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 10 days prior to the event.
4-H Investigates  June 16, 17 & 18  9am – 3:30pm  $10  Ages: Rising 6th 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 6th & 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. 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 out of doors 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: 6th – 8th  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*
### 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.

### Junior Scientists
Thursday, July 2 10:00 AM - noon  
Class size 15  
Cost $5  
Children will complete experiments and explore science in various ways.

### 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.

### Cupcake Creations
Tuesday, July 7 10:00 AM - Noon  
Class size 15  
Cost $5  
Children will bake, create, and enjoy cupcakes.

### 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.

### Pajamas and a Movie (MovieTBD)
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.

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*(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)*
<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date</th>
<th>Time</th>
<th>Class Size</th>
<th>Cost</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>How Does Your Garden Grow?</td>
<td>Tuesday, July 14</td>
<td>10:00 AM - Noon</td>
<td>15</td>
<td>$2</td>
<td>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.</td>
</tr>
<tr>
<td>Butterfly Beauty</td>
<td>Wednesday, July 15</td>
<td>10:00 AM – Noon</td>
<td>15</td>
<td>$2</td>
<td>Children will learn about the life cycle of a butterfly through reading, listening, watching and creating.</td>
</tr>
<tr>
<td>Tie-Dye T-Shirts</td>
<td>Thursday, July 16</td>
<td>10:00 AM - Noon</td>
<td>15</td>
<td>$6</td>
<td>Children will tie-dye t-shirts to take home while learning about the art of color.</td>
</tr>
<tr>
<td>Newspaper Fashion Show</td>
<td>Tuesday, July 21</td>
<td>10:00 AM - Noon</td>
<td>15</td>
<td>$2</td>
<td>Children will put on a fashion show for parents at the end of the class wearing costumes they designed themselves using newspaper.</td>
</tr>
<tr>
<td>Pottery Class</td>
<td>Thursday July 23</td>
<td>10:00am-noon</td>
<td>15</td>
<td>$5</td>
<td>Youth will learn about pottery while creating their own masterpiece bowl.</td>
</tr>
<tr>
<td>Preppy Possum Painting</td>
<td>Wednesday, July 22</td>
<td>10:00 AM – Noon</td>
<td>15</td>
<td>$20</td>
<td>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)</td>
</tr>
<tr>
<td>Preppy Possum Painting</td>
<td>Tuesday, July 28</td>
<td>10:00 AM – Noon</td>
<td>15</td>
<td>$20</td>
<td>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)</td>
</tr>
<tr>
<td>Newspaper Fashion Show</td>
<td>Tuesday, July 21</td>
<td>10:00 AM - Noon</td>
<td>15</td>
<td>$2</td>
<td>Children will put on a fashion show for parents at the end of the class wearing costumes they designed themselves using newspaper.</td>
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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

NC State University and NC A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two universities welcome persons without regard to sexual orientation, NC State University, NC A&T University, U.S. Department of Agriculture, and local governments cooperating. Special accommodations will be made for the physically disabled, vision, or hearing impaired person upon request. If special accommodations are required please notify us upon registration, or no less than two weeks before the activity. This program is operating under the 4-H Code of Conduct and Disciplinary Procedure. You can obtain a copy from your 4-H Agent. This 4-H Code of Conduct and Disciplinary Procedure is a condition of participation in any North Carolina 4-H activities or programs.
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.
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
_____ Fitness Fun…..$2
_____ Manners Please…..$3
_____ Patriot Day…..$5
_____ Junior Scientists…..$5
_____ Cupcake Creations…..$5
_____ PJ & Movie Day…..$5
_____ Snack Attack…..$5

_____ Gardening…..$2
_____ Butterfly Beauty…..$2
_____ Tie-Dye T-Shirts…..$8
_____ Fashion Show…..$2
_____ Pottery Class…..$5
_____ Preppy Possum…..$20
_____ Preppy Possum (gumball) …..$20
_____ 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 ______________________

Must be completed each year by 4-H’er and Parent/Guardian. If health history changes within that year, it is the 4-H’er & Parent/Guardian’s responsibility for updating
information.

Approved as of 3/02/06
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: ____________