

Orange County 4-H September Update

"To Make the Best Better"

Visit go.ncsu.edu/OrangeCounty4H

Orange County 4-H Selects New Students Leaders for 2020-2021

The Orange 4-H County Council Officer Team plays an important role in planning county-wide service projects and events. They provide input to the county 4-H staff and help to ensure that all 4-H members in Orange County are informed about 4-H opportunities. We strive for this to be the premier 4-

H leadership experience for youth in Orange County. Any 4-H member between the ages of 11 and 18 that is interested in developing his or her leadership skills is invited to join the Council as a representative. Contact Jonathon Smith at jonathon_smith@ncsu.edu for more information.

Congratulations to our 2020-2021 team!



Lauren Hoesli

President



Gracean Hoesli

Vice President for
Communications



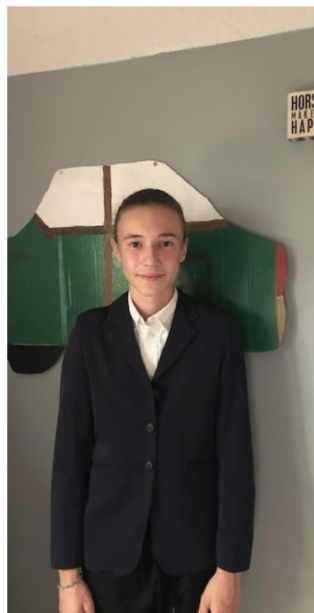
Camille Clark

Vice President for Outreach



Anastasia Smith

Secretary



Austen Stinson-Miller

Reporter



Liam Shopmyer

Community Service Officer



Enroll in *Nature Adventures*

North Carolina 4-H Camps & Centers will offer a new Nature Adventures program this fall! Nature Adventures is a virtual learning program aligned with the NC Standard Course of Study provided FREE for educators and families. Review the schedule at the link below. Click on each course to see standard alignments

and the material list for each lesson.

ALL SESSIONS WILL BE HOSTED ON ZOOM. THIS PROGRAM IS FREE BUT YOU NEED TO REGISTER IN ADVANCE.

[Click here for more information.](#)



Episode 2 of *4-H Teen Talk* Podcast Explores Youth Mental Health

Listen to this month's episode of *4-H Teen Talk* to learn about our top 4 tips for developing good mental health. And hear from NC 4-H Healthy Living Program Coordinator, Kenan Bridges, as he shares his tips for dealing with stress. [Click here](#) to listen.

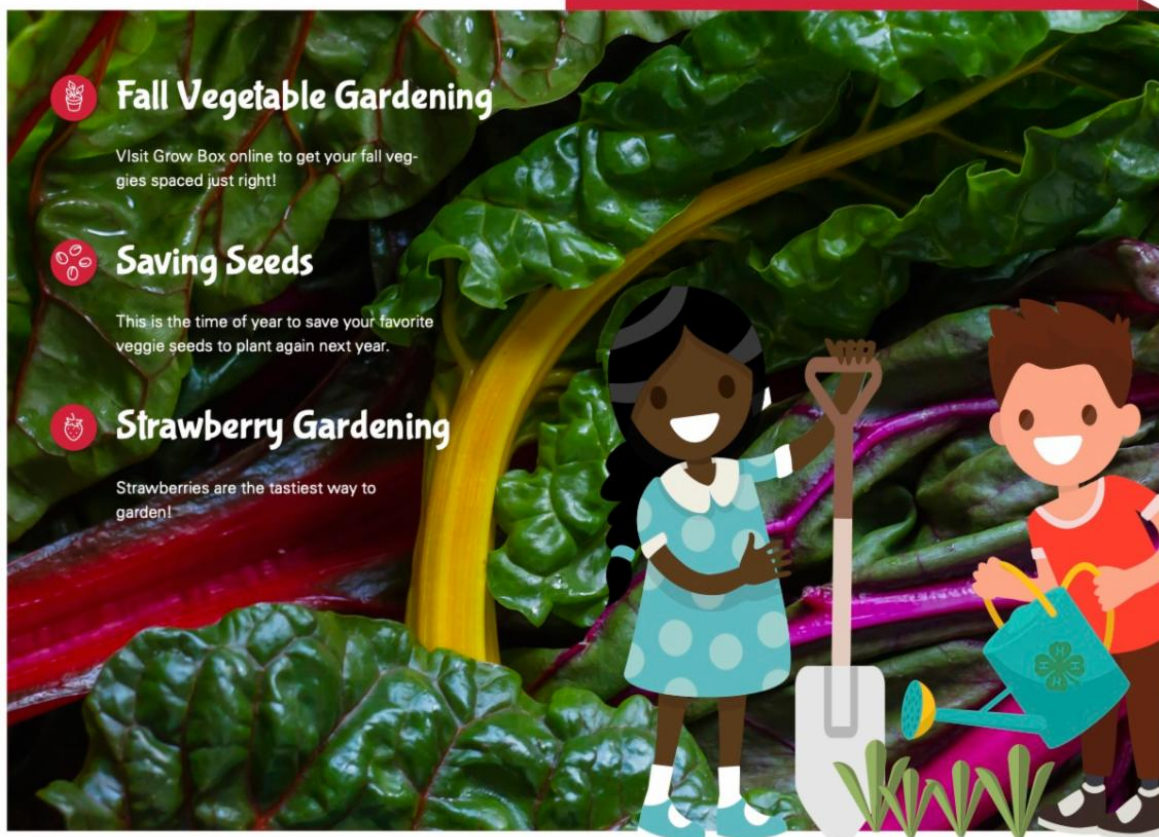
This podcast is for YOU so stay tuned and share this with your friends! We'd also love to hear from you and to learn what topics you want to hear more about.



GROW BOX

Garden fun for your family delivered to your door.

Spark curiosity in your children and watch their interest in plants, science and the outdoors grow!



Fall Vegetable Gardening

Visit Grow Box online to get your fall veggies spaced just right!

Saving Seeds

This is the time of year to save your favorite veggie seeds to plant again next year.

Strawberry Gardening

Strawberries are the tastiest way to garden!

The Grow Box gives youth and their families the opportunity to explore their backyard or the natural spaces near them with guided activities designed to develop their science skills. You'll grow plants together, search for seeds, observe pollinators, and get creative with the hands-on activities in each box.

Every two months, The Grow Box will be delivered to your door packed with engaging activities for your family. Inside you'll find plants or seeds, tools for outdoor exploring, an activity book packed full of information including plant profiles from the JC Raulston Arboretum's gardens and fun garden games, and a garden journal to document your garden adventures.



September's Grow Box program is fall vegetable gardening.

Enjoy planting vegetables and strawberries with your kids, discover how to save seeds, create fun plant labels, grow micro-greens and more!



NC 4-H Hay Bale Decorating Contest

Each year during the NC State Fair, NC 4-H hosts a hay bale decorating contest. Since the traditional county hay bale contest at the fair is not going to be taking place this year due to the pandemic, we are excited to announce the **4-H Hay Bale Decorating Contest** for our 4-H families.

This is a fun opportunity for 4-Hers to spend time together with their families and have some fun decorating hay bales. There is a family category and an individual category.

Registration will be due November 23rd so you have plenty of time to plan, gather supplies, and set up your display in your yard at home.

[Click here to access a flyer](#) that will explain the rules.

Send photos of your hay bale(s) to Orange County 4-H at jonathon_smith@ncsu.edu by November 23.

Also, submit your entry by November 23 [at this link](#).

SOUTHERN REGION TEEN LEADERSHIP CONFERENCE



SEPTEMBER 24TH- 26TH, 2020

An opportunity to experience virtual workshops, activities and connect with 4-H'ers from across the Southern Region!

Contact your 4-H Agent to register.

Registration is Free but you must be 14 - 18 years old and registered in 4-HOnline with your county.

Find us on Facebook @4HSRTLCL



**ORANGE & PERSON COUNTY 4-H
NC COOPERATIVE EXTENSION PRESENTS**

4-H STEM WITH JONATHON & MICHELLE

STEM activities that you can do at home!

**VISIT [HTTP://GO.NCSU.EDU/ORANGECOUNTY4H](http://go.ncsu.edu/orangecounty4h)
AND CLICK ON THE VIDEOS TAB**

**Tag us on our social media platforms to
show us your results!**

Orange County 4-H:
www.facebook.com/4horangenc
Person County 4-H:
www.facebook.com/personcounty4h

"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, NC A&T, U.S. Department of Agriculture, and local governments cooperating."

We Need YOU to Be a 4-H Volunteer!

Orange County 4-H is growing my leaps and bounds and continues to grow thanks to the wonderful leadership of our local volunteers. We



need more volunteers to help us develop the next generation of young leaders and make an even greater impact on our county! If you are passionate about youth development, we are recruiting volunteers to serve in the following capacities:

- Starting and Leading a New 4-H Club In Your Community
- Club Leaders/Assistant Leaders for Current Clubs
- Coaches for 4-H Teams (livestock contests, environmental science contests, public speaking, etc.)
- Special Event Volunteers
- Advisory Council Members

Volunteers are provided training by the 4-H Agent to assist them in their roles. They also have the opportunity to attend district and state conferences to develop their 4-H knowledge and skills. Volunteer applicants are interviewed by the 4-H Agent and must pass a background check. If you are interested in volunteering, please email Jonathon Smith at jonathon_smith@ncsu.edu. We would love to hear from you.



4-H Inspire Kids to Do Activity Guide

Looking for some easy ways to keep your kids engaged and learning at home? Check out the *4-H Inspire Kids To Do Activity Guide* to find 60 hands-on learning activity ideas! Download now by [clicking here](#).

Scholarships & More |

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 with details. We will be glad to share with our graduating seniors.

Dates On the Horizon |



**Orange County Fall 4-H
Virtual Learning Program
Registration Opens**



**4-H Southern Region
Teen Leadership Virtual
Conference**

Contact 4-H Agent
Jonathon Smith at
jonathon_smith@ncsu.edu
for more information



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.