



Cooperative Extension's
Youth Development Program



4-H Summer Fun 2017

Hertford County 4-H
301 W. Tryon St.
Winton, NC 27986
(252) 358-7822

<http://hertford.ces.ncsu.edu>
www.facebook.com/HertfordNCCES



GUIDELINES

ABOUT THE PROGRAM

The Hertford County 4-H Summer Fun Program will be offering fun and safe learning experiences for children this summer. Youth will learn and grow participating in these unique opportunities. For more information call: Hertford County Center, at (252) 358-7822, visit our website at <http://hertford.ces.ncsu.edu>, Facebook page www.facebook.com/HertfordNCCES

WHO CAN PARTICIPATE

Each workshop indicates the target age range for youth based on the developmental appropriateness of the curriculum being taught. **REGISTRATION IS REQUIRED IN ORDER TO PARTICIPATE AND ATTEND WORKSHOPS.** Adult and teen volunteers are welcome! If you are interested in becoming a volunteer, please contact the Hertford County Cooperative Extension Center at (252) 358-7822.

ARRIVAL AND PICK UP

The beginning and ending times are listed for each workshop. Parent(s)/Guardian(s) are expected to have their child arrive on time and picked up within 15 minutes of the conclusion of a workshop. **Failure to pick up your child(ren) according to these guidelines will result in the loss of participating in future activities and paid registration fees forfeited.**

**EACH CHILD MUST BE SIGNED IN AND OUT BY AN ADULT
ABSOLUTELY NO EXCEPTIONS!**

REGISTRATION FORMS AND FEES

Each participant is required to complete the following forms before attending any workshop:

- 4-H Enrollment Form - (If the child has been enrolled in other 4-H programs in 2016-2017 school year we will have this form on file.)
- 4-H Medical Information and Informed Consent for Treatment for NC 4-H Sponsored Events - **This form must be notarized! Youth will not be able to participate in any sessions until completed.** For your convenience we have a notary on staff at no cost.

Make checks payable to: Hertford County
Mail or bring forms to: Hertford County Extension Office
Attention: 4-H
301 W. Tryon St.
Winton, NC 27986

Payments can be made at the Hertford County Extension Center Monday – Friday between 8:30am – 4:30pm.

NOTE: There will be a \$25.00 fee applied to all return checks.



2017 Summer Fun Registration Or

register online here <http://go.ncsu.edu/2017hertfordsummerfun>

1	June 20 th -22 nd	Cloverbud Farm to Fork Camp	\$5	
2	June 25 th -30 th	4-H Summer Camp	\$420	
3	July 6 th	Tech Xcite Engineering Camp	\$10	
4	July 7 th	Marine Science Camp	\$10	
5	July 10 th -12 th	Hunter Safety	FREE	
6	July 13 th -14 th	Boater Safety	FREE	
7	July 17 th -21 st	Farm to Fork "Chopped" Culinary Camp	\$10	
8	July 25 th -28 th	Farm to Fork Camp	\$10	
9	August 3 rd -4 th	Dinos & Bugs Mini Camp	\$10	
10	August 7 th	Nature Adventures	FREE	
11	August 8 th	Fishing Camp	FREE	
12	August 15 th	"POP" In To 4-H	\$10	
Check or Cash			TOTAL	

****NOTE – Space is limited for programs!! If you register online please wait for confirmation before sending payment to ensure that spaces are still available. Spaces are filled on a first come first serve basis. Spaces that require a fee must be paid before spot is secured.**

<u>Office Use Only</u>	
Date pd _____	Amount pd _____
Balance Due _____	
CK#/Rcpt# _____	
Enrollment form _____	
Medical & Informed Consent Form _____	
Code of Conduct _____	

Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina 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 all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating. For accommodations for persons with disabilities, contact the office at (252) 358-7822, no later than five business days before the event.

REFUND POLICY

Registration fees are non-refundable in the event the child decides not to attend. In the event of cancellation due to lack of participation, fees will be refunded or can be applied to another workshop.

DRESS CODE

The Hertford County 4-H Program takes great pride in representing our clubs, communities, country and our world. Attire is very important to us. Please dress respectfully! The 4-H Program will not allow:

- Halter tops
- Tube/belly, strapless, or low-cut shirts
- Mini-skirts
- Short-shorts
- Any clothing that advertises: alcohol, drugs, tobacco, hate/messages/emblems or bad language
- Bathing suits must be age appropriate and be a conservative one piece

Outdoor activities require comfortable closed in (toe and heel) shoes. Clothing must be such that the youth are able to fully participate in their workshop activities. **ANY VIOLATIONS OF THE DRESS CODE COULD RESULT IN DISMISSAL FROM THE WORKSHOP WITH NO REFUND GIVEN.**

MEALS/SNACKS

Participants are required to bring their lunch, drink and snacks to workshops that meet during lunch hour unless otherwise written. Please ensure that your child(ren)'s lunch is properly packed to prevent food poisoning by putting a cold pack in the lunch bag or box. Be sure to include eating utensils, napkins, etc. Workshops held at the Extension Center have access to a refrigerator (space is limited so pack lunches that don't require refrigeration when possible). Lunches and drinks need to be clearly labeled with the youth's name. Please check workshop descriptions to determine if lunch will be provided.

For selected field trips you may send spending money with your child(ren) for refreshments or souvenirs. The Extension Center is not responsible for lost or stolen money. This is solely the responsibility of the child(ren).

DEADLINE DATES

Space is limited in each workshop. Workshops will be filled on a first-come first-serve basis. Workshops that do not meet the minimum number requirement will be cancelled. **Registration and fees are due as noted or each workshop session. The instructor reserves the right to deny participation based on availability of supplies**

SUPPLIES

Please check workshop descriptions to determine whether supplies are needed or special instructions apply.

PROHIBITED ITEMS

We strive to create a fun and safe environment for all participants. To ensure a safe environment DO NOT BRING:

- Radios, iPods, MP3 players, etc.
- Electronic games, valuable items such as jewelry

These items can be distracting in addition to potentially being lost or stolen. Parent(s)/ Guardian(s) are asked to adhere to the guidelines. The Hertford County 4-H Program will not be responsible for lost or stolen items.

TRANSPORTATION

Participants must have their own transportation to and from the location listed in the workshop description unless otherwise noted. Youth with a valid driver's license will not be allowed to transport other youth during a workshop, nor leave if registered for a workshop.

SUNSCREEN

All participants who are registered for outdoor activities are advised to wear sunscreen (30+ SPF). **Sunblock is considered a medication. Participants must provide their own and have it labeled with their name and listed on the medical release form.**



Hertford County 4-H 2017 Summer Fun – Registration Form



Name _____

Address _____

Phone # _____ Home _____ Cell _____

Date of Birth _____ Age _____ Grade _____

Race _____ Gender M F

Email Address _____

Parents
Name _____

T-Shirt Size - AS AM AL AXL

Make checks payable to (unless otherwise noted):
Hertford County



1. Cloverbud Farm to Fork Camp

Date: June 20th-22nd **Age:** 5 - 8 **Cost:** \$5
Minimum: 6 **Maximum:** 20 **Time:** 9:00am – 2:00pm

Location: Hertford County Extension Office

Instructors: Stephanie Parker-Helmkamp, County Extension Director ,
Catherine Parker, Hertford County Student Wellness Center Director &
Regina Moseley, 4-H Agent

Deadline to register: June 9th by 4:30pm

Come join in the fun of learning how our food goes from the farm to our fork! This year's Cloverbuds will learn about Growing their own food through Pizza Gardening! We will visit local school gardens and you will get to experience taking care of a garden. Clover buds in this camp will also have hands on learning experiences in the kitchen preparing tasty healthy recipes. This camp is co-sponsored by Roanoke Chowan Community Health Center

2. 4-H Summer Camp at the Eastern 4-H Center

Date: June 25th – June 30th **Age:** 8 -14 **Cost:** \$420

Location: 4-H Eastern Center, Columbia, NC

Requirement: Completed 4-H enrollment form and camp physical

Make check payable to: NC Agricultural Foundation, Inc.

Memo line: Hertford County 4-H Income

Deadline to register: June 1st by 4:30pm

Participants will experience a week of camping adventure at the 4-H Eastern Center. Youth will participate in canoeing, kayaking, swimming, high/low ropes course, team games, arts and crafts, fishing, archery and riflery and much more. Youth will meet other youth from across the state and make memories to last a lifetime.



3. Tech X cite Engineering Camp

Date: July 6th **Age:** 9 -12 **Cost:** \$10
Minimum: 5 **Maximum:** 12 **Time:** 9:00am – 3:00pm
Location: Hertford County Cooperative Extension Office
Instructor: Regina Moseley, 4-H Agent

Deadline to register: June 30th by 4:30pm

Are you a budding engineer? Do you like to see how things work? This camp will teach team building skills along with engineering concepts. Youth will work in groups to complete several engineering challenges such as designing a water filtration system, and a solar car. The teams will race their solar cars at the end of day. This camp will surely get you X-cited about engineering!



4. Marine Science Camp

Date: July 7th **Age:** 9 -12 **Cost:** \$10
Minimum: 6 **Maximum:** 6 **Time:** 9:30am – 5pm
Location: Hertford Co. Coop. Extension Office & travel to Jennette's Pier, Nags Head, NC
Instructors: Regina Moseley, 4-H Agent & aquarium staff at Jennette's Pier

Requirement: Interest in Marine Science and bring a bag lunch

Deadline to register: June 30th by 4:30pm

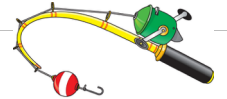
If you love Marine Science this is the camp for you. We will travel to Jennette's Pier in Nags Head, NC where the youth will participate in the Pier Fishing 101 workshop and after they try their hand at pier fishing they will have the opportunity to dissect a squid. We will have a picnic lunch before heading back.

11. Fishing Camp

Date: Aug. 8th **Age:** 5 and Up **Cost:** FREE
Minimum: 5 **Maximum:** 10 **Time:** 8:00am – 12:00pm

Location: Meet at Hertford County Cooperative Extension Office and we will travel to Roanoke Chowan Wildlife Club

Instructors: NC Wildlife Officer Tim Wadsworth



Requirement: The interest in fishing and outdoors.

Deadline to register: Aug. 1st by 4:30pm

Participants will learn about the sport of fishing. They will get to experience fishing under the supervision of the NC Wildlife Officers.

12. "POP" in to 4-H

Date: Aug 15th **Age:** 9-12 **Cost:** \$10.00
Minimum: 5 **Maximum:** 20 **Time:** 9:00am -3:00pm
Location: Hertford County Cooperative Extension Office
Instructor: Regina Moseley, 4-H Agent

Deadline to register: Aug. 4th by 4:30pm

Popping into this camp youth will learn about plants specifically focusing on the corn plant. Youth will learn all about popcorn through games, cooking demonstrations, and science experiments. This is one camp you do not want to miss as we will have a "Popping" good time.



9. Dinos & Bugs Mini Camp



Date: August 3rd & 4th **Age:** 5 - 8 **Cost:** \$10.00
Minimum: 5 **Maximum:** 20 **Time:** 9:00am- 1:00pm
Location: Hertford County Cooperative Extension Office
Instructor: Regina Moseley, 4-H Agent

Deadline to register: July 21st by 4:30pm

Dinosaurs and Bugs! Cloverbuds will enjoy two days of 4-H camp designed just for them all around Dinosaurs and Bugs! Day one will be all about Bugs as our youngest 4-Her's learn all about insects. Day 2 will be just as exciting as we venture into the world of Dinosaurs. Youth will learn all about dinosaurs and even dig for some fossils.



10. Nature Adventures

Date: August 7th **Age:** 5 and Up **Cost:** Free
Minimum: 5 **Maximum:** 20 **Time:** 8:30am-12:30pm
Location: Hertford Co. Coop. Extension Office
Instructors: NC Wildlife Officer Tim Wadsworth, NC Wildlife Biologist and NC Fish Biologist.

Requirement: Interest in outdoors and bring a bag lunch

Deadline to register: July 28th by 4:30pm

Come explore nature. Youth will learn about wildlife native to North Carolina. Local professionals will be sharing information regarding area wildlife and marine life. Come ready to have fun and learn about nature in our area.

5. Hunter Safety

Date: July 10th - 12th **Age:** 8 and Up **Cost:** FREE

Minimum: 5 **Maximum:** 20 **Time:** 8:00am – 12:30pm

Location: Hertford County Cooperative Extension Office

Instructors: NC Wildlife Officer Tim Wadsworth

Requirement: The interest in hunting and obtaining a NC certificate that one must have in order to purchase a NC hunting license.

Deadline to register: June 30th by 4:30pm

Participants will receive upon passing a state test, a certificate that is required to purchase a NC hunting license. **Must attend all 3 days** May bring a snack and drink. Also, participants will be offered range time if interested.



6. Boater Safety Course

Date: July 13th- 14th **Age:** 8 and up **Cost:** FREE

Minimum: 5 **Maximum:** 20 **Time:** 8:30am – 12:30pm

Location: Hertford County Cooperative Extension Office

Instructor: NC Wildlife Officer Tim Wadsworth

Deadline to register: July 7th by 4:30pm

Like the water and like to drive a boat? Then come join us and learn how to properly operate a watercraft. Participants will receive certification upon passing state test. This class is not just informative, but it is also required to operate a boat and personal watercraft under the age of 26. May bring a snack and drink. **Must attend all days**

7. Farm to Fork “Chopped” Champions

Date: July 17th - 21st **Age:** 13 -18 **Cost:** \$10.00
Minimum: 5 **Maximum:** 12 **Time:** 9:00am – 3:00pm
Location: Hertford County Cooperative Extension Office
Instructor: Stephanie Parker-Helmkamp, County Extension Director,
Catherine Parker, Hertford County Student Wellness Center Director &
Regina Moseley, 4-H Agent

Deadline to register: June 30th by 4:30pm

Do you have what it takes to be the next 4-H “Chopped” Champion? This camp will give you the opportunity to prove you have what it takes to be a 4-H “Chopped” Champion. You will learn about culinary careers while learning about food safety, agriculture, and food insecurity. You will experience what it is like to be a chef as you will have the opportunity to tour a Farm to Table restaurant in Raleigh. You will also be challenged to test your own Chef skills with a Farm to Fork “Chopped” competition. You will be judged by a former contest of the TV show Chopped. Are you the next 4-H Farm to Fork “Chopped” Champion?



8. Farm to Fork Cooking School

Date: July 25th - 28th **Age:** 9 – 12 **Cost:** \$10.00
Minimum: 5 **Maximum:** 20 **Time:** 9:00am-3:00pm
Location: Hertford County Cooperative Extension Office

Instructors: Stephanie Parker-Helmkamp, County Extension Director, Catherine Parker, Hertford County Student Wellness Center Director & Regina Moseley, 4-H Agent

Deadline to register: July 14th by 4:30pm

The Farm 2 Fork Cooking School will discuss simple cooking techniques and food safety. Youth will learn how to safely prepare simple healthy meals. We will also take field trips to area gardens and businesses in order to see how our food goes from being grown on the farm to being processed and graded and then to the store for us to buy. Campers will also enjoy exercising through fun group activities. The campers will be challenged to grow their own pizza garden and the gardens will be judged in August. All youth will be recognized at the Farm to Table Dinner in August. The campers will present what they learned at our local Winton Farmers Market on Friday afternoon at 3:00pm. This camp is co-sponsored by Roanoke Chowan Community Health Center.

