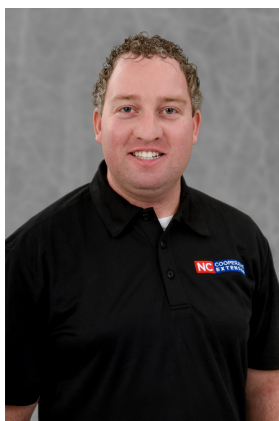


Orange County 4-H November Update

"To Make the Best Better"

Visit go.ncsu.edu/OrangeCounty4H



An Update for 4-H Members and Supporters

Greetings Orange County 4-H members, volunteers, parents/guardians, and supporters,

Wow! Can you believe November is already here? As we near the end of this monumental year, we have all learned a lot and hopefully developed new skills. This is a time of year that we give thanks for the people we have in our lives. We're taking the **#GratitudeChallenge** and we hope you will too. See below. This year, we are especially thankful for our wonderful 4-H volunteers and supporters who take time out of their busy schedules to serve our 4-H members and families.



As many of you are aware, our in-person 4-H meetings have been suspended since March due to the pandemic. We are excited to announce that some of our clubs are planning to resume in-person 4-H club meetings again now that North Carolina is in Stage 3 of reopening. This does not mean that all clubs are reopening this month but many are. Be looking for meeting invitations from your club leaders in the coming weeks or feel free to contact them directly with any questions you may have.

When your club does resume 4-H meetings, you will notice new safety measures and protocols in place to keep you safe. All 4-H club meeting attendees will be required to practice the 3 W's (Wear a Mask, Wait Six Feet Apart, Wash Your Hands). Also, all 4-H members must be registered in 4-H Online and have registered for the club meeting with their club leader in advance before attending a meeting. Additional protocols are in place to

keep you protected so read all correspondence from your club leader to ensure you are prepared.

And lastly, make sure that you, as well as your family members, are NOT exhibiting any [signs of COVID-19](#) before attending a 4-H program or club meeting.

We wish all of our 4-H members, volunteers, and supporters a very healthy Happy Thanksgiving! If there is anything the Orange County 4-H Staff can do for you, please let us know!

Jonathon Smith (4-H Agent) &
Sarah Maddry (4-H Program Assistant)

CURIOUS TO SEE WHAT ITS LIKE TO LAND ON MARS?
Then Mars Base Camp is for you!

Join Us In Person
Saturday, November 21st
9 am - 1 pm

***For Youth Ages 8-12**

Explore Mars with 4 different hands-on STEM activities

You will:

- Develop quantitative, observational and critical thinking skills
- Make discoveries and solutions that are out of this world
- Learn about Mars through the eyes of an astronaut

4-H STEM Challenge

NC COOPERATIVE EXTENSION

NC 4-H

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

Explore Mars at 4-H STEM Saturday on November 21

Are you interested in learning about Mars? Have you ever wondered what it would be like to land on Mars? Then Mars Base Camp is just for you!

4-Hers ages 8-12 are invited to join us IN PERSON on Saturday, November 21st from 9am to 1pm! Registration is now open at go.ncsu.edu/4hfall

Due to COVID-19 prevention policies, this event is limited to 15 students on a first come, first served basis, so don't hesitate to register!

NOV2020



4-H Gratitude Challenge

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
Start a gratitude journal. Each day write down something you are thankful for.	Write a thank you note to your 4-H advisor.	Think of someone you are grateful to know. Tell them.	Complete one random act of kindness today.	Send a text to someone who makes you smile and tell them why.	Handwrite a letter and mail it to a friend.	Create a piece of art that shows what you are thankful for.
08	09	10	11	12	13	14
Spend time with someone you care about.	Compliment at least 5 other people today.	Think of someone you are proud of. Tell them!	Thank a veteran for their service. Veteran's Day	Volunteer to do an unpleasant task, like taking out the garbage or doing the dishes.	Write a thank you note to a special teacher.	Bake a treat for your neighbors.
15	16	17	18	19	20	21
Gather 10 items from your closet to donate.	Make a social media post highlighting a person you are grateful for.	Write a thank you note to a coach or mentor.	Color a picture and give it to a friend.	Do a family member's chores for them today.	Set time aside to play a game with your family.	Share a photo of something you are grateful for on social media.
22	23	24	25	26	27	28
Think of a creative way to Pay It Forward today.	Leave a note of encouragement for a friend.	Call a relative you haven't spoken to recently.	No complaining day! Each time you want to complain, say something you are grateful for instead.	Spend time with family and friends. Thanksgiving	Give a small gift to someone for no reason at all.	Write a letter or note to your parents or grandparents.
29	30					
Donate one canned food item for each day you forgot to write in your gratitude journal	Read over your gratitude journal and spend time reflecting on the challenge.					

4-H wants you to take our 2020 Gratitude Challenge! 2020 has not been an easy year, but we still have plenty of reasons to give thanks. Print this calendar and complete each daily task to help show gratitude to your Club, Community, Country, and World.

Use **#4HGrowsHere**, **#Grateful4Her**, and **#4HGratitudeChallenge** to spread an attitude a gratitude to all of your social media friends and followers.

4-H GROWS HERE



A submission from the Everhart Family of the Orange-Durham 4-H Livestock Club

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](#).



Episode 4 of *4-H Teen Talk* Podcast to Feature NBC *Titan Games* 2020 National Runner Up, William Sutton!

Next week, we will be releasing the next episode of the *4-H Teen Talk* podcast. This episode will be all about identifying and maximizing your leadership strengths. To help us do that, we have invited NBC *Titan Games* National Runner-Up William Sutton to join us. He will share insights from his time as an FFA and 4-H member and talk about how those experiences helped him develop his leadership skills as a teacher and coach.

The episode will be aired on [SoundCloud](#) next week. While you're there, check out our other recent episodes!

[Sign up at go.ncsu.edu/4hfall](https://go.ncsu.edu/4hfall) by November 13.

**RAISE YOUR LEADERSHIP GAME TO THE NEXT LEVEL FOR YOUR LIFE,
SCHOOL, AND 4-H CLUB**



FALL 2020 STUDENT LEADERSHIP INTENSIVE



**TUESDAYS FROM
NOVEMBER 17 TO DECEMBER 15
4:30-5:30 P.M. ON ZOOM**

OPEN TO RISING 7TH-12TH GRADE STUDENTS

**WEEKLY DISCUSSIONS TO INCLUDE: PUBLIC
SPEAKING, INFLUENCE, BEING A TEAM
PLAYER, CONFLICT MANAGEMENT, AND GOALS.**

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.



NC 4-H Move-mber Challenge

Get going with North Carolina 4-H's "Move-mber" Fall Moving Challenge. With so much screen time these days with virtual learning, our aim is to encourage and inspire youth to get outside and exercise. Research shows that youth need be active for at least 60 minutes every day. Whether it's walking, hiking, or biking, exploring the great outdoors and spending time with family or friends is a great way to get that needed physical activity. Plus who doesn't love a challenge???

[Learn more»](#)



Leaves Leaves Everywhere! Learn to Make A Mini-Composter

If your yard is like ours, there are A LOT of fallen leaves all around. Learn how to put them to good use and make

your own mini composters with our latest youth STEM video hosted by our summer intern, Lauren Martin! Thank you to our wonderful Orange County Master Gardeners who shared their home compost bins with us as well!

[Click here to view the video](#)

Scholarships & More

Piedmont Electric Membership Corporation College Scholarship Program -

Applications are DUE by March 31, 2021. [Click here](#) for more information.

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.



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.

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