creating pottery by using a potter's wheel and also by using their hands. The workshop will be held at Pinkul Pottery. (Pottery is available at the Extension Office a few weeks after the class, due to finish time.)

Cradle of Forestry/Sliding Rock

July 13, 2018

Ages 9 -18

Class limit 12

8:30am – 5:00pm

Cost: \$10.00

We are going to the Cradle of Forestry in the beautiful Blue Ridge Mountains to learn about Bugs, Bogs and Beavers. After a picnic lunch we will spend the afternoon at Sliding Rock. A natural water slide in our own backyard.



What to bring: Bathing suit, towel and bagged lunch!

4-H Cooking Camp

July 16-18

Ages 9-14

Class Limit 12

1:00pm – 5:00pm

Cost: \$15.00

Join Ms. Janet and learn basic kitchen cutlery skills and eat what you prepare. Participants will tour the grocery store and visit the tailgate market.

****This is a three day camp. Youth need to be able to attend all three!****



River Tubing/Hiking

July 19th, 2018

Ages 9-18

Class limit 12

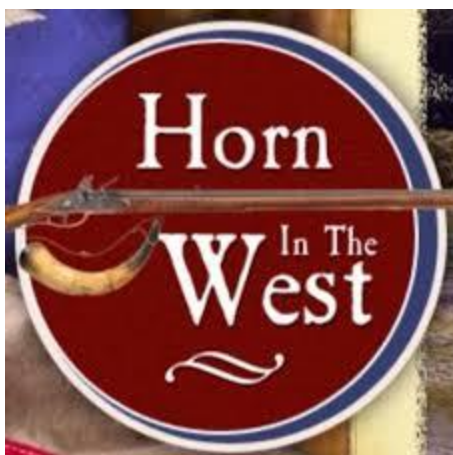
10:00am – 3:30pm

Cost: \$15.00

Join us as we go hiking to Linville Falls and enjoy a nice picnic lunch. After we have worked up a sweat we will tube down the Catawba River with Catawba River Outdoors. www.catawbariveroutdoors.com



What to bring: Towel, water shoes, comfortable walking shoes, a life jacket if needed and a bagged lunch!



Horn in the West

July 26th, 2018

Ages 9-18

Class limit 12

4:00pm-11:00pm

Cost: \$15.00

This is a can't miss event. Join us as we travel to Boone to enjoy a nice dinner and then watch the outdoor drama Horn in the West.

www.horninthewest.com

"Horn in the West," the nation's oldest Revolutionary War drama, brings to life the famous frontiersman Daniel Boone and the hardy mountain settlers of this region in their struggle to preserve their freedom during the turbulent years before and during the War for Independence.

Dinner will be provided.

Composting

August 1st, 2018

Ages 5-18

Class limit 12

1:00 pm – 5:00pm

Cost: \$5.00

Worm Composting & Danny's Dumpster Tour

Learn how worms can eat your garbage, and get a hands on backyard composting demonstration. Take a tour of Danny's Dumpster. Danny's Dumpster is a commercial composting facility and organic waste hauler that process food scraps and other organics from Asheville's restaurant industry.



Hike Rocky Face/ Swim & Sunbathe at Sun Crest Water Park

August 2nd, 2018

Ages 9-18

Class limit 10

8:00am-6:00pm

Cost: \$10.00

Another great opportunity to get outside by hiking Rocky Face Mountain Recreational Area (<https://rockyfacepark.com>), an outdoor recreational area in Alexander County. We will attempt to find a few geocaches along the trail. After hiking, we will cool down at Sun Crest Water Park (<http://www.suncrestwaterpark.net>) for swimming and sunning with waterslides and a rope swing.

What to bring: Hiking: water, closed toe shoes

Swimming: water shoes, sandals, bathing suit, towel and a bagged lunch!



Charleston Teen Camp

August 6-8

Ages 13-18

Cost: \$175.00

Come join us as we travel to Charleston, SC this year. There will be guided tours of some of Charleston's favorite destinations including, Historic Houses, Heritage Gardens, America's first museum, a coastal water discovery program and so much more. Spaces are extremely limited. Price includes lodging, travel breakfasts and dinners. Participants will need money for lunch each day.

Carowinds

August 13, 2018

Ages 10-18

Class Limit 12

8:30am – 8:00pm

Cost: \$45.00



This is our end of summer celebration trip. We are going to spend all day at Carowinds theme park in Charlotte, North Carolina. For more information about Carowinds please go to their website at www.carowinds.com This will be an all day trip and participants will need money for food and souvenirs. 4-H will pay for dinner on the way home.

What to bring: Comfortable shoes, a bag lunch or lunch money!



4-H Mini Garden

May 15-September 28, 2018

Ages: 5-18

Cost: \$0.00

We are excited to be offering the **4-H Mini Gardening Project** this year! McDowell County 4-H is partnering with McDowell County Extension Master Gardener Volunteers to offer the 4-H Mini Gardening Project. Anyone from ages 5 to 18 is eligible to participate. This is an opportunity to "dig in" and have fun with your own vegetable or flower garden while learning through input provided by Extension Master Gardeners. The Extension Master Gardeners will visit your garden during the summer and provide you with information and suggestions for helping you grow a successful home garden (flower, vegetable, or herb). This opportunity is open to ANY of our 4-H families. We welcome all kinds of gardens: traditional gardens, raised bed gardens, container gardens, and more.

All participants will be required to maintain a mini-garden project record book “garden journal” which will be provided. Participants will submit their record books for judging on September 28. The record book and the overall care of the garden throughout the project will be used to determine overall winners. The winners will be announced and posted at the Extension Master Gardener booth at the Mountain Glory Festival in Marion on Saturday, October 13. Winners will also be recognized at the annual McDowell County 4-H Achievement Night in early 2019.

We will have sign-up during Summer Discover Registration at the McDowell County Center Office, County Administration Building, 60 East Court Street, Marion, 2nd Floor, on May 15. This is a drop in event. This is also a time to ask questions and learn about gardening. If you have any questions about the 4-H Mini Gardening Project, please contact Molly at Molly_Sandfoss@ncsu.edu or (828) 652-8104.



**All workshops will begin and end in the parking lot
behind the EMS station. Unless otherwise stated.
(Look for the Big Red Van)**

4-H Summer Discovery Registration Form

Child's Name _____ Age _____

Date of Birth _____ Male _____ Female _____

Mailing Address _____ City _____ Zip _____

Parent's/Guardian's Name _____

Daytime Phone (required) _____ Home Phone _____ Cell Phone _____

T-Shirt Size _____ (if applicable)

I WANT TO ENROLL IN THE FOLLOWING SUMMER PROGRAMS:

<i>Activity</i>	<i>Date</i>	<i>Cost</i>	<i>Total</i>
4-H Campfire Cooking	June 12	\$7.00	
Brckett Town Farms	June 19	\$5.00	
Fish On!	June 22	\$5.00	
McDowell 4-H Shooting Sports (Rifle)	July 2	\$5.00	
McDowell 4-H Shooting Sports (Archery)	July 5	\$5.00	
4-H Night at the Ballpark	July 9	\$7.00	
Down on the Farm: 4-H Farm Day	July 10	\$5.00	
Pottery	July 12	\$25.00	
Cradle of Forestry/Sliding Rock	July 13	\$10.00	
4-H Cooking Camp	July 16-18	\$15.00	
River Tubing/Hiking	July 19	\$15.00	
Horn in the West	July 26	\$15.00	
Composting	August 1	\$5.00	

<i>Activity</i>	<i>Date</i>	<i>Cost</i>	<i>Total</i>
<i>Hike Rocky Face/Sun Crest Water Park</i>	<i>August 2</i>	<i>\$10.00</i>	
<i>Charleston Teen Camp</i>	<i>August 6-8</i>	<i>\$175.00</i>	
<i>Carowinds</i>	<i>August 13</i>	<i>\$45.00</i>	
<i>4-H Mini Garden</i>	<i>May 15-September 28</i>	<i>\$0.00</i>	
<i>Insurance Cost (One Time Fee)</i>			<i>\$1.00</i>
<i>T-Shirt</i>	<i>FREE</i> <i>w/ 3 or more activities</i>	<i>\$10.00</i>	
<i>Total</i>			

NC Cooperative Extension is an equal opportunity provider.