



# Clover Clips



Surry County 4-H Youth Development

February / March 2016

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## Contact Us

For more information about joining a 4-H club, or subscribing to our newsletter, please contact:

**Whitney S. Collins**  
Extension Agent  
4-H Youth Development

North Carolina  
Cooperative Extension -  
Surry Center  
P.O. Box 324  
Dobson, NC 27017

**Phone:** 401-8025  
**Fax:** 401-8048

**Blog:** [surrycounty4-h.blogspot.com](http://surrycounty4-h.blogspot.com)

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# GET HEALTHY WITH 4-H



## 4th H for HEALTH



The North Carolina State 4-H Council is focusing on The 4th H: Health as our State Project this year. As a part of this project, the State 4-H Council Officers have developed a monthly health challenge and we want you and your 4-H'ers to participate! Each month a new challenge, resources and helpful hints will be shared through both the State 4-H Council Facebook page and the North Carolina 4-H Facebook page. The challenges will relate to dietary, physical and mental health and will be posted a few days before the start of each month.

If participants meet the monthly goal, they will be asked to submit their information here:  
<http://goo.gl/forms/tJGVmC62eK>.

This is an honor system and one 4-H youth and one adult (employee or volunteer) will be randomly selected each month to receive a health related prize! Winners will be announced through Facebook! Please share this information widely and let people know about this great opportunity! Thank you for your support of our State 4-H Project!

## Embrace Winter and Count Birds for Science



Do you love birds? Do you have a bird feeder outside your home or office? Then you can be a citizen scientist and take part in Project FeederWatch! Project FeederWatch surveys the birds that visit feeders across the country from November through early April so scientists can track trends in bird populations.

By entering your data, you are helping scientists learn about long-term trends in bird distribution and abundance, the kinds of foods and environmental factors that attract birds, and how disease is spread among birds that visit feeders.

Learn more and start submitting your data at [feederwatch.org!](http://feederwatch.org!)

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# 4-H WINTERFEST FUN

Four of our 4-H teens joined the North Central District on January 9<sup>th</sup> in Forsyth County for the 2016 Winterfest. Youth participants included Laken Williams, Sydney Tucker, Erik Tyft, and Lisa Tyft. The morning consisted of 4-H Workshops where our youth got to learn about household cleaning supplies and participated in a relay race to make their own detergent. That afternoon we took a trip to Airbound Trampoline Park where youth were able to jump around and get some physical activity while having fun with their peers. There were 117 youth at the event which made for a great time!



# 2016 4-H SUMMER CAMP



This year, Surry County 4-H is going to Betsy Jeff Penn 4-H Camp in Reidsville, North Carolina. Mark your calendars today – camp will be the week of July 31 - August 5. To learn more about Betsy Jeff Penn, check out their website at <http://bjpenn4h.org/>.

Camp is open for youth between the ages of 8 and 14. Reserve your spot today with a \$75 deposit and a completed 2016 4-H enrollment form. Traditional Campers (ages 8-12) camp costs = \$420.00. Trekker Campers (ages 13-14) camp costs = \$440.00. Included in these prices are transportation, lodging, meals, all activities, camp store card, and camp T-shirt. Partial scholarships are available, so contact the 4-H office for an application.

All scholarship applications are due to the 4-H office by February 26, 2016. The deadline for registering is February 26th as well, and the \$75 deposit must be received by that date. For more information, contact the Extension Office at 401-8025.

### Check us out on Social Media:

[www.facebook.com/surrycounty4h](http://www.facebook.com/surrycounty4h)

Instagram: @surrycounty4h

## New 4-H Cloverbud Club

If you are between the ages of 5 and 8 years old you will want to join us on Tuesday, February 16th from 6:30-7:30 for our NEW 4-H Cloverbud Club!

The meeting will be held at the Surry County Cooperative Extension Office in Dobson! We will be gearing up for an exciting year full of fun and educational opportunities for our cloverbuds (5-8 year olds)!

RSVP to Whitney by February 12 if you are interested in attending.



## 4-H Plant Sale!

The annual 4-H plant will kick off in February! Orders will continue to be taken through Monday, March 28th. To make sure you receive a detailed brochure call 401-8025 to be placed on the mailing list for these great plants!

Plant pickup will be Thursday, April 7th between 8:15 a.m. and 5:00 p.m. at the Extension Center in Dobson.

Types of plants being sold this year include:

- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Various Ornamentals
- Asian Pears
- Peaches
- Apples
- Muscadine Grapes
- Various Herbs



# Don't Miss This!

## APPALACHIAN NIGHT SKI TRIP



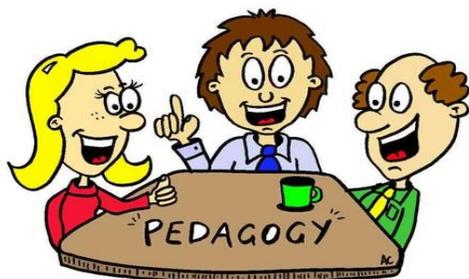
**Who:** Youth ages 8+  
(under 12 requires a parent/guardian)  
**When:** Friday, February 5th - 3:30 pm - 1 am  
**Where:** Applachain Ski Mountain /  
French-Swiss Ski College  
**Cost:** \$25 Ski - \$30 Snowboard  
(dinner on your own or \$8 for chic-fil-A)  
**Deadline to register: Monday - February 1.**

Together with Allegheny County 4-H we are getting ready to take a ski/snowboarding trip at the French- Swiss Ski College at Appalachian Ski Mountain in Blowing Rock on Friday, February 5th. All youth ages 8+ (under age 12 requires a parent/guardian present) are eligible to attend. The cost will be \$25 for skiing and \$30 for snowboarding. Clothing rental will be additional. Dinner will be available for purchase (approx. \$8 from Chic-Fil-A) or you may eat on your own at the Snack Bar. We will leave the office at 3:30 p.m. and will return around 1 a.m. Spaces are limited so contact the office to register (336) 401-8025.

This is an excellent opportunity for first time skiers and snowboarders!!!

To see the slopes live visit: <http://www.appskimtn.com/asm-right-now/slopecam/>

## COUNTY COUNCIL 2016



Happy New Year! I hope your 2016 is off to a great start!!

If you're interested in learning more about 4-H and getting involved this year then consider joining us for our first **County Council of 2016**. This 4-H council consists of ages 10 and up and will meet on a bi-monthly basis. This is a great leadership opportunity as well as a chance for **YOU** to help guide our county 4-H program. Youth will help make decisions on what types of programs we do all year long. So if you have great ideas and are ready to help make 2016 awesome then join us:

Monday, February 1st at 5:30 pm  
Cooperative Extension Office in Dobson  
RSVP to Whitney by January 30th.

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Cooperative Extension Office in Dobson  
RSVP to Whitney by January 30th.

## 4-H FOOD SHOW



**Saturday, March 5**  
**East Wilkes**  
**Middle School**  
**9:00 a.m. - 12:00 p.m.**

Does your child/children enjoy making some goodies in the kitchen?! Here is an opportunity for them to share their favorite recipe in a FUN way with others!

The time has come again for the 4-H members of Surry, Yadkin, Wilkes, and Allegheny counties to dazzle us with your culinary skills! The **4-H Area Food Show** will be held on **Saturday, March 5<sup>th</sup>** at East Wilkes Middle School. The school is about 20 minutes from Dobson and easy to find! Come present your dish in a unique way for a chance to win a \$25 value prize basket! **Setup will begin at 9:30 a.m.** and end at 10:00 a.m. Judging will begin at 10:00 a.m. and should end by 12:00 p.m. While judges taste these tasty treats participants can enjoy different hands-on activities.

Visit our CES website or 4-H blog for registration forms or call 401-8025 for more information!

**\*\*Those interested must fill out and turn in an entry form by Monday, February 1. Forms available by request.\*\***

## WINTER WEATHER POLICY



If schools are closed due to weather conditions, then any 4-H activity

scheduled for the day will be postponed. This includes club meetings and county scheduled events.

# 4-H CLUB MEETINGS

## Surry Saddles 4-H Club

February 7th  
Contact: Trish Roberts  
Trish.r@wildmail.com

## Beulah 4-H Club

February 9th  
Contact: Gail Shelton  
sheltong@surry.k12.nc.us

## CloverBud Club

February 16th  
Contact: Whitney Collins  
whitney\_collins@ncsu.edu

## Pilot Mountain Club

Date: TBD  
Contact: Cathy and Ernie Wheeler  
cathandern@surry.net

Check us out on  
Facebook!

[www.facebook.com/surrycounty4h](http://www.facebook.com/surrycounty4h)

# Teen\* Retreat\*: Betsy Jeff Penn\*\*

Date: Saturday-Sunday, April 2-3, 2016

Location: Betsy-Jeff Penn 4-H Center,  
Reidsville, NC

Times: Arrival between 9:00-9:30am on  
Saturday, Departure by Noon on  
Sunday

Cost: TBD.

Activities will include:  
Workshops, Outdoor Recreation (Canoeing,  
rock wall, etc.), Dance, Campfire, and lots  
more!!!

Register by calling 401-8025.

**EXTENSION**  
**T O D A Y**  
**100.9**  
**WIFM** FEATURES:  
Extension Professionals from Alleghany,  
Surry, Wilkes and Yadkin Counties  
**Wednesday @ 9:05am**  
**Saturdays @ 10:05am**  
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FARM **BUREAU** SURRY COUNTY

### Accommodation Statement

If you are a person with a disability, or desire any assistive devices, services, or other accommodations to participate in any of our activities, please call 401-8025 during the business hours of 8:15 a.m. to 5:00 p.m. at least two weeks before the event to request accommodations.

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