



Randolph County Center  
North Carolina Cooperative Extension  
112 West Walker Ave.,  
Asheboro, NC 27203  
336-318-6000

May 2015

## Randolph County 4-H Summer Fun 2015

4-H Summer Adventure Days are educational programs sponsored by Randolph County 4-H to assist youth to develop essential life skills while having fun!

### Educational Classes include:

**Camp Caraway Fun; Environmental Camp; Arts Extravaganza  
Shooting Sports; Kids in the Kitchen; Hunter Safety Education  
and so much more.**

**Special Classes are also available for 5 – 7 year old youth**

***Registration will be Tuesday, May 19 at 8:00am!***

You may download class descriptions, medical forms,  
code of conduct, and registration forms from our website at  
***<http://Randolph.ces.ncsu.edu/>***  
Click on **Youth & 4-H** and follow the links to the summer forms

**TO REGISTER:** Participants must fill out a registration form and return it with check made payable to **RANDOLPH COUNTY 4-H**. Each participant must also have their own registration form and medical release/code of conduct form. These may also be downloaded with the application form. Registration is on a first come first serve basis.

**Visit the Randolph County Extension Center to register.  
Randolph County Extension is located  
at 112 W. Walker Avenue, Asheboro.**

If you would like us to mail a copy of the information to you, contact our office at 336-318-6017.

Sincerely

Jonathan Black  
Interim County Director  
Randolph County



**This is non-school material that is neither endorsed or reflective of the views of Asheboro City Schools or Randolph County Schools.**

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Jody Terry, 4-H Program Assistant at 336-318-6000 or [jody\\_terry@ncsu.edu](mailto:jody_terry@ncsu.edu) 10 days prior to the event.

Come join us for a summer of 4-H Fun! Classes meet at the Extension Office unless otherwise noted.



# Randolph County 4-H Presents 2015 Summer Adventures

**4-H Investigates June 16,17 & 18 9am – 3:30pm \$10 Ages: Rising 6<sup>th</sup> grade + Class: 12**

**Previous Participants Excluded Meet at South Asheboro Middle School, Asheboro**

Do you love shows like CSI and NCIS? Well if so, this is the program for you! Participants will become detectives to solve a ‘murder’ mystery. Solve the crime by exploring blood typing, fingerprint analysis, and DNA analysis. Lunch and snacks will be provided. A field trip to the courthouse will also be featured. Participants from other counties will join us here in Randolph County for this adventure. **\*Meet at Extension Office\***

**Are You Army Strong? June 26 8:30am – 3:45pm \$10 Ages 10 + Class: 24**

Do you have what it takes to be in the Army? We will travel to Lexington and meet real-life soldiers as they guide you through a day of life in the Army. They’ll guide you through a “PT” (physical training) routine and challenge you to complete tasks to prepare you for military life. **Make sure to wear athletic shoes and comfortable clothes for physical activity.** This will be a fun opportunity to explore a military career. **\*Meet at Extension Office\***

**Gardening Fun in the Sun June 30 11am – 2pm \$5 Ages: Rising 6<sup>th</sup> & up Class: 12**

Come join the Cooperative Extension for a fun filled day in our Demonstration Garden. Learn about fruits and vegetables in this hands on workshop. Designed to inspire participants to learn what it takes to grow healthy food crops and the steps our foods take on their way to the kitchen table. **Wear outdoor clothing that can get dirty, closed toe shoes NO SANDALS, hat and sunscreen Strongly Recommended. Bring a bag lunch, water and snacks will be provided.** **\*Meet at Extension Office\***

**Dance Party #1 June 30 9am – 3pm \$5 Ages: 8+ Class: 15**

Join us for a dance lesson with Mr. Felix McNeill. Learn new moves each time to impress your friends and family. Dancing is a great form of exercise and fun too! No two classes are the same! **Bring a bottle of water, bagged lunch and wear comfortable clothes and athletic shoes.** **\*Meet at South Asheboro Middle School\***

**Dance Party #2 July 7 9am – 3pm \$5 Ages: 8+ Class: 15**

Join us for a dance lesson with Mr. Felix McNeill. Learn new moves each time to impress your friends and family. Dancing is a great form of exercise and fun too! No two classes are the same! **Bring a bottle of water, bagged lunch and wear comfortable clothes and athletic shoes.** **\*Meet at South Asheboro Middle School\***

**Arts Extravaganza July 9 9am – 3:30pm \$25 Ages: 8+ Class: 24**

We will explore our inner artist as we travel to Preppy Possum to create our own special painting. We will also visit a local pottery and take the wheel to create our own pot. **Bring a lunch & drink.** **\*Meet at Extension Office\***

**High Point City Lake July 15 9am –7pm \$20 Ages: 9+ Class: 15**

Let’s take a ride up to High Point City Lake Park for a day of sun and fun! We will play mini-golf, take a boat ride, catch the train, take a spin on the merry –go-round and dip our toe in one of the largest public swimming pools in the Southeast (with TWO waterslides!) **Bring swim clothes, towel, sunscreen, comfortable shoes, bagged lunch and a drink.** **\*Meet at Extension Office\***

**Nature Walk and Discovery July 16 10am – 2pm \$5 Ages: 8+ Class: 12**

Enjoy one of Randolph County’s walking trails and explore Mother Nature. **Wear closed toed shoes, dress comfortable, bring a water bottle, lunch and a drink. \*\* MUST BE ABLE TO WALK 2 MILES.\*\***  
**\*Meet at Extension Office\***

\_\_\_\_\_

**Camp Caraway** July 17 8am – 1pm \$21 Ages: 8+ Class: 30  
**\*\* Meet at Camp Caraway\*\* (336.629.2374).** Youth will enjoy a day of canoeing, wall climbing, swimming and outdoor fun! **Please wear tennis/water shoes, bring a towel and sunscreen. NO SANDALS! Drinks and snacks will be provided**

**Sunny Slopes** July 21 9:45am-2pm \$10 Ages: 8+ Class: 12  
Enjoy the great outdoors and see animals up close and personal. We will take a ride along the property and enjoy the scenic view. Take in 220 acres of pastures, streams and woodlands. Pan for gold without the worry of the “gold rush” drama! Be careful not to fall in love with Sunny Slopes, we are only here for the day. **Bring a bag lunch and a drink. \*Meet at Extension Office\***

**Millstone Camp Adventure** July 27 8:30am – 4pm \$20 Ages: 10+ Class: 15  
**Join us for a day of shooting fun and adventure at Millstone Camp.** This day long event will offer instruction from certified camp staff on firearm safety, rifle, archery with canoeing and pool time included too. **Bring a bag lunch and drink, swimsuit, sunscreen towel, wear closed toed shoes \*\*NO SANDALS\*\*\*Meet at Extension Office\***

**Junk Drawer Robotics** July 28, 29, 30 8a – 4:30p \$25.00 Age: 6<sup>th</sup> – 8<sup>th</sup> Class: 12  
Have you ever built a robot from junk? Here’s your chance! You will be challenged to build a robotic arm from everyday household items. Youth will gain an understanding of the basic science concepts related to robotics while building skills in science, technology and engineering. This program is for youth who love science and love to design things! **We will travel to Rockingham County and work with 4-H members from other counties as we learn robotics. Lunch and snacks will be provided. \*Meet at Extension Office\***

**Kids in the Kitchen** July 28-30 9a – 12p \$30 Age: 8-12 yrs. Class: 12  
Youth will be learning about nutrition and the delicious world of cooking! This hands-on class will teach youth skills necessary for planning and preparing meals at home. **Please bring something to pull back long hair. \*Meet at Extension Office\***

**Survivor** August 4 9a – 3p \$5 Age: 9 & up Class: 16  
Outwit, outlast, outplay! Challenge yourself and compete in races, puzzle, endurance and trivia contests. **Wear comfortable clothes, bring lunch and a drink, and above all a good attitude. \*Meet at Extension Office\***

**Mad Scientists!** August 6 9am – 3pm \$8 Ages: 10+ Class: 12  
We will explore the fun side of science with one experiment after another! All hands-on, All day – get ready to go Mad with Science! **Wear something old as we may get messy and bring a lunch & drink. \*Meet at Extension Office\***

**Hunter Safety** August 12, 14, 19, 21 7p – 9:45p FREE Age: 8 & up Class: 30  
Participants will learn about firearms and ammunition, gun care and cleaning, archery safety, game identification, fundamentals of shooting, hunter ethics and first aid. **You must attend all four classes to receive certification.**  
**\*Meet at Extension Office\***

**Green Scene** August 11, 12, 13 9am – 3:00p, \$15 Ages: 8+ Class: 12  
Have you ever wondered what you can do in 4-H? This workshop will give you the opportunity to explore many areas that 4-H offers. Whether you like animals, cooking, crafts or science – 4-H has something for you. Meet other youth from other counties and learn more about 4-H events! All participants will receive a 4-H t-shirt for participating. Lunch and snacks will be provided. **\*Meet at Extension Office\***

**It’s Electric** August 18 10:00a – 3:00p \$10 Age: 8 & up Class: 15  
Use electricity to light up your day! We will make pop can lamps as well as do experiments with the magic of electricity. Remember to bring an empty and clean soda can for your lamp. **\*Meet at Extension Office\***

# 2015 Summer Adventures 5 – 7 Year Olds

*(Classes will meet @ South Asheboro Middle School, 523 W. Walker Ave., Asheboro, NC 27203, unless otherwise stated in the class description. Contact: April Murray 336-508-1766)*

## **Dance Party with Mr. Felix McNeill**

**Tuesday, June 23** 10:00 AM - noon

**Class size 15**

**Cost \$6**

Learn new moves each time to impress your friends and family. Dancing is a great form of exercise and fun too! Children should wear comfortable clothes and shoes. Please bring a water bottle.

## **Fitness Fun**

**Wednesday, June 24** 10:00 AM - noon

**Class Size 15**

**Cost: \$2**

Children should wear sunblock, exercise/play clothes and tennis shoes. We will talk about ways to stay fit and healthy while completing an obstacle course. Please bring a water bottle.

## **Manners Please**

**Thursday, June 25** 10:00AM - Noon

**Class Size 15**

**Cost \$3**

Children will learn and practice using good manners as we have an early Pizza Lunch

## **Patriot Day**

**Wednesday, July 1** 10:00 AM - noon

**Class size 15**

**Cost: \$5**

Children will make and eat patriotic snacks as we discuss what it means to be patriotic.

Please wear Red, White, and Blue if possible

## **Junior Scientists**

**Thursday, July 2** 10:00 AM - noon

**Class size 15**

**Cost \$5**

Children will complete experiments and explore science in various ways.

## **Cupcake Creations**

**Tuesday, July 7** 10:00 AM - Noon

**Class size 15**

**Cost \$5**

Children will bake, create, and enjoy cupcakes.

## **Pajamas and a Movie (Movie TBD)**

**Wednesday, July 8** 10:00 AM - Noon

**Class size: 15**

**Cost \$5**

Children are encouraged to bring a comfy blanket and/or pillow. Popcorn and a drink will be provided.

## **{Healthy} Snack Attack**

**Thursday, July 9** 10:00 AM - Noon

**Class: 15**

**Cost: \$5**

Children will make and enjoy healthy snacks while learning about ways to maintain good health.

### How Does Your Garden Grow?

Tuesday, July 14 10:00 AM - Noon  
Class size 15  
Cost: \$2

Children will learn about all that it takes to grow a garden from an experienced gardener. Meet at the Cooperative Extension Garden (112 West Walker Ave.). Children will get to taste a vegetable or two from the garden.

### Butterfly Beauty

Wednesday, July 15 10:00 AM – Noon  
Class size: 15  
Cost \$2

Children will learn about the life cycle of a butterfly through reading, listening, watching and creating.

### Tie-Dye T-Shirts

Thursday, July 16 10:00 AM - Noon  
Class size 15  
Cost: \$8

Children will tie-dye t-shirts to take home while learning about the art of color.

### Newspaper Fashion Show

Tuesday July 21 10:00 AM - Noon  
Class size 15  
Cost: \$2

Children will put on a fashion show for parents at the end of the class wearing costumes they designed themselves using newspaper

### Pottery Class

Thursday July 23 10:00am-noon  
Class size 15  
Cost: \$5

Youth will learn about pottery while creating their own masterpiece bowl.

### Preppy Possum Painting

Wednesday, July 22 10:00 AM – Noon  
Class size 15  
Cost: \$20

Children will learn painting techniques from local artist, Nikki Cherry. This painting will deal with summertime. Please dress in clothes that can get dirty. Meet at the Preppy Possum (830 Cox St. Asheboro)

### Preppy Possum Painting

Tuesday, July 28 10:00 AM – Noon  
Class size 15  
Cost: \$20

Children will learn painting techniques from local artist, Nikki Cherry. This painting will be the gumball machine. Please dress in clothes that can get dirty. Meet at the Preppy Possum (830 Cox St. Asheboro)

### Pottery Class

Wednesday July 29 10:00am-noon  
Class size 15  
Cost: \$5

Youth will learn about pottery while creating their own masterpiece bowl.



**REGISTRATION:** Registration is open to all Randolph County youth. You may register at the NC Cooperative Extension Office, Randolph County Center, 112 W. Walker Ave from 8:00am to 4:45pm. No registration will be taken over the phone, but we will be happy to answer any questions at 318.6000. You may also register by mailing the registration and a check to Randolph Co. 4-H, 112 Walker Ave., Asheboro, NC 27203. Make checks payable to Randolph County 4-H.

**CODE OF CONDUCT/MEDICAL RELEASE FORM:** Upon registration, you will receive Code of Conduct, Media Release, and Medical Release forms. **Please Note: The medical release form must be notarized.** A Notary will be available during registration hours. Notarized forms must be returned to the 4-H Program no less than 2 working days before the activity in order for the child to participate. For your convenience, you can download these forms to bring with you to registration by visiting our website at: <http://randolph.ces.ncsu.edu>.

**FEE:** The fee for each class covers all expenses, transportation, insurance, and program cost, unless otherwise noted in the description. Refunds will only be made if the class is canceled by our office.

**TIME AND LOCATION:** Activities will be held at the Extension Office unless otherwise noted; trips will also depart from and return to this location.

**IN ADDITION:**

- An ice chest will be provided when participants are asked to bring a bag lunch and drink.
- Please do not send electronic equipment or other valuables with your child, including cell phones.
- If participants choose to bring spending money for souvenirs on trips, they are responsible for it, and any purchases.

**JOIN | THE REVOLUTION OF RESPONSIBILITY** 





# Randolph County 4-H Presents 2015 Summer Adventures

- **REGISTRATION FORM - one form per child please!**  
Please return this form, medical/informed consent, and photo release form and fees to:  
Randolph County 4-H, 112 W Walker Ave., Asheboro, NC 27203

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ GRADE \_\_\_\_\_

GENDER: \_\_\_\_\_ RACE: \_\_\_\_\_ PARENT EMAIL ADDRESS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Parent/Guardian NAME: \_\_\_\_\_ Daytime Phone #: \_\_\_\_\_

4-H Club

\_\_\_\_\_ 4-H Investigates.....\$10

\_\_\_\_\_ Army Strong.....\$10

\_\_\_\_\_ Gardening Fun.....\$5

\_\_\_\_\_ Dance Party.....\$5

\_\_\_\_\_ Dance Party #2.....\$5

\_\_\_\_\_ Arts Extravaganza.....\$25

\_\_\_\_\_ High Point City Lake.....\$20

\_\_\_\_\_ Nature Walk & Discovery.....\$5

\_\_\_\_\_ Camp Caraway.....\$21

\_\_\_\_\_ Sunny Slopes Farm.....\$10

\_\_\_\_\_ Millstone Camp Adventure.....\$20

\_\_\_\_\_ Junk Drawer Robotics.....\$25

\_\_\_\_\_ Kids in the Kitchen.....\$30

\_\_\_\_\_ Survivor.....\$5

\_\_\_\_\_ Mad Scientists.....\$8

\_\_\_\_\_ Hunter Safety.....FREE

\_\_\_\_\_ Green Scene.....\$15



Registration Fee \$5.00

TOTAL.....\$ \_\_\_\_\_

Persons with disabilities and/or limited English proficiency may request accommodations to participate by calling our office at 36-318-6000 at least 10 days prior to the event.



# Randolph County 4-H Presents 2015 Summer Adventures For 5-7 Year Olds

- **REGISTRATION FORM - one form per child please!**  
Please return this form, medical/informed consent, and photo release form and fees to:  
Randolph County 4-H, 112 W Walker Ave., Asheboro, NC 27203

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ GRADE \_\_\_\_\_

GENDER: \_\_\_\_\_ RACE: \_\_\_\_\_ PARENT EMAIL ADDRESS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Parent/Guardian NAME: \_\_\_\_\_ Daytime Phone #: \_\_\_\_\_

4-H Club

\_\_\_\_\_ Dance Party.....\$6

\_\_\_\_\_ Gardening.....\$2

\_\_\_\_\_ Fitness Fun.....\$2

\_\_\_\_\_ Butterfly Beauty.....\$2

\_\_\_\_\_ Manners Please.....\$3

\_\_\_\_\_ Tie-Dye T-Shirts.....\$8

\_\_\_\_\_ Patriot Day.....\$5

\_\_\_\_\_ Fashion Show.....\$2

\_\_\_\_\_ Junior Scientists.....\$5

\_\_\_\_\_ Pottery Class.....\$5

\_\_\_\_\_ Cupcake Creations.....\$5

\_\_\_\_\_ Preppy Possum.....\$20

\_\_\_\_\_ PJ & Movie Day.....\$5

\_\_\_\_\_ Preppy Possum (gumball) .....\$20

\_\_\_\_\_ Snack Attack.....\$5

\_\_\_\_\_ Pottery Class.....\$5



Registration Fee \$5.00

TOTAL.....\$ \_\_\_\_\_

Persons with disabilities and/or limited English proficiency may request accommodations to participate by calling our office at 36-318-6000 at least 10 days prior to the event.





**4-H MEDICAL INFORMATION AND INFORMED CONSENT FOR TREATMENT  
FOR NC 4-H SPONSORED EVENTS**

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

PLEASE READ AND COMPLETE THE FOLLOWING FORM. THIS FORM MUST BE PRESENTED AT THE OFFICIAL REGISTRATION FOR THE 4-H SPONSORED EVENT BEING ATTENDED.

**I. Medical Information**

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

Special medical concerns or conditions that event supervisors should know about, including contagious illnesses, epilepsy, asthma, diabetes, previous injuries to bones/joints, etc.: \_\_\_\_\_

List special dietary needs: \_\_\_\_\_

Medications currently being taken (name of medication, dose, and frequency): \_\_\_\_\_

Family Physician: Name \_\_\_\_\_ Phone # (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

**II. Insurance Information**

The 4-H program purchases insurance for youth participants for many sponsored events. In some cases, this coverage will not pay for some medical expenses and it may be necessary to bill the family or your insurance company.

Health Insurance Company \_\_\_\_\_ Health Insurance  
Policy # \_\_\_\_\_ Company Address \_\_\_\_\_  
Phone Company Telephone  
Number (\_\_\_\_) \_\_\_\_\_

**III.**

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact \_\_\_\_\_ [name, office] at \_\_\_\_\_ [phone number/TTY] during business hours of 8 a.m. and 5 p.m. to discuss accommodations at least \_\_\_\_\_ [hours/days] prior to the activity.

**Signatures Acknowledging Parts I, II, and III**

Parent's/Guardian's signature \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian telephone #: Home \_\_\_\_\_ Work \_\_\_\_\_

**IV. Informed Consent**

**In the event that a participant needs minor medical care from 4-H or more significant medical care from a qualified health care provider, including in rare cases possible hospitalization and/or surgery, the parent/guardian is asked to sign the informed consent form below. In case of serious medical condition, 4-H will make every effort to notify the parents, but the first priority may be providing care to the participant.**

Authorization to Consent to Health Care for Minor

I, \_\_\_\_\_, of \_\_\_\_\_ County, am the custodial parent having legal custody of \_\_\_\_\_, a minor child, age \_\_\_\_\_, born \_\_\_\_\_. I authorize any adult(s) acting as agents (including official volunteers) or employees of the \_\_\_\_\_ 4-H program and in whose care the minor child has been entrusted, to do any acts which may be necessary or proper to provide for the health care of the minor child, including, but not limited to, the power (i) to provide for such health care at any hospital or other institution, or the employing of any physician, dentist, nurse, or other person for such health care, and (ii) to consent to and authorize any health care, including administration of anesthesia, X-ray examination, performance of operations, and other procedures by physicians, dentists, and other medical personnel except the withholding or withdrawal of life sustaining procedures.

This consent shall be effective for one year from the date of the execution.

Custodial Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

STATE OF NORTH CAROLINA  
COUNTY OF \_\_\_\_\_

On this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, personally appeared before me the said named, \_\_\_\_\_, to me known and known to me to be the person described in and who executed the foregoing instrument and he (or she) acknowledged that he (or she) executed the same and being duly sworn by me, made oath that the statements in the foregoing instrument are true.

My commission expires \_\_\_\_\_, 20\_\_\_\_\_.

\_\_\_\_\_  
Notary Public  
\_\_\_\_\_

(OFFICIAL SEAL)



**North Carolina 4-H and \_\_\_\_\_ County 4-H  
Photographic, Video, and Audio  
Optional Publicity Release**



I **do** \_\_\_\_\_ **or do NOT** \_\_\_\_\_ give permission to North Carolina State University, through its Cooperative Extension program for North Carolina 4-H, and \_\_\_\_\_ County Extension staff, to take photographs and/or record video and/or audio or otherwise record images and likenesses of me and/or my property and to use these for 4-H Youth Development nonprofit educational, promotional, and/or marketing materials. I further consent that my name and identity may be revealed therein or by descriptive text or commentary.

I expressly release North Carolina State University, its agents, employees, licensees and assigns from and any and all claims which I may have for invasion of privacy, right of publicity, defamation, copyright infringement, or any other causes of action arising out of the use, adaptation, reproduction, distribution, broadcast or exhibition of such recordings of my image, voice, or likeness.

I understand this permission is entirely optional, and that participants who do not give permission will remain eligible for 4-H services, benefits, and privileges the same as those who do give permission.

Participant Name (please print): \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*If individual is under the age of 18, consent of the legal parent or guardian is needed.*

Parent/Guardian signature: \_\_\_\_\_

Parent/Guardian name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_