

# Join Craven County 4-H for "4-H Summer Fun"

**Summer  
2016**

## JOIN | THE REVOLUTION OF RESPONSIBILITY North Carolina

Craven County 4-H  
300 Industrial Drive  
New Bern, NC 28562  
252-633-1477

### Summer Workshops

#### At a Glance:

Canning Beans  
Breadmaking  
NC Museum of Science and  
History  
Cliffs of the Neuse  
Island & Sound Exploration  
Cruise  
Travel the World of 4-H  
Purple! Gold! ECU College  
Tour  
Introduction to Bugs!  
End of Summer Cookout

This summer Craven County 4-H will be offering a variety of activities to keep children learning by doing while on summer break! All classes will meet at the Craven County Agriculture Building unless otherwise noted.

Please note that most of our classes require that each child/parent bring their own lunch. Please make sure that you take note of these dates so that your child will have lunch on these days.

Each child will have to prepay and turn in forms for workshops in order to reserve their spot. We must have at least five participants in order to have the workshop. If we do not have enough participation we will call you the day prior to the workshop to let you know it has been cancelled.

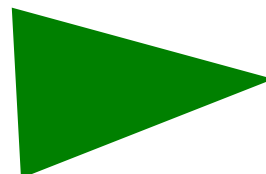
#### Volunteers!

We are always looking for volunteers to help with the 4-H program. You do not have to be a club leader to be a 4-H volunteer. If you are interested in helping with any of the programs or want to know how to get involved please contact the 4-H Office

*Wendy G. Paschal*

*Extension Agent*

*4-H Youth Development*





## **Canning Beans – June 14th**

**9:00am – 12:30pm**

**Ages: 12 & up**

**Class Limit: 12**

**Cost: \$15**

(Youth under 12 may register with accompanying adult)

Learn all the steps needed to can string beans! Participants will wash, strip and prepare beans for canning. Each participant will take home a pint jar of canned beans as well as a Ball Blue Book of Canning for future projects. All equipment needed for this program will be provided including jars, pressure canner and beans. Youth will need to bring something suitable to transport hot jars home at the conclusion of the workshop. Youth will also need to pack a lunch, we will provide juice and/or water for beverages.

## **Breadmaking – June 15<sup>th</sup>**

**1:00 – 4:30pm**

**Ages: 12 & up**

**Class Limit: 12**

**Cost: \$5**

(Youth under 12 may register with accompanying adult)

Join us as we learn how to make different types of breads such as yeast bread, fruit bread and of course, biscuits! Learn how to shape a roll and taste the yummy goodness hot from the oven! Participants will take home all the products they make during this workshop as well as recipes for more bread.

## **NC Museum of History and Natural Sciences – June 22<sup>nd</sup>**

**8:00am – 4:00pm**

**Ages: 8 & up**

**Class Limit: 6\***

**Cost: \$10**

Come join us for an exciting and educational tour of NC Museum of History and Natural Sciences in our state capitol, Raleigh! Our day will include exploring history using hands-on activities that showcase artifacts, documents, photographs, oral history, buildings and sites. Can you survive an American Adventure? Take a trip to the risky, rugged, realities of colonial America, 1607. Can you survive the year? Only 38 of the 104 English colonists did! Step into their shoes and navigate the bewildering landscape that bedeviled so many – your next decision could mean life or death! Youth need to pack a lunch and we will provide water for beverage.

\*We have more space available if parents would like to drive as chaperones.

## **Cliffs of the Neuse – June 24<sup>th</sup>**

**9:00am – 1:00pm**

**Ages: 8-12**

**Class Limit: 6\***

**Cost: \$5**

Join us as we go for a hike along the beautiful Cliffs of the Neuse in nearby Wayne County. Follow the cliffs' edge for lovely views of the river below. We will see oaks, dogwoods and other trees along the path, often cloaking views of the river with a veil of Spanish moss. Youth can expect to glimpse any variety of park wildlife along the trail as it loops downriver. Bald eagles are a common visitor along the river that can be seen on occasion as they hunt for fish and waterfowl. Youth will need to pack a lunch and we will provide water for a beverage. Youth will also need to wear comfortable walking shoes and weather-appropriate clothing as well as insect repellent.

\*We have more space available if parents would like to drive as chaperones.

## Island and Sound Exploration Cruise – July 1<sup>st</sup>

10:00am – 6:30pm

Ages: 5 & up

Class Limit: 10\*

Cost: \$30

Travel with us to Carolina Beach and explore the coast and all of its wonders. Marine educators will be aboard to add insights to our discoveries as we take part in a broad array of hands-on experiences that make learning exciting. We will board our vessel in Carolina Beach and then head through salt marshes and the Intracoastal Waterway before landing directly on Masonboro Island. Most activities take place on this pristine barrier island as we explore the diverse biology of the beautiful beach, marsh and tidal creeks. After two hours of learning and fun we will get back aboard our vessel and return to the dock. **Participants should dress in old clothes and shoes. They will likely get wet and sandy on the island. Everyone should bring a complete change of clothes, including socks and shoes, to change into at the end of the trip.** We also suggest participants bring sunscreen, sunglasses, and a tight fitting hat. Clothing should be able to accommodate a variety of weather conditions; layering is most effective. **No flip-flops, loose fitting crocs, or sandals, please.** Youth should bring their personal items in a small bag with their name clearly marked. Bring two plastic bags (grocery bag size) with your name on them. One bag is for shells, the other for putting your wet shoes in. We will stop on the way down for lunch and also on the return trip for dinner. Please send extra money with your child for those meals.

\*More spots available if parents wish to attend. Cost is the same for adults.

## Travel the World of 4-H – July 6-8<sup>th</sup>

9:00 – 1:00pm

Ages: 5-8

Limit: 10

Cost: \$25

Get your Passport to 4-H during this 3-day adventure of Cloverbud Camp with Jones and Craven County 4-H! Youth will discover the world of the four H's – head, heart, hands and health! We will use the 4-H member guide and pack our suitcases with knowledge about animals, cooking, gardening, citizenship, and much more! Be sure to wear clothes that can get dirty and close-toed shoes each day. We will prepare our lunch each day together along with snacks and beverages.

## Purple! Gold! ECU College Tour – July 21<sup>st</sup>

9:00am – 3:00pm

Ages: 12 & Up

Limit: 6

Cost: \$8

Join us as we tour East Carolina University. We will get to see dorm rooms, classrooms, dining halls, student union, rec center, the football stadium, and gym and finish up at the bookstore. We will eat lunch on campus so wear your comfortable walking shoes. Bring money if you plan to make a purchase at the bookstore.

## Introduction to Bugs! – Aug. 2<sup>nd</sup>

9:00am – 12: 00pm

Ages: 8 & Up

Limit: 15

Cost: \$5

Enjoy a one-day introduction to insects that live in the world around us! We will spend time outside collecting insects (yes, you will have to touch them). You will learn about the life stages and different types of insects. You will begin a small insect collection, which you may consider entering in the county and state fairs. **You will need to bring bug spray, and sunscreen. Beverages and snack will be provided!**

# Craven County 4-H 2016 Summer Programs

*Our programs are available to the public and filled on a first-come, first-serve basis and will operate under the 4-H Code of Conduct. To register: Complete this form as well as the 4-H Medical Information and Informed Consent for Treatment form and return to our office (300 Industrial Drive, New Bern NC 28562) along with your check (made payable to Craven County 4-H) or cash. Your child is not registered until full payment is received. Fees are non-refundable unless a program is cancelled or we receive 24 hours notice. For more information, please call 252-633-1477 or send an email to [wendy\\_paschal@ncsu.edu](mailto:wendy_paschal@ncsu.edu).*

Name (Attendee): \_\_\_\_\_ Age: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Contact Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Parent/Guardian Signature Required

4-H may take photographs and/or videos of my child for use in 4-H and other NC Cooperative Extension educational, promotional, and/or marketing materials. No individual addresses or telephone numbers will be published within these materials.

I, \_\_\_\_\_ (parent signature) \_\_\_\_\_ agree or  
\_\_\_\_\_ do not agree

*North Carolina State University and North Carolina A & T State University commit themselves to positive action to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability, or veteran's status. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A & T University, US Department of Agriculture, and local governments cooperating.*

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Tom Glasgow, County Extension Director at (252) 633-1477 or in person at the County Extension Office at least 14 days prior to the event.



<b>X</b>	<b>DATE/TIME</b>	<b>PROGRAM</b>	<b>AGE</b>	<b>FEE</b>
	<b>June 14 9:00 - 12:30</b>	<b>Canning Beans</b>	<b>12-18*</b>	<b>\$15</b>
	<b>June 15 1:00 - 4:30pm</b>	<b>Breadmaking</b>	<b>12-18*</b>	<b>\$5</b>
	<b>June 22 8:00 - 4:00</b>	<b>NC Museum of History &amp; Natural Sciences</b>	<b>8-18</b>	<b>\$10</b>
	<b>June 24th 9:00 - 1:00</b>	<b>Cliffs of the Neuse</b>	<b>8-12</b>	<b>\$5</b>
	<b>July 1st 10:00 - 6:30pm</b>	<b>Island and Sound Exploration Cruise</b>	<b>5-18</b>	<b>\$30</b>
	<b>July 6-8th 9:00 - 1:00</b>	<b>Travel the World of 4-H</b>	<b>5-8</b>	<b>\$25</b>
	<b>July 21st 9:00 - 3:00</b>	<b>Purple! Gold! ECU College Tour</b>	<b>12-18</b>	<b>\$8</b>
	<b>August 2nd 9:00 - 12:00</b>	<b>Introduction to Bugs!</b>	<b>8-18</b>	<b>\$5</b>
	<b>August 12 5:30-7:30</b>	<b>End of Summer Cookout</b>	<b>ALL</b>	<b>FREE</b>

**TOTAL FEES**

**FOR OFFICE USE ONLY:**

**DATE REC'D** \_\_\_\_\_ **AMOUNT** \_\_\_\_\_ **CASH** \_\_\_\_\_ **CHECK** \_\_\_\_\_ **MED. FORM** \_\_\_\_\_

4-H allows you to "Learn by Doing" and meet new friends that share your interests. You can participate in projects where you make something, develop a skill, raise and/or train an animal, join a virtual club with kids from anywhere in the world! There are numerous projects available to you, including foods, clothing, public speaking, models, aerospace, wood science and livestock.

You don't have to join a club to be in 4-H, but it is the most popular way to participate. Clubs generally meet twice a month on a regular schedule, which is determined by the members of the club. During meetings you learn how to accomplish the goals of your projects, how to run a business meeting, and how to do demonstrations about your projects. The clubs may plan recreational activities, community service projects, fundraisers and field trips.

As a 4-H club member, you have the opportunity to meet new people, make new friends, learn about projects, and participate in club trips and activities, and more. Each club is unique, as YOU determine the focus of your own club.

Wendy G. Paschal, Extension Agent  
 4-H Youth Development  
 wendy\_paschal@ncsu.edu

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



THIS FORM IS REQUIRED FOR PARTICIPATION  
**(Parent/Guardian's signature on back must be notarized)**  
*Free notary available at the Craven County Ag Building. Please call first.*

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 \_\_\_\_\_

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 the 4-H office at (252) 633-1477 during business hours of 8 a.m. and 5 p.m. to discuss accommodations at least 7 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 Craven 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 Craven County 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 \_\_\_\_\_  
**(MUST SIGN IN FRONT OF A NOTARY)**

**Section below to be completed by a Notary Public**

STATE OF NORTH CAROLINA

COUNTY OF CRAVEN

On this \_\_\_\_\_ day of \_\_\_\_\_, 2015, personally appeared before me the said named, \_\_\_\_\_, and known to me to be the person described in and whom 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)



**4-H Code of Conduct and Disciplinary Procedure  
North Carolina Cooperative Extension Service  
Department of 4-H Youth Development**

**I. Purpose and Application:**

- A. The 4-H Code of Conduct is intended to foster a safe environment that is conducive to optimal learning and growth. Toward that end, youth participants are expected to behave in a way that respects the rights and property of others, and that will not disrupt or interfere with 4-H program goals.
- B. This 4-H Code of Conduct and Disciplinary Procedure is a condition of participation in any North Carolina 4-H activities or programs.

**II. Behaviors Prohibited at 4-H program Activities:**

- A. Possession, selling, and/or use of alcoholic beverages, tobacco products, and illegal drugs OR being present where individuals are using alcohol, tobacco products and/or any illegal substances
- B. Any kind of sexually-related physical contact
- C. Possession of weapons or firearms (except while participating in a 4-H Shooting Sports Event)
- D. Behavior that violates state or local laws
- E. Damage to property of others
- F. Theft, misuse or abuse of public or personal property
- G. Conduct that jeopardizes the safety of self or others
- H. Conduct that disrupts or interferes with 4-H programming
- I. Leaving a program or facility without permission of parents or 4-H staff (including authorized volunteers)
- J. Inappropriate dress, including but not limited to clothing that is sexually suggestive, indecent, or otherwise disruptive to the operations or goals of 4-H. Examples include clothing with negative or hateful language or symbols; see-through blouses, skirts or pants; sagging pants; exposed undergarments; bare midriff shirts; and excessively short or tight garments. Clothing should meet the standards expected in public schools. Specific clothing requirements may be required where appropriate for a particular event
- K. Unruly behavior in hotels and public areas, particularly during overnight events. There should be no running in the halls, prank calls, unnecessary noise, excessively late hours, or visiting in rooms of the opposite sex

**III. Disciplinary Procedures:**

- A. Discipline may be imposed by any 4-H staff or Cooperative Extension Service employee who has oversight responsibility for 4-H activities.
- B. Unless immediate action is required, the following procedures must take place before there can be any finding or conclusion of guilt:



- 1) The accused participant shall be told the charge (which of the prohibited behaviors listed above he or she is accused of violating), and
  - 2) The accused participant is told what factual evidence supports the charge, and
  - 3) The accused participant has been given a chance to tell his/her side of the story.
- C. The 4-H staff person must be satisfied that the participant more likely than not engaged in the prohibited behavior before imposing a sanction.
- D. Sanctions may include some or all of the following:
- 1) Verbal warning
  - 2) Notification to parents
  - 3) Immediate removal from the activity
  - 4) Being placed on a behavior contract
  - 5) Referral to local law enforcement and/or juvenile court
  - 6) Program suspension and/or
  - 7) Expulsion from program
  - 8) Other sanctions appropriate to the circumstances, as determined by 4-H.
- E. Appeals
- 1) Disciplinary action for local or county-level events may be appealed to the County Director and or 4-H Agent. All appeals must in writing and must be received by the County Director and or 4-H Agent within 30 days of the disciplinary action. The County Director and or 4-H Agent or designee shall review the appeal statement, any written response from the decision maker, and may review other relevant information. The County Director and or 4-H Agent shall send a written decision to the appellant, the 4-H staff member who made the initial decision, and Head of the Department of 4-H Youth Development. The County Director and or 4-H Agent's appeal decision shall constitute the final agency action unless the Department Head chooses to exercise further review.
  - 2) Disciplinary action for regional or state-level events may be appealed to the Head of the Department of 4-H Youth Development, Cooperative Extension Service, Box 7606, NC State University, Raleigh NC 27695-7606; telephone (919) 515-3242. All appeals must in writing and must be received by the Department within 30 days of the disciplinary action. The Department Head or designee shall review the appeal statement, any written response from the decision maker, and may review other relevant information. The Department Head shall send a written decision to the appellant and the 4-H staff member who made the initial decision, and the Department Head's appeal decision shall constitute the final agency action.
- F. Immediate action situations:
- 4-H or Extension staff may take immediate action to remove a participant from an activity and other action as needed, where there is an emergency situation or significant risk of continuing misconduct. In those cases, the immediate action is temporary discipline and the 4-H or Extension staff must arrange for the procedures in parts B, C, D, and E above as soon as possible but in no event longer than seven days from the temporary discipline.