



# Rutherford County 4-H



# Summer Fun 2019

**4-H Summer Fun** is a collection of educational workshops, tours, and hands-on activities planned especially for Rutherford County youth. This special program is designed to give youth positive learning opportunities and focus on developing life skills. Summer Fun is made possible by dedicated 4-H volunteers and Rutherford County Cooperative Extension Service staff. 4-H invites all children to participate in the Fun.

Cynthia Robbins  
Extension Agent  
4-H Youth Development

## Registration

4-H is a non-formal youth development organization and is open to all youth, Age 5-18 in Rutherford County. All fees are for educational supplies, resources, admission fees, limited insurance, and refreshments. Limited insurance will be provided for all participants. A completed Registration form and Health and Medical Release form is required for each child. All forms are due at the time of registration.

Accommodation requests related to a disability should be made at least 2 weeks prior to the class, to Cynthia Robbins at 828-287-6190 or [cynthia\\_robbs@ncsu.edu](mailto:cynthia_robbs@ncsu.edu). If a child does not weigh 80 lbs. or is less than 8 years of age, the parent is responsible for supplying a safety seat for field trips.

Registration will open on Wednesday, May 29 at 10:00 am. After then, you may register during regular office hours of 8:30 a.m. to 5:00 p.m., Monday through Friday. Registration will only be taken in person only. No registration will be accepted by telephone. Payment is due at the time of registration. Register only one child per form. Additional forms are available at the Extension Office.

Activities are filled on a first-come, first-serve basis. Refunds will only be made if choice of class is canceled.

All 4-H activities operate under the 4-H Code of Conduct and Disciplinary Procedure  
[http://www.nc4h.org/procedures\\_and\\_guidelines/index.html](http://www.nc4h.org/procedures_and_guidelines/index.html).

## Questions

For more information about 4-H Summer Fun or the 4-H Program in Rutherford County, call 828-287-6190, Monday-Friday, 8:30 a.m. to 5:00 p.m.



## 4-H Summer Fun Activities



All workshops will begin and end at the Cooperative Extension Center located at 193 Callahan-Koon Road in Spindale.

### Wild About Wildlife – Monday, June 17, 9:00 am-3:00 pm

Learn about Skins and Skulls, animal tracks, and careers with wildlife. We will learn about hunters' safety and habitats for wild animals. We will learn about birds of prey and build an owl nesting box to attract owls.

**Ages: 9-13** **Cost: \$22**

*What to bring: Bagged lunch and drink.*

### Wildlife Buddies – Tuesday, June 18, 9:00 am-2:00 pm

Come learn about nature, plants and animals. We will go on a nature walk, play wildlife games, study habitats, life cycles, the food chain and more! We will make animal tracks. We will also make a bird feeder for you to take home and enjoy!

**Ages: 5-8** **Cost: \$12**

*What to bring: Bagged lunch and drink.*

### Kids and Chefs – Monday-Friday, 24-28, 9:00 am – 3:00 pm

This hands-on day camp is taught by local chefs and Cooperative Extension staff with a focus on agriculture and nutrition. Each day of camp features a farm tour, cooking, games, and crafts. Participants will learn about farm production, market sales, food selection, cooking techniques, etiquette, and safe food handling. All supplies will be provided. Youth who love to try new foods will love this class! Bring a bag lunch on Monday only. Lunch and snacks will be provided Tuesday through Friday.

**Ages: 10-13** **Cost: \$80**

*What to bring: Bag lunch and drink Monday only. Wear closed toe shoes each day.*



### Little Artists – Tuesday, July 2, 9:00 am-12:00 pm

Come paint your own masterpiece! Barbara Murray will be teaching aspiring artists to paint their colorful cow on a canvas and paint pet rocks. All materials will be supplied.

**Ages: 5-8** **Cost: \$10**

*Wear closed old clothes.*

### Let's Paint– Monday, July 8, 9:00 am-2:00 pm

Come paint your own masterpiece! Barbara Murray will be teaching aspiring artists to paint their cow on a canvas. We will also make garden critters out of terra cotta pots. All materials will be supplied.

**Ages: 9 and up** **Cost: \$15**

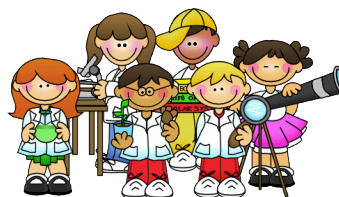
*What to bring: Bag lunch and drink. Wear closed old clothes.*

### Stained Glass– Friday, July 12, 10:00 am- 2:00 pm

Janis Byers will teach how to make a stained glass suncatcher or night light. All materials will be supplied.

**Ages: 12 and up** **Cost: \$20**

*What to bring: Bag lunch and drink.*



### Heritage Arts – Monday-Tuesday, July 15-16, 9:00 am – 3:00 pm

We will travel into the past to a simpler time as we visit some landmarks in Henderson and Rutherford County. We will visit a dairy goat farm and make soap from goats' milk. We will visit a pottery studio where we will make our own piece of hand-built pottery and go gem mining. We will also explore leather working, toys, and more! (Pottery, soap, and leather crafts will need to be picked up at a later date.)

**Ages: 9-14**

**Cost: \$45**

*What to bring: Bagged lunch and drink on Monday. Souvenir money is optional.*

### Heritage Fun – Wednesday, July 17, 9:00 am – 3:00 pm

Learn about crafts and games from times past such as leather-working, pottery, toys such as whirlygigs, gem mining and more. We will travel into the past to a simpler time as we visit some landmarks in Rutherford County. (Pottery and leather crafts will need to be picked up at a later date.)

**Ages: 5-8**

**Cost: \$18**

*What to bring: Bagged lunch and drink. Souvenir money is optional.*

### Fish and Mussels – Thursday, July 25, 9:00 am – 3:00 pm

We will travel up to the Marion Fish Hatchery to see how fish are raised to stock your favorite fishing streams and ponds. We will tour the Marion Mussel hatchery and enjoy a few hours of fishing in well-stocked pond. Fishing rods and materials will be supplied.

**Ages: 9-14**

**Cost: \$9**

*What to bring: Bagged lunch and drink. Wear sunscreen and bring hat or sunglasses and a towel.*

### Horsin' Around – Friday, July 26, 9:00 am-3:00 pm

Giddy Up! We will have a great day horsin' around. We will learn about tack, horse care, horse competitions, see a riding demonstration and more.

**Ages: 5-8**

**Cost: \$9**

*What to bring: Bagged lunch and drink. Wear closed-toe shoes.*

### BBQ Bootcamp – Tuesday-Wednesday, July 30-31, 9:00 am-1:00 pm

If you like beef, you'll love this bootcamp....grilling and food safety couldn't be more fun! Day One includes cuts of beef and farm-to-fork food safety through science experiments and group competition (Bootcamp Challenge). Day Two includes a short field trip to learn about meat processing and then it's time to pull out the grills. We'll explore grill types, practice lighting grills safely, use food thermometers to check doneness, and then enjoy our grilled lunch!

**Ages: 12-18**

**Cost: \$12**

*What to bring: Bagged lunch and drink on Tuesday. Lunch will be provided on Wednesday.*

### Electric- Wednesday, August 7, 9:00 am-3:00 pm

Explore different careers with electricity. Rutherford Electric will present their electricity demonstration. We will learn what a lineman does and how he stays safe. We will do several experiments with magnets and circuits. You will learn to solder and make your own circuit board (Laser Target Kit) to take home.

**Ages: 9-14**

**Cost: \$10**

*What to bring: Bagged lunch and drink.*

### Sew Much Fun – Thursday, August 8, 10:00 am-2:00 pm

Would you like to learn to sew? If you can sew or if you have never sewn before, you are welcome! You will make your own apron, drawstring bag, or pillowcase. All materials will be provided.

**Ages: 9 and up**

**Cost: \$10**

*What to bring: Bagged lunch and drink*

**Sweet Confections – Monday, August 19, 9:00 am - 1:00 pm**

We will learn how to make different types of candy such as peanut brittle, potato candy, fudge, mints, and more. Participants will learn how to use candy-making equipment and follow directions. Each participant will receive a recipe booklet.

**Ages: 10 and up**

**Cost: \$12**

*What to bring: A bagged lunch and drink; medium-sized container for samples.*



North Carolina Cooperative Extension Service

**NC STATE UNIVERSITY**

**Rutherford County Center**  
193 Callahan-Koon Road, Suite 164  
Spindale, North Carolina 28160

## 4-H Summer Fun Registration Form

Child's Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Race \_\_\_\_\_

Date of Birth \_\_\_\_\_ Weight (8 years or younger) \_\_\_\_\_

Parent's/Guardian's Name \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Cell Numbers \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

School Name \_\_\_\_\_ Grade \_\_\_\_\_

	Activity	Date	Cost
_____	<b>Wild About Wildlife</b>	<b>June 17</b>	<b>\$22</b>
_____	<b>Wildlife Buddies</b>	<b>June 18</b>	<b>\$12</b>
_____	<b>Kids &amp; Chefs</b>	<b>June 24-28</b>	<b>\$80</b>
_____	<b>Little Artists</b>	<b>July 2</b>	<b>\$10</b>
_____	<b>Let's Paint</b>	<b>July 8</b>	<b>\$15</b>
_____	<b>Stained Glass</b>	<b>July 12</b>	<b>\$20</b>
_____	<b>Heritage Arts</b>	<b>July 15-16</b>	<b>\$45</b>
_____	<b>Heritage Fun</b>	<b>July 17</b>	<b>\$18</b>
_____	<b>Fish &amp; Mussels</b>	<b>July 25</b>	<b>\$9</b>
_____	<b>Horsin' Around</b>	<b>July 26</b>	<b>\$9</b>
_____	<b>BBQ Boot Camp</b>	<b>July 30-31</b>	<b>\$12</b>
_____	<b>Electricity</b>	<b>August 7</b>	<b>\$10</b>
_____	<b>Sew Much Fun</b>	<b>August 8</b>	<b>\$10</b>
_____	<b>Sweet Confections</b>	<b>August 19</b>	<b>\$12</b>

Total \$ \_\_\_\_\_

Checks should not be made for an exact amount until registration is completed.  
Please make check payable to **Cooperative Extension**.

# NC 4-H Youth Development Health History & Authorization Form



**NC STATE**  
EXTENSION

**4-H Group / County:** \_\_\_\_\_ **Year:** \_\_\_\_\_ (Must be updated each year)

4-H'ers Name: \_\_\_\_\_

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Last Name Age as of Jan. 1 \_\_\_\_ First Name Gender: Female Male Email: \_\_\_\_\_ Middle Initial

Address: \_\_\_\_\_  
Street City State Zip Code

Custodial Parent/Guardian Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Second Parent/Guardian or Emergency Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

If not available in an emergency, notify (Name): \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

### Health History

The following information should be filled in by the parent/guardian, or adult. Update required annually. For residential camp attendance, health exam must be completed by an approved licensed medical personnel within 24 months of participation in the camp. The intent of this information is to provide NC 4-H health care personnel the background to provide appropriate care. Keep a copy of the completed form for your records. Any changes to this form should be provided to NC 4-H. Provide complete information so that the NC 4-H can be aware of your needs.

### MEDICATIONS

Please list **ALL** medications, even over-the-counter or nonprescription drugs, including Tylenol, Pepto-Bismol, Benadryl, etc. that may be taken. If attending out of county events, bring enough medication to last the entire time you are away. Keep it in the original packaging/bottle that identifies the prescribing physician (if prescription drug), the name of medication, the dosage, and the frequency of administration.

This person takes NO medications on a routine basis

This person takes medications as follows:

Med#1 _____	Reason _____	Dosage _____	Time taken _____
Med#2 _____	Reason _____	Dosage _____	Time taken _____
Med#3 _____	Reason _____	Dosage _____	Time taken _____
Med#4 _____	Reason _____	Dosage _____	Time taken _____

This person may take the following medications as needed:

Aspirin     Tylenol     Ibuprofen     Benadryl     Pepto-Bismol     Other \_\_\_\_\_

Known allergies to foods, drugs, insect stings or bites, etc: \_\_\_\_\_

**Restrictions -** The following restrictions apply to this individual:

#### Dietary

Vegetarian

Vegan

Other (describe) \_\_\_\_\_

Explain any restrictions to activity (e.g. what cannot be done, what adaptations or limitations are necessary): \_\_\_\_\_

### General Questions (Explain "yes" answers.)

Has/does the participant:

	Yes	No		Yes	No
1. Had any recent injury, illness or infectious disease?	<input type="checkbox"/>	<input type="checkbox"/>	13. Ever had high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have a chronic or recurring illness/condition?	<input type="checkbox"/>	<input type="checkbox"/>	14. Ever been diagnosed with a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>
3. Ever been hospitalized?	<input type="checkbox"/>	<input type="checkbox"/>	15. Ever had back problems?	<input type="checkbox"/>	<input type="checkbox"/>
4. Ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	16. Ever had joint problems?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have frequent headaches?	<input type="checkbox"/>	<input type="checkbox"/>	17. Have any skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
6. Ever had a head injury?	<input type="checkbox"/>	<input type="checkbox"/>	18. Have diabetes?	<input type="checkbox"/>	<input type="checkbox"/>
7. Ever been knocked unconscious?	<input type="checkbox"/>	<input type="checkbox"/>	19. Have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
8. Wear glasses, contacts or protective eye wear?	<input type="checkbox"/>	<input type="checkbox"/>	20. Had mononucleosis in the past 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
9. Ever had frequent ear infections?	<input type="checkbox"/>	<input type="checkbox"/>	21. Have problems sleepwalking?	<input type="checkbox"/>	<input type="checkbox"/>
10. Ever been dizzy/passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	22. Have a history of bed wetting?	<input type="checkbox"/>	<input type="checkbox"/>
11. Ever had seizures	<input type="checkbox"/>	<input type="checkbox"/>	23. Ever had an eating disorder?	<input type="checkbox"/>	<input type="checkbox"/>
12. Ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>			





## Authorization Form

**Custody Release:** You may be asked to produce photo ID at check-out. This is for your child's safety. Please be aware of this policy before picking up your child. I hereby give permission for my child, \_\_\_\_\_, to be allowed to leave the 4-H program after the activity. My child will be released into the custody of:

\_\_\_\_\_  
(Names of Individuals authorized to pick up your child)

If it is necessary for my child to leave before the end of the program due to illness, injury, or behavioral issues, and I cannot be reached, I hereby give permission for my child to be released into the custody of:

\_\_\_\_\_  
(Emergency contact or other individual authorized to pick up your child)

**For 4-H Use Only:** 4-H'er picked up by: \_\_\_\_\_ Staff Signature \_\_\_\_\_

**Parent/Guardian Authorization:** This health history is correct and complete as far as I know. The person herein described has permission to engage in all 4-H activities except as noted.

I hereby give permission to the NC 4-H to provide routine health care, administer prescribed medications, and seek emergency medical treatment including ordering x-rays or routine tests. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. I give permission to NC 4-H to arrange necessary related transportation for me/my child.

The person herein described has permission to engage in all 4-H activities except as noted here: \_\_\_\_\_

In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by NC 4-H to secure and administer treatment including hospitalization, for the person named above. This completed form may be photocopied for trips out of county.

Signature of parent/guardian, or adult camper/staffer: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

**A parent of guardian should sign the statements below concerning the youth's participation in 4-H programs.**

1. \_\_\_\_\_ The enrolling youth is bound by the NC 4-H Code of Conduct and Disciplinary Procedure for 4-H events and activities. The youth and parent should be familiar with terms and conditions and agree to them before participating. By enrolling my child, both he/she and I agree to these terms and conditions.

2. \_\_\_\_\_ I agree to allow 4-H to take photographs /audio/video of my child for use in 4-H and other N.C. Cooperative Extension educational, promotional, and/or marketing materials. Neither individual addresses or telephone numbers will be published within these materials.