

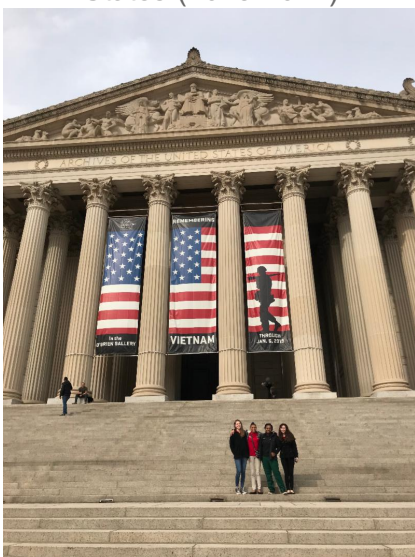
## Orange County 4-H March Update

"Making the Best Better"

Visit [go.ncsu.edu/OrangeCounty4H](http://go.ncsu.edu/OrangeCounty4H)



Meeting with Keynote Speaker  
Dr. Boris Lushniak, former  
Surgeon General of the United  
States (2013-2014)



### Orange County 4-H Receives Grant to Send Teens to National 4-H Healthy Living Summit

Kaitlyn M (Hummingbirds 4-H Club), Olivia C (Hilltoppers 4-H Club), Carmen E (Beyond Expectations 4-H Club), and Camille C (At-Large Member) attended the National 4-H Healthy Living Summit in Chevy Chase, Maryland, February 15-18, 2019.

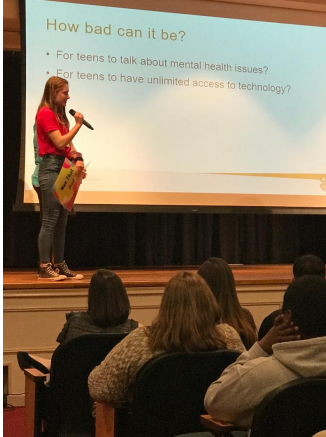
The conference focused on promoting healthy, sustainable lifestyle choices that included: food allergies, social and emotional health, physical and mental health, healthy advocacy within communities, incorporating healthy living education into special needs programming and opioid prevention. Participants gained necessary knowledge on methods to improve public health shared by prominent lifestyle and health experts.

Participants also had the opportunity to visit Washington, D.C., and participate in a night tour of the National Monuments.

Their trip was made possible by a generous grant of \$2500 from the Robert Wood Johnson Foundation as a special project of the National 4-H Council.

These 4-H members will be working with local partners in the coming months to address health issues in our county through a project of their making,

For more information about the National Youth



Olivia participating in opening session.

Summit series, visit <https://4hcenter.org/tours-programs/national-youth-summits/>.

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## ATTENTION TEENS! Join us for Teen Retreat March 22-23

The North Central District Teen Retreat will be held March 22-23 at Betsy-Jeff Penn 4-H Center in Reidsville. This trip is open to youth ages 13-18.

4-Hers will network with other members from around the district, attend leadership workshops, enjoy a dance, and participate in a service project. Food and lodging are included.

Register by Friday, March 1. [CLICK HERE](#).

Cost to attend is \$90.00. Students will depart Orange County Cooperative Extension at 4:00 P.M. on Friday and return to Hillsborough by 4:30 P.M. on Saturday.

Please contact 4-H Agent Jonathon Smith at 919-245-2057 or [jonathon\\_smith@ncsu.edu](mailto:jonathon_smith@ncsu.edu) with any questions you may have.



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## 2019 Orange County 4-H Achievement Night

All Orange County 4-H members, parents, and volunteers are invited to join us for the 2019 Orange County 4-H Achievement Night on Thursday, March 28, at the Whitted Human Services Building in Hillsborough. We will join together to celebrate the county project record book winners, club accomplishments, and successes of 4-H from the past year.

[Please pre-register here by March 21.](#)

If you or a guest will require any accommodations for this event, please contact us at 919-245-2057 or [jonathon\\_smith@ncsu.edu](mailto:jonathon_smith@ncsu.edu) to make us aware as soon as possible. Thank you!



## **2019 Orange County Youth Preparedness Camp To Be Held June 24-28. Apply by May 1.**

Orange County 4-H will partner with Orange County Emergency Services to host the second annual youth preparedness day camp for students 13 to 18 years of age, June 24-28, 2019. The program is called the North Carolina Youth Preparedness Initiative and is based on a nationally recognized program.

Throughout the week, students will network with leaders in emergency management careers, learn about technology used to help predict natural disasters, learn about preparedness using the national CERT curriculum, and ultimately work with their own family and those around them to develop disaster preparedness plans. Students will also earn certifications in AED and CPR. They will learn to solve problems as a team in a mock disaster simulation.

Interested teens should apply by May 1 at [mypinorthcarolina.org](http://mypinorthcarolina.org). The top twenty-five applicants will be selected and notified by May 10.

The cost to participate will be \$100 which includes all lunches, supplies, and certification costs. Limited support may be available to selected applicants based on financial need.

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## **Summer Sizzle Registration NOW OPEN for Middle School Students**

Rising 6th, 7th and 8th grade students, are invited to



participate in our exciting 2019 Summer Sizzle day camps June 24-July 26. The cost to attend is \$100 for each week a student is enrolled. Each week offers opportunities for students to travel around the region to learn about careers, technology, creative arts, the environment, health, and more. For more information, [click here](#) or contact Ms. Beasley directly at [shelia\\_beasley@ncsu.edu](mailto:shelia_beasley@ncsu.edu) or 919-245-2056.



## Show Your Support for Orange County 4-H At Hillsborough Tractor Supply Company March 27-April 7

Please stop by Tractor Supply Company in Hillsborough March 27-April 7 to make a donation to Orange County 4-H at check out as part of the spring 4-H Paper Clover Campaign. County 4-H clubs will be on hand at various times throughout the campaign to share information about their programming and projects. Proceeds will go to provide scholarships to Orange County 4-H members attending camps and conferences.



## Register by March 1 for the 2019 Central Piedmont Junior Livestock Show & Sale

4-H and FFA members from Alamance, Caswell, Chatham, Durham, Granville, Guilford, Orange, Person, Randolph Rockingham, and Wake Counties are invited to participate in the 74th annual show & sale taking place April 16-17 in Hillsborough. Students will be showing Market Lambs, Ewe Lambs, Feeder Steers, Market Steers, Beef Heifers, Market Goats, Meat Goat Breeding Does, & Market Hogs. **The deadline to register is March 15.** For more information and to register, visit the new website at [go.ncsu.edu/piedmontlivestockshow](http://go.ncsu.edu/piedmontlivestockshow).

## Host Families Needed for 4-H International Exchange



North Carolina 4-H offers opportunities for members and their families to become part of a growing tradition that includes leadership, cultural exploration and fun! Through the Inbound and Outbound programs provided through NC 4-H, families gain a wealth of experience and shared memories that will last a lifetime!

North Carolina 4-H is searching for host families for Summer 2019. Inbound students will be coming from Japan and Costa Rica. Host families will be assigned a sibling of the same gender as their own child and within 2-3 years of age of their own child. The host sibling age range is 10-18. There are a few other requirements.

For more information and to **apply**, visit <https://nc4h.ces.ncsu.edu/youth-3/nc-4-h-international-exchange-program/>.



## Represent Orange County 4-H With Our New Shirt

Orange County is pleased to offer a new shirt for 4-H members, parents, and community supporters! Shirts are navy, \$11 each (larger sizes are a bit more), and can be personalized for an additional charge. [Click here](#) to access the order form.

## Scholarships & More |

**NC State University Environmental Career Day-** High school students who are considering majors related to the environment are invited to this hands-on event to be held on March 23 from 8:30 A.M. to 1:30 P.M. in Raleigh. Students will explore a wide variety of unique majors at NC State and possible environmental careers. This event is hosted by the College of Natural Resources. For questions and to register, contact Alex Loflin at 919-515-8659 or [cnrrecruitment@ncsu.edu](mailto:cnrrecruitment@ncsu.edu).

**NC State Fair Youth Livestock Scholarship-** The NC State Fair selects over 25 Youth Livestock Scholars annually. Applications are due by March 1. [Click here](#).

**Resource Conservation Workshop-** The Resource Conservation Workshop is a week-long intensive study and hands on conservation workshop hosted by NC State University June 23-28 requiring student application and participation in a wide range of

conservation topics. Contact Orange County Soil & Water Conservation at (919) 245-2750 for more information beginning in April. [Click here.](#)

**NC State Horticultural Science Summer Institute-** High school students are invited to spend a week at NC State University July 7-12 climbing trees, grafting tomatoes, snacking on raspberries, discovering new genes and so much more. The Horticultural Science Summer Institute is a residential, hands-on, pre-college program designed to engage youth in the many career opportunities within horticulture. [Click here.](#)

**NC State Livestock Science Camp** is a residential summer camp experience June 16-21 for youth ages 14 to 17 years old. Livestock Camp is designed to expand high school students' knowledge of the livestock and agricultural industries and related careers. Apply by March 15. [Click here](#)

**Piedmont Electric Membership Corporation Scholarship-** Scholarships for high school seniors who are planning to continue their education at a college, university, community college or technical school. In 2019, they will be awarding \$2,000 scholarships. Applications are due by March 31, 2019. [Click here.](#)

**College Foundation of North Carolina-** A great resource for locating grants and scholarships. Eligibility, award amounts and deadlines, vary. [Click here.](#)

**Does your organization award scholarships? Would you like to promote these opportunities to Orange County 4-H members? Send an email to Jonathon Smith at [jonathon\\_smith@ncsu.edu](mailto:jonathon_smith@ncsu.edu) with details. We will be glad to share with our graduating seniors.**

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## Dates On the Horizon |

MAR 1	<b>Registration DUE for North Central Teen Retreat</b>  For youth 13-18.  <a href="#">REGISTER HERE</a>	MAR 4	<b>Central Piedmont Jr. Livestock Show Committee Meeting</b>  6:30 P.M.  Orange County Cooperative Extension  Hillsborough, NC
MAR	<b>North Central District Teen Retreat</b>	MAR	<b>Spring 4-H Paper Clover Campaign</b>

22-23

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

Register by March 1.

27

**Begins**

Hillsborough Tractor  
Supply Company

Stop by March 27-April 7  
and make a donation to  
Orange County 4-H at  
check out.

MAR  
28

### **Orange County 4-H Achievement Night**

Whitted Building, N  
Hassel St., Hillsborough

Join us as we celebrate  
the accomplishments of  
4-H members and clubs  
in 2018.

[Pre-Register HERE](#)



Follow us on **twitter**



NC State University and N.C. A&T State University work in tandem, along with federal, state and local governments, to form a strategic partnership called N.C. Cooperative Extension.

Extension's 4-H program is the largest youth development organization in North Carolina. We help over 247,000 young people grow into active, contributing citizens each year.

NC State University and N.C. A&T State University are collectively committed to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.